

BALVATIKA II SUMMER

HOLIDAY HOMEWORK

NAME: _____





★ Dear Parents,

★ Greetings!

★ Here comes awaited summer holidays! Weather has turned very hot. To ensure in this
★ sweltering heat, your ward is busy at home, revising last two months learning we are giving
★ some wonderful creative activities that you and your ward can enjoy doing together and
★ spending quality time with your child as well. The given activities are engaging, fun and
★ educational, focusing on developing various skills through play way activities. We hope you
★ enjoy a delightful summer vacation with your kids.

★
★ (Dear Parents, please read the given content to your child)

★ (Name of your ward) _____,

★ I Love you!

★ You are the most beautiful person in my life. I can see you are growing every day and
★ becoming braver, stronger and smarter. I am proud of the way you are learning each day and
★ there is nothing that you cannot do.

★ Here are some activities for you. We are both going to do these activities and have lots of fun
★ together.

★ **NOTE FOR THE PARENTS:**

★ Dear Parent, Please don't forget to take the pictures of your ward while doing the activities or ask
★ someone to take these pictures for you. Send one compiled collage of it pasted on an A3 size
★ sheet.



- ❖ Learn slowly to wear your T shirts/ shirts on their own.
- ❖ Put on Socks and Shoes independently.
- ❖ Fill Water Bottles and keep them in the refrigerator.

Activity -2

2. Nature Walk:

Take a morning walk with your ward and gather:

- Fallen leaves of various shapes, sizes, and colors.

Pasting them in their school scrap book as per their shapes, colour and sizes would be a great fun.

Activity -3

ALL ABOUT ME

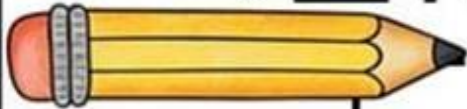
Complete the activity sheet given below.

Instructions:

- Take a coloured printout of the activity sheet given below.
- You can colour, try to write if you can with the help of your parents.
- Do your work neatly and carefully.

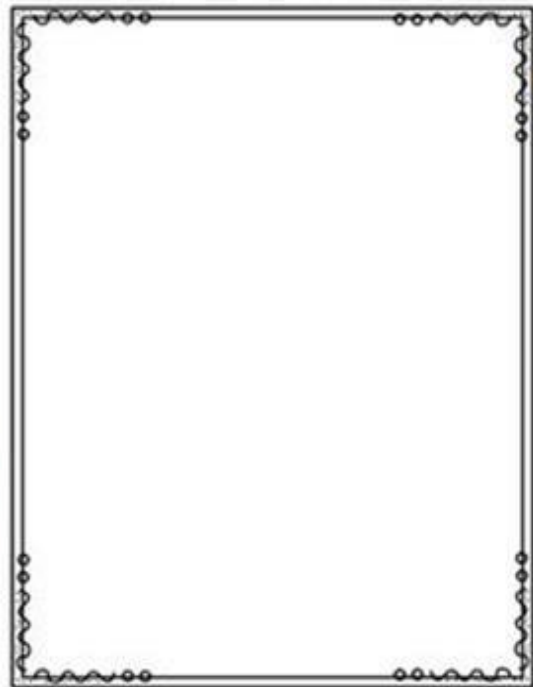


All About Me



I am _____
years old

Self Portrait



My Birthday is: _____



My Favorite

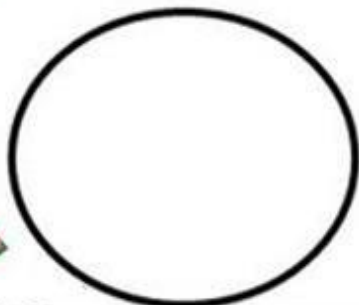


Color: _____



Animal: _____

Food: _____



Book: _____



Activity -4

WORLD ENVIRONMENT DAY (5TH JUNE): Plant a sapling

Best Out Of Waste

(A)



We have given few ideas with pictures to make it easy for you to understand. Use any waste material to create your own character, fairies, mermaids, unicorns etc.

Creating a mermaid from egg cartons can be a fun and creative activity for children. Here's a step-by-step guide on how to make a mermaid using egg cartons:

Materials Needed:

- Empty egg carton
- Scissors
- Paints or markers
- Glue
- Decorative materials (such as sequins, beads, glitter, yarn)
- Optional: Googly eyes, yarn or string for hair

Instructions:

Prepare the Egg Carton:

- Cut out one cup from the egg carton. This cup will be the mermaid's body.

Shape the Mermaid's Tail:

- Cut the cup lengthwise from the top to about halfway down, creating two flaps. These will become the mermaid's tail.

- Trim the edges of the flaps to create a curved shape, resembling a fish tail.

➤ Paint or Decorate the Mermaid's Body:

- Use paints or markers to color the outside of the egg carton cup. Let your child choose the colors for their mermaid's body.

- Alternatively, you can cover the egg carton cup with colored paper or tissue paper using glue.

Decorate the Tail:

- Use paints, markers, or decorative materials to embellish the mermaid's tail. Add scales, patterns, or glitter to make it sparkle.

- Encourage your child to get creative with the decorations and personalize their mermaid's tail.

Add Details:

- Use googly eyes, beads, or small pieces of paper to create the mermaid's face. Glue these onto the top of the egg carton cup.

- If desired, glue yarn or string onto the top of the egg carton cup to create hair for the mermaid.

Create Accessories:

- Cut out small shapes from colored paper or foam to make accessories for the mermaid, such as a crown, necklace, or seashell bra.

➤ Glue these accessories onto the mermaid's body to complete her look.

Final Touches:

➤ Once all the decorations are in place and the glue has dried, encourage your child to play with their mermaid and create underwater adventures.

Display or Play:

➤ Your child can display their mermaid creation in their room or use it as a toy for imaginative play.

➤ Encourage them to come up with stories and adventures for their mermaid to go on.

This activity not only allows children to exercise their creativity but also encourages fine motor skills and imaginative play. Plus, they'll have a unique mermaid creation to show off and play with!

3. Activity 5 :

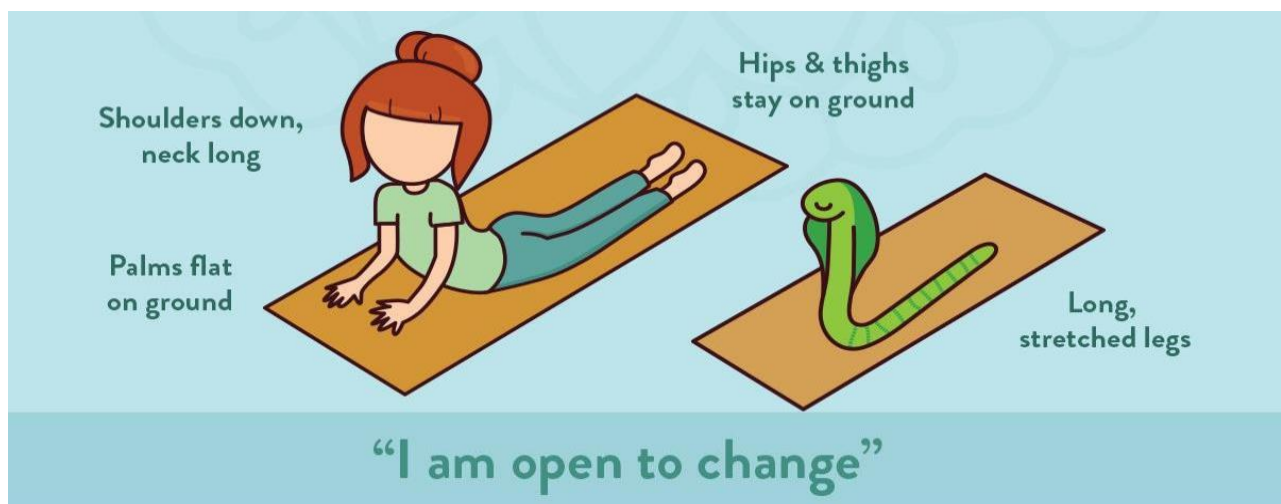
YOGA DAY (21st June):

“A healthy mind resides in a healthy body”

Practice the given yoga poses daily with your ward. Don't forget to use your mats.

Cobra Pose- Steps to Perform Cobra Pose:

Mantra: ' I am open to Change'



Starting Position:

1. Lie on your tummy with legs stretched out behind you as shown.
2. Place your palms beside your shoulders on the ground.
3. Join the legs together, tightening them - imagining they are together as one.
4. Inhale deeply. Press into your palms and begin to lift your upper body. Gently lift your head, chest, and shoulders off the ground.
5. Tighten the abs, buttocks and thighs.
6. Look up to the ceiling and then straight ahead. Make sure your neck and arms remain straight.
7. Take a few deep breaths and stay in the pose. Hiss like a cobra!
8. Come back slowly to your normal position: Head down, relax your legs and arms.

2. Boat Pose

Mantra: Nothing drags me down.



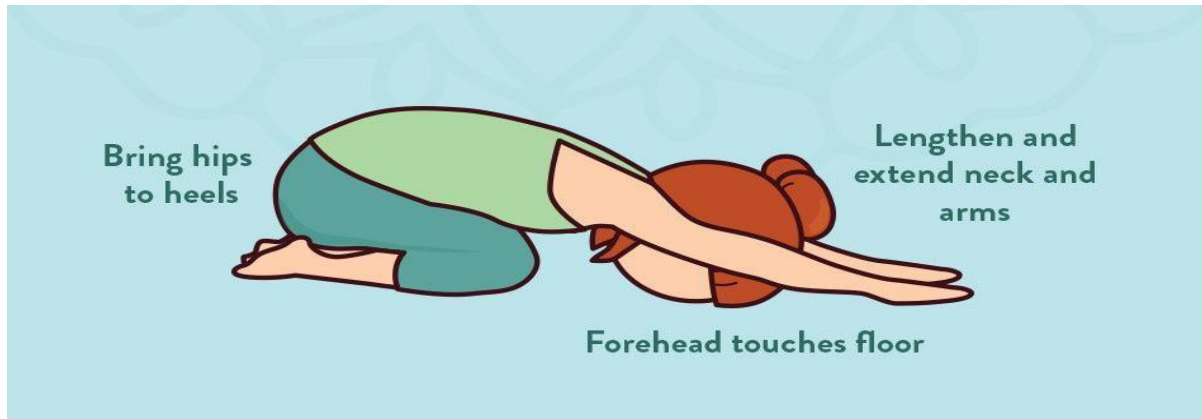
Starting position:

1. Sit down on the mat on your bottom with your knees bent and feet flat on the floor.
2. Lift your chest up.

3. Keep lifting your chest up as you lift up one leg.
4. You can also lift the other leg.
5. Then, lower your feet back, chest back down to the ground into your original position.

1- Child Pose:

Mantra: ' I am connected'



Starting Position:

1. Sit on your thighs. Stretch your hands touching the ground/mat.
2. From your hands and knees, press your hips toward your heels.
3. Stretch your arms and head forward and down into the ground while you keep your hips back and down toward your feet.
4. Breathe deeply and relax.
5. If it feels safe, close your eyes and let your face relax.
6. Try to breathe slowly in and out, allowing your lungs to expand and contract.
7. When you feel done, come straight and relax..

Practice yoga poses daily with your ward for healthy lifestyle at home during summer vacation.

Click the pictures or ask someone to take your pictures.

4. Dog Pose

Mantra: I Have Time For Me



Starting Position:

1. Stand straight on your mat with feet shoulder length apart.
2. Stretch your arms straight down and touch the mat with your palms.
3. Your body should resemble upside down V shape as shown in the picture.
4. Curl your toes and lift your hips up and back (rather than press).
5. To make it more fun, lift one leg at a time to the ceiling to stretch your hips and legs.
6. To come out of it, rest your knees down, press your hips back toward your feet and rest in child's yoga pose.

Activity 6.

Father's Day Celebration (17 June) –

“The greatest gift I ever had, came from God. I call him dad.

Every child's favourite hero is his/her dad. Let's make this father's day special for not only our wards but also the proud fathers.

Encourage your child to make a beautiful card to surprise his/her dad and make this day even more memorable. Some examples are shown here to make it interesting.

Method:

- a. Take two slices of square bread.
- b. Apply tomato ketchup/mayonnaise on 1 slice.
- c. Add cucumber and tomato slices.
- d. Add a cheese slice on top.
- e. Apply Mint sauce on the second bread slice.

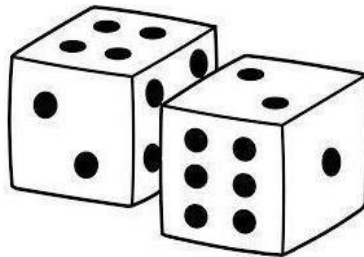


Add salt and pepper on top of the cheese slice

Your yummicious healthy sandwich is ready.

Activity : 8 Shapes (continued)

1. Use your Creativity and make an object which is square in shape and decorate. Some examples are given below.

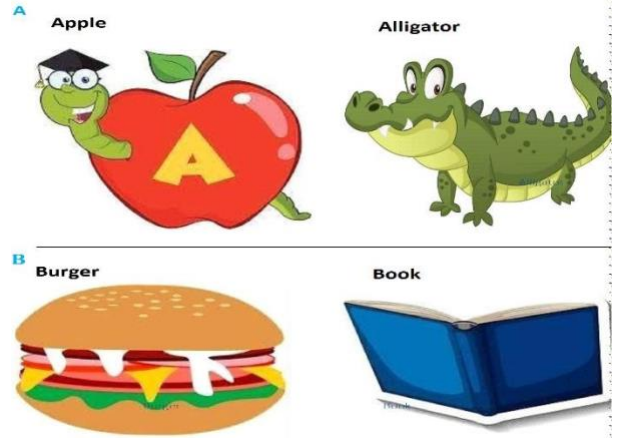


Activity: 9 Vocabulary Book

Let's create our own vocabulary book.

Instructions:

- Create a small booklet.
- Paste at least two pictures per sound relate to the alphabets A- Z. Example is given.



Activity: 10 Eat N tell

Look at the exotic/gourmet fruits given below. Help your ward to choose any two fruits. Help them to taste, feel, smell, check the colour and help to find out their nutritional value. Now ask your ward to speak at least 5-6 lines on each fruit.



(The Activity (Show and Tell) will be done again I the class in the month of July.)

C.

ENGLISH

1. The following schedule allows you to practice both Capital letter and Small letter formations throughout the week, helping you improve your handwriting skills systematically.

Instructions:

- ✓ Do the given work in schools notebooks.

Days	(English ,Hindi and Maths Holiday Homework Practice in 3 in 1 notebook)	
Monday	A-Z (Uppercase) 1 pg daily	English w/b pg no 3-14
Tuesday	a-d Small (lowercase) 1 pg daily	
Wednesday	1-10 1 pg daily	Maths w/sheet 1 to 10
Thursday	अ - अः हिन्दी स्वर	हिन्दी w/sheet 1 to 16
Friday	EVS [My knowledge garden] Revision of Me ,My Family ,My Body ,Uses of Body Parts ,My School uniform ,My belonging	
Saturday	अ - अः हिन्दी स्वर	
Sunday		

Activity Sheets

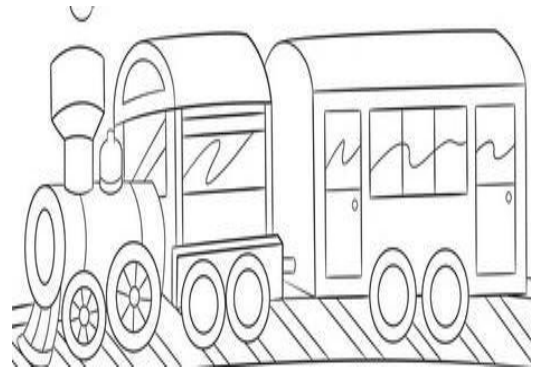
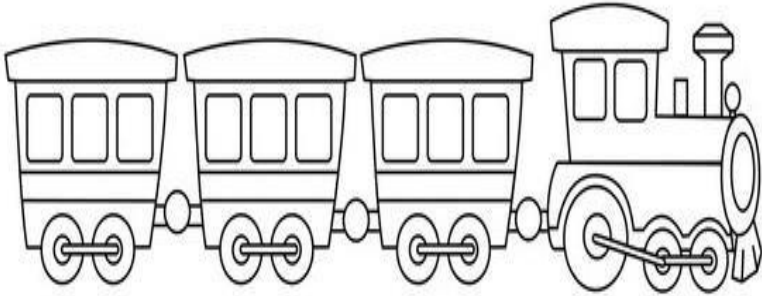
Instructions:

- ✓ Take a printout of the following activity sheets.

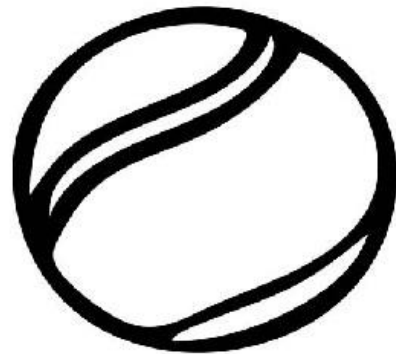
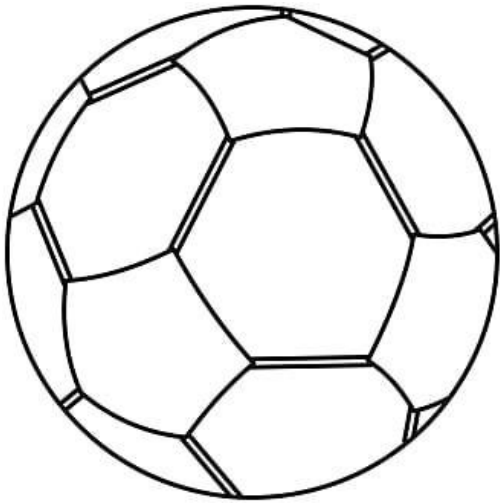
- ✓ Ask your ward to complete them independently.
- ✓ Keep an eye if help is required.
- ✓ Ensure work is done neatly.
- ✓ Do not forget to mention your ward's name and date.
- ✓ Follow the instructions given below

Activity Sheet-1

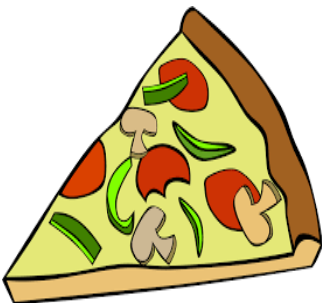
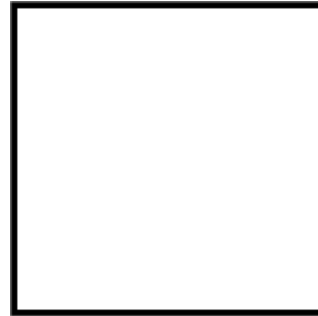
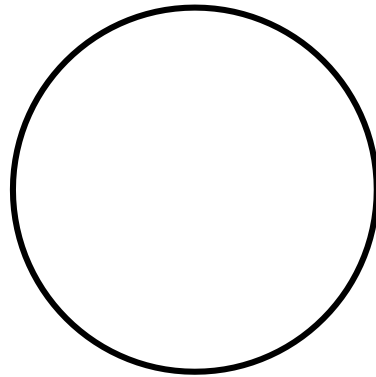
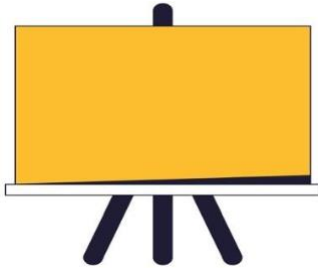
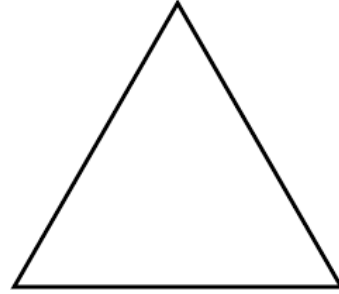
a. Tick the Long Train and Colour



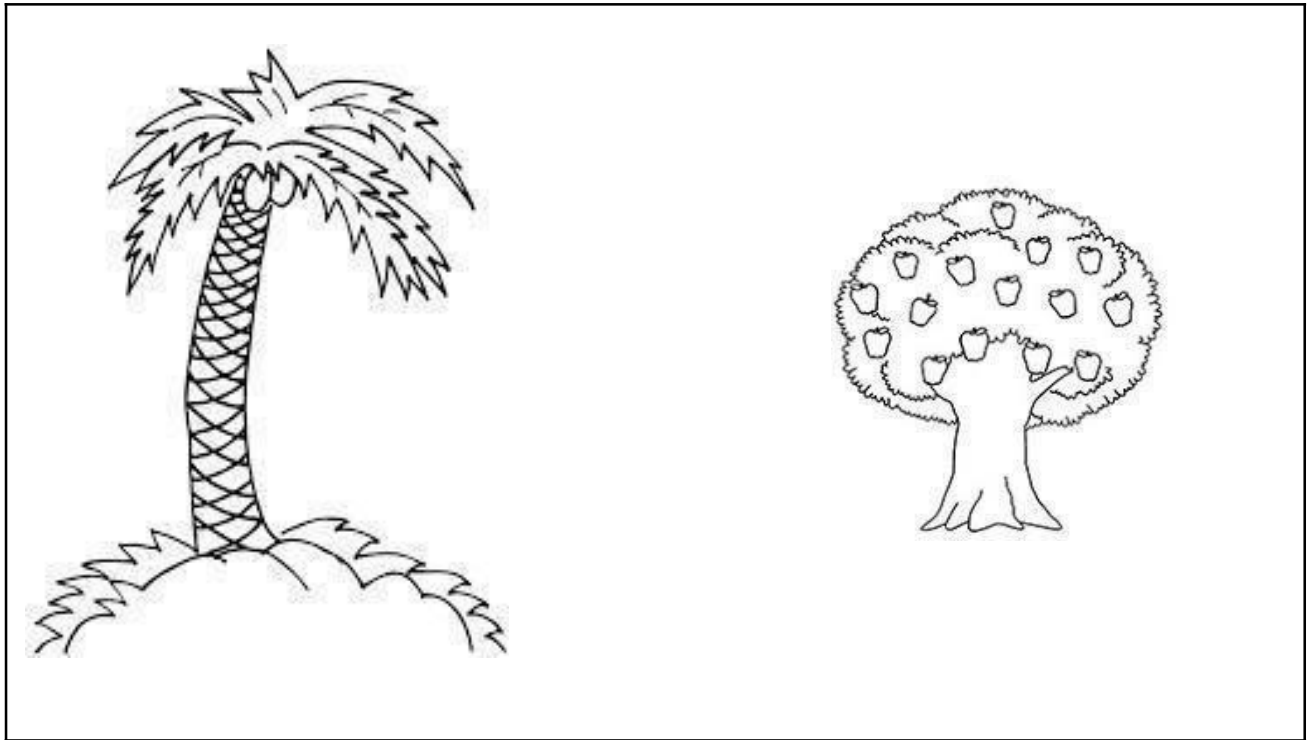
b. Colour the bigger ball:



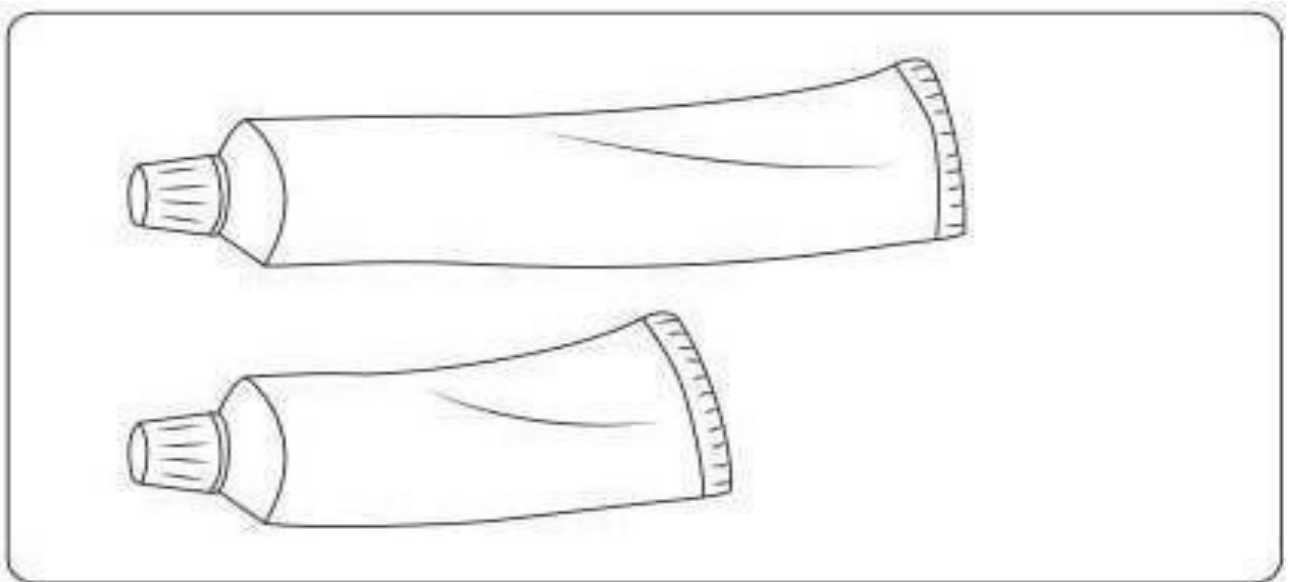
c. Match the objects with their shapes:-



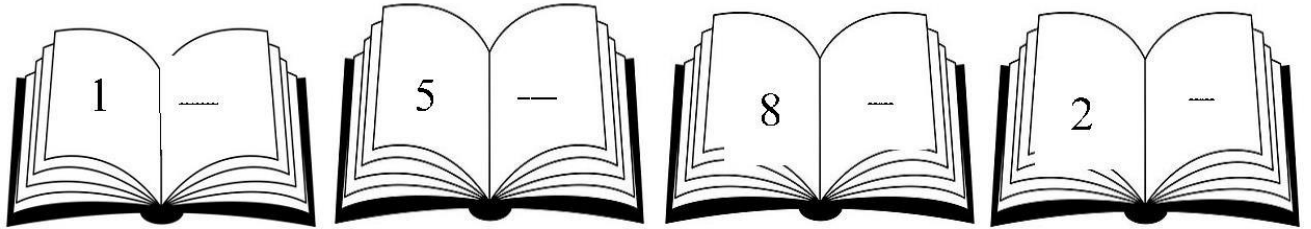
d. Colour the Taller Tree



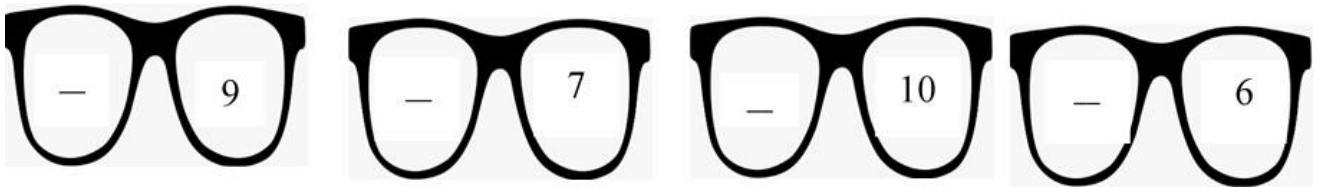
e. Colour the shorter toothpaste.



f. What comes after the given numbers:-



g. What comes before the given numbers:-



h. What comes in between the given numbers:-

5	-----	7
---	-------	---

1	-----	3
---	-------	---

7	-----	9
---	-------	---

2	-----	3
---	-------	---

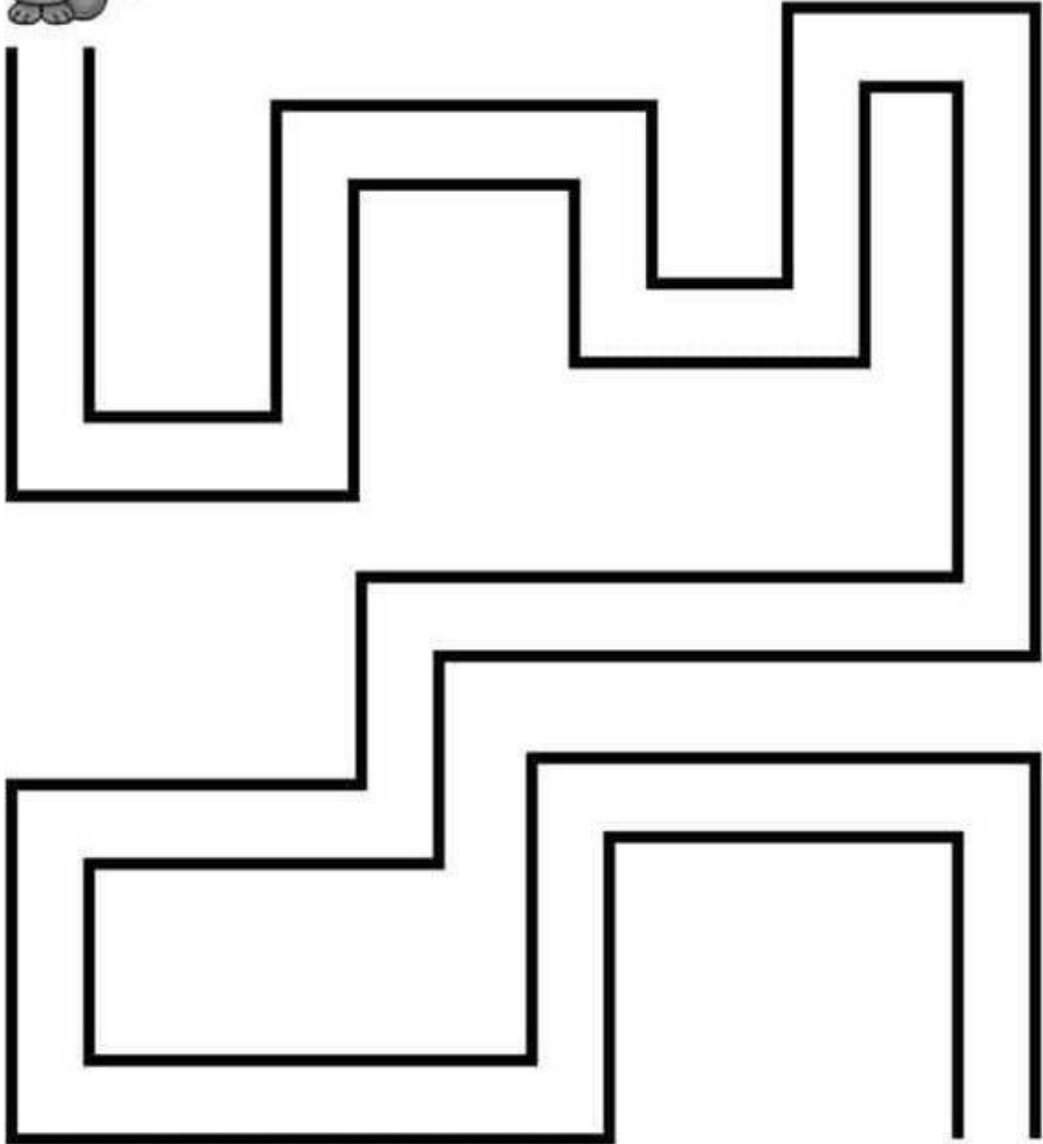
Activity Sheet-2

“Color and decorate the given sheet, adding your creative touch to the Boat and Star.”



Activity Sheet-3

Help the hungry cat to find her way to reach the fig. Use your favourite colour to draw.

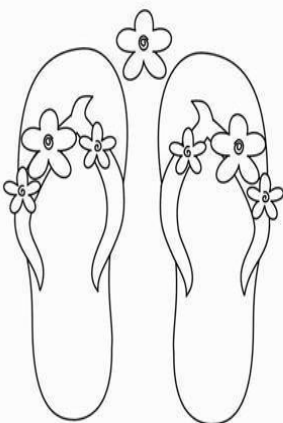
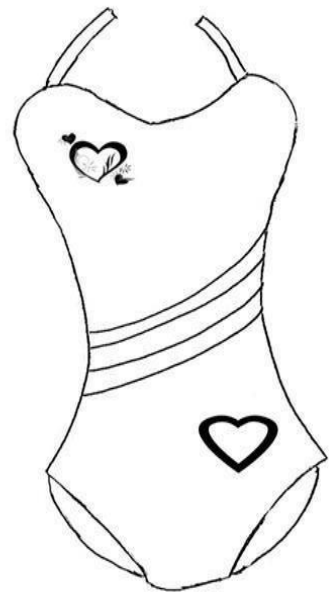
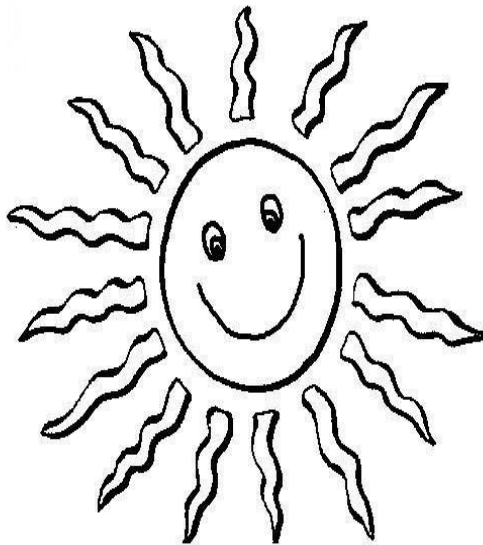
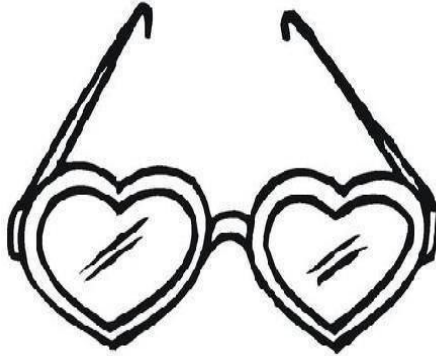


Activity Sheet-4

EVS

Summer Season

It is sunny and hot. Circle the things that we use in summers, colours the smiling Sun yellow and orange.



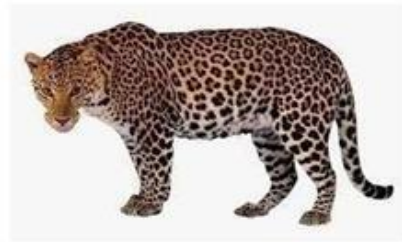
Activity Sheet-5

1. Match the animals given in column A with the similar ones in column B:

Column A



Column B



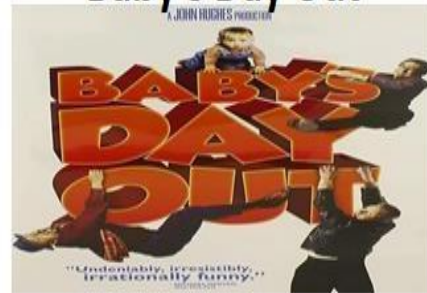
Movie & Popcorn Time

Get ready with the popcorns to watch the following movies with your ward to beat the heat.

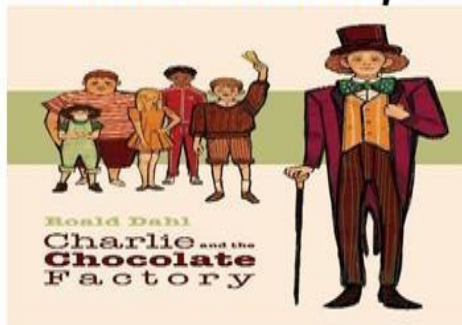
Jungle Book



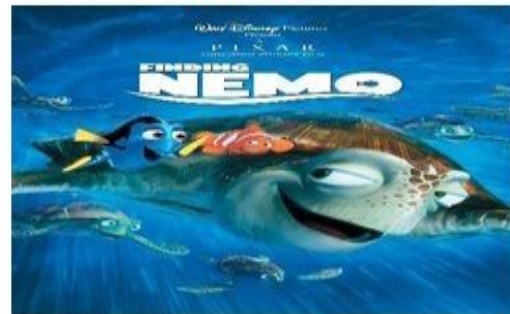
Baby's Day Out



Chocolate Factory



Nemo



Make a beautiful and creative A3 size folder and keep all the Worksheets, Vocabulary book, Album in it and bring it to School on the first reopening day.



School will Reopen on: -6th July
2026

Have fun and be safe!