

GRADE – IV : 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
Clean up your toys	Fold your clothes	Water plants regularly



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.

Write any 5 words per day with the hand that is used less. If you are right-handed, please write with left hand, and vice versa.

Note: Practise in rough note book

PROJECT - 4

AWARENESS ON CORONA VIRUS

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.

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. 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

Tips to wash hands step by step

- ✓ 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



PROJECT: 7

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.

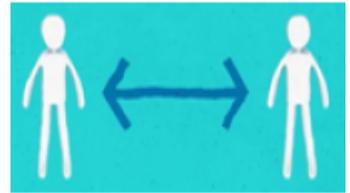
PROJECT – 8

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.



SUBJECT

PROJECT WORK

ENGLISH

Project 1:

Learning Idioms:

Learn the Idioms provided in the worksheet

Students will enhance their communication skills.

Idiom: An Idiom is a group of words which means something different from its literal meaning.

Idiom	Meaning
Have a whale of a time	To enjoy yourself very much
Ex: Everyone had a whale of a time in the class party.	

Real life Application: Learn the Idioms provided in the worksheet 1 and use them in your daily conversation.

MATH

Project 1: Do the given worksheet.

Learning Objective : Students will recall the previous concepts.

Project2: Learn 2 to 12 tables.

SCIENCE

Project: Craft work of an Aquatic Animals.

Learning objective: Students will **learn** to act and think like designers and **artists**, working intelligently and creatively.

Making a jumping frog: Do the activity from the link given below.

<https://www.youtube.com/watch?v=x43bFGD1ay8>

Real life Application: Improves aesthetic sensibility of children.

Project: Know Your Union Territories

Learning Objective:

Students will learn about life in the region of Indian Union Territories.

Complete the following table:

Union Territory	Capital	Governor's Name	Main Language	Main Festival	Main Occupation
Andaman and Nicobar Islands					
Chandigarh					
Dadra and Nagar Haveli					
Daman and Diu					
Jammu & Kashmir					
Ladakh					
Lakshadweep					
National Capital Territory of Delhi					
Puducherry					

SOCIAL

Real life Application:

Students will have knowledge on the diversity of India.

Areas for continuous learning

1. How to be good and active listeners
2. Cucumber Salad
3. Cleaning a Comb
4. Commonly mispronounced English words
5. Telephone Vocabulary

ENGLISH WORKSHEET

Class : IV

Worksheet
Idioms

Sub : English

Idiomatic phrase	Meaning
Tickled pink	Very amused or pleased about something
Once in a blue moon	Very rare
Raining cats and dogs	Raining heavily
Hard nut to crack	Difficult to understand
Like a fish out of water	To be uncomfortable in a particular situation
Full of beans	Have a lot of energy
Black and white	Straight forward very clear
Couch potato	Someone who just sit on the couch watching TV
Lion's share	The biggest or the best part of something
On top of the world	Extremely happy

Fill the blanks with the appropriate Idioms from the above list:

1. The children are on _____ today, looking forward for the field trip.
2. The little girls were _____ by the tricks of the buffoon.
3. I am very careful about what I eat. So it's only _____ I eat fast food.
4. Reena won the game and was _____.
5. This puzzle is _____.
6. There's no way they'll be playing at the park, it's _____ out there.
7. During summer vacation, we sit and watch T.V continuously and become _____.
8. I gave the _____ of my birthday cake to my best friend.
9. I felt like a _____ in my new school.
10. The rules we gave the kids were _____.

MATHS WORKSHEET

Fill in the missing numbers in the puzzles below:

This is how the puzzle works! →



Example

