

DWARKA INTERNATIONAL SCHOOL

CLASS II FUN FILLED SUMMER ACTIVITIES (2019-20)

THEME: BEING HEALTHY

Name : _____ Class: _____ Section : _____

Dear Children,

It's time for mangoes, watermelons, ice creams, lemonades and lots and lots of fun! Summer vacations are a welcome break from fixed schedules, rules and regulations. Visiting Nanima house, Dadima house, picnics, exploring new places and watching your favourite shows on television. But there is a lot more you can do to make your holidays more interesting and meaningful along with doing your masti. Your teachers have planned some interesting activities for you.

So, don't sleep till late in the morning. Try getting up early and go for a morning walk with your parents, breathe fresh air and avoid playing out in sun. Make a decorative paper bag/folder to keep all your holiday homework.

❖ Kindly ensure that the holiday homework is completed by the student himself/herself under parent guidance and bring it in a folder. All the work should be handwritten.

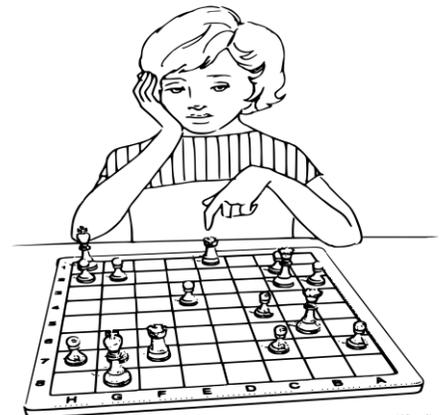
❖ Original drawings / illustrations and creative use of material will be appreciated. The homework should be presented with coloured pictures wherever necessary. Use colours, sketch pens or glitter pens for writing. Decorate creatively, presenting your information in the best possible way.

Date for Submission of Holiday H.W is 28.6.19 AND 29.6.19

GENERAL GUIDELINES

Do's

- ✓ Drink lots of water.
- ✓ Carry a water bottle wherever you go.
- ✓ Wear light cotton clothes.
- ✓ Have plenty of seasonal fruits like musk-melon, water-melon, peach, mango, etc.



- ✓ Drink a glass of buttermilk with every meal.
- ✓ Study for one to two hours everyday.
- ✓ Play outdoor games (only in evenings), go for cycling, swimming(accompanied by elders), hide and seek, anything that will make you run .
- ✓ Imbibe good manners – 4 magic words —Please, Thank you, Excuse me, Sorry – Use them and see the difference.



Don'ts

- ✓ Don't be out of house in afternoon
- ✓ Don't have junk food.
- ✓ Don't watch too much TV.
- ✓ Don't waste time in being lazy.

Dear Parents,

“Together we may give our children the roots to grow and the wings to fly.”

It's our accountability to nurture our divine blossoming buds with care, serenity, tenderness, and endearment. They look forward to us for every petty yet significant issue. It is very crucial to endow them with your precious time and million dollar smile which they yearn to witness.

Working together on the activities will help your child to build confidence, learn to reason and develop skills necessary for their education. So, utilize this golden period of family reunion and strengthen your family ties with your kids and relatives. Gear up and utilize your time in the best possible manner.

Principal

Head Mistress

*** Spend your Summer Break Fruitfully with the following Activities**

SUN	MON	TUE	WED	THUR	FRI	SAT
Visit any Water Park. Learn the names of all the rides.	Make a Menu Card for your Restaurant (Activity 1 of English FSA)	संहतमंद पेय बनाइए (Activity 1 of Hindi FSA)	Make healthy snacks using geometrical shapes (Activity 1 of Maths FSA)	सूलेख/ Visit any religious place and do meditation	Visit a grocery store and learn the names of pulses (Activity 1 of EVS FSA)	Practice cursive handwriting / Visit a Mall and learn to place your order
Fitness Time Walk with family	Practice cursive handwriting / Enhance your vocabulary and play Word Scrabble	Spend time with your grandparents. Ask the benefits of Tulsi leaves from your Dadima	किसी भी पत्रिका या अखबार से ढूँढकर "स्वस्थ जीवन, सुखी जीवन" पर कावेता या स्लोगन लिखिए	Compare the heights of your family members (Activity 3 of Maths FSA)	सूलेख/ Visit the Waste Management Park and write your observations	Feed the birds with water and grains/ Learn to draw pictures of birds.
Watch any Cartoon movie and learn to draw your favourite cartoon	Make a book mark (Activity 3 of English FSA)	Practice cursive handwriting/ Enjoy cooking without fire.	सूलेख/ Visit Rail museum, Click the pictures and make a collage	Do seed hunting (Activity 4 of EVS FSA)	आहार विशेषज्ञ का साक्षात्कार लीजिए (Activity 4 of Hindi FSA)	Make your food diary (Activity 3 of EVS FSA)
Watch Animal Planet Channel	सूलेख/ Visit Madam Tussaud Museum, click your pictures with famous personalities	Make a beautiful collage on "Health is Wealth"	Be a poet Write/Learn /Recite a poem and make audio of it.	वाद विवाद प्रातियोगिता की तैयारी कीजिए (Activity 3 of Hindi FSA)	Practice cursive handwriting / Learn to arrange your room	Play Hop Scotch in the park during Evening
Visit any park and observe open gym /Do Yoga/ Exercise	Weave a story/ Narrate it to your family members and make video of it.	<p>* Refer Fun Filled Summer Activities of Class 2 for all the above mentioned tasks.</p> <p>* FSA --Fun Filled Summer Activities</p>				

ENGLISH

FSA 1. Make a menu card. Healthy food is important for a healthy body and mind. Create a menu card for a restaurant publicizing a variety of salads and other healthy food dishes. Use A - 4 size coloured sheets to design your menu card. The menu should have few healthy starters, juices, salads, main course and desserts. On the cover of your menu write the name of your restaurant, address and phone number.



FSA 2. Poetry is a form of literature that uses aesthetic and rhythmic qualities of languages. Compose a poem describing the benefits of healthy diet. You may use the words given in the cloud :-

fruits vegetables juices protein vitamins
cereals tasty spicy sweet sour delicious

FSA 3. Make a book mark with quotation or pictures related to (healthy life, yoga, exercise etc.)



FSA 4. Weave a Story



Sam is a good boy, but he doesn't like to brush his teeth. So one day his teeth decide to look for a new mouth, one that would take care of them.....

* Where did the teeth go ? Whom did they meet ?
Did they find the perfect mouth ?

* Use your imagination and complete the story on A-3 size sheet along with pictures. Give suitable title to your story.

FSA 5. Write two pages of handwriting weekly (any thought based on healthy living) in 3-in-one notebook.

FSA 6. Practice pg no.- 12,13,68 and 69 in assignment booklet.

हिंदी

इस गर्मी कुछ सेहतमंद बनाइए व सबको पिलाइए । अपनी पसंद से पेयजल जैसे शरबत , नींबू - पानी ,आदि में कुछ नया स्वाद जगाएँ ,कुछ नया बनाएँ । अपने इस पेयजल की विधि को चित्र व नाम के साथ चिपकाएँ ।



(इस कार्य को स्क्रेप बुक में करिए)

- 1) “स्वस्थ जीवन , सुखी जीवन” को ध्यान रखकर अखबार व किसी पत्रिका से रंगीन तस्वीरें ,स्लोगन ,कविता , कहानी आदि छांटिए । इन सबको काटकर स्क्रेप बुक में चिपकाइए ।
- 2) वाद-विवाद (डिबेट) प्रतियोगिता का आयोजन जुलाई महीने में आयोजित किया जाएगा । विषय --- “डिब्बाबंदभोजन” (canned food) इसके पक्ष व विपक्ष में अपने विचार प्रकट करने है । तीन मिनट का समय दिया जाएगा ।



3) अपने आस पास किसी आहार विशेषज्ञ (dietician) के पास जाइए व उसका साक्षात्कार (interview) लीजिए | नीचे दिए सवाल उनसे पूछिए व उनके उत्तर भी लिखिए | यह कार्य स्क्रेप बुक में लिखिए |



1) नाम ,पता व दूरभाष

2) उनकी शैक्षणिक योग्यता (qualification) व उपलब्धियाँ (achievement)

3) बच्चों की सेहत के लिए खानपान में क्या - क्या ज़रूरी है ?

4) अपनी health report बनवाएँ |

* "योग भगाए रोग" को ध्यान में रखते हुए 21 जून को अंतरराष्ट्रीय योग दिवस मनाया जाता है | आप भी उस दिन अपने आस पास किसी उद्यान में जाइए और विभिन्न योगासनों का अभ्यास करिए | योगासन करते हुए अपनी कुछ तस्वीरें खींचकर A-3 शीट पर चिपकाएँ व उन योगासनों के नाम भी लिखिए |

* हफ्ते में दो बार सुलेख अभ्यास करना है | सुलेख में अपनी सेहत से संबंधित विचार लिखने हैं जैसे: पहला सुख - निरोगी काया , स्वस्थ तन - स्वस्थ मन आदि | रोज़ एक नया विचार लिखिए | इस कार्य को एक अलग पुस्तिका में करिए | अभ्यास पत्रिका में दिए गए पृष्ठ पूरे कीजिए |

➤ पृष्ठ - 47,48,65,66 and 67

MATHS

FSA 1 .Innovating with geometrical shapes is so much fun.It not only involves playing with our imagination but also recreating things in a meaningful way.Try your hands at recreating some healthy snacks that keep us fit and present it using geometrical shapes.Enjoy this snack with your family and friends!(click the picture of the dish you have made and paste it in your homework).



FSA 2. Visit a departmental store in your locality and purchase at least two healthy items for two weeks. Make a list of items purchased and add the amount spent in both the weeks .Make a bill for both.

FSA 3. I can compare ! Find out the height (in metres and centimeters)and weight (in kilograms) of 10 of your friends/ family members .Arrange this data in increasing and decreasing order. Who is tallest? Who is heaviest?



FSA 4. Pick up 10 words used in Mathematics and write their meaning (may refer your Maths book)

***Do pg no 11 to 15 in Maths booklet.**

***Write counting 1 to 1000 with number names in 3 in 1 notebook.**

EVS

FSA 1. Ask your mother to give you small quantities of some of the pulses (dal) (Any 5) she uses for cooking. Put them in small plastic pouches and stick those in scrapbook (in the format given below). Try to remember their names and colour. Visit a grocery store and find out the price/per kg of these pulses.

S.No	Name of the pulse (dal) in English	Name of the pulse(dal) in Hindi	Colour of Pulses(dal) that can be eaten as sprout (YES/NO)	Paste samples

FSA 2. MEDICINAL PLANTS:

Before the modern-day medicine and synthetic drugs, there were plants, and ancient civilizations knew how to use them effectively to treat common ailments and even life-threatening diseases. One such plant is Tulsi.

Tulsi leaves are used to treat cold, cough, bronchitis. Find out about at least 5 more medicinal plants and write their medicinal use also paste the pictures of these plants on a chart paper.



FSA 3. MY FOOD DIARY

1. Make your own Food Diary using different colour A-4 size sheets.

2. Maintain a record for seven days for the amount and kind of food you ate each day, under various sub headings (breakfast lunch, supper dinner). Sample for one day is given on the left side. Dots indicate number of items

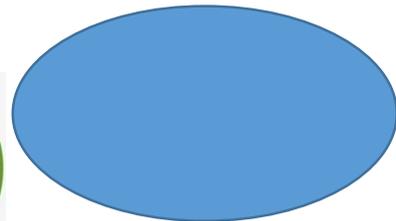
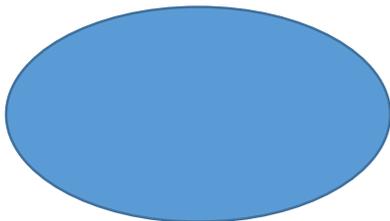
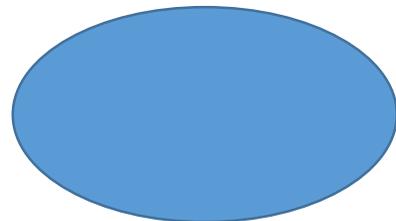
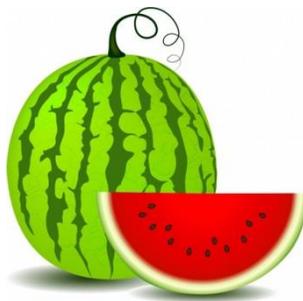
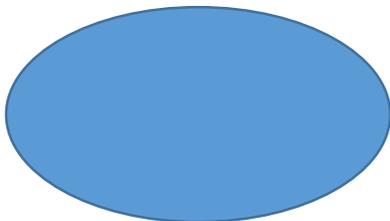
3. Draw, colour and decorate the cover page of your food diary.

4. Start your diary by writing a small poem on the topic ‘**Healthy Living**’



FSA 4. SEED HUNT

Children enjoy eating delicious and juicy summer fruits. During summers, while you enjoy eating the fruits, paste seeds of different fruits in the space provided in scrapbook.



FSA 5. ‘Health is wealth’ to ensure this quote spent time exercising with your family. Click pictures and make a beautiful collage on a chart paper with few lines and names explaining about the yoga posture .

Syllabus for Assessment - I

English

Lesson - 1 - The First Day of School (poem)
Lesson - 4 - A Loving Mother
Grammar - Punctuation, The Sentence and Articles, unseen
Passage, creative writing.
All the work done in book, notebook and practice booklet.

हिंदी

पाठ 2-शरारती बंदर

पाठ 3-रिया की आदत

व्याकरण -मात्राएँ ,संयुक्त व्यंजन ,भाषा व सप्ताह के दिनों के नाम

And all the work done in notebook, practice booklet and book

Maths

Chapter-1 Numbers

Chapter-5 Numbers beyond 100

- Mental Maths
- Tables of 2 and 3
- All the work done in book, notebook and practice booklet.

EVS

Ch- 2: Human body

Ch-7: Keeping Healthy

Ch-3: My family

All work done in book, notebook and practice booklet..