CLASS – 3 HOLIDAY HOMEWORK

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

Be Responsible

Learning objective: To enable the kids know their responsibilities.

Responsibility means a duty to take care of something. Being responsible makes you independent.

Responsibility begins with small things you can do to help people around you. For example

- ➢ Clean up your room without being asked
- ➢ Help your parents and grandparents in their household chores.
- ➢ Water plants regularly.
- ➢ Learn to maintain and clean your own toilets with the help of an adult

PROJECT: 2
Mother tongue is for 'Bonding', English is for Business.

- Knowing your mother tongue – Learning simple three 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 note book.

PROJECT: 3

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: Practise in rough note book**

AWARENESS ON CORONA VIRUS
PROJECT – 4

Watch the video on corona virus with the given link below and answer the following questions

https://www.youtube.com/watch?v=MVvVTDhGqaA

Questions for the video

1. Corona means _____ in Latin.
2. The virus mainly contacts with nose, mouth and _____
3. If someone sneezes or coughs, the virus travels through the_____ in droplets.
4. How does the virus look?
5. As there is no medicine or vaccine, how can we stop spreading the virus?
6. Write the golden rules which are depicted in the video.

Corona Vocabulary
PROJECT: 5

<u>COVID-19 Terminologies with meaning</u>

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 arms.
3. **Sanitizing :** Proper cleaning
4. **Social distancing :** Stay away from one another.
5. **Face Mask :** A protective thing covering the nose, mouth. 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. **Red zone :** A place where there is no public movement.
9. **Orange zone :** A place where there is public movement with restrictions.
10. **Green zone :** A place where there are no restrictions for public movement.
11. **Immunity :** Ability to face any type of infection or virus.

PROJECT: 6

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.

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.

Tips to wash hands step by step
PROJECT – 7

- ✓ Step1:   Wet your hands with water
- ✓ Step2:   Use soap
- ✓ Step3:   Wash between fingers
- ✓ Step4:   Wash back of hands
- ✓ Step5:   Wash base of thumb
- ✓ Step 6: Wash finger nails
- ✓ Step 7: Wash back of fingers
- ✓ Step 8: Wash wrist
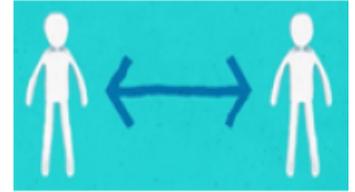- ✓ Step 9: Rinse
- ✓ Step10: Dry

Do's and Don'ts of COVID – 19 once you get back to school
PROJECT – 8

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 your 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.

Subject- English

➢ **Learning Objective:** Vocabulary Enhancement

➢ **Real life application:** Improves communication skills.

Project -1: Learn the song ''We shall overcome some day''….

https://www.youtube.com/watch?v=MM5_XvpFsvU

Subject - Science

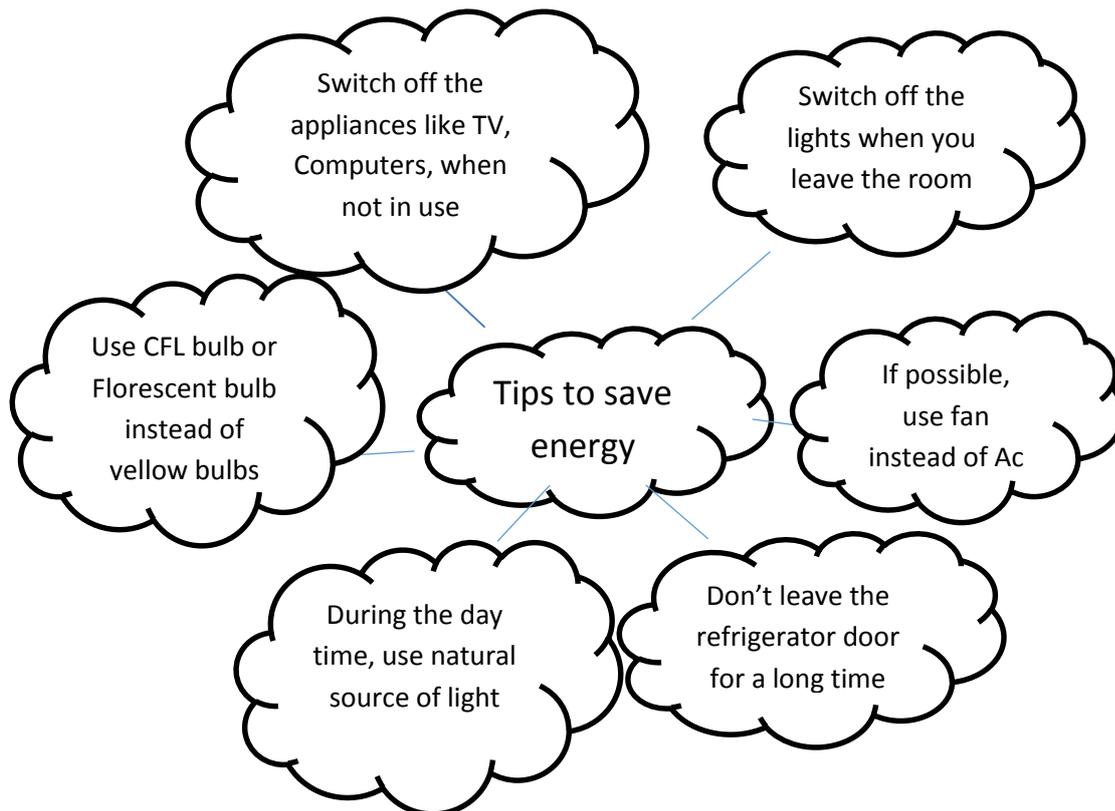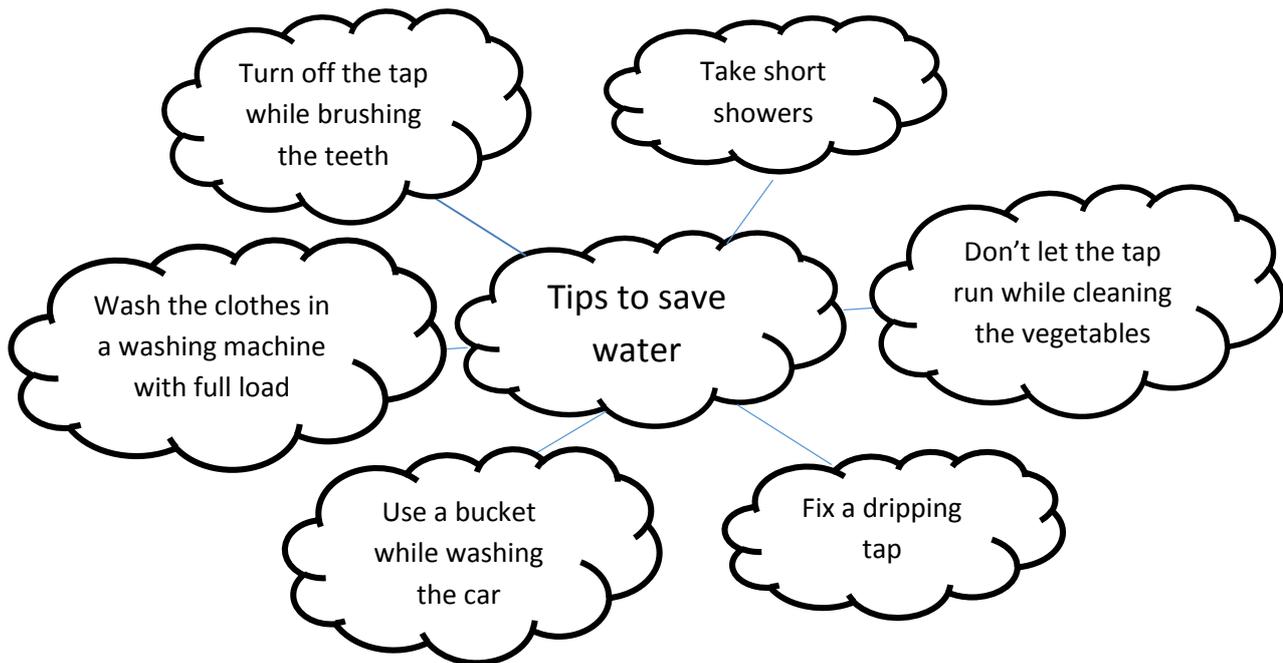➢ **Project-1:** ''Love your Environment, take care of it''

➢ **Learning objective:** To know the importance of Environment

➢ **Real life application:** Plant trees and save the environment.

➢ **Watch the video with the link given below and answer the questions**

https://www.youtube.com/watch?v=gEk6JLJNg0U

- We can also save the environment by saving water and energy. We can save water and energy in our homes by following the tips

```
   Turn off the tap              Take short
   while brushing                showers
   the teeth

                                                      Don't let the tap
  Wash the clothes in      Tips to save               run while cleaning
  a washing machine        water                      the vegetables
  with full load

          Use a bucket                 Fix a dripping
          while washing                tap
          the car


     Switch off the                    Switch off the
     appliances like TV,               lights when you
     Computers, when                   leave the room
     not in use

  Use CFL bulb or                                    If possible,
  Florescent bulb       Tips to save                 use fan
  instead of            energy                        instead of Ac
  yellow bulbs

          During the day             Don't leave the
          time, use natural          refrigerator door
          source of light            for a long time
```

Questions for the video lesson

1. What is an environment?
2. What does the environment consist of?
3. Name any 4 things that the environment provides us.
4. How can we keep the environment clean? Mention any two ways.

Activity:

Now that you understood the importance of the environment, we want you to do a paper bag through which you can reduce the usage of plastic and as well you can save the environment.

➢ Try making this activity with the given link below

https://www.youtube.com/watch?v=-LJoPDHKM74

➢ **Project-2**

Watch the video from the given link below and ''Plant a tree'' on your own and take good care of it.

https://www.youtube.com/watch?v=sJIsZYi2muo

Subject: Social Science

➢ **Project-1:** Learn a song on states and union territories in the given link below.
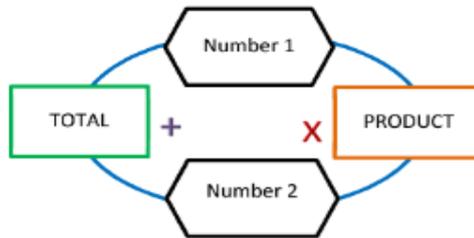
https://www.youtube.com/watch?v=JNQhpCOoD4w

(Song: India Geography/India country)

➢ **Learning objective:** Students will be able to learn states and capitals.

➢ **Project :** Fill in the missing numbers in the puzzles below!

4 / 8, □ + × □	10 / 8, □ + × □	5 / 9, □ + × □
4 / □, 11 + × □	□ / 3, □ + × 18	5 / □, □ + × 35
□ / □, 14 + × 40	□ / □, 11 + × 18	□ / □, 13 + × 40

This is how the puzzle works! →

Number 1
TOTAL + × PRODUCT
Number 2

Example

6
16 — 60
10