

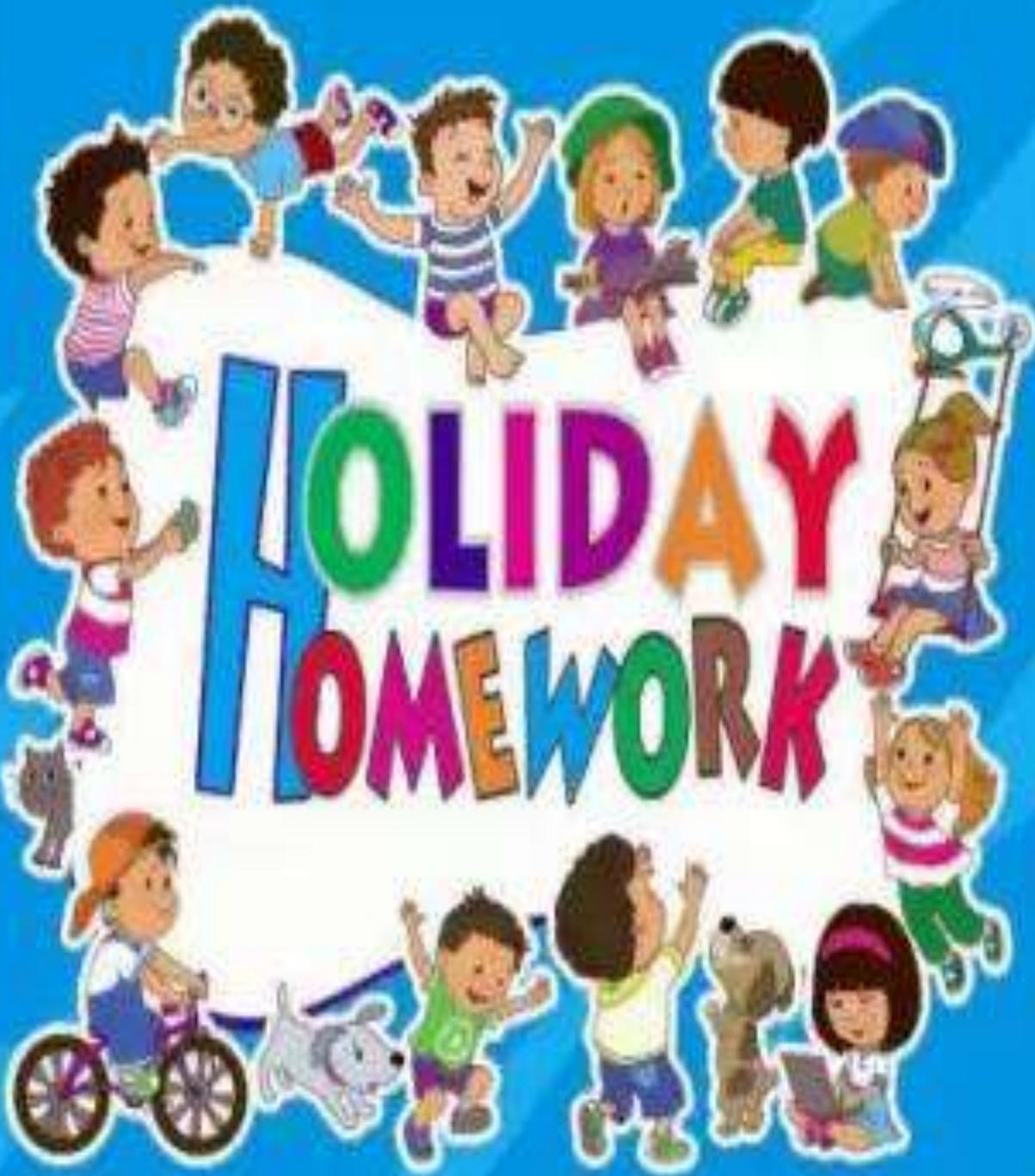


# Army Public School , Kirkee Grade: II

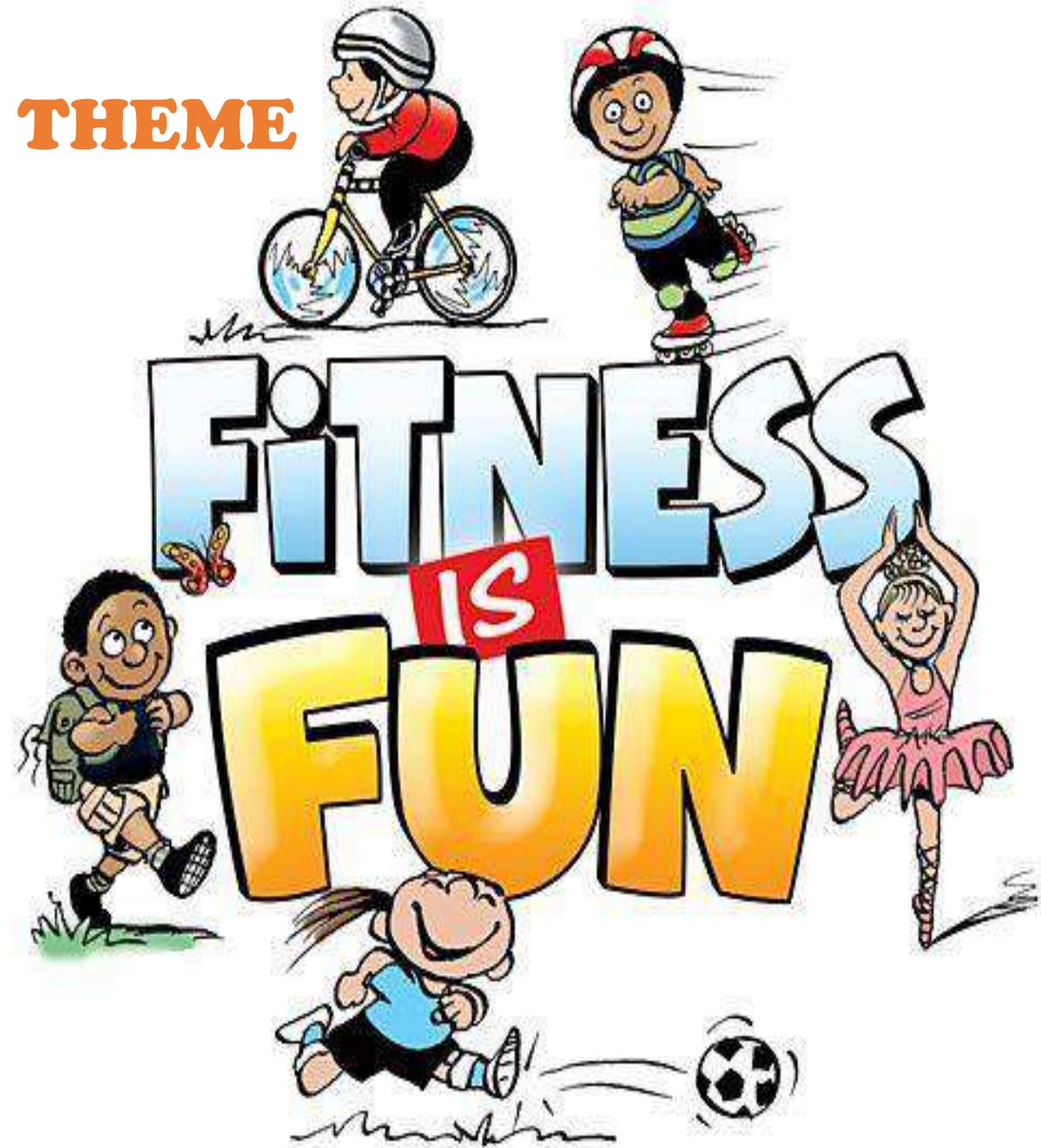
Holiday Homework - Interdisciplinary Project  
(Academic Year 2023-24)



# HOLIDAY HOMEWORK



**THEME**



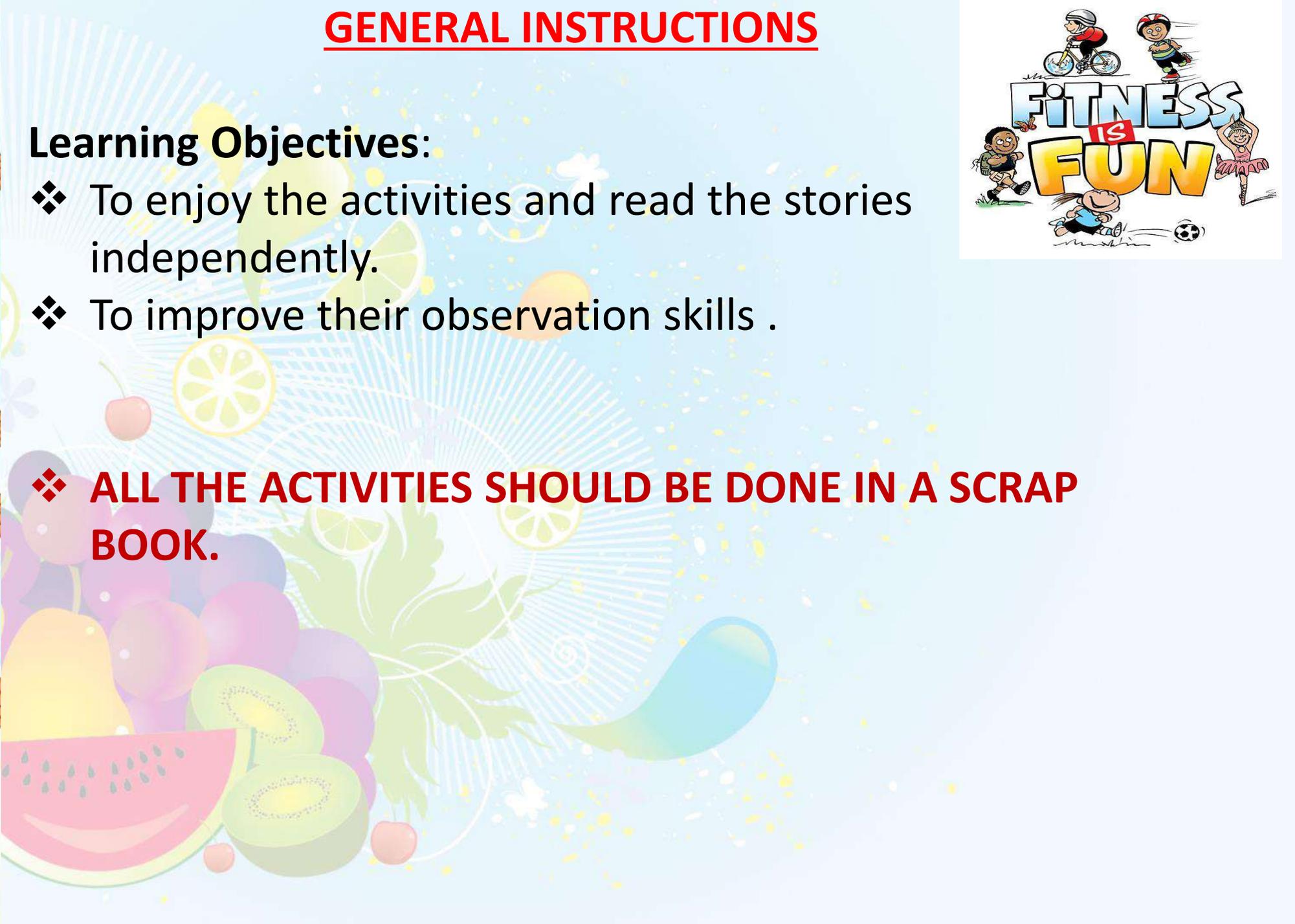
# FITNESS IS FUN

# GENERAL INSTRUCTIONS

## Learning Objectives:

- ❖ To enjoy the activities and read the stories independently.
- ❖ To improve their observation skills .

**❖ ALL THE ACTIVITIES SHOULD BE DONE IN A SCRAP BOOK.**





# English Holiday Homework

## # 1 ABCs

- See if you can find at least one thing in your house that starts with each letter of the alphabet.
- Write the names of the things in alphabetical order.



## # 2 THANK MOM FOREVERYTHING

- Make your mom feel special this **MOTHER'S DAY (14th May)** by making a 'THANK YOU' card for her.
- Gift this card to her on Mother's Day. Express your gratitude towards her and spend time together.
- Don't forget to **CLICK PHOTOGRAPHS** and capture these sweet memories.
- Make a **COLLAGE** of these photos and mention 5 ways in which you will make her smile.

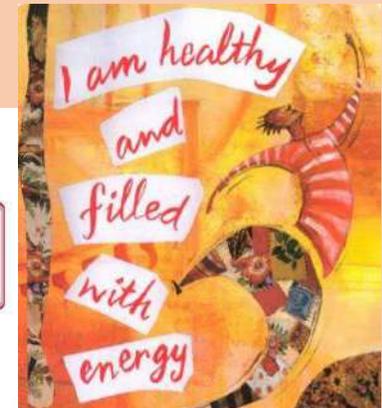
## # 3 LET'S SPEAK

- Speak about your morning routine you follow at home during the holidays. Share it with your family and friends.



## #4 THINK POSITIVE

- Make **5- FITNESS AFFIRMATIONS**.
- Pen them down in your summer scrap book.
- Recite them everyday in the morning.



## #5 STAY FIT

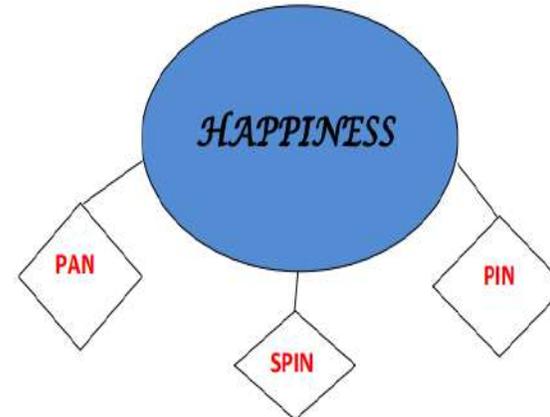
- Visit your grandparents and discuss with them the tips for living a healthy and fit life .



## #6 VOCABULARY HANGING

- Cut a big circle on an A4 sheet and write the word 'HAPPINESS' on it.
- Now make as many small words as you can from the letters of the word.
- For example: pin, spin etc.
- Write each word on small cut outs of any shapes from another A4 sheet.
- Attach these cut outs to the big circle using satin ribbon.

You can use your creativity to make your vocabulary hanging attractive.



## # 7 READING FOR FUN

- Get exposed to the world of reading through interesting story books.
- Read ONE story each week.



- Choose your favourite story and answer the following:

1. Name of the book.

\_\_\_\_\_

2. Name of the author.

\_\_\_\_\_

3. I liked the book because

\_\_\_\_\_

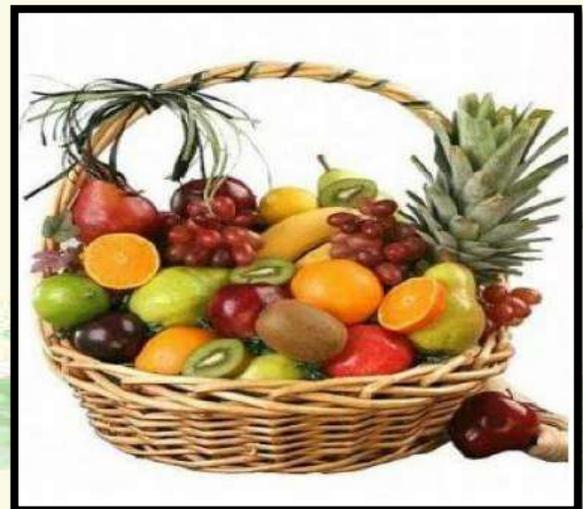
4. The story is about

\_\_\_\_\_

# हिन्दी

ग्रीष्मकालीन अवकाश  
गृहकार्य  
विषय-हिंदी

3. दादा-दादी से फलों से मिलने वाले पौष्टिक तत्वों के बारे में जानिए। उन फलों की टोकरी का चित्र बनाइए।



1. अपने अच्छे स्वास्थ्य के लिए आपकी पसंदीदा चीजों के एक-एक नाम लिखिए और चित्र चिपकाइए।

1. पसंदीदा खाना
2. पसंदीदा खेल
3. पसंदीदा फल
4. पसंदीदा पेय पदार्थ



2. पाठ 'मीठू और कौरा' से उ, ऊ, ए और ऐ की मात्रा के पाँच-पाँच शब्द ढूँढकर लिखिए।

4. स्वस्थ रहने के लिए किए जाने वाले उपायों के दो-दो फायदे लिखिए।  
जैसे - \*तैरना - लंबाई बढ़ती है। भूख लगती है।

\*सुबह सैर करना -

\*व्यायाम करना -

\*साइकिल चलाना -

\*विभिन्न खेल खेलना -



# MATHEMATICS

**1. Count the number of Grapes in 1 kg .**

**a) Write the number in numeral and number name .**

**b) Write the number that comes 'before' and 'after' it.**



**2. Draw and colour the following fruits in ascending order according to the seeds in it. ( Chiku, Apple, Pomegranate, Mango)**



**3. Make tasty sandwiches using healthy fillings and arrange them in different shapes. Count the number of ingredients used in making your favourite salad.**

**4. Draw a model of a clock & write twelve (12) ways to stay healthy. (Refer to the picture on the right side.)**



**5. Visit a market with your parents and purchase any five healthy food items. Paste their pictures, note their cost and add the total amount.**

# EVS

## ➤ ACTIVITY 1: LEARNING BY DOING:

**You do need some exercise don't you?**

1. Perform yoga exercises daily for 15 minutes.
2. See which body parts are used while doing these different yoga poses.
3. Click photos and make a collage of it. (International Yoga Day=21<sup>st</sup> June)

- Play outdoor games.

## ➤ ACTIVITY 2: CHEF TIME:

**Let your mom relax on Mother's Day.**

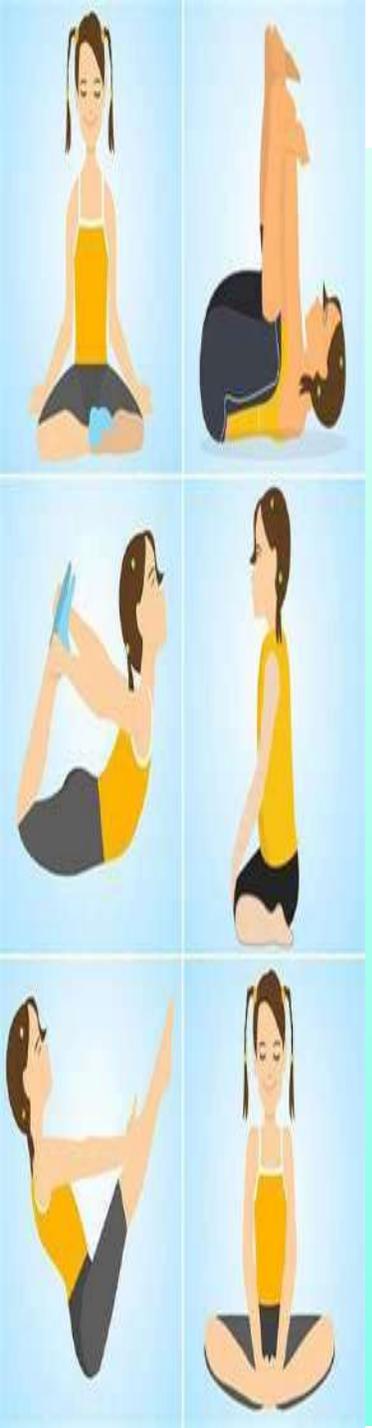
1. Make a colourful, healthy sandwich for your mother.
2. Present it to her on Mother's Day(14<sup>th</sup> May).
3. Click photographs and paste it in your scrap book.

**Yummy fruit salad for your father on Father's day(18<sup>th</sup> June).**

**Ingredients:** All available summer fruits, 1 table spoon of lemon juice, 1 tablespoon of crushed sugar, a pinch of chaat masala or salt.

**Method:** Place all the chopped fruits in a bowl. Add lemon juice, sugar, chaat masala/salt and toss lightly to blend the flavours.

**Serve your yummy fruit salad to your family and enjoy the smile on their faces.**



## ➤ ACTIVITY 3: FUN TIME

**World Environment Day. Make it Special!(5<sup>th</sup> June)**

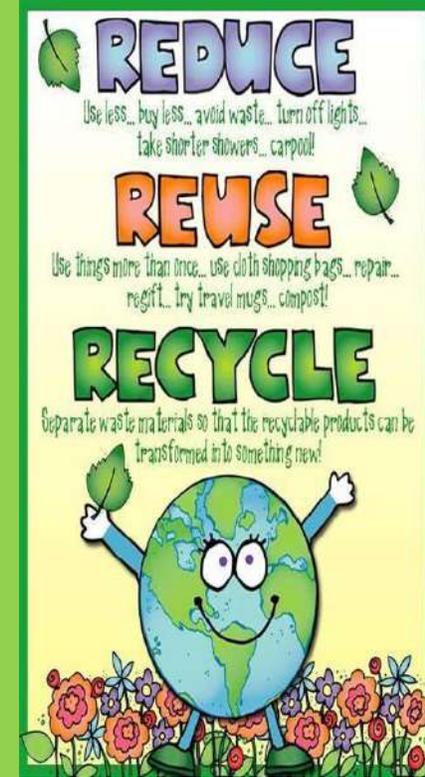
**Look Around You....What do you see?**

Boxes, newspaper, jars and bins, old magazines, old laces and buttons, plastic bottles etc.

Why waste when you have magic in your hand?

Let's CREATE something NEW.....

Remember to use colours and paints to create something new!



# “BEST OUT OF WASTE”



## ➤ ACTIVITY 4: EXCURSION TIME:

- Visit a farm and observe how vegetables are grown.
- Try growing and observe its growth.
- Click your photograph and stick in your scrap book.

OR

- Visit a zoo.
- Make finger puppets of animals you saw in the zoo.



# Computer Project



# Holiday Homework

Draw or Paste different parts of the computer on A4 paper.





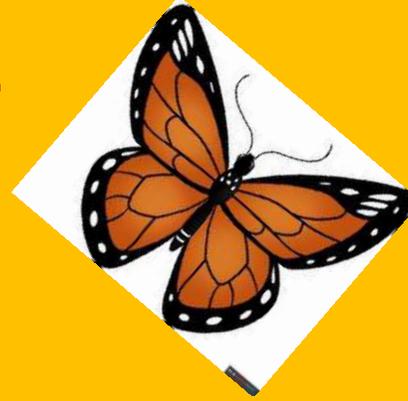
## PHYSICAL EDUCATION

- 1) Slow Jogging = 2 Min
- 2) Fast Running = 2 Min
- 3) One Leg Hopping = 2 Min
- 4) Cycling = 5 Min
- 5) Stretching Exercise = 2 Min
- 6) Book Balancing = 2 Min
- 7) Skipping = 2 Min
- 8) Breathing Exercise = 3 Min

➤ *Do these exercises everyday and STAY FIT, HEALTHY & HAPPY.*



# MUSIC



Learn the FIT INDIA song.

Learn the PRAYERS, PLEDGE, AWES SONG &  
NATIONAL ANTHEM.

## DANCE

Dance on your favourite songs and  
have fun.





## IMPARTING LIFE SKILLS THROUGH REAL LIFE EVENTS:

- ❖ Learn to polish your shoes, tie shoe lace, girls learn hair styles.
- ❖ **Play outdoor games.**
- ❖ Sing a karaoke and enjoy it with your family.
- ❖ **Raise a kitchen garden by planting seeds. Learning about plants and trees is an integral part of growing up.**
- ❖ Wash your own plates after meals. Children learn dignity of labour from such activities.
- ❖ **Pray and be thankful to God for everything.**

**THANK  
YOU**

