

PP-II : 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.



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**

RHYME

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>

PP-II
HOLIDAY HOMEWORK–2020-21

PROJECT-1

Flower Activity

LEARNING OBJECTIVE:

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

REQUIRED MATERIAL:

- Crayons
- Colour paper
- Earbuds
- Glue
- A4 size paper

STEPS TO DO THE ACTIVITY:

- Draw a stem and leaves on a paper and colour it.
- Top of the stem arrange earbuds as flower petals and paste them with glue.
- Take a colour paper, cut a circle and paste in the middle of the flower.



PROJECT-2

NEST ACTIVITY

LEARNING OBJECTIVE:

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

REQUIRED MATERIAL:

- A4 size paper
- Crayons
- Cotton
- Glue
- Vermicelli (Semiya)



STEPS TO DO THE ACTIVITY:

- Draw a branch with leaves.
- Draw a nest with the bird on the branch.
- Colour the leaves and bird.
- Now apply the glue/fevicol on the nest and paste the vermicelli.
- Take cotton and make into three egg shaped balls and paste in the nest beside the bird.

PROJECT-3

CHICK ACTIVITY

LEARNING OBJECTIVE:

- ❖ 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

* * *