

Dear parents

The summer break is round the corner and this is the time for kids to revive, refresh and rejuvenate their energies. This is the time for them to indulge in new activities, research, explore and experiment with skills that will groom their personalities qualitatively. During this break,

1. Do not let the child waste the morning hours. Teach them to get up early and go for a nature walk. They can enjoy an afternoon nap/siesta later on.
2. Allow them to play outdoors (morning/evening), get hurt and get dirty. It's okay to fall down and experience a little pain once in a while. Make them strong and bold.
3. Help them to plant at least one sapling and take care of it or adopt a tree and water it every day.
4. Get some story/comic books for your child and let them read during the long afternoons.
5. Keep away from TV, mobiles, computers for long hours. They waste creative energies of the child.
6. Avoid giving chocolates, jellies, chips, cakes, aerated drinks and fried snacks to your child.
7. Teach them to prepare/cook their own healthy snacks, salads, lemonades, shakes at home.
8. Encourage them to do little household chores themselves - lay the table before meals and clean them after meals, refill water bottles, water the plants, dust the furniture, put utensils in the sink, fold the clothes, arrange their cupboards, clothes, bookshelves etc.
9. Spend some quality time with your child every day. Talk about your own childhood, home, friends, relationships, dreams, God, good habits, patriotism, honesty, truth, respect for women, love for all creatures etc.
10. Inspire your child by giving examples of role models, great personalities etc.
11. DO NOT DO YOUR CHILD'S HOLIDAY HOMEWORK. It has been designed in an inter-disciplinary manner to help your child probe, explore, research and learn while doing. Let the child engage in this wonderful and exciting learning experience himself/herself. Just arrange the resources required by the child to complete the activities.

Theme for Class III : MY SAFETY, MY HEALTH : I AM A SAFE AND HEALTHY CHILD

NOTE: Do the given work on different coloured A-4 sheets as per the subject.

- 1) English- Light blue 2) Hindi- Pink 3) Maths- White 4) G.Sc.- Yellow 5) S.St- Light Green

English:

Q1. Make a poster on electrical safety.

- Divide your chart into three segments as per the three main seasons -winter, summer and rainy.
- In each segment, depict the various precautions you will take while using different electrical gadgets in your house.

For example-During rainy season: Don't touch switch boards with wet hands. Wear rubber/ plastic slippers to avoid electric shocks.

Q2. Suppose you find Aladdin's magical lamp and the Genie can grant you any three wishes. What would your wishes be in order to make your planet healthy and safe to live in? How would you like him to do that? (Express your thoughts in a paragraph.)

Q3. Read the story 'Alice in the Wonderland'. Make a cover page for the same and write at least 15 new words along with their meanings inside it.

Do Pg-3 (Comprehensive Passage -3) & Pg-33 (picture

Hindi

‘जो करे योग , वे रहें निरोग

जीवन में पाना है आराम, तो करिए व्यायाम।’

- उपरोक्त पंक्तियों को सार्थक करते हुए योग, व्यायाम , आत्म-चिंतन व बाह्य खेलों के लाभ बताइए।

- किन्हीं तीन आसनों का चित्र सहित वर्णन कीजिए।
- पता कीजिए कि धूप में खेलने से हमें कौन सा विटामिन मिलता है और वह हमारे लिए किस प्रकार लाभदायक है, लिखिए।
**‘छुट्टियों में होगा लाभ , जब होगा धूप का साथ ,
 अंगुलियाँ चलें मोबाइल पर , या दीड़े मैदानों में पकड़कर हाथ।**
- चित्रकथा के रूप में ‘साबू और चाचा चौधरी’ के पात्रों को चरितार्थ करते हुए संवाद के रूप में यह समझाइए कि किस प्रकार के खेल व्यक्ति के लिए लाभदायक हैं-
 क) आंतरिक रूप में मोबाइल और कंप्यूटर पर खेले जाने वाले खेल
 या
 ख) बाह्य रूप में खेले जाने वाले खेल।

Maths:

1. Make your diet chart (as shown below) by writing the diet that you followed on a particular day. Every food item has a shape of its own. Specify the 2-D/3-D shape hidden in each food item. Example: Chappati has a circle shape.

DIET CHART

Meal	Food item	Shape of the food item

2. Find out the standard height and weight chart for girls and boys belonging to the age group 2 to 10 years (use internet). Make it on a sheet.
 - Measure the height and weight of any 3 friends/cousins belonging to this age group and classify them as 'Healthy' or 'Needs to be healthy' by comparing their data with standard chart.
 - Device your own board game (just like Snakes and Ladders) in order to guide your friends and cousins to remain healthy and safe. This game should be played on the basic operations of addition and subtraction.
 Example: Add- healthy food, junk food, safety signs, healthy habits etc as stoppers in the game.
 - Make your own rule book for the game.
 Example: If you land up on a healthy food, move 3 steps forward.
 If you happen to land up on a junk food, move 2 steps backward.



General Science:

1. Create your 'Personal Safety Light' for any of the two types of diseases mentioned below using cutouts of red, yellow and green circles.
 - * Beware of different diseases caused due to unhygienic food, impure water, mosquito bite, dog bite, polluted air etc. Read about them on internet /in books.
 - * Make bubbles/clouds in each of the circles to highlight the points.
 - * Example- Suppose you take diseases caused due to unhygienic food-

Avoid- Street food

Think Over It- Eat at a restaurant

Go For It- Homemade food

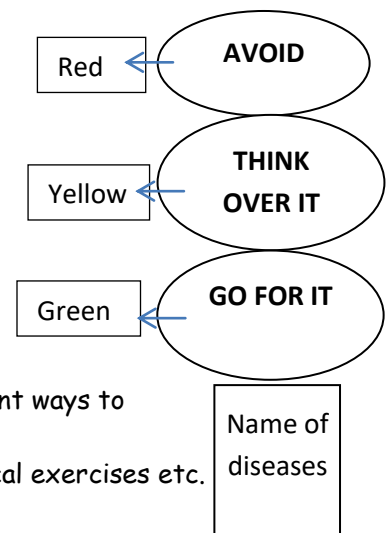
* You can add multiple points in each bubble and use pictures to make your safety lights attractive.

2. Let's Play with Acrostics

In order to remind yourself to remain healthy and safe make acrostics with the letters in your name

* Add a caption to each and every letter of your name keeping in mind different ways to maintain your health and safety.

* You can take into account road safety, electrical safety, healthy food, physical exercises etc.
 Example- Suppose your name is ANMOL



- Acrostics:
- A → Avoid Junk Food
 - N → No to Aerated Drinks
 - M → More Fruits
 - O → Obey traffic Rules
 - L → Love to play in the field.

3. Be a Budding Scientist

Perform any two simple experiments with the help of internet sources of DIY Experiments under the supervision of your parents and prepare an "Experiment Leaflet (Four Fold) for the same.

- *Click your photographs while performing the experiments.
- *Note down the observations made by you.
- *Try to find out the scientific principles behind it.
- *Play safe/Be safe while performing the experiments.

DIY Link- <https://pin.it/b2715iuswn6xt>

Worksheet Booklet Pg-3,4,5,6

Social Science:

Q1. "Wisdom is giving the children their wings,

"Along with the rudder of awareness to keep them safe from prying hands."

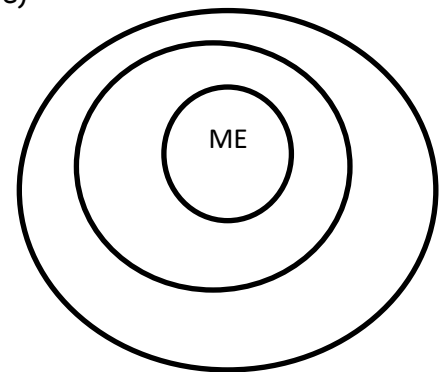
Create your own "Safe Zone Dart" on a cardboard and paste the pictures of the people with whom you feel safe. Also state your relation with those people (As shown in the picture)

It may include:

- a) family members
- b) friends
- c) people living near your house.
- d) people at school

Note: Position the pictures keeping in mind the following aspects:

- 1) The person with whom you can talk your heart out.
- 2) The person with whom you feel comfortable to go out.
- 3) The person whose touch makes you feel safe.
- 4) The person whose hug makes you happy.



Q2. Safety is as simple as ABC

AlwaysBeCareful !!

"A symbol is a small drawing, picture, colour etc used to indicate something."

You see many symbols around you giving a message in order to prevent mishaps and ensure safety.

For example:



Think about any 5 areas in your house where you would place a safety symbol, it can be near the gas stove, sockets etc.

- Using these hints, create your own safety symbols.
- Make a map of your house and position the symbols created by you. Also make a key/index for your map.

Q3. "Live a healthy lifestyle!"

Make a "flip table calendar" for a week.

Be a health freak, plan out the following aspects for each day of the week:

- diet
- Workout regime (yoga, aerobics, cycling etc.)
- liquid intake
- time spent on gadgets

Note: Make your calendar attractive and colourful by using pictures.



Art:

- 1) III-A Glass Painting
- 2) III-E Paper Quilling
- 3) III-B Piggy Bank
- 4) III-F Tie and Dye
- 5) III-C Ball Hanging with wool
- 6) III-D Landscape

NOTE: See Snap HW work details.