



VACATION PLAN (2022-23)
ACTIVITY PITARA - PRE-SCHOOL



**"Summer is Wonderful, so is a Vacation, it refreshes and rejuvenates.
It is a sweet encouragement for our hard work with deep love "**

Dear Parents,

Greetings to all!

It's time that we break up for a promising summer holiday and come back refreshed and rejuvenated. While we wish that our little ones enjoy their gala time with their family and friends, the school also aims to familiarise and acquaint them with the concept of 'fruitful and meaningful use of time '.

Keeping this in view, a comprehensive Holiday Homework schedule has been designed that aims at bringing out the best use of the leisure time by the students. Students are storehouses of talent and energy; we would like you to encourage them to perform the activities/ tasks independently with minimal intervention from their elders. This will help in boosting their critical and creative acumen.

Let us put our best foot forward and help our children become self-dependent, confident, self-reliant and honest citizens of the nation.

"When educating the minds of our young ones we must not forget to educate their hearts"

Wishing you all a pleasant summer break.



Here is a summer vacation '**ACTIVITY PITARA**' just for our little ones. It will surely mould them for a better and successful forthcoming year. So, get ready for a treasure hunt with your little one.

Lead your children and guide them by organizing and planning the activities given below:

Let's inculcate some life skills and values in them.

INTRAPERSONAL LEARNING

➤ Make your child independent and help him/her learn

- Buttoning of shirt
- Take off and put on shoes
- Laying table for dinner
- Following table manners
- Eating fruit, lunch himself/herself using fork/spoon
- Wearing an apron, spreading mat, folding of apron and mat.
- Folding clothes with mummy
- Opening and closing of lunch boxes, bottles and bags.
- Taking care of his/her belongings.
- Packing his/her school bag.
- Arranging shoes in the shoe rack.
- Toilet habits (train your child to flush after using the toilet).



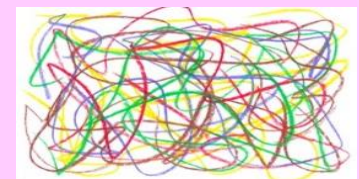
➤ Encourage your child to take care of personal hygiene. Help him/ her

- Brush teeth twice a day.
- Comb hair regularly after taking a bath every day.
- Trim nails regularly.
- Wash hands before and after meals.
- Use hand sanitizer.
- Take a bath every day.
- Sneeze inside the elbow area.
- Do not put your fingers in your nose or mouth.



➤ To enhance your child's fine motor skills, engage him/her in

- Zipping and unzipping- a bag/any zip of shorts/pouch
- Sorting activities- sort red rajma and white chana / beads
- Buckling and unbuckling
- Turning Pages of a book
- Squeezing bath sponges / squeeze balls
- Watering plants using spray bottles
- Mashing potatoes
- Shelling out peas
- Scribbling on newspapers using crayons only
- Tearing and pasting of papers
- Kneading the dough and rolling the clay
- Picking up and holding onto small objects using tweezers - use of tweezers is a very nice way of making a grip.



➤ Imbibe the social skills like

- Greeting with a smile when someone comes to the house.
- Conversing freely with visitors, relatives coming to the house.
- Speaking politely to the peer group
- Encourage your child to use the magic words -
 - ✓ I am sorry
 - ✓ Please
 - ✓ Thank you
 - ✓ Excuse me
 - ✓ Welcome



LINGUISTIC LEARNING

- **Let's express ourselves (Communication Skills)**

Communication skills play a pivotal role in grooming the overall personality of the children. Converse with your child preferably in English to help her / him get comfortable with the language.

You are requested to make use of action words in your speech, like 'walking', 'sleeping', 'sitting', 'playing', 'dancing', 'eating', 'drinking' etc. Let your child also use these words in her/his speech. (e.g., I am drinking, I am playing etc.) Do not correct mistakes of your child when she/he is talking enthusiastically as this breaks the confidence.

- **It is also important that your child learns to converse in English**

Here are some tips.....

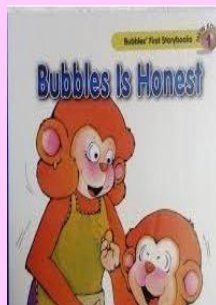
- The child should say her/his name in a full sentence.
- Teach the child to use short sentences e.g. - May I go to the washroom.
- Please open my Tiffin box / water bottle.
- May I drink water?
- Please give me water.
- Please help me etc.

Do not translate the words for your child for e.g. 'chair' should be perceived as chair and not as 'कुर्सी'

- **Story Time**: Narrate simple stories to your child; ask to recall some characters and incidents of the story by asking simple questions related to the story.

SUGGESTED STORY BOOKS

- ❖ Pepper series
- ❖ Bruno series
- ❖ Bubbles series



- Listen / read to storybooks under your parent's supervision.

Some suggested audio story links books are:

- <https://storyweaver.org.in/lists/22099-funny-stories-for-beginner-readers>
(Veeru goes to the circus)
 - <https://storyweaver.org.in/lists/74763-my-family-school-friends-and-pet>
(My fish! No, my fish!)
 - <https://www.youtube.com/watch?v=FrmZeXf7ScU> (The mixed-up chameleon)
 - <https://youtu.be/CpJsmG-eFU8> (The red raincoat)
 - <https://youtu.be/Z9gruv9DZIC> (The drawing game)
 - <https://youtu.be/TqZwHTNxI8s> (Short stories for kids: ting tong) ➤
https://youtu.be/83ho3HS4_80 (Short stories for kids: Lost and found)
- **Let your child watch a few T.V. channels of her / his own choice. After she / he finishes watching the program talk about it. Let your child be an active participant in the conversation.**

Suggested Television Channels:

- Discovery Kids
- National Geographic
- Disney Junior



CELEBRATING IMPORTANT DAYS

- WORLD ENVIRONMENT DAY - 5th June 2022
- HAPPY FATHER'S DAY - 19th June 2022
- WORLD YOGA DAY - 21st June 2022



(Details of all these celebrations will be shared with you by the class teacher before each event).

FOLLOWING WORK TO BE DONE IN TEXT BOOKS, GIVEN TO YOU IN THE BOOK SET

(FOR WRITING, USE CRAYONS ONLY).

- ❖ **Fun with Maths book**-Do pages 1 to 10
- ❖ **Integrated activity book**- Do pages 1 to 7
- ❖ **Fun with English**- Do pages 1 to 10
- ❖ **FUN WITH COLOURS BOOK**

Colour one page daily, of this book.

Complete all the pages of the book

Colour in one direction and colour within the figure

CREATIVE VACATION PLAN

Holiday's Creative plan

Class Preschool

- 1.. Make a big object on Nature's theme like flower / butterfly etc. and do paper tearing n pasting in it .
 - 2.. Do different palm arts on A4 sheet and colour them. can make any bird or animals(any 2)
 - 3.. Draw a big picture of Your favourite fruit/ vegetable and do Ear bud printing in it using bright painting colours.
- NOTE: Kindly use A4 size sheets for all activities.**





Art & Craft
 CLASSES: PRESCHOOL-5th
 Holiday Home work
 ECO BRICKS PROJECT

Dear students ,
 As you all know that single use plastic is extremely harmful for the environment .
 it doesn't get dissolved as is dangerous for animals too.
 Let's show our care for Mother Nature by doing something creative and interesting.

"ECO BRICKS"

We can use a plastic bottle packed with used plastic wrappers to a set density. They serve as reusable plastic bricks

Method to make a Eco brick---

Take 1 litre or 2 litres used plastic bottle . Clean it properly and fill it with all the DRY plastic waste like wrappers of biscuits ,waffers, chocolate/ washed milk pouches/ plastic bags etc. Fill as many as wrappers in the bottle with the help of a stick you can stuff it and make a solid plastic brick. Make at least 5 Eco bricks and bring after summer break .
 Enjoy your self !



PIC·COLLAGE

Draw a favourite thing and paste coloured paper balls in it.

- Take reference from below link

<https://youtu.be/sLENxi3THjI>



Draw a favourite belonging and do finger printing in it.

- Take reference from below link and draw

<https://youtu.be/jz3D0egXVMI>

**USE A4 SIZE WHITE DRAWING SHEETS TO DO ALL THE ACTIVITIES.
ENSURE TO WRITE THE NAME OF YOUR CHILD IN THE RIGHT HANDSIDE
CORNER AT THE BOTTOM OF THE SHEET**

DANCE ACTIVITY

1, Watch these videos and learn the basic dance steps.

<https://youtu.be/zUKFfK6dfUM>

2. I am a gummy bear

<https://youtu.be/OkfzyMy47GI2>

3. Warmup action activities

<https://youtu.be/1NoRqxBEo9g>

4. Basic dance steps for kids

<https://youtu.be/uK6yXS7Awjs>

5. Bum bum bole

<https://youtu.be/uK6yXS7Awjs>

6, Baby shark

<https://youtu.be/QRhpi4BZEcc>



MUSIC ACTIVITY

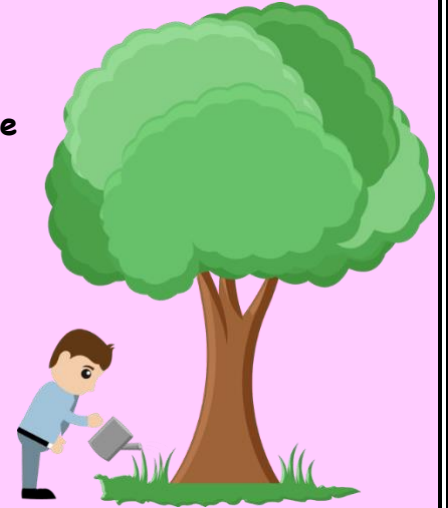
Learn the songs given below

1. HUM CHITE CHOTE BACHCHE HAIN

<https://youtube.com/watch?v=YudOfyRFcQo&feature=share>

2. Ped lagao

<https://youtu.be/Vb9TSAPwxzq>



➤ SPORTS FUN ACTIVITIES FOR KIDS

➤ Simple yoga exercises

<https://pin.it/5phQlms>

➤ Hop and jump activity

<https://pin.it/169xc6B>

➤ Walk on line

<https://pin.it/5Az2q8V>

➤ Toss the ball

<https://youtu.be/xpWJVY036c4>

➤ Playing with the blocks

➤ Kick the ball on the fix target

➤ Catch and throw the ball

➤ Hallway Bowling - fill-up pet bottles with water. Close them tightly and use a ball to make them fall from some distance.

BEGIN WITH PRAYER- GAYTRI MANTRA

ACTIVITY-1

YOGIC ACTICITY

Watch video and do after that:
<https://youtu.be/NIsQkCO5gHQ>

1. Meditation with OM chanting
2. Trikonasna
3. Baddhakonasna
4. Dhanurasna
5. Bhujangasna
6. Virbhadrasna
7. Vrikshasna
8. Bee Breathing
9. Sukhasna
10. Gumukhasna



NOTE: REPEAT ALL THE ACTIVITIES IN 3 SETS

ACTIVITY-2

HOPPING & JUMPING

Watch video and do after that:
<https://youtu.be/IBeNOijiVEA>

- Put your hands on your waist and hop in front
- you have to complete 50mts distance while doing it.

Note:
This exercise is very skillful which includes calisthenic, body movement and gross motor skills which helps your child to fully developed race skills.



NOTE: REPEAT ALL THE ACTIVITIES IN 3 SETS

ACTIVITY-3 JUMPING ON THE LINE

Watch video and do after that:
<https://youtu.be/eBzMkYk-ZaY>

- child will jump on the tape arranged like a ladder on floor

Note:
It will help to build strength in your legs



NOTE: REPEAT ALL THE ACTIVITIES IN 3 SETS

ACTIVITY-4 WALKING ON THE LINE

Watch video and do after that:
<https://youtu.be/IBeNOijVEA>

- The brown tape is marked as straight line or any other shape on the floor
- The child will walk on the tape while balancing on it.

Note:
It will help to build balance in the body



NOTE: REPEAT ALL THE ACTIVITIES IN 3 SETS

PLEASE NOTE

KEEP THE WORK DONE IN A SEPARATE FOLDER.

SEND THE FOLDER, WHEN THE CLASS TEACHER SENDS A NOTE TO BRING IT.