

CARMEL CONVENT SCHOOL KUNJWANI

Holiday Homework (Class-V)



"Summer vacation: a much-needed break from the routine of school, where we can let our minds wander and our spirits soar. A time to learn in new ways, to explore and discover the world around us. A time to grow and change, to become the best version of ourselves. So let's embrace this opportunity and make the most of our summer vacation." 📖

✓ Appreciate Nature- Go for long walks in a park or garden with your family and friends.

✓ Good manners are the key- Respect your parents, grandparents and all elders. Use three magical words (Sorry, Please and Thank you).

✓ Stay Fit, Stay Healthy- Play your favourite game / sport regularly.

✓ Learn about our Heritage- Find some time to visit museums and monuments. Read about them.

✓ Save Nature - Contribute to save our precious environment. Minimize the wastage of resources like water, fuel and electricity.

Must do:- Eat healthy food and drink lots of water & juices.

✓ Read every day. Watch less of T.V.

✓ Revise the previous (done) work.



Instructions for kids:

- Do your homework neatly and on your own.
- Learn and Revise all the work done in the class.
- Make your own timetable for summer vacations and get it laminated.

For example:

| Time | Activity |
|-------------|---------------------------------|
| 8:00-8:30am | Wake up, brush teeth, take bath |

- Before going to bed at night, Plan your tasks for the next day and pen down them in small diary. You can write at least 2-3 lines that what did you do the whole day and what you will do the next day
- All the written work done in one separate notebook.

Guidelines for the parents:

- Spend some quality time with your kids. Have at least one time meal with them. Play at least one indoor or outdoor game with them. Take them to the park and share your childhood experiences with them.
- Encourage your child to go outdoors rather than sitting in front of electronic gadgets all day.
- Encourage your child to cultivate the reading habit. Get some story books of their choice to read.

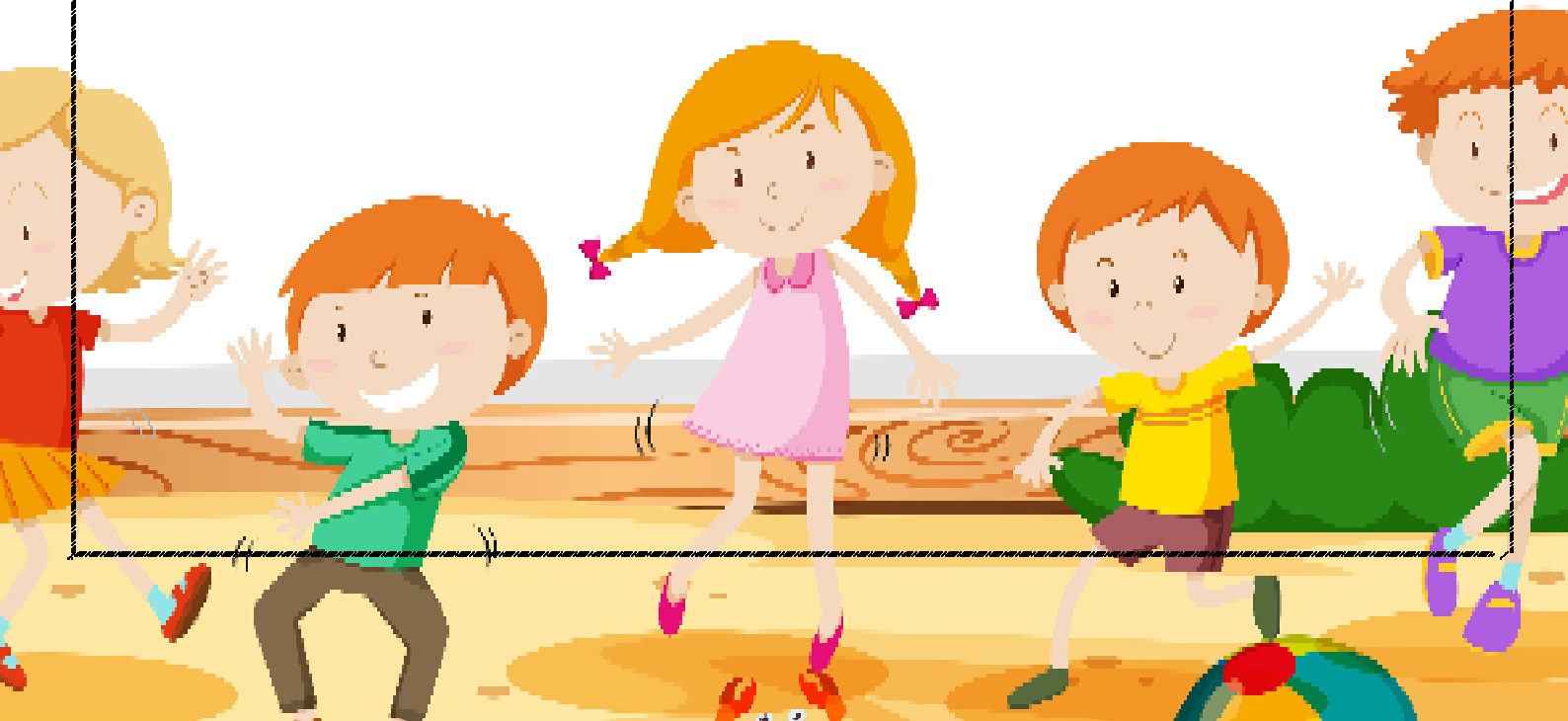


- Involve your child in some household chores like laying the table, watering the plants, washing their own plates, cleaning their cupboards etc... such type of activities give them first hand experience to become more confident and responsible.
- Encourage your child to do their homework on their own but... Under your guidance.

ENGLISH

➤ Write a paragraph of 150 words or 15-20 lines on the following topics:- (any 4)

- My Plans For Summer Vacation
 - A Hot Summer Day
 - How To Stay Healthy
 - My Favourite Television Programme
 - A Visit To A Historical Place
1. Read the newspaper regularly during holidays you may utilize your noon time for this activity when you are at home. Cut five pictures per week from old newspapers paste them in the holidays notebook
 2. 'Everyone has a role model for people they look up to in their life. For me that is **My Father**. Write a paragraph and paste the picture of that person on an A4 size pastel sheet
 3. Our school is our second home we must keep our school clean. So write and draw any 10 rules that you follow to keep your school clean and hygienic on an A3 size green and red color sheet.



MATHEMATICS

1. A 10-12 year old child requires 1800-2200 calories per day. Make a diet plan for yourself according to the requirements.

| DIET PLAN | | | | |
|-----------|-------------------|---------------|-------|---------------------------|
| | Food item | Calorie value | Total | Balance diet taken or not |
| Breakfast | i) ii) iii) | | | |
| Brunch | i) ii) iii) | | | |
| Lunch | i) ii) iii) | | | |
| Snacks | i) ii) iii) | | | |
| Dinner | i) ii) iii) | | | |

[Hint: -1 Chapati=80-110 calories, 1 bowl of rice= 180 calories, 1 cup milk= 70 calories, 1 cup ice-cream= 200 calories]

2. Write all the test of divisibility's A-4 size sheet



SOCIAL STUDIES

Q1. Collect the following information from the given states. Also paste pictures to supplement the information such as Capital, Language, Traditional Dress, Main Food, Festivals, Main Crops, Monuments, Tourist Spots, Industries.

- | | |
|------------------------|----------------|
| i) Arunachal Pradesh | ii) Gujarat |
| iii) Jammu and Kashmir | iv) Tamil Nadu |
| v) West Bengal | |

Q2. Take a political map of India and mark all the 29 States and 7 Union Territories in it. Learn the capital of all the States and Union Territories.

NOTE: All questions are to be done on holiday notebook



SCIENCE

Q1. Be the nature protector

Wild animals are coming to our cities. One of the reasons being Deforestation. Try and find out other such reasons.

(Visit any National Park and study the conditions of living of animals there)

Make a poster on Save Wild Life

Do it on a coloured A-4 size sheet.

Q2. Be your own Dietician

Meghna's mother always tells her not to eat junk food, so does your mother.



Let us join a Health Club to be healthy

1. Make your own Diet Chart for a week on an A-3 size sheet along with pictures
2. Learn to prepare 4-5 recipes on delicious Fruit Mock tails that refresh you these summers.

Q3. Save Water. Save Life

Water is precious for our lives. Let us join hands for our future generations as it will not be available after 50 years, if we waste it/Pollute it?



Sports

1. Write down the importance of games and sports.
2. Write down few lines about healthy diet.
3. Do yoga and play at home at least 30 Min to stay fit.



