

## (ART-INTEGRATED PROJECTS)

enjoy  
SUMMER  
HOLIDAYS

## Some useful tips for summer vacation

Some dos and don'ts during summer vacation:

### Do's

- ❖ Eat a nutritious diet with plenty of water. Include citrus fruits
- ❖ (orange, lemon, grapefruit) and vegetables which are rich in vitamin C, vitamin D containing foods (cheese, egg yolks) and zinc-containing foods (legumes, lentils, beans, and nuts).
- ❖ Wash your hands frequently, always with soap and water for at least 20 seconds or frequently use alcohol-based hand rub.
- ❖ Wear light cotton clothes.
- ❖ Protect yourself and others.
- ❖ Be a leader in keeping yourself, your school, family and community healthy.
- ❖ Cough and sneeze into a tissue or your elbow and avoid touching your face, eyes, mouth and nose.
- ❖ Share what you learn about preventing disease with your
- ❖ family and friends, especially with younger children.



### Don'ts:

- ❖ Do not share cups, eating utensils, food or drinks with others.
- ❖ Do not have close contacts with a sick person.
- ❖ Do not participate in large gatherings.
- ❖ Do not touch your face, nose and eyes without washing hands.
- ❖ Don't dirty your place of living.
- ❖ Don't have junk food.
- ❖ Don't watch too much TV.
- ❖ Don't waste time being lazy.



Summer Vacation is probably the best time of the year for you all; it's time for loads of fun, though we can't go out but getting pampered to no end and of course bonding with distant cousins can be done virtually.

School is fun too, with learning happening at all times, summer vacation can also be a time for learning with lots of activities around.

Here are a few tasks for you to complete during the vacation. Do remember to complete the given tasks after reading them carefully.

### Some Tips to make this holiday special:

- Have a family dinner every day of the holidays.
- Play board games with your parents and siblings and show them who is the smartest.



Spend some quality time with an elderly person in the family



**MATHS**

**Creativity**



#. Math is all around us. Let us use Math to find and do the following: (A4 sheet)

1. Draw a robot on a grid paper using art of geometry and then calculate its area and perimeter.
2. Calculate the area of the doors/windows/table tops in your home by using a measuring tape.
3. Leaf Tracing

Collect any leaf and trace it on a graph paper. Find the area of figure so obtained by method of counting the squares.

4. Make Magic squares of orders

(1)  $3 \times 3$

(2)  $4 \times 4$

5. Make table of sieve of Eratosthenes From your textbook. Use different colors for coloring prime numbers and composite numbers.

6. Polygon Capture

Draw and cut various polygons in different sizes and colors to make your own art piece



7. To enforce concept through creativity on paper make a chart on following topic

Types of triangles | ( R.no: 1 to 10)

Kind of angles on the basis of sides and angles (11 to 20)

Parts of circle (21 to 36)

8. Draw the lines of symmetry of the following figures (One figure)

A. Symmetry in Alphabets, B.Symmetry in Plane figures C.Symmetry in nature

D. Symmetry in Road Signs E. Symmetry in Rangoli Patterns

### SCIENCE



Sikkim is a beautiful state of India located in the north eastern part of our country. The people living there have a very healthy lifestyle whereas in Delhi, the people have to face several health issues because of pollution and unhealthy lifestyle.

- ❖ What can we learn from Sikkimese and how can we implement the same to improve our present way of living? Write your suggestions in colourful clouds. Support your answer with pictures.

Let's Explore Sikkim:

"Sikkim is known for astonishing variety of beautiful birds, animals and flowers".

- ❖ Design a beautiful and colourful poster showing flora and fauna of Sikkim.

\* Do all activities in A4 or A5 sheets.

A.) find out the nutrients present in different packed food (Biscuits)



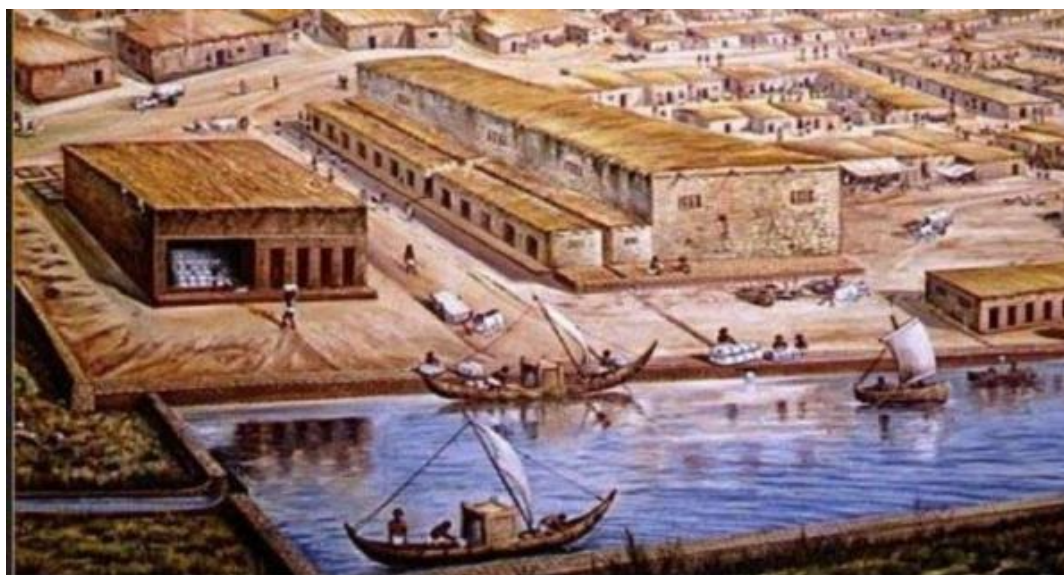
Procedure1. Collect 5 packed biscuits that are available in market.

2. Make a list of nutrients found in them



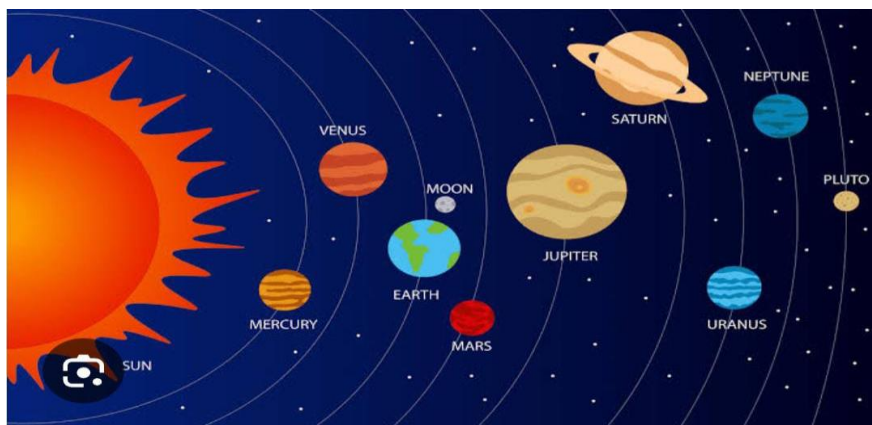
3. Find out the amount of each of the nutrients present in them.
  4. Note down your observations
  5. From your observations, which food items are good or not good for your health
- B) Label the famous cuisine of any 10 states on map and place their pictures also.
- C) Write Experiment 1 to 5 in your lab manual.
- D) Do activity in A5 sheet:-
- 1.components of food (roll no. 1 to 10)
  - 2.Balanced diet ( roll no. 11 to 20)
  - 3.Deficiency of vitamin (roll no. 21- 30)
  - 4.Methods of separation ( roll no. 31 - 45)

### SOCIAL SCIENCE



1. Read about any one civilization that developed along river Nile and write about it.  
Hints to help you write
  - Write about the people, administration, art and architecture, clothing and trade.
  - Paste pictures that show interesting facts about the civilization.
2. Select the capitals of the countries ,find out their latitudes and longitudes. Paste world map on A3 size and write the name on it.
3. Make a list of states and language spoken in each state make a project on A3 sheet.
4. Make a model with the help of card board or waste material.

Roll no 1 to 12 - solar system



Roll no 13-24 - Difference between latitudes and longitudes lines

Roll no 24 to 45 - search and paste and write the information about the sources of history

### HINDI

ग्रीष्मकालीन अवकाश गृहकार्य

1. 1947 से लेकर 2017 तक के प्रधानमंत्रियों के नाम तथा उनका कार्यकाल लिखें तथा उनका चित्र भी चिपकाएं।
2. किन्हीं 10 शब्दों के पर्यायवाची शब्द लिखिए (A3 sheet)
3. हिंदी महीनों के नाम लिखें तथा यह भी लिखें कि यह हिंदी महीने किस-किस अंग्रेजी महीने में आते हैं।
4. पर्यावरण संरक्षण और वृक्षारोपण का महत्व इस विषय पर A4 सीट पर चित्र बनाएं।
5. अहिंसा परमो धर्म इस विषय से संबंधित गौतम बुद्ध की कोई एक कहानी अपने शब्दों में लिखिए।
6. प्रकृति हमें बहुत कुछ देती है। हम प्रकृति का ध्यान किस प्रकार रख सकते हैं। इसके बारे में अपने विचार लिखो।
7. गर्मी का मौसम चल रहा है, आपके घर के आसपास मौजूद पशु पक्षियों के प्रति, आपने उनके लिए क्या-क्या किया। इसके बारे में अपनी उत्तर पुस्तिका में लिखें।

### ENGLISH

1. Make a video clip of 1 minute on father's day and get a picture click with father make a photo frame and then fix photo.
2. Make a beautiful bookmark for your English book decorate it and write a famous quotation by a well known poet.
3. Write an essay on Clean India Campaign, In not more than 200 words.

In your essay include the following details.

- The campaign was launched by whom and in which year
- What is the campaign all about
- Ideology kept in mind while launching this campaign
- Mention different states which benefitted from this campaign and how.
- Your 5 suggestions to keep the country clean.
- Your 5 efforts to keep your surroundings clean.
- A slogan of your own for Clean India Campaign.

Hints to help you write-

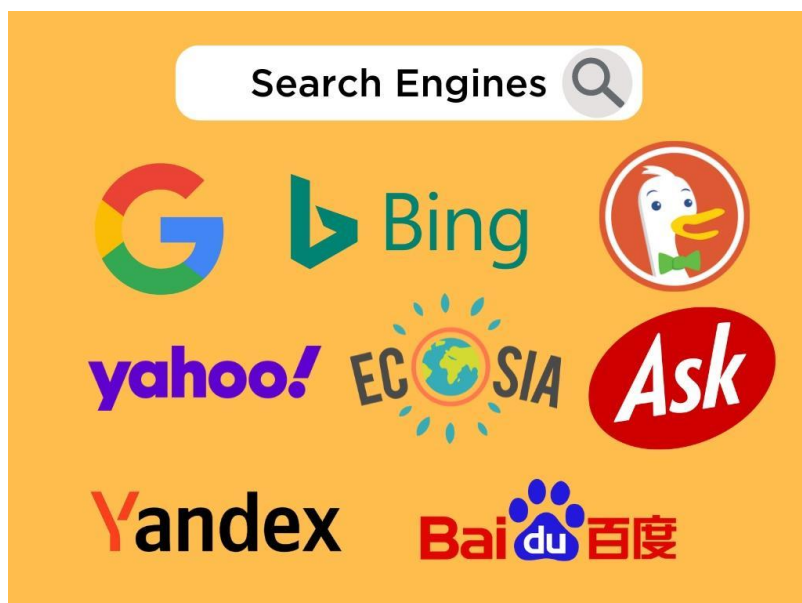
- Be original and creative.
- Do not include unnecessary details.
- Make good use of vocabulary. Underline the new words that you use.
- Begin with a quote, saying or some famous line.
- Take help from your English Literature lesson, A Clean India- a Campaign of Promise.
- Heed to the given word limit.

4. Write the five headlines of newspaper from 1st June to 5 June.



## COMPUTER

The search engine proves incredibly valuable by enhancing brand visibility, enabling targeted advertising, boosting brand awareness, managing performance, and increasing website traffic, among other benefits.





## SANSKRIT

Make given picture in A5 sheet.



## Activity Corner

Q 1. To keep you and your family members fit it's important to do yoga daily.

We celebrate YOGA DAY on 21st June on that day all the family members should do yoga and send the pictures and videos to the class teacher on personal Whatsapp

# CALM DOWN YOGA



**I am strong.**

**WARRIOR 2 POSE**



**I am kind.**

**TREE POSE**



**I am wise.**

**HERO POSE**



**I am brave.**

**CHAIR POSE**



**I am friendly.**

**DOWNWARD-FACING DOG POSE**

2) Surprise your father by a DIY keychain (Be creative) with the help of your mum.

Reference Material: Beads, tassels, figurines, ribbons, pictures, fabric etc



**\* Submission date for holiday homework is 5 July. \***