

HEALTHY LIVING

Good health may seem natural at a young age, but maintaining physical and emotional wellbeing often requires us to develop healthy lifestyle. Having a healthy lifestyle, eating well and being physically active helps children to build strong bones, Grow and develop healthily, improve their concentration and make them active and alert.

Jump, Run, Hop and have fun. Practice Aerobics, exercises and Dancing. Simple yoga exercises can help them to improve their immunity.

HEALTHY EATING HABITS

Healthy eating habits are more likely to stay with you if learn them as a child. That's why it's important to teach children healthy eating habits so that they can stick with these habits for life long and that will help them to avoid developing chronic diseases.

Make sure that your ward should learn to wash hands every and now. Also train your ward to use face mask when they go out.

Dear Parents,

Finally, the much awaited Summer Holidays are here. It is a good opportunity to spend quality time with your children. Let's make these holidays fruitful by involving the tiny tots in some fun filled activities.

Learning Time:

Learn to wish Good Morning, Good Afternoon and Good night.



* Learn 5 sentences on Myself.

* Learn Mother's and Father's Mobile number.



Play Outdoor Games: Ensure that children should not spend too much time on electronic gadgets as they harm the eyes and make us lethargic. So encourage your child to go for cycling, hide and seek & running etc. as these will make them active & social.



Converse in English: To develop the conversation skills of children in English ensure to converse small sentences in English only. Read out story books with big illustrations and after finishing the story discuss it with your child. ***Emphasize more on phonic sounds and encourage Word Building words and Picture Talk.**

Teachers are trying to encourage the children to use simple words, phrases and sentences like:

- May I come in Ma'am?
- May I drink water?
- May I go to the toilet?
- I am feeling thirsty.
- I am feeling hungry.
- Please give me a pencil.
- Please give me an eraser etc.

Use of Magic words like Excuse me, Sorry, Thank you, Please, May I.




*Children can be encouraged to use simple words and sentences at home also:


- Mom, I am hungry please give me something to eat.
- Please give me a glass of water.
- Please open the door.
- Please trim my nails.
- Can I watch T.V.?
- I am feeling sleepy.
- Please change my dress.
- Please give me a toy.

*Walk Together:

 Plan a trip or one-day trip.

 Paste the photograph of your family on a **Colourful A4 size sheet.**

 Paste the photographs of the places you visited.

 Paste the photographs of the different things you saw there.

*Help your child to make it beautiful.

Let your child watch *'Stuart Little'*, *Home Alone* movie, *The Jungle Book*, *Nemo* in this vacation.



, *Baby's Day Out*,



*Buy any Moral Story Book for children (English) and ensure to narrate one story daily to your child.



Good habits and good manners are lifelong assets and manners must be practiced until they become habit.

ART ATTACK

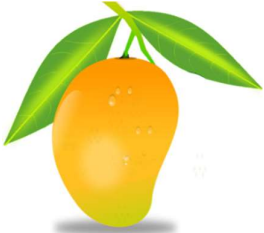
Make a very good use of waste plastic bottle by planting a sapling on it. You have to sapling of **MONEY PLANT** and **TULSI** only.

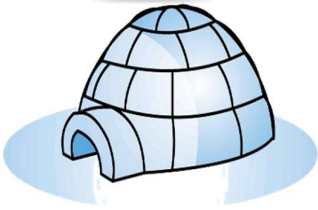
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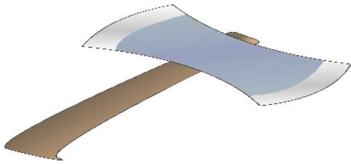


SUBJECT – ENGLISH

Write the first letter of the picture:



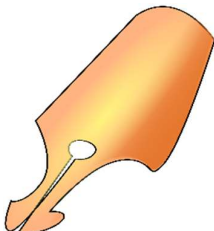








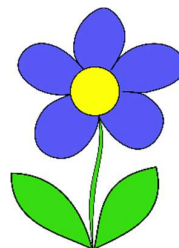




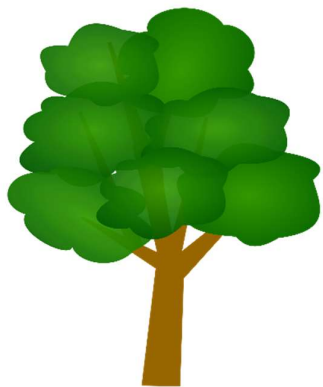
Circle the correct first letter for the given pictures:



H N F



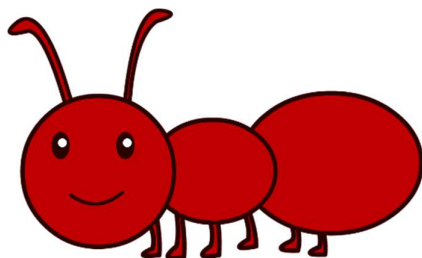
A M F



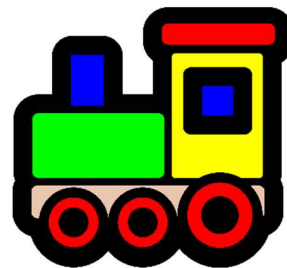
T M L



V H E

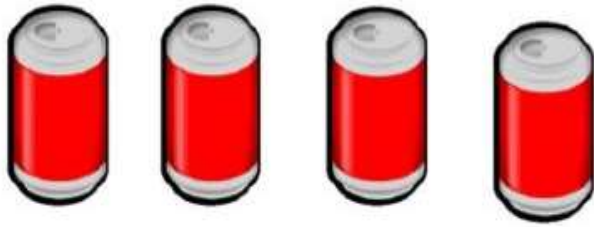


H A I



M N E

I can count and match:



2



4



5



3

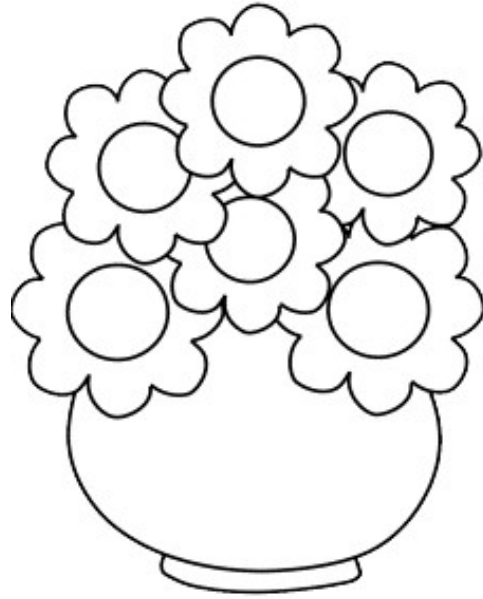


1

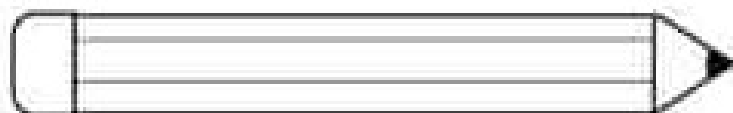
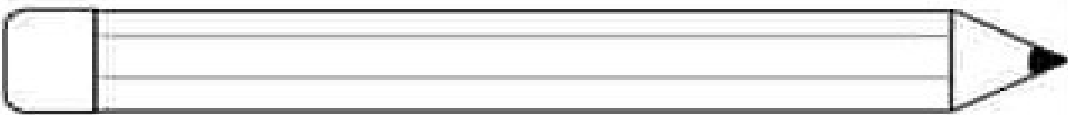
Count and write the number:



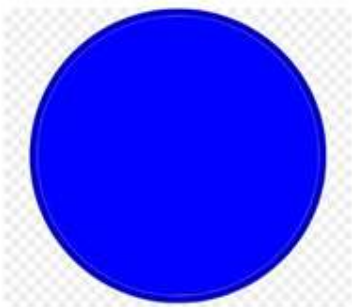
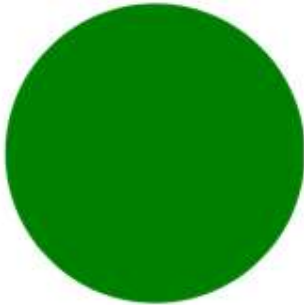
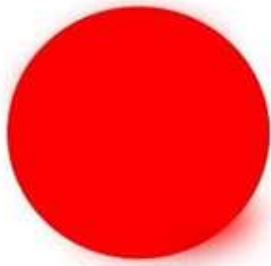
Colour the Big Picture:



Colour the Long Pencil Light Green and Short Pencil Blue:

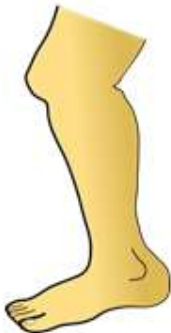
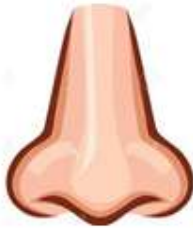


Match the picture according to the colours:



BODY PARTS

Circle the functions of the body parts:



enjoy
SUMMER
HOLIDAYS

