



...learning beyond classroom

# DWARKA INTERNATIONAL SCHOOL SUMMER VACATION HOLIDAY HOMEWORK LKG, SESSION 2017-18



**SAVE ELECTRICITY**

**EXERCISE DAILY AND REMAIN FIT**



**PLAY INDOOR ACTIVITIES**



**PLANT MORE TREES**




**REGULAR  
BRUSHING  
TWICE A DAY**



**SAVE WATER**



**HELP YOUR MOTHER**



Try to limit overall TV and "screen" time to 2 hours a day.

Turn the TV off during mealtimes.

Eat at the table, rather than in front of the TV

**Steps to Success**



*Dear Children,*

*Summer Vacation is a welcome break..... Break from fixed schedule, rules & regulations. Summer Vacation is all about fun, frolic, getting up late in the morning, playing for longer hours with friends, going for picnics, exploring new places and watching your favourite shows on television.*

*Holidays are great, but schoolwork can be fun and inspiring too! So keep u engaged and active, here are few interesting activities for the summer break.....*





...learning beyond classroom

During this vacation learn to do some interesting and important things. Some of them are listed below for you.....



## Social Skills

Help your child become caring human being by developing the following habits like:

- Learn to write your name
- Memorize your home address and phone number of your parents.
- Giving respect to her/his elders and loving her/his younger ones.
- Wishing and welcoming guests.
- Spending time with grandparents.
- Try to converse in English with parents, family and friends. Use three magic words like **Sorry, Please and Thank You.**
- Helping you in arranging dining table, after eating keep, her/his plate in the kitchen. Help your mother in her day-to-day chores.
- Arranging her/his toy, books and clothes in proper shelves.
- Plant one tree. Watering the plants daily and see, them growing each fine day.
- Save water and electricity. Use it judiciously.



Encourage your child to take care of personal hygiene by inculcating the following habits:

- Covering her/his nose and mouth when she/he coughs or sneezes.
- Avoid licking her/his finger (such as when turning pages in a book)
- Avoid eating uncovered food.
- Avoid sharing towel, handkerchief, brush with other people. Brush your teeth twice daily.
- Keeping her/his hair lice-free.
- Trimming his/her nails every.
- Avoid touching her/his eyes, nose, mouth, ears with dirty hands.
- Washing hands after use toilet .



# INDOOR ACTIVITIES

Some suggested indoor activities for you to beat the scorching heat:

- Fireless cooking: Learn to make refreshing summer drinks like-lemonade, lassi, milk shake, fruit smoothies or salads.
- Learn names of days in a week and names of month in a year. Use a calendar to read the date and write date on all your assignments.
- Limit the time you spend in front of television or computer. Read books with your parents or grand parents.
- Suggested books for reading:  
Fairy Tales, Amar Chitra Katha, Panchtantra or any other titles, which you might find interesting.



# OUTDOOR ACTIVITIES

Some suggested outdoor activities:

- Go out to play ground, park or garden and play with your friends, parents or grandparents.
- Suggested places to visit: Zoo, Rail museum, Air Force museum, Metro ride or any historical monuments.

Some suggested websites for engaging your kids:

- [www.kidsinco.com](http://www.kidsinco.com)
- [www.bigactivities.com](http://www.bigactivities.com)
- [www.colouring.ws](http://www.colouring.ws)
- [www.kizphonics.com](http://www.kizphonics.com)
- [www.worksheetuniverse.com](http://www.worksheetuniverse.com)

# MEALS TO EAT, TO BEAT THE HEAT

## JUNE DIET PLAN

			1 Parantha + Seasonal Veg+Fruit Juice	2 Besan Chila + Sauce +Lassi	3 ENJOY CHEEZY PIZZA AT YOUR NEARBY PIZZA OUTLET
4 Rajma+ Rice + frooti	5 Aloo/ channa + Puri + Juice/ Fruit	6 Kofta+Paran tha+ Kheer	7 Stuffed Parantha + Curd + Gulab Jamun	8 Jeera Rice+ Dal + Mango	9 YUMMY! YUMMY! BURGER AT MC DONALD
10 Idli + Chutny + Sambar + Banana	11 Nutrila veg+Chappat i+Banana	12 Biryani + Curd + fruit chaat	13 Parantha + Seasonal Veg + Mango	14 Pav Bhaji + Cucumber Salad + Juice	15 CHOCO- CHOCO DONUTS
16 Poha + Chutney / sauce + Roohafza	17 Dal +Rice +Lassi	18 Aizwan Parantha+La dyfinger+Kh eer	19 Peas PaneerPula v+Cucumbe r Raita+Rasgu lla	20 Cauliflower+Pota to+Chappati+App le	21 CREAMY WHITE/RED PASTA SAUCE
22 Aloo/ channa + Puri + Juice/ Fruit	23 Chappati+Pal ak paneer+ Grapes	24 Potato+Puri+ Halwa	25 Rice + White channa + frooti	26 KADI+ Rice + frooti	27 A DAY FOR PANCAKES AND PASTERIES
28 Upma+Coc onut Chutney+ Mango Drink	29 Veg Sandwich + Sprout Salad+ Apple	30 Parantha+ Ladyfinger+K heer			

<b>1</b> Begin and end your day with the prayer.	<b>2</b> Learn to button and unbutton your shirt.	<b>3</b> Learn to say Hello Good-bye See you Have a nice day!	<b>4</b> एक छोटी कवितायाद करो	<b>5</b> Fitness time! Walk or jog with the family in the park.
<b>6</b> Have fun party with your friends and enjoy!	<b>7</b> गर्मी के मौसम के फलों के नाम याद करो	<b>8</b> Use magic words Daily-Sorry, Please Thank you, Excuse me.	<b>9</b> Save water and save electricity.	<b>10</b> Clean up your toy cupboard.
<b>11</b> Have free play with friends. Enjoy outdoor games.	<b>12</b> Learn to share your belongings.	<b>13</b> Switch off the lights and fans when not in use.	<b>14</b> Beat the heat- have lassi, fruit chaat, say NO to chips, Maggie.	<b>15</b> Avoid bad habits- hitting spitting, fighting etc.
<b>16</b> Eat fresh fruits and vegetables daily.	<b>17</b> Create a Father's Day card today-Give it to your dad and give a hug.	<b>18</b> It's story time- Listen story from your parents/grandparents.	<b>19</b> Create a paper weight by decorating a stone.	<b>20</b> Help mumma fill the water bottles.
<b>21</b> Blow big/small bubbles with soap and water.	<b>22</b> Visit India Gate and enjoy an ice-cream.	<b>23</b> Learn to open & close different tiffin box & water bottles.	<b>24</b> Dip and print mama's hand and your hand in paint.	<b>25</b> Play time-throw and catch a ball with a friend.
<b>26</b> Make balloons of three different sizes, decorate them and attach them with a string.	<b>27</b> Take a printout of your favourite cartoon and colour it.	<b>28</b> Make lemonade with your parents and serve it to your friend.	<b>29</b> Feed the birds with water and bajra.	<b>30</b> Pack your bag and sleep early today.

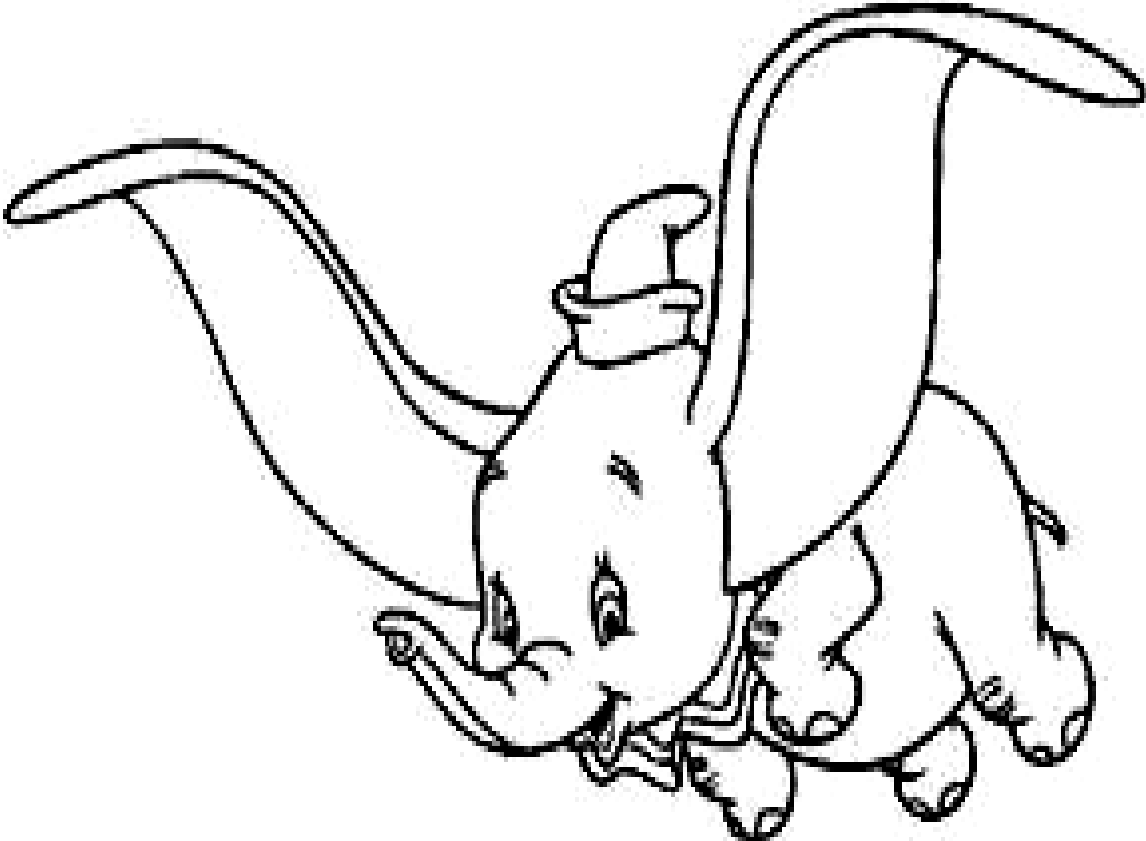
## LIST OF THE THINGS TO BE BROUGHT BACK TO THE SCHOOL

### BALLOONS

### PAPER WEIGHT WITH STONE

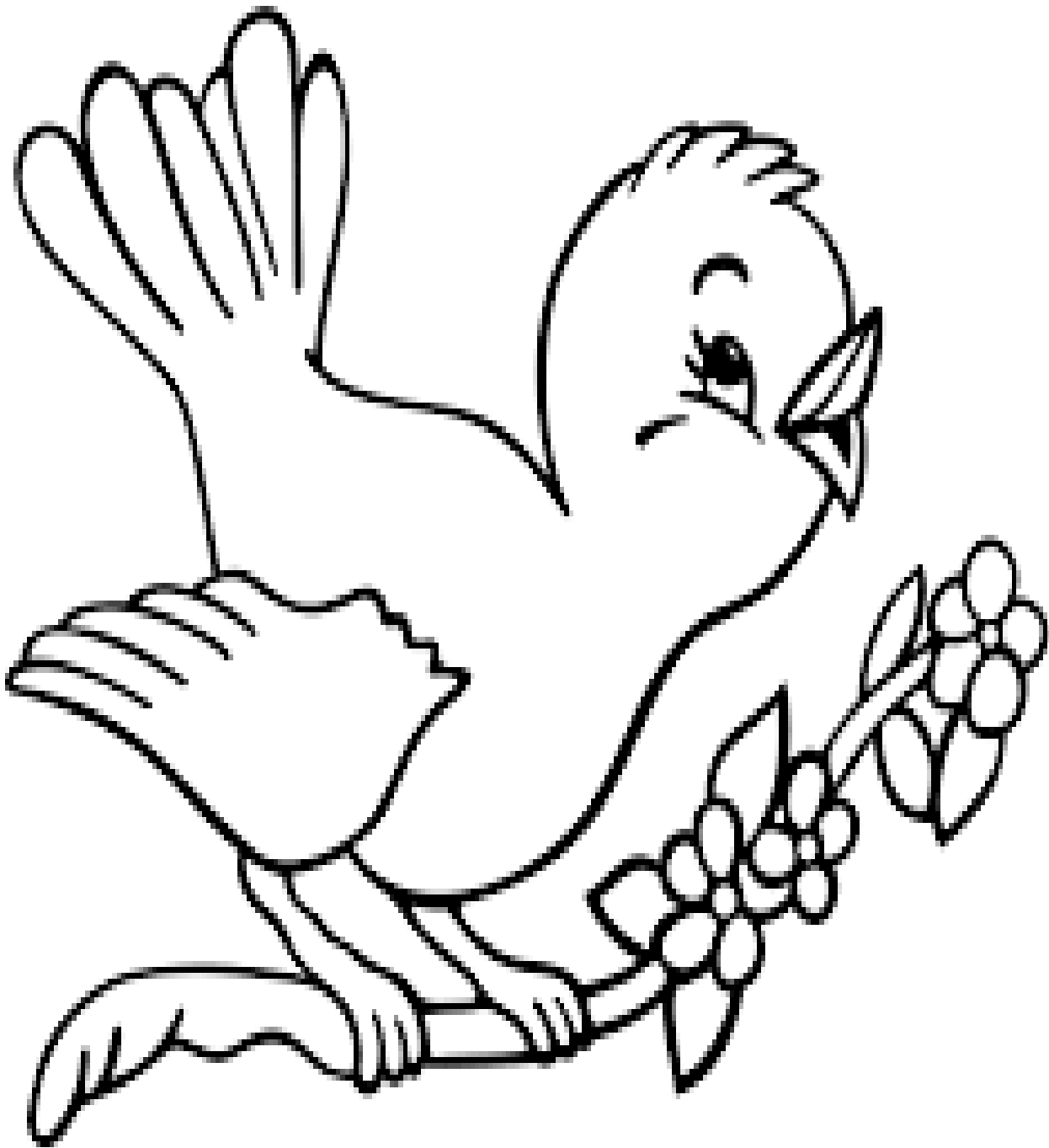
All other activities are only for your enjoyment at home.

**Crush any colourful waste paper and decorate your 'JUMBO THE FLYING ELEPHANT' creatively as he will like it.**





**Colour and decorate the wings of the bird and decorate the bird with colourful glitter eva sheet.**



## **ACTIVITY: CREATE A STICK PUPPET.**

**Material Required:** A4 pastel sheet (coloured), glue, poster colours, printing material (any vegetable, ear bud, toothbrush)

### **Instructions:**

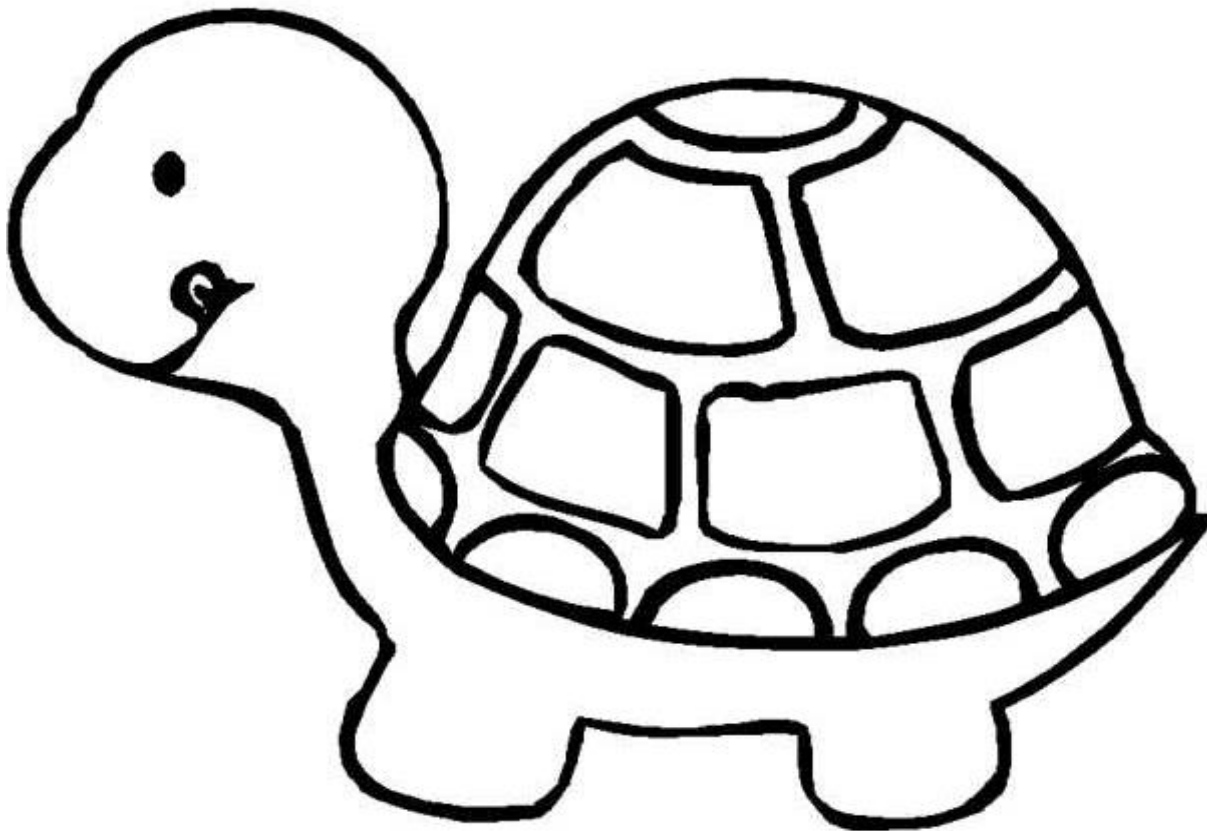
**Step 1:** Paste the given cut out on a pastel sheet to give a strong base.

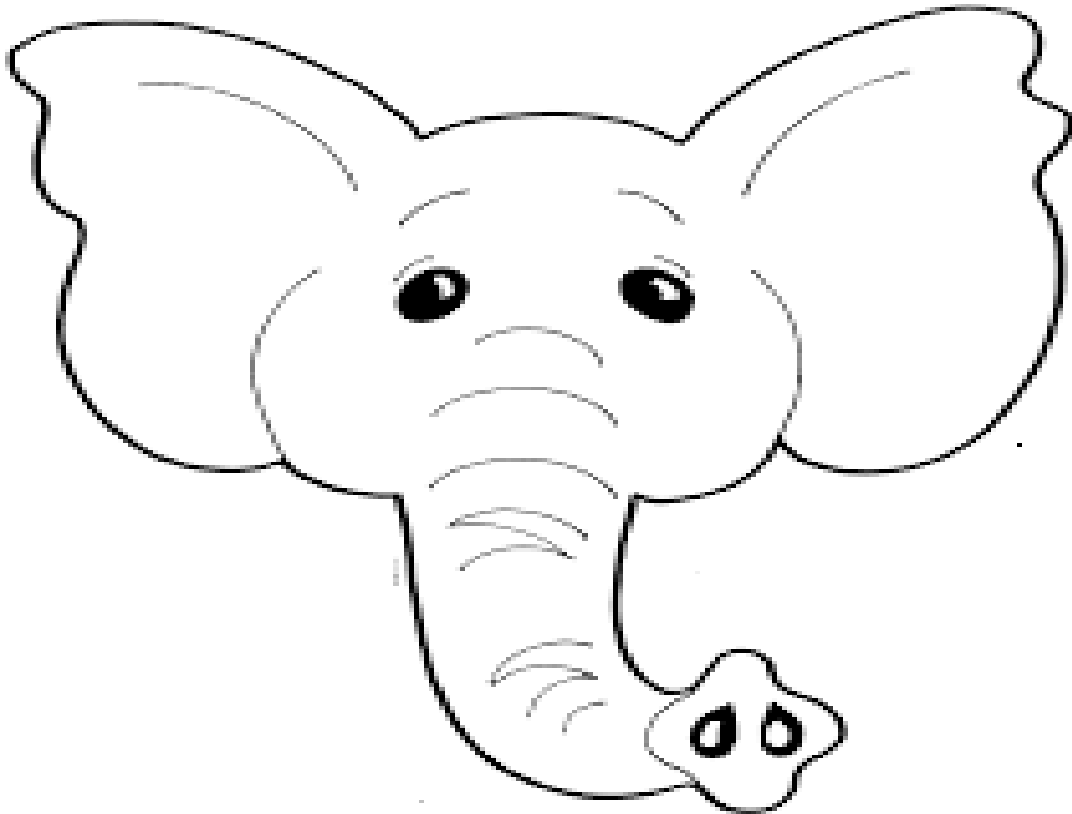
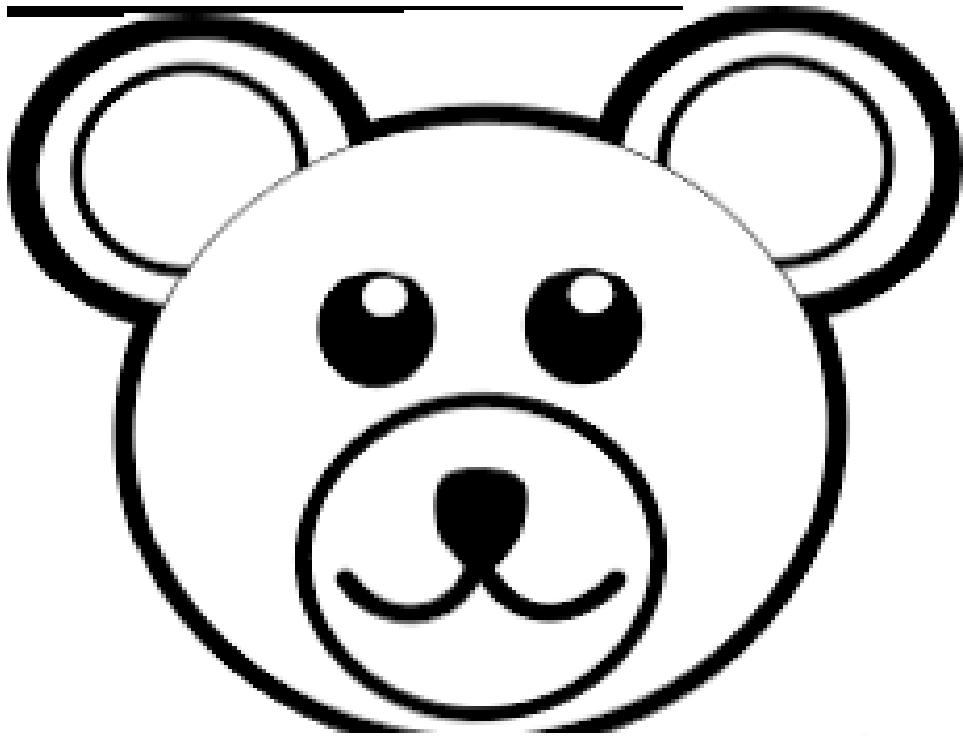
**Step 2:** Cut the sheet according to the cut out.

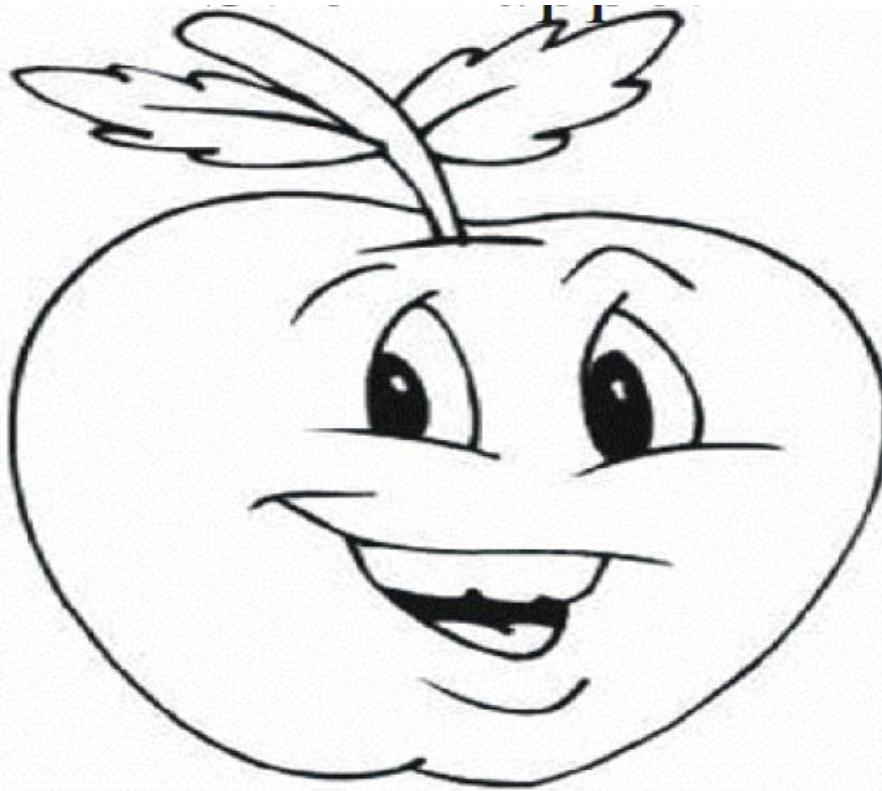
**Step 3:** Decorate the cut out by doing finger/thumb/vegetable/ear bud/toothbrush printing.

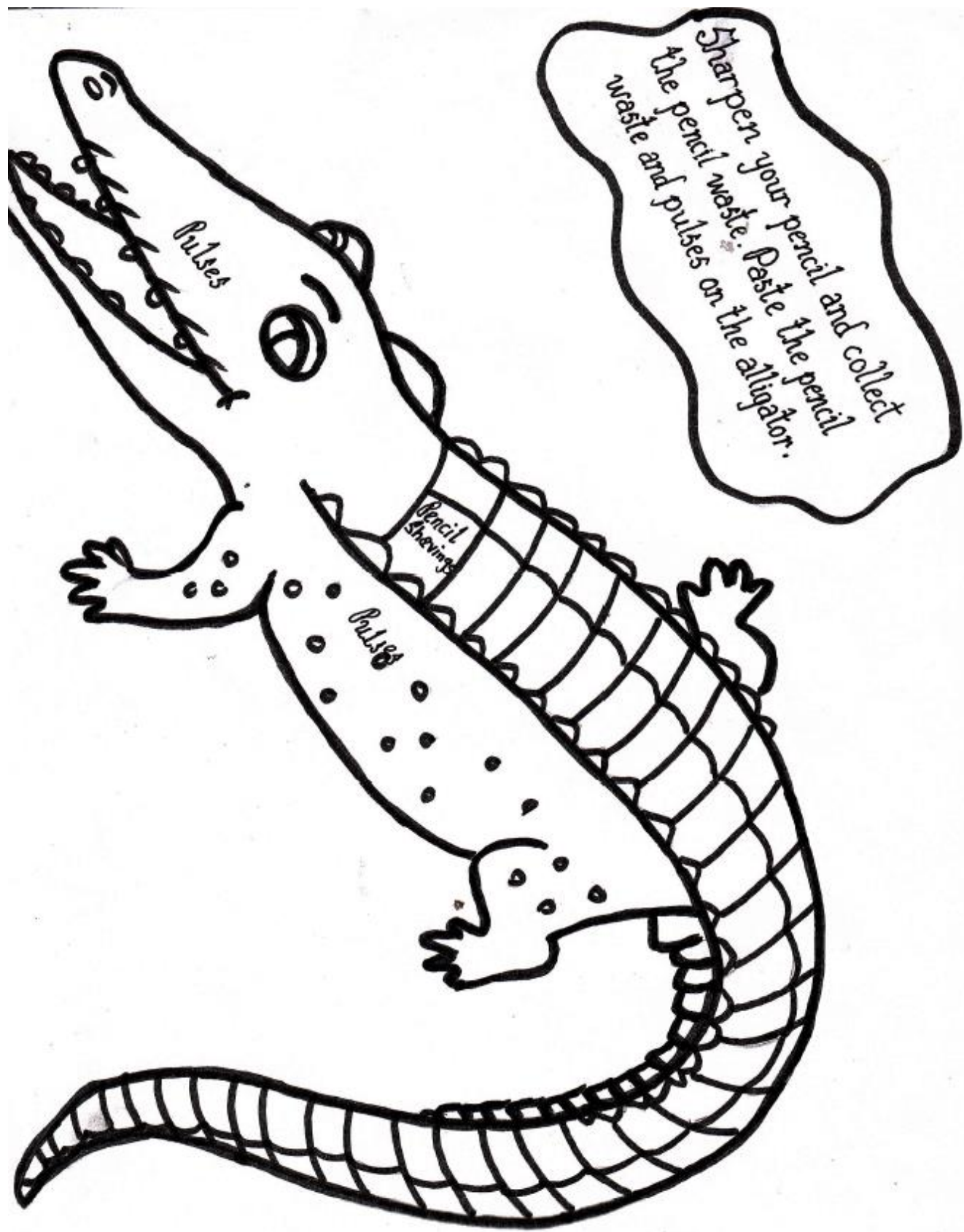
**Step 4:** Give a bold black outline to the cutout.

**Step 5:** Paste the cut out on an Ice-cream stick.









Sharpen your pencil and collect the pencil waste. Paste the pencil waste and pulses on the alligator.

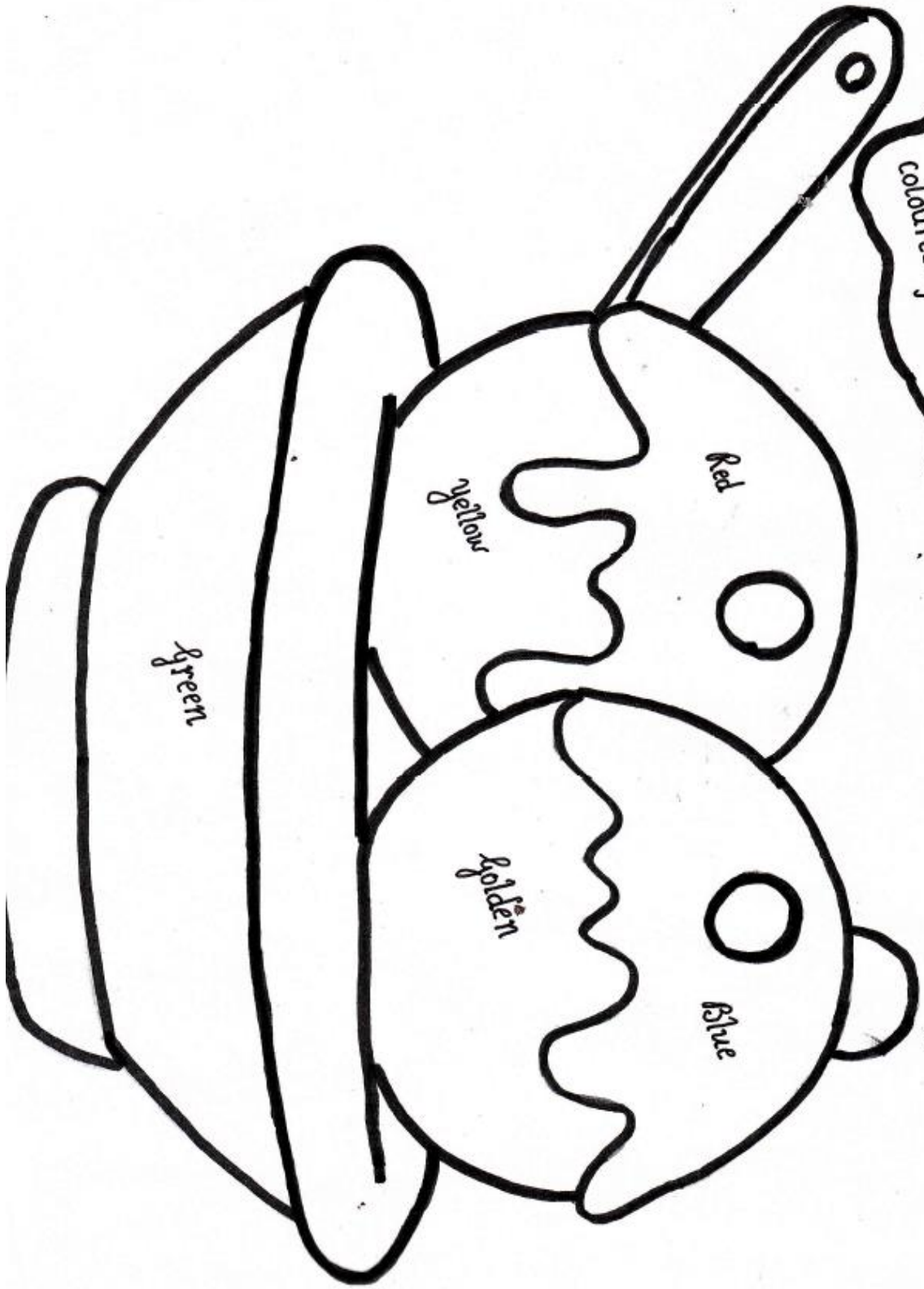
Pulses

Pencil Shavings

Pulses

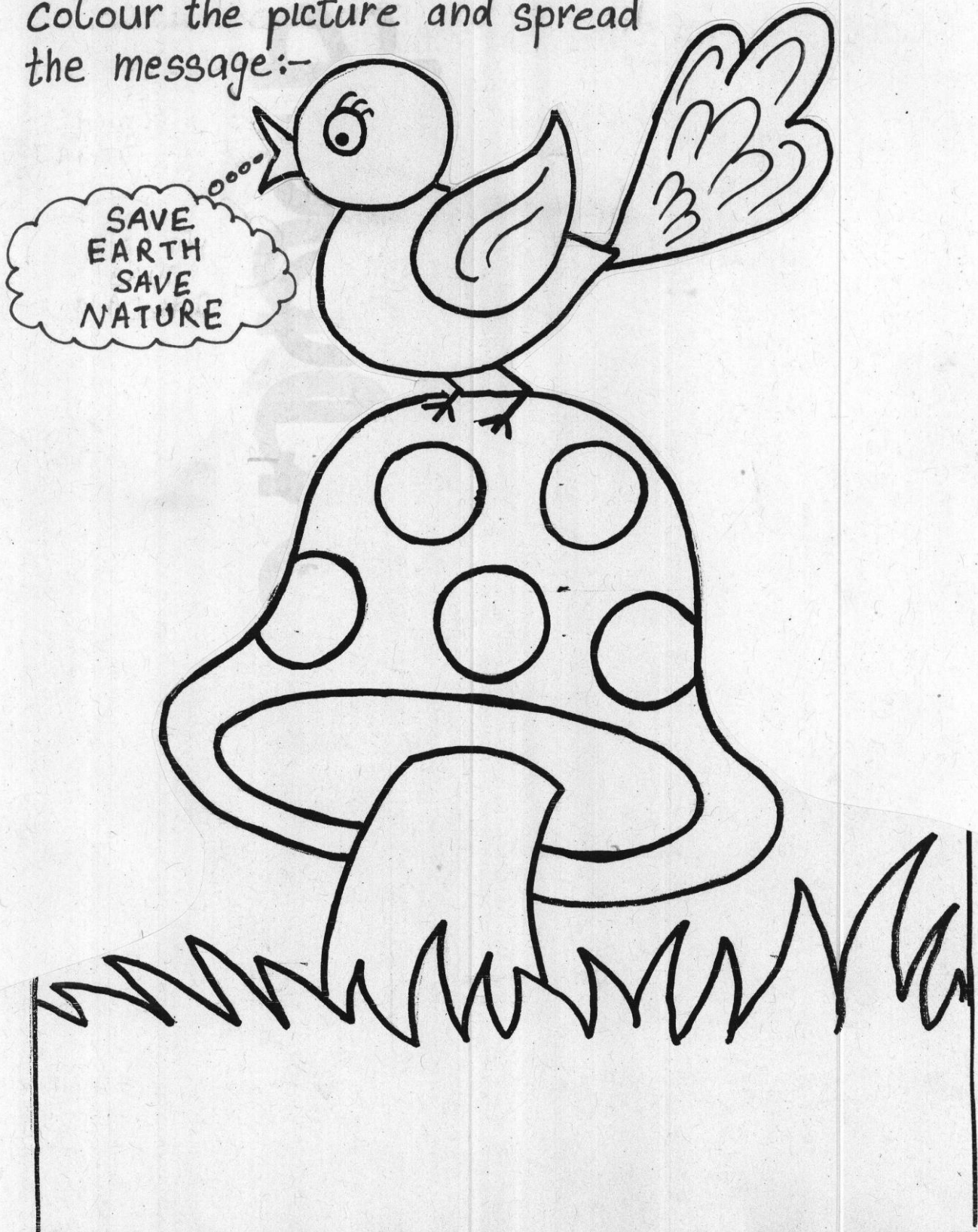
Colour the hat and Decorate it  
with satin ribbon + Plastic  
mirrors and glitter tubes.





Decorate the picture with coloured glitters.

colour the picture and spread  
the message:-





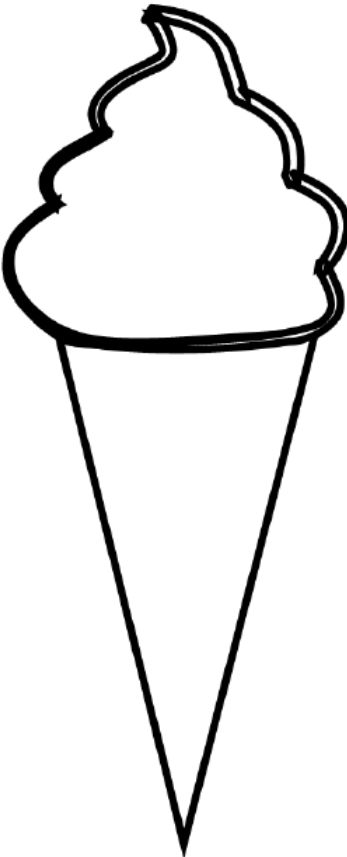
Using ear bud printing technique complete the given picture. (Use bright poster colours)





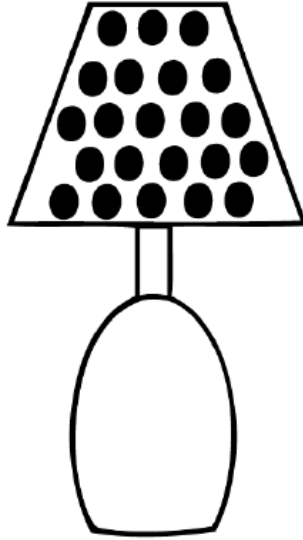
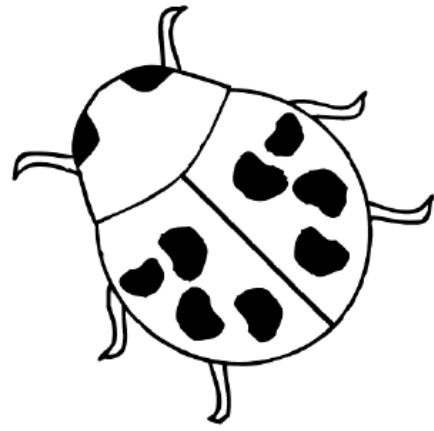
Paste some cotton on  
rabbit's body  
Do colour the carrot also.

Trace the letter 'I' and colour the picture.



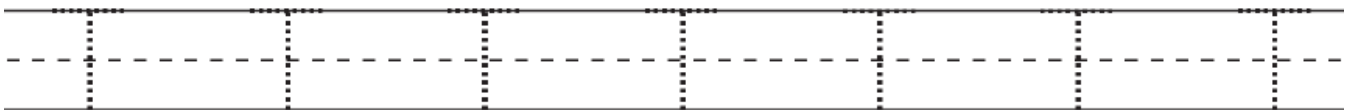
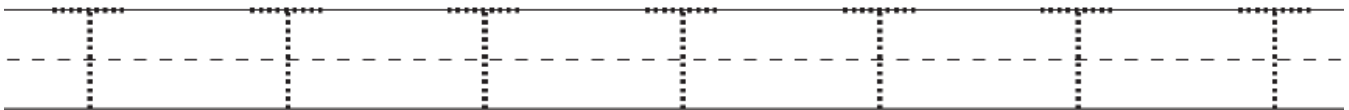
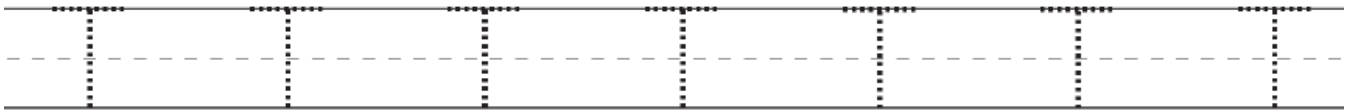
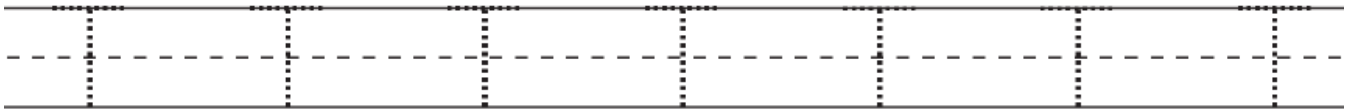
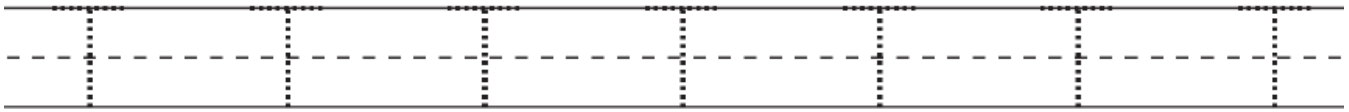
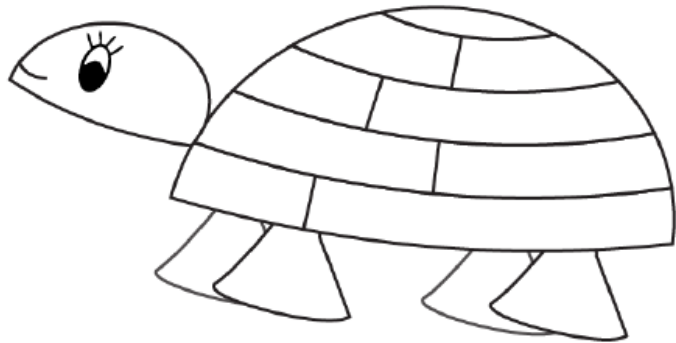
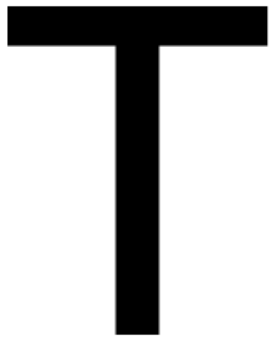
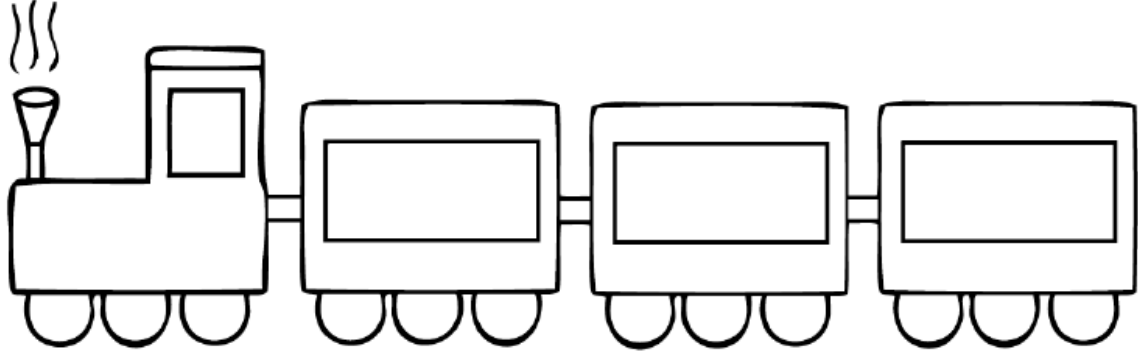
Tracing practice area consisting of five rows of handwriting lines. Each row contains a dashed uppercase letter 'I' for tracing, followed by blank space for independent practice. The lines are composed of a solid top line, a dashed middle line, and a solid bottom line.

Trace the letter 'L' and colour the pictures.

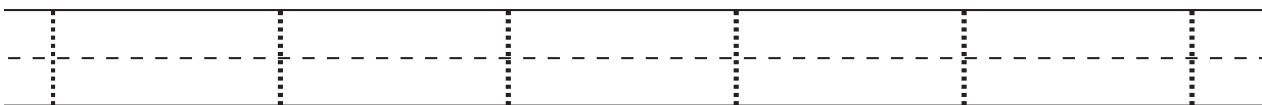
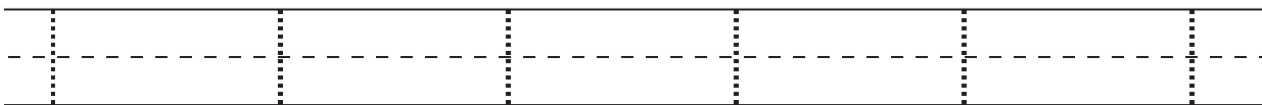
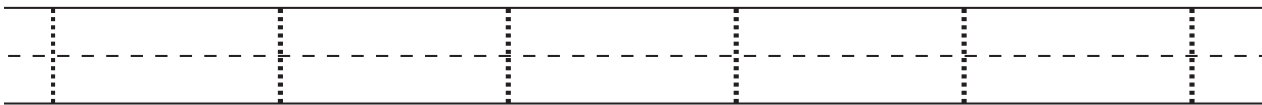
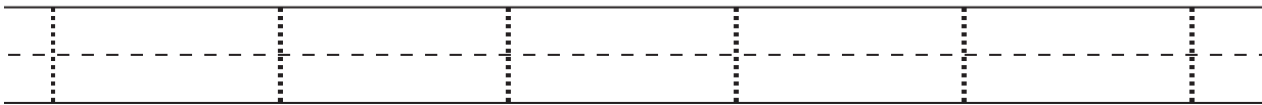
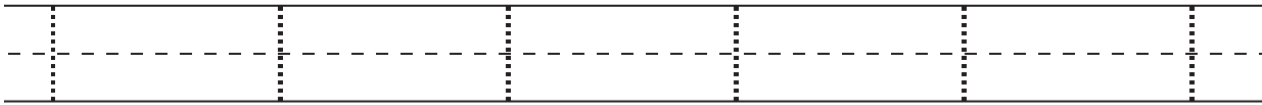
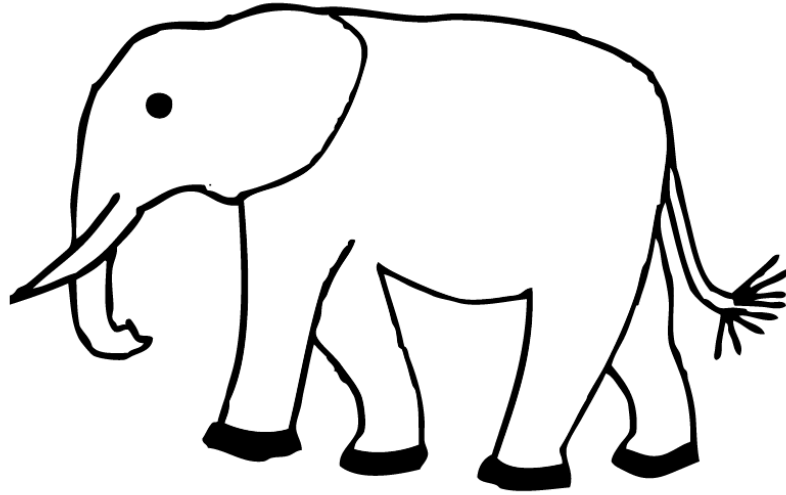


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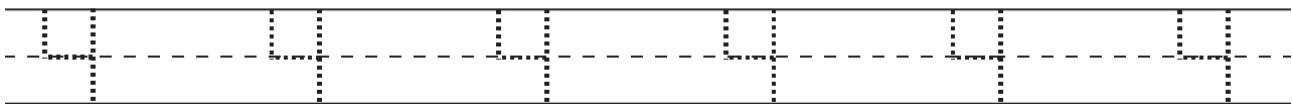
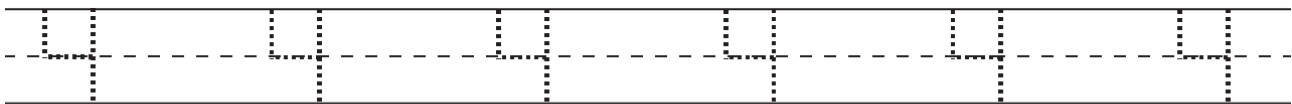
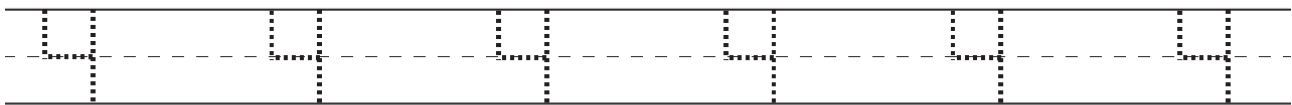
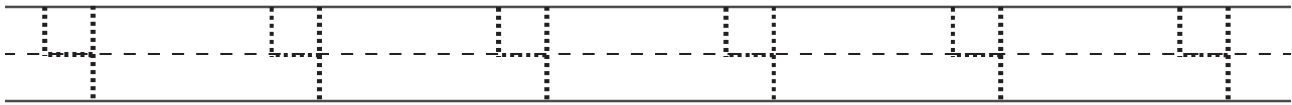
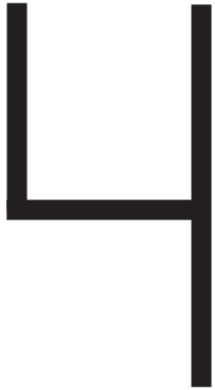
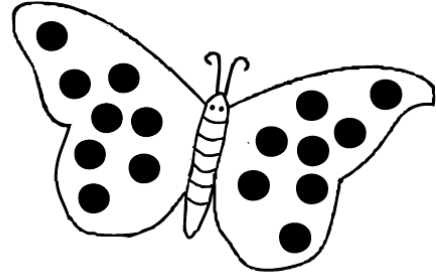
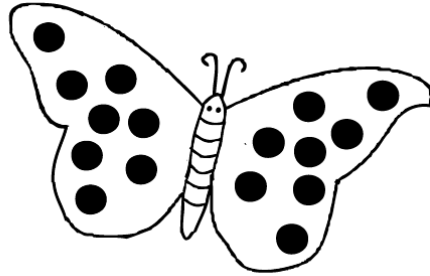
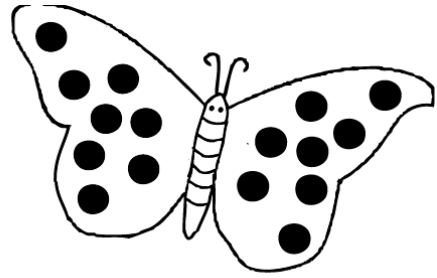
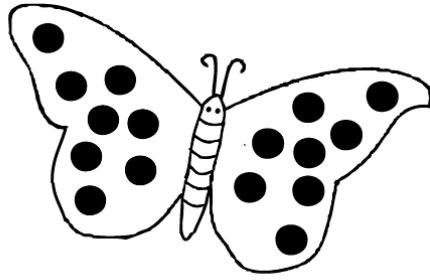
Trace the letter 'T' and colour the pictures.



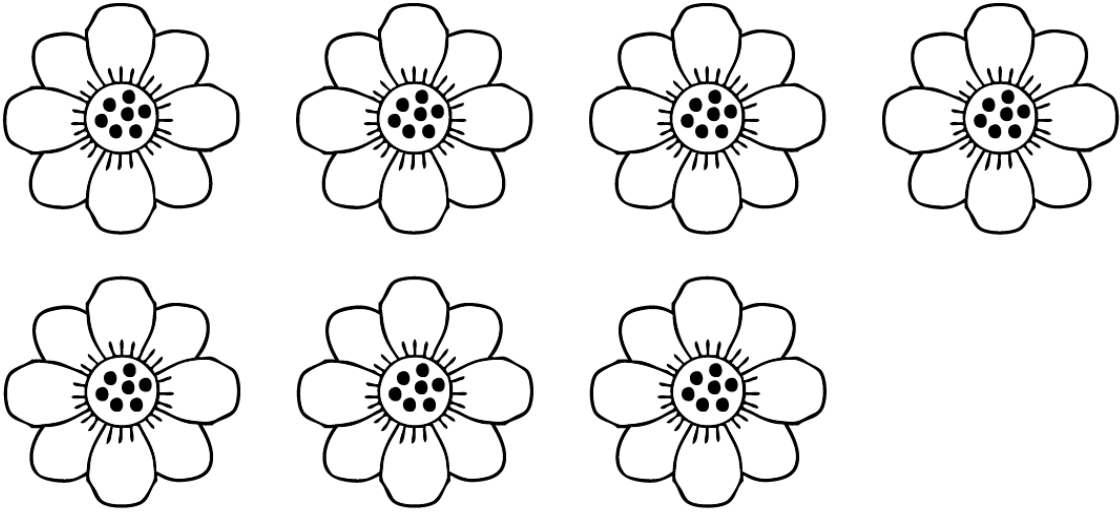
Trace the numeral '1' and colour the picture.



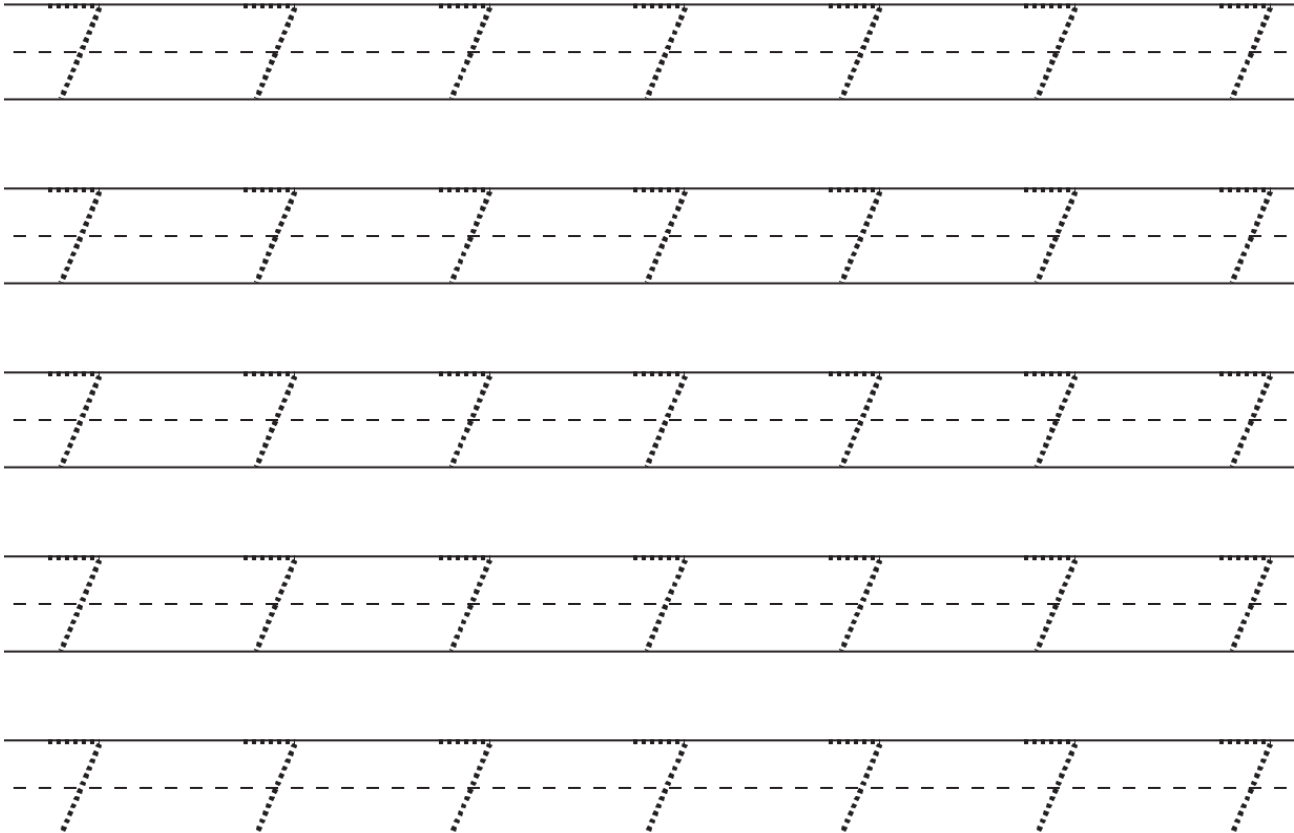
Trace the numeral '4' and colour the butterflies.



Trace the numeral '7' and colour the seven flowers.

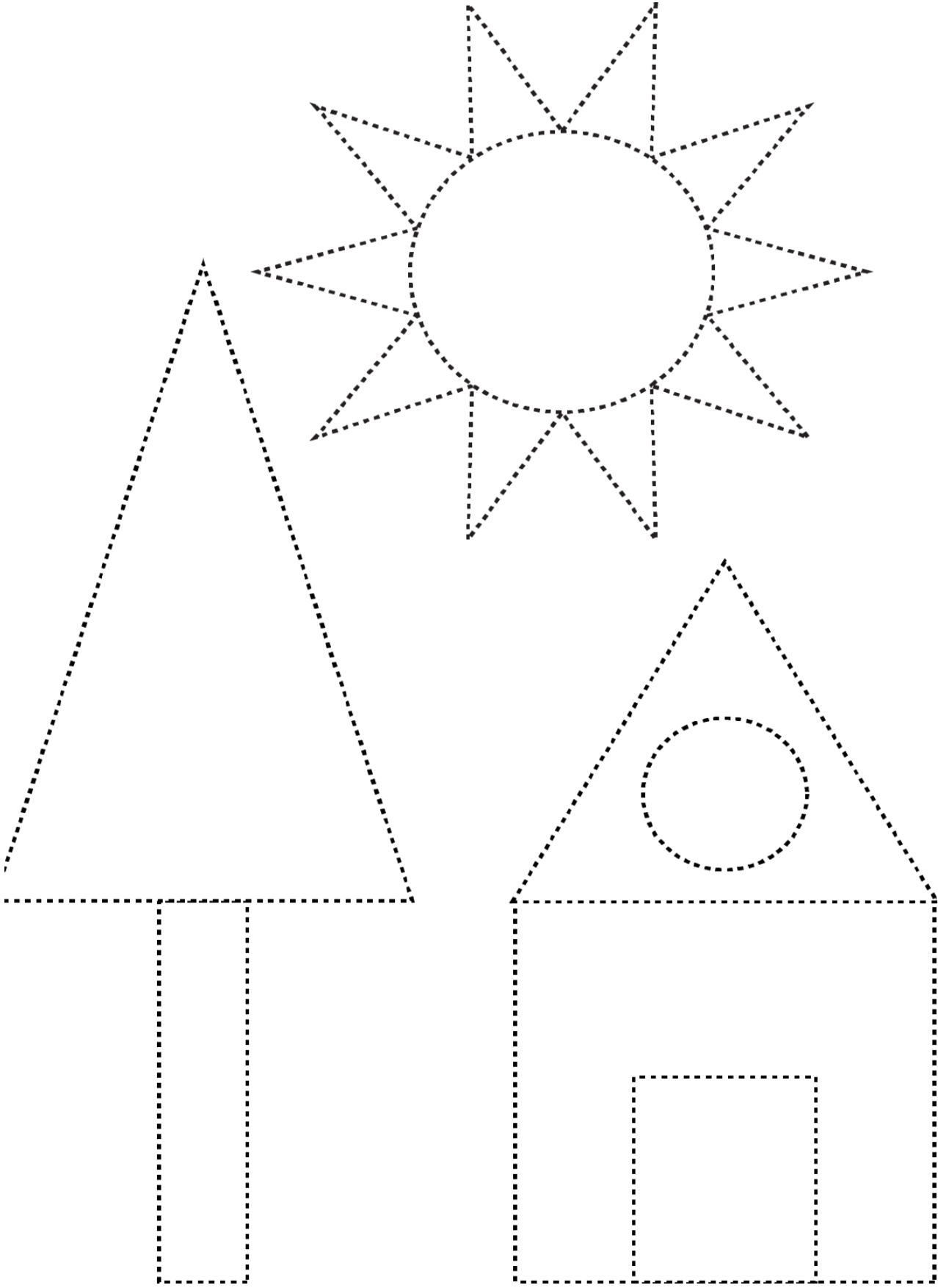


7



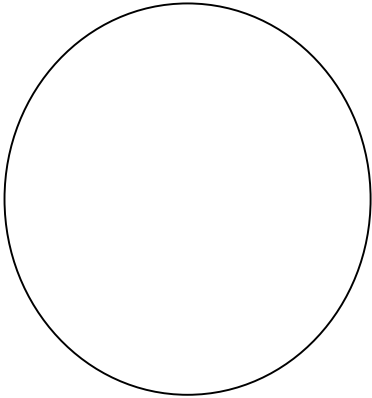


Colour the picture.



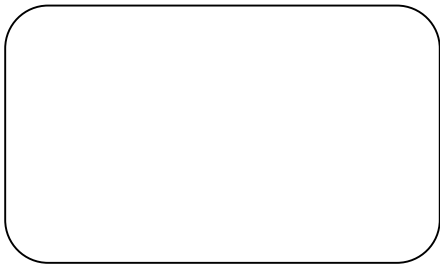
## 'I' AM MY FAVOURITE

Hello, this is me.



Paste a picture of yourself

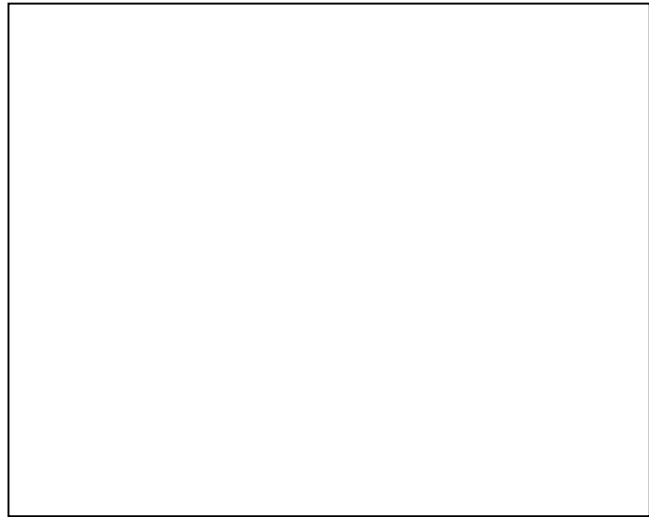
I want to be a



When I grow up

- My name is \_\_\_\_\_
- I am \_\_\_\_\_ years old.
- My birthday is on \_\_\_\_\_

And this is my beautiful Family



(Stick a picture of your family)

My favourite colour \_\_\_\_\_

My favourite food \_\_\_\_\_

My favourite Game \_\_\_\_\_

My favourite toy \_\_\_\_\_