

PP-I : 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

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.

S1	'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.

Do's and Don'ts of COVID – 19 once you get back to school PROJECT – 2

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.



Don't Fear The Corona Virus Song | Drive Away Corona | Corona Awareness Rhyme for kids

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

PROJECT-3

COVID 19 Terminologies with meaning

1. **Lockdown** : 'Shutdown', means closed completely.
2. **Social Distance** : Stay away from one another.
3. **Hand hygiene** : No handshake, only Namaste, frequent hand wash
4. **Sanitizing** : Proper cleaning
5. **Arogya Setu APP**: It is like a bodyguard who safeguards us.
6. **Zones** :
 - **Green Zone – Safe to Go out**
 - **Orange Zone – Safe to WAIT and then go out**
 - **Red Zone-Safe to STOP by not going out**

PP-I
HOLIDAY HOMEWORK–2020-21

PROJECT-1

PLAYING WITH PENCIL SHAVING (PINEAPPLE ACTIVITY)

LEARNING OBJECTIVES:

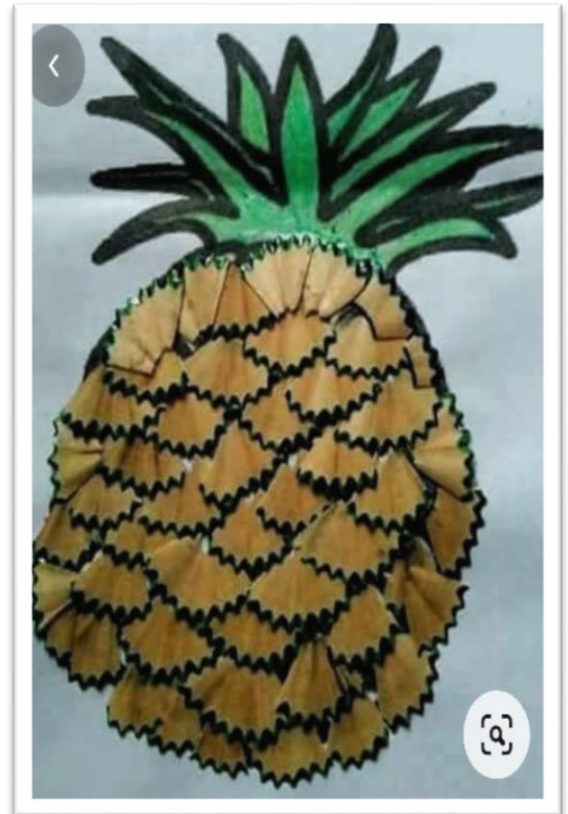
- ❖ Improves eye hand coordination.
- ❖ Improves fine motor skills.
- ❖ Improves concentration.

REQUIRED MATERIALS:

- Pencil shavings
- Sketch pen or Marker, Crayon (whatever is available at home)
- Glue for pasting

STEPS TO DO THE ACTIVITY:

- ❖ First draw one outline of pineapple with (Pen, Sketch pen, Marker, Colour Pencil, Crayon) whatever available in home.
- ❖ Apply glue and stick the pencil shavings in an order.



PROJECT:2

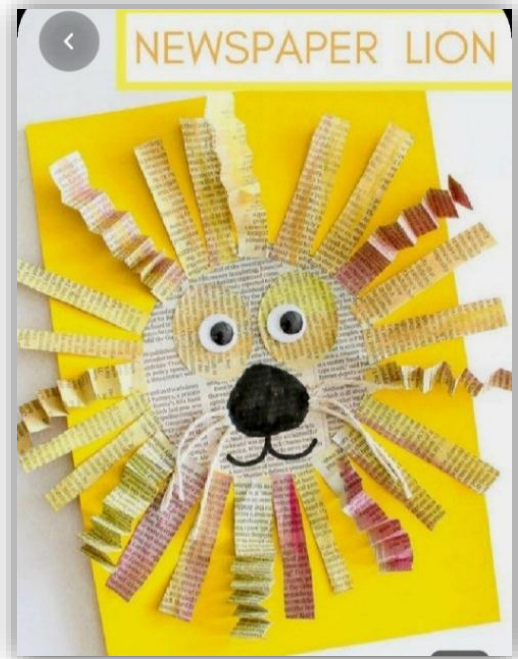
NEWS PAPER LION ACTIVITY

LEARNING OBJECTIVES:

- ❖ Improves eye hand coordination.
- ❖ Improves their creativity through best out of waste.
- ❖ Improves their concentration.

REQUIRED MATERIAL:

- Newspaper
- Thread
- glue
- Colour (or) white A4 sheet.



STEPS TO DO THE ACTIVITY:

- First you have to take a newspaper and cut a circle with the help of your parents.
- Fold the other newspaper into small strings and tear them.
- Then stick the circle on another newspaper using the glue and draw eyes, nose and mouth on the circle.
- Then stick the paper strips around the circle like lion mane.
- And also stick some thread pieces like Lion mustache on both sides of the mouth.

PROJECT:3

BY USING FORK AND DIFFERENT COLOURS MAKE COLOURFUL FLOWERS

LEARNING OBJECTIVES:

- ❖ Improves eye hand coordination.
- ❖ Improves Fine motor skills
- ❖ Learns different colours
- ❖ Improves concentration

REQUIRED MATERIALS:

- ❖ Any white colour paper
- ❖ Fork
- ❖ Use whatever colours available at home.



STEPS TO DO ACTIVITY:

- ❖ First paint the stem with green colour.
- ❖ Dip the Fork in different colours and paint it on the paper as shown in the picture.

PROJECT:4

SUNFLOWER ACTIVITY

LEARNING OBJECTIVES:

- ❖ Learns different colours
- ❖ Improves fine motor skills
- ❖ Improves concentration

REQUIRED MATERIAL:

- A white sheet
- Yellow brown and green coloured pulses
- Fevicol / Glue



STEPS TO DO THE ACTIVITY:

- Draw the outline of a sunflower and the leaves
- Apply glue/fevicol and paste the pulses according to the
- Colours on the picture.



PROJECT-5 CHICK ACTIVITY

LEARNING OBJECTIVES:

- ❖ Improves eye hand coordination
- ❖ Learn different colours
- ❖ Improves concentration
- ❖ Improves fine motor skills

REQUIRED MATERIAL:

- A white sheet
- Yellow coloured pulses
- Black and Red Crayons
- Glue / Fevicol



STEPS TO DO THE ACTIVITY:

- Draw the outline of the chick on a white sheet.
- Colour the chick's beak, eyes and legs.
- Apply glue/fevicol on the chick and paste the pulses

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