

## GRADE – II : SUMMER HOLIDAY HOMEWORK 2020-21

Dear Parent,

You are aware that Pragathi Central School predominantly emphasizes on 'VALUES & LIFE SKILLS'. As part of this, we have designed interesting projects/assignments for children to be completed during the break. Kindly motivate and lend support to your children and ensure that they complete the given work.

### PROJECT - 1

#### Household chores for children

Cleaning is a great activity for children to learn about being responsible and taking care of themselves and others. Being involved in chores also gives children **experience of relationship skills** like communicating clearly, negotiating, cooperating and working as a team.

**In the following chores list, your child can choose any two or three activities and do it under your supervision.**

Make your bed	Sweep your room	Wash your plates & tumbler
Dust window panes, doors & curtains	Wash your clothes	Fold your clothes
Water plants regularly	Clean your toilet (with an adult's help)	Arrange your books and clothes neatly



**Note :** Motivate your child to get involved in daily chores by doing the chores together until your child is ready to do it on his/her own. Timely appreciation and appropriate rewards further boost the child's confidence.

### PROJECT - 2

#### Non-dominant hand writing (using your less frequently used hand)



**Learning objective :** When you use the non-dominant hand, both

hemispheres of the brain are activated, which may result in thinking differently and becoming more creative. Also minimizes spelling errors.

**Dear Parent, make your child write any 5 words per day with the hand that is used less. If your child is right-handed, please make him/her write with left hand, and vice versa.**

**NOTE :** Practice in rough note book.

## PROJECT - 3

**Mother tongue is for 'Bonding' , English is for Business.**

**Knowing your mother tongue** – Learning alphabet and simple two letter words of mother tongue.

**Learning objective :**

- Skills learned in the mother tongue will transfer to the other languages learned in school.
- Feelings, which are important for the child's development, are also passed on through the mother tongue.

**Note : This project is for children who do not know how to read and write mother tongue (Practise in rough notebook).**

## AWARENESS ON CORONA VIRUS

### PROJECT – 4 : IMMUNITY BOOSTERS WITH 10 SUPER FOODS

Eating a healthy diet is very important during the COVID-19 pandemic. While no foods or dietary supplements can prevent or cure COVID-19 infection, healthy diets are important for supporting immune systems.

The wisest way to keep ourselves safe from Covid-19 is to develop immune system with these 10 Super Foods. They are the powerhouses of nutrients.

Sl	'10' Super Foods for Super Kids	Benefits
1	Curd/Yogurt	Strengthens immune system
2	Garlic	Fights harmful viruses and bacteria
3	Almonds	Rich in Vitamins, Minerals, Protein and Fibre
4	Eggs/Fish	A good dietary sources of vitamin D
5	Green Leafy Vegetables	Rich in Vitamin A and Vitamin C
6	Fresh Fruits	Reduce the risk of diseases
7	Turmeric	Keeps away cold and flu
8	Honey	Reduces cough and cold
9	Ginger	Treats muscle and joint pain, cold and flu
10	Pepper	Excellent sources of vitamins A and C, potassium, folic acid, and fibre.



Curd



Garlic



Almonds



Eggs



Pepper



Fish

**SUPER  
FOODS  
FOR KIDS**



Green Leafy



Fresh Fruits



Turmeric



Honey



Ginger

**Note:**

- Drink up to 8-10 glasses of water every day to stay hydrated.
- Have Lemonade at 11:00 A.M.
- Regular physical activity for 15 – 20 mins can improve your muscle strength and boost your immunity.
- Children please ensure that minimum of 3 super foods/immunity boosters are taken on a day to day basis.

## **PROJECT – 5 : COVID -19 Terminologies With Meaning**

### **1. COVID 19 - Disease caused by a new strain of coronavirus**

- \* Co - Corona
- \* Vi - Virus
- \* D - Disease
- \*19 - Year 2019

### **2. Hand Hygiene :**

Cleaning hand that reduces harmful germs on the hands.

### **3. Sanitizing :**

Proper cleaning.

### **4. Social distancing :**

Stay away from one another.

### **5. Face Mask :**

A protective thing covering the nose, mouth and eyes. It protects us from germs and bacteria.

### **6. Lockdown :**

A situation where people are not allowed to enter/leave a place.

### **7. Curfew :**

A regulation requiring people to remain indoors.

### **8. Zones:**

- \* Red zone – A place where there is no public movement.
- \* Orange zone – A place where there is public movement with restrictions.
- \* Green zone – A place where there are no restrictions for public movement.

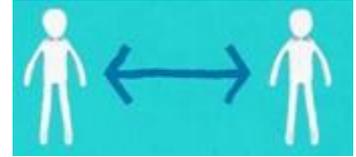
### **9. Immunity : Ability to face any type of infection or virus.**

## PROJECT – 6 : Do's and Don'ts of COVID – 19 ONCE YOU GET BACK TO SCHOOL

### Do's :

- ❖ Maintain social distancing. Keep a safe distance of at least 1.5 metres.

\*This keeps us safe from getting into contact with the virus from others.



- ❖ Wash your hands with water and soap often for at least 20 seconds or use hand sanitizers whenever required.

\*This kills the virus, if any, on our hands.



- ❖ Cough & sneeze into your elbow.

\*This prevents the spread of infectious germs.



- ❖ Routinely clean frequently touched spaces in your home.

\*This will kill any possible disease causing germs.



- ❖ Do wear a mask while going out (Go out only if necessary).

\*This protects us from getting infected.



- ❖ Do have a balanced diet and foods with lots of Vitamin D (Cereals, whole milk, orange juice, etc.) & Vitamin C (Lemon, papaya, tomato, cauliflower, etc.).

\*This keeps us healthy and boosts our immune system.



- ❖ Do exercise and meditate every day.

\*This keeps us fit physically and mentally.



## Don'ts :

- ❖ Don't shake hands.

\*This prevents spread of virus from one to another.



- ❖ Don't touch your face often.

\*This prevents the virus from getting inside the body through the mouth, nose or eyes.



- ❖ Don't wear a mask when you are at home.

\*Wearing mask always, may not allow inhaling of fresh air.



- ❖ Don't touch surfaces like elevator buttons that many people use often, with bare hands. Instead use gloves or tissue paper.

\*This prevents spread of virus from one to another.



- ❖ Don't travel unnecessarily and don't go to crowded places.

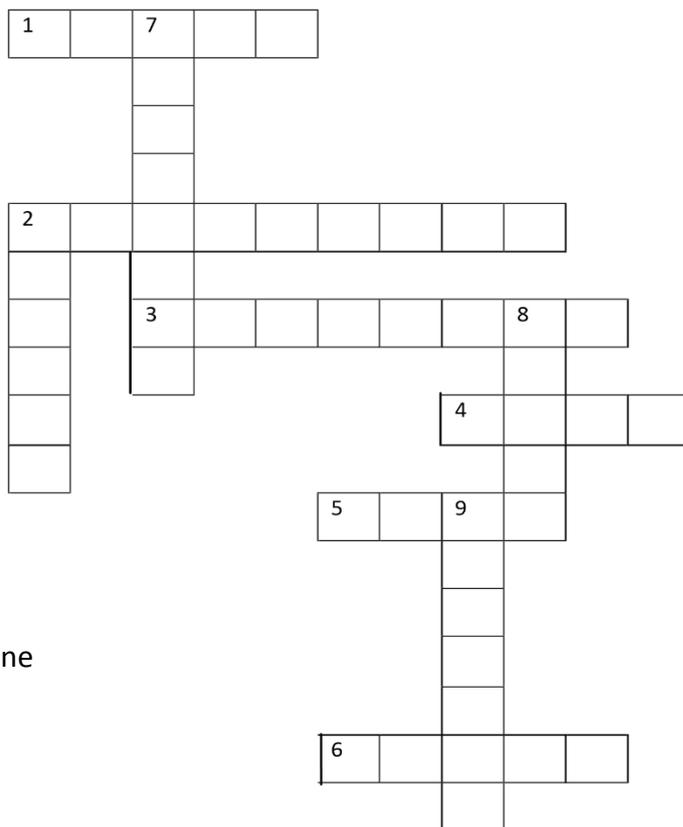
\*This prevents spread of virus from one to another.



## Use the clues given below to complete the crossword puzzle.

### Across

- Cough or sneeze into your \_\_\_\_\_.
- Use hand \_\_\_\_\_ to clean hands when there is no soap and water.
- \_\_\_\_\_ regularly to be fit and healthy.
- Wear a \_\_\_\_\_ to cover the mouth and nose while going out.
- Don't touch your \_\_\_\_\_ often.
- \_\_\_\_\_ frequently touched spaces in your home.



### Down

- Maintain \_\_\_\_\_ distancing to avoid spread of the virus.
- Eat a \_\_\_\_\_ diet to have a strong immune system.
- Do not \_\_\_\_\_ hands with others.
- Avoid \_\_\_\_\_ places.

**Project -1:** Watch the movie “WONDER PARK”

Link: <https://www.youtube.com/watch?v=t9zaxhd4ydU&feature=youtu.be>

**Learning objective:**

Listening skills, vocabulary, imaginative and creative thinking skills.

**Project -2:** Write the beginning letter of the word shown in the pictures above each box to get the secret sentences.

						
<input type="text"/>	<input type="text"/>	<input type="text"/>				
						
<input type="text"/>	<input type="text"/>	<input type="text"/>				

The secret sentence is

English

								
<input type="text"/>	<input type="text"/>	<input type="text"/>						
								
<input type="text"/>	<input type="text"/>	<input type="text"/>						

The secret sentence is

**Learning objective:**

Decoding sentences.

**Project -3:**

Hi, I am Bunny. Please help me to reach the carrots. I can jump only on **Adjectives**. Show my path with dotted line and colour the adjectives with red.

busy boy fan red school  
rich park beautiful juicy read  
cat deep clever laugh kind  
smooth two jump sleep



Write your own sentences using the adjectives you coloured above.

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_
- 6) \_\_\_\_\_
- 7) \_\_\_\_\_
- 8) \_\_\_\_\_
- 9) \_\_\_\_\_
- 10) \_\_\_\_\_

**Learning objective :**  
Learning usage of adjectives.



**Project -1 : Answer the following.**

Describe your favourite food.  What are the ingredients in it?  Why is it your favourite food?  How often do you eat it?	At this corona situation, what kind of food do we need to take?  To improve our immune system, we need to eat citrus food. Mention and draw any two of those.
What kind of food your mother encourages and discourages you to eat?  Do you always listen to her?	Are there any food items that bring back sweet memories to you?  What are they?
You have answered different food related questions given by your teacher with the help of your parents.  Did you enjoy doing this activity?  Mention the questions which you like a lot. -	

EVS

**Learning objective:** Knowing benefits of few food items.

**PROJECT -2 : ENERGY CONSERVATION TIPS**

- Create an awareness at home to use required amount of water.  
Example : For washing clothes take three buckets of water, one for washing and the other two for rinsing.
- After dusting and mopping switch off the lights and fans wherever not required.
- Throw dry waste & wet waste separately in blue & green dustbins.



## I. मात्राओं का खेल ।

	I	ि	ी
1) त ल -	_____	_____	_____
2) ब ल -	_____	_____	_____
3) क ल -	_____	_____	_____

## II. अपनी मनपसंद चीजों के नाम लिखिए ।

- 1) खाना - \_\_\_\_\_ (Favourite food in Hindi)
- 2) रंग - \_\_\_\_\_ (Favourite colour in Hindi)
- 3) खेल - \_\_\_\_\_ (Favourite sport in Hindi)
- 4) पशु - \_\_\_\_\_ (Favourite animal in Hindi)
- 5) पक्षी - \_\_\_\_\_ (Favourite bird in Hindi)
- 6) सब्जी - \_\_\_\_\_ (Favourite vegetable in Hindi)
- 7) फल - \_\_\_\_\_ (Favourite fruit in Hindi)

## III. Good manners

- शुभोदय = Good Morning
- शुभरात्री = Good night
- धन्यवाद = Thank you
- मुझे माफ कीजिए । I am sorry
- कृपया दरवाजा बंद करदो । Please close the door
- मेरी मदद करने के लिए धन्यवाद । Thank you for your help.

**Learning outcome** : Improves Hindi speaking skills.

स्वर - अ - अः, मात्राएँ, बारहखड़ी

स्वर	:	अ	आ	इ	ई	उ	ऊ	ऋ	ए	ऐ	ओ	औ	अं	अः
		↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓
मात्राएँ	:	—	I	ि	ी	ु	ू	ृ	ॄ	ॆ	ॊ	ो	ं	ः
		↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓
बारहखड़ी	:	क	का	कि	की	कु	कू	कृ	के	कै	को	कौ	कं	कः
ग	:	_____												
च	:	_____												
ज	:	_____												

