



Bal Bharati
PUBLIC SCHOOL
NEELBAD, BHOPAL

Class-1 Holiday Homework



THEME - GOOD HEALTH AND WELL BEING

**Dear Parents,
Warm Greetings!**

The Summer Vacations are round the corner..We have planned to teach our little learners the value of food and sharing. This topic is chosen with the motive of encouraging the students to eat their food completely and take only the portions that they intend to finish.

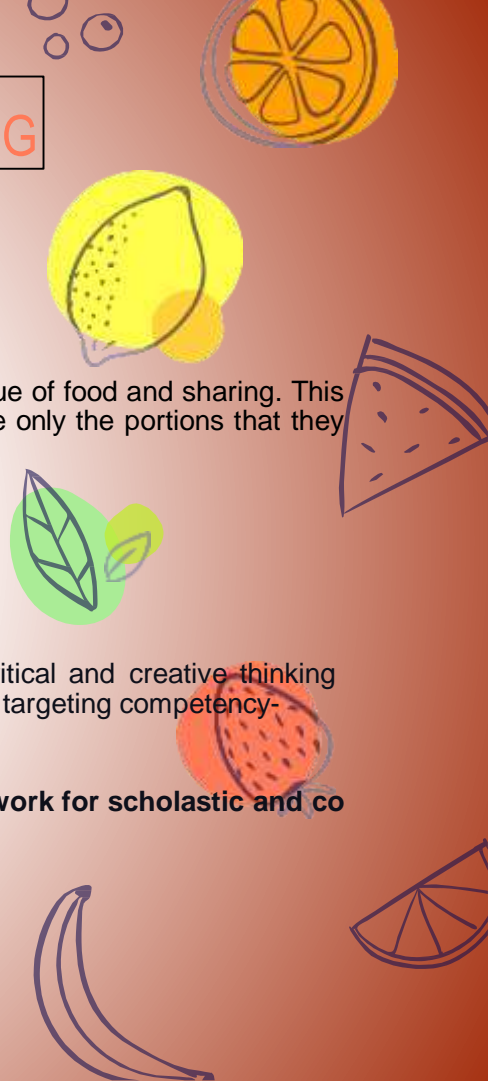
Each student is expected to undertake all the activities assigned in the holiday homework.

The assigned work is to be done as per the instructions given at the end of each HHW activity.

This project is an amalgamation of simple yet thoughtfully planned activities which promote critical and creative thinking skills amongst young learners. It is an integrated project with scholastic and co-scholastic activities, targeting competency-based learning.

PLEASE NOTE: Round 1 and Half Yearly exam will include grading from the Holiday Homework for scholastic and co-scholastic activities. Children are requested to complete the activities.

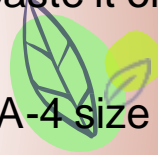
Submission date – 19th June 2023





Activity:

- ❖ Plant few seeds, observe its growth and take pictures and paste it on a A-4 size coloured paper.
- ❖ Feed pet animals and birds, take pictures and paste it on a A-4 size coloured paper.
- ❖ Make a sense organ model. Refer the given link <http://youtu.be/p--9V3Z7Tel> (**Submission Date-10- July-23**)



हिन्दी

Topic - स्वास्थ्य ही धन है । (संगीत और कला के साथ एकीकृत)

हम सब कई प्रकार की सब्जियों का सेवन करते हैं, ये सब्जियाँ होती हैं बड़ी मज़ेदार। ये हमे भरपूर मात्रा में पौष्टिक तत्व प्रदान करती हैं ।

गतिविधि - 'काव्यपाठ'

छात्र स्वस्थ खाने की आदतों पर कुछ पंक्तियाँ बोलेंगे और गर्मी की छुट्टियों के बाद कक्षा में प्रस्तुत करेंगे।

इस गतिविधि के द्वारा छात्र विभिन्न स्वास्थ्य वर्धक व सब्जियों से अवगत हो पाएँगे तथा जान पायेंगे की सब्जियाँ खाना क्यों आवश्यक हैं ।

शिक्षण के परिणाम :

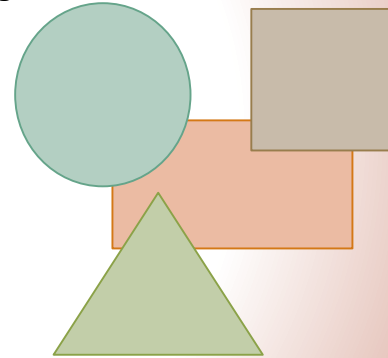
- इस गतिविधि के माध्यम से छात्रों को जंक फूड के अपेक्षाकृत सब्जियों को प्रतिदिन अपने आहार में सम्मिलित करने के लिए जाग्रत किए जाने में सहायता प्राप्त होगी।

MATHS

ART INTEGRATED MATHEMATICS

ACTIVITY- Make different animals using shapes like triangle, circle, rectangle and square with craft paper on A4 size Sheet.

Reference link- <https://youtu.be/n-xQAHvHLPa>



Learning Outcomes:

- Students will learn to recognise the shapes.



ART INTEGRATED FUN ACTIVITY

Eating is something that is rarely done mindfully by young people. Mindful eating is a valuable task for children. They become more focused on the present while eating.
Children should know about the right food for them to eat.

- ▶ Activity- Draw one healthy and Unhealthy food item.
- ▶ Instructions-
 - ↳ Take a drawing sheet.
 - ↳ Draw one favourite healthy food item and unhealthy food item.
 - ↳ Colour them and cut them out.
 - ↳ Students will bring their drawings to school. Together
 - ▶ they will separate all healthy food item and unhealthy food items.
- ▶ Learning outcomes-
 - ↳ It will enhance creativity and imagination of students.
 - ↳ Students will learn about the difference between healthy and unhealthy food.



Happy Holidays

