

SLS DAV PUBLIC SCHOOL, MAUSAM VIHAR

CLASS -3(2021-22)

SUMMER VACATION SKILL PACK



Summer Break is the time

Of sunshine and flowers

Birds in their nests,

And one or two showers.

Games to play and kites to fly,

Or just looking at the sky.

Enjoy creative activities

And stay in good mood,

Build your immunity and

Eat homemade food.

Don't go out in this summer break

Wait for some time

And everything will be fine.



HELLO KIDS !

Exciting time is here again! It's time for Summer Vacation and fun filled activities. Children you are reservoirs of potential which needs to be tapped and channelized in diverse ways. Summer Vacation is the best time for learning and for nurturing creativity.

It is the time when you can do so many things in your own way. But this year due to COVID-19 situation, we must keep all the fun and the frolic indoors.

This year 2021 has been declared as the year of 'Health and Hygiene' by The United Nations and keeping in view the current situation of Covid19, we have planned exciting activities for you which will certainly help you to maintain good health and hygiene around you.



- Complete your Holidays' Homework.
- Be independent and try to improve your basic skills, such as reading, writing and spellings.
- Develop some personal skills and time management too.

A few suggestions that you may keep in mind during vacation.

- Spend quality time with your family.
- Get yourself involved in small household activities.
- Inculcate good manners, healthy habits, and respect for others.
- Inculcate the feelings of empathy, affection, and tolerance.
- Look after your younger brothers and sisters and support your parents.
- Converse with your friends/parents in English.
- Read books to enhance language skills,
- Play various indoor games.



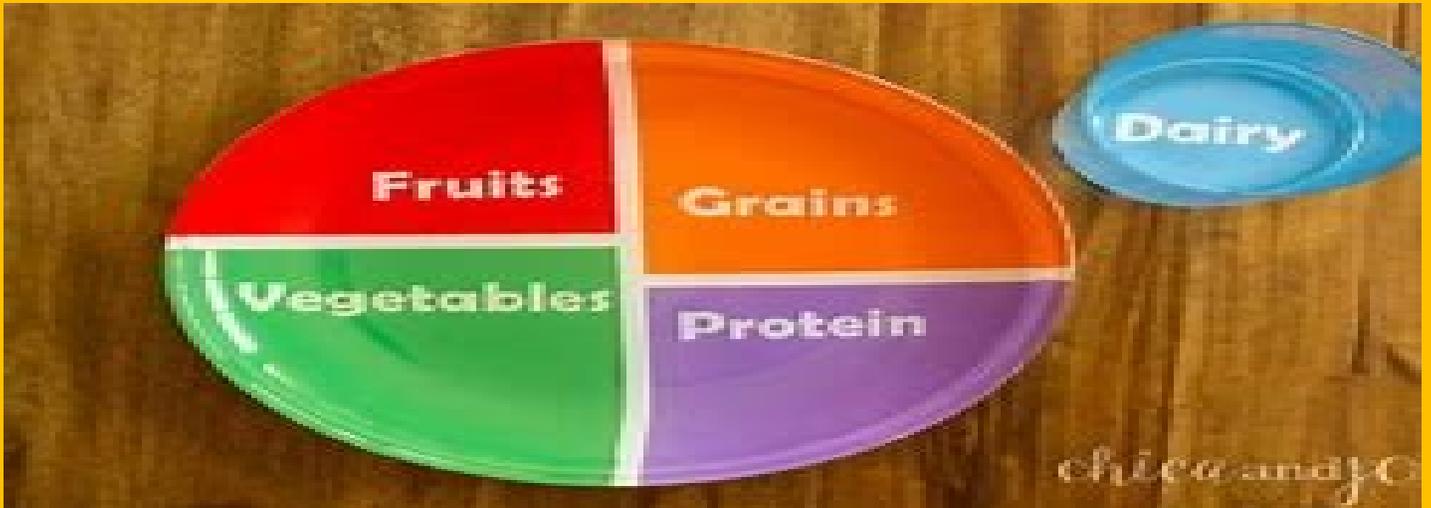
SUBJECT – ENGLISH



Good personal hygiene is one of the best ways to protect yourself from getting illness such as common cold, fever etc. It also helps in prevention of spreading diseases to other people. These days it has become so important to take care of one's health and hygiene. There are five main pillars of staying fit and healthy these days. This year 2021 has been declared as the year of 'Health and Hygiene' by The United Nations and keeping in view the current situation of Covid19, we have planned few activities which help in maintaining health, cleanliness, and your lifestyle.

Activity: 1

Make your own 'MY FOOD PLATE' and 'DAIRY GLASS'



- Use any spare plate available at your home and one glass also.
- Divide that plate into four parts as shown in the picture and label your glass as 'My Dairy Glass'.
- Plan each meal as per your Food Plate.
- Now, write in your school almanac on daily basis (mention date and day) what fruits, grains, veggies and proteins you have eaten during whole day.
- Similarly, you must mention the dairy product you have taken like - curd, milk shake etc.
- You must write your daily diet chart in your school diary and you can paste small cutouts from old books, magazines, and newspapers to give it a colorful look.

Activity 2: Detox yourself



Detox means natural removal of Toxins (harmful chemicals and particles) from body. We can do this by making DETOXIC WATER.

- Make your favourite Detox Water by using ingredients available at home.
- Write down its recipe on A4 sheet
- At last, paste your recipe sheet at the favorite corner of your kitchen or on the refrigerator (with cello tape or masking tape) and drink this water at least once a week.
{CAUTION: Do not paste your recipe near gas stove or microwave}
- Share the picture of the recipe sheet with your English teacher on her personal WhatsApp number.

Activity 3: Exercise is life



- We do exercises to keep our body fit and healthy. This activity is based on exercises only.
- Choose any five exercises good for different parts of body and make a video while doing those exercises (min 20 sec for each exercise) and speak about the importance of exercise in 5-7 lines.
- Share the video with your English teacher on her personal WhatsApp number.

Subject: Hindi

- "करोना काल में स्वास्थ्य और सफाई की भूमिका अहम है।" कोरोना से बचने के लिए 'ऐसे में क्या करें' और 'क्या ना करें' संदेश पर आधारित एक पोस्टर बनाएँ व 1 से 2 मिनट की प्रस्तुति तैयार कीजिए ।
- 'क से ह' तक के वर्णों को जोड़कर हिंदी शब्दकोश व चित्रकोश का निर्माण करें । ।
 - (ध्यान रहे कि सभी शब्द व वाक्य स्वास्थ्य और सफाई पर आधारित हो व शब्दकोश में चित्र का प्रयोग भी शब्दों के अनुसार कीजिए ।)
 - जैसे

प- पोष्टिक खाना खाए



ह- हाथ ना मिलाएं



म- मास्क पहने

Subject: Mathematics

We all have heard the old saying "Health is Wealth. Health & hygiene are essential aspects of a good life. One cannot enjoy a wholesome life without good health. Health means the state of being mentally, physically, and emotionally well. On the other hand, hygiene refers to cleanliness and is an important element of health. A good lifestyle leads to good health. It is essential to be healthy and hygienic to build your body's immune system. Practising good hygiene helps in preventing the spread of health diseases and illnesses. During the Covid19 pandemic, it is crucial to sanitize our hands and practice good hygiene Health and hygiene go hand in hand.

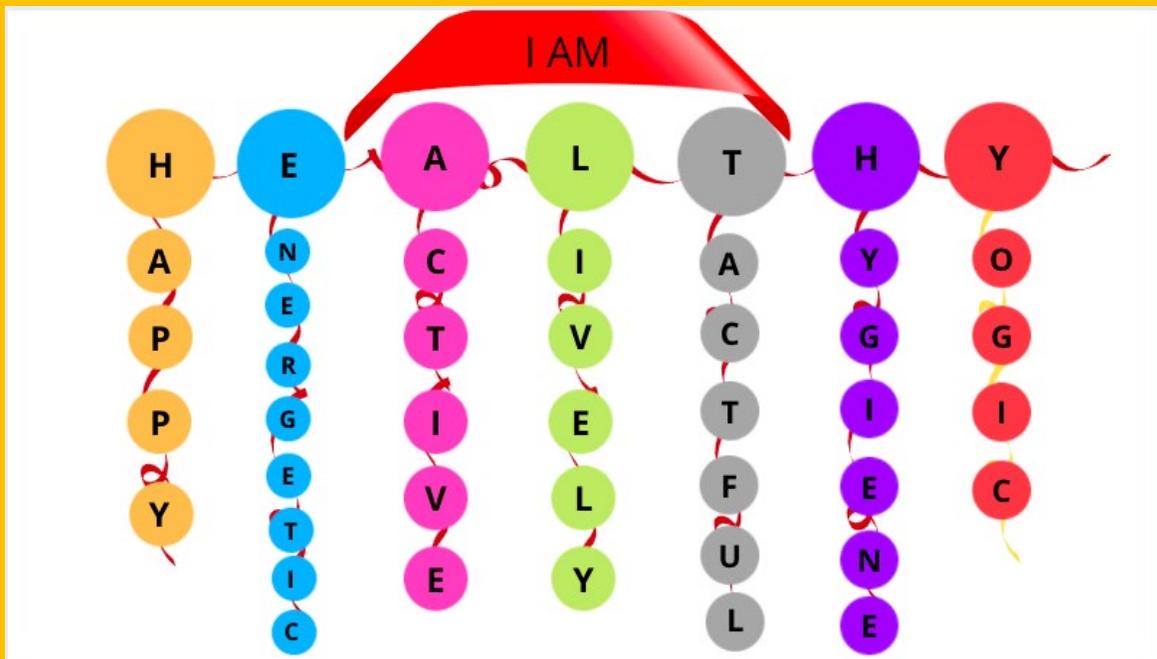
1. Take a colorful sheet of length 40cm and breadth 30 cm. Make a beautiful poster using geometrical shapes to inculcate the habit of good hygiene among students. You can add a catchy slogan also.
2. The following table shows amount of money spent by Mr. Gupta and Mr. Sharma family every week on the items related to health and hygiene.

Name of the items	Mr. Gupta family	Mr. Sharma Family
Fruits	Rs 500	Rs 750
Sanitizer	Rs. 200	Rs. 150
Face mask and Gloves	Rs. 275	Rs. 320
Hand Wash	Rs, 245	Rs. 200
Immunity Boosters	Rs. 550	Rs. 520
Total	Rs. _____	Rs. _____

2. Find the total amount spent by both the families and fill in the above table.
3. Write the total amount spent by Mr. Gupta family in Expanded form in 2 ways.
4. Represent the total amount spent by Mr. Sharma family on Abacus.
5. Which of the given two families spent more amount and by how much?
6. Mr. Sharma's family spent maximum amount on which item?
7. Mr. Gupta's family spent least amount on which item?

Subject: Science

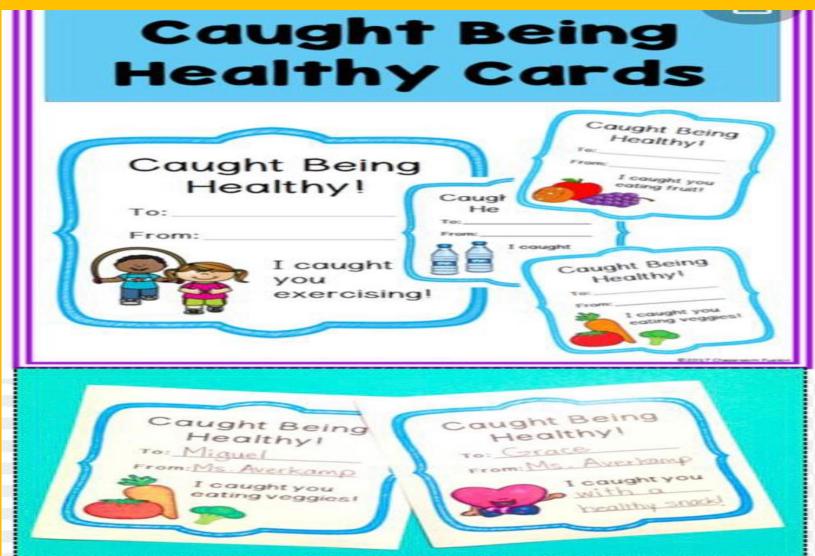
- Make a wall hanging "I AM HEALTHY" with reference to the below picture. Describe each letter of the word HEALTHY using an adjective.
 - You can select your own adjectives for each letter of the word HEALTHY. You can use your creativity and imagination to make it a unique wall hanging.
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- Materials Required -
 - Cutouts in shape of big circle
 - Cutouts in shape of small circle
 - Ribbons
 - Coloured sheet or Cardboard
 - Decorative material



Share your picture holding this wall hanging in the class group after the vacations.

ACTIVITY 2- "I CAUGHT YOU" - Let's be a healthy inspector of our house.

Make "I CAUGHT YOU" cards like shown below. You can make these cards using coloured sheets. .

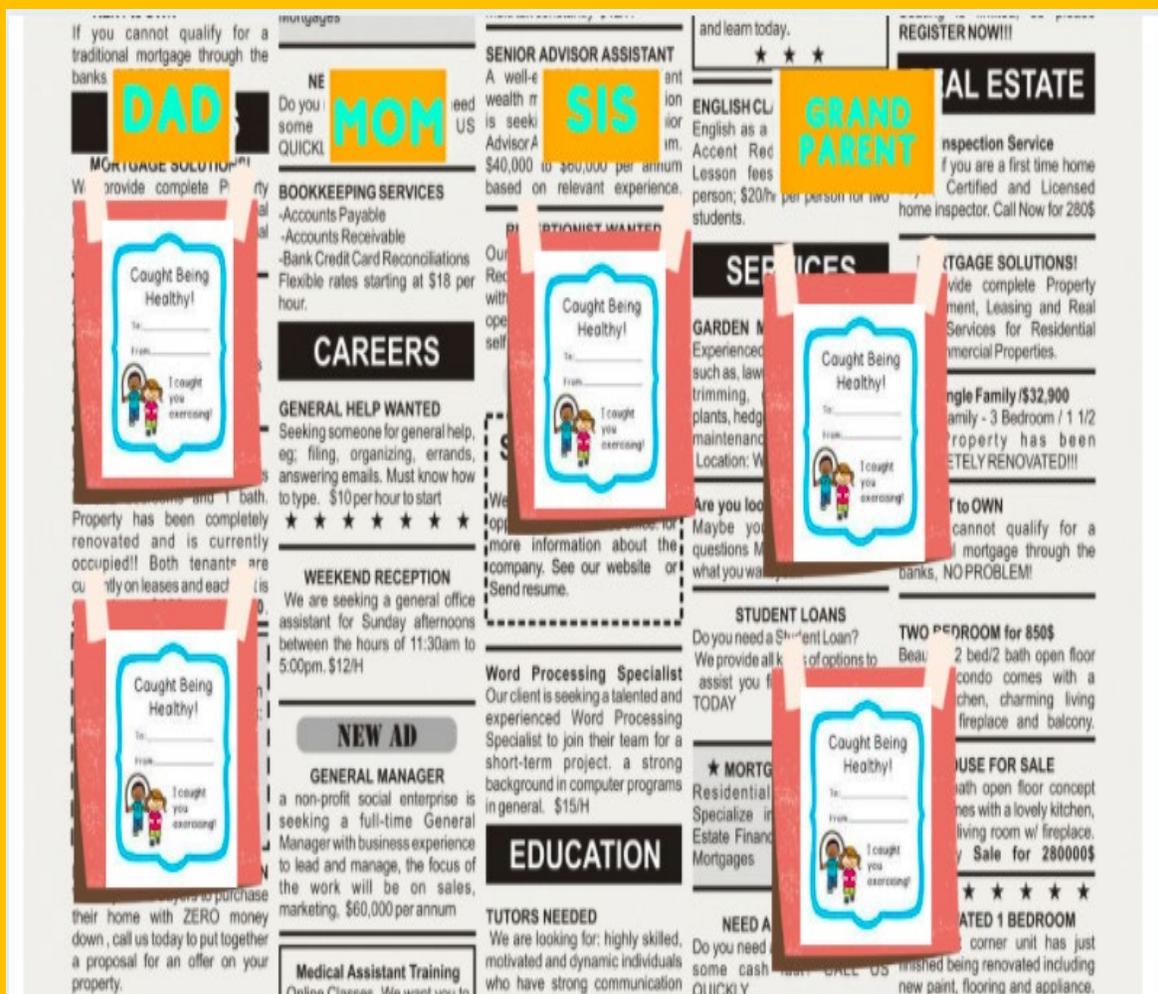


Use the cards in your house to recognize and reward family members for engaging in healthy behaviors like exercising, eating fruits etc. You can make different pictures related to the card to make it more attractive.

Some of the examples of cards -

- "I caught you exercising!" cards
- "I caught you eating fruit!" cards
- "I caught you wearing a mask!" cards
- "I caught you drinking water!" cards
- "I caught you _____ " cards (Fill in your own)

To record who is the healthiest family member, On a newspaper paste these cards against your family member name, like -



Share a picture of your family along with this newspaper reward sheet on class group after the vacations.

Subject: Social Science

- **'Health is Wealth'**

- We all must eat healthy food like Sprouts, fruits, grains, green vegetables etc. Enjoy healthy food items with your family members during summer break. Write the recipe of any one healthy food item on A4 size sheet. You can paste picture also.

- **'Clean hands are happy hands'**

- Make a beautiful picture showing steps to clean our hands on A3 size sheet. Cover it with plastic cover or get it laminated and use it as your table mat.



Complete your Holidays' Homework in a neat and tidy manner.

- Spend quality time with your family.
- Help your parents in household activities.
- Inculcate good manners, healthy habits, and respect for others.
- Inculcate the feeling of empathy, affection, and tolerance.
- Look after your younger brothers and sisters and support your parents.
- Try to make most of your conversations in English.
- Read a lot, play games, and do yoga and keep your body fit.

Stay home and stay healthy.

Happy Summer Vacation



Eat healthy and stay healthy.

Have fun-filled holidays. 😊😊😊😊😊😊