



## VACATION PLAN (2021-22) ACTIVITY PITARA - PRE-SCHOOL



*"When we are no longer able to change the situation, we are challenged to change ourselves."- Viktor E. Frankl*



Dear Parents,

Summer vacation is here and it's time to relax at home away from the scorching heat, keeping kids inside the house, safe and sound, maintaining social distancing. These days are precious. Summer Vacation is the best time for learning and for nurturing creativity. It's time to nurture young minds, inculcate moral values and narrate family anecdotes to keep them in touch with their roots.

For our children, summer vacations are synonymous with fun, frolic, getting up late in the morning, playing for longer hours, watching fun filled shows on television. But for our children, there is a lot more we can do to make their vacations more interesting, meaningful and full of fun, along with doing all their heart desires. It is the time when you can connect with your ward in many ways.

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 treasure hunt with your little one.

Dear Parents,

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

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

➤ 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



- Wearing of apron, spreading mat, folding of apron and mat.
- Folding clothes with mummy
- Opening and closing of lunch box, bottle and bag.
- Taking care of his/her belongings.
- Packing of 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 bath every day.
- Trim nails regularly.
- Wash hands before and after meals.
- Use hand sanitizer.
- Take bath every day.
- Sneeze inside the elbow area.
- Do not put 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 / squeezey balls
- Watering plants using spray bottles
- Mashing potatoes
- Shelling out peas
- Scribbling on newspapers
- 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 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



• **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.....

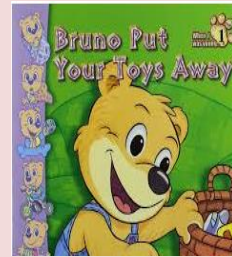
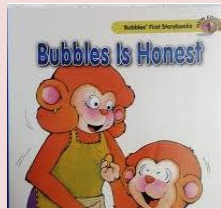
- The child should say her/his name in a full sentence.
- Teach the child to use short sentences e.g. - May I go to wash room.
- Please open my Tiffin box / water bottle.
- May I drink water?
- Please give me water.
- Please help me etc.

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
- ❖ Bruno
- ❖ Bubbles



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](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

- INTERNATIONAL DANCE DAY (29.4.21)



- MOTHER'S DAY (7.5.21)



- INTERNATIONAL FAMILY DAY (14.5.21)



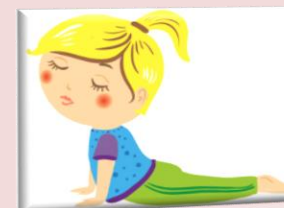
- WORLD ENVIRONMENT DAY (5.6.21)



- HAPPY FATHER'S DAY (20.06.20)



- WORLD YOGA DAY (21.06.21)



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

### WORK TO BE DONE IN TEXT BOOKS GIVEN IN THE BOOK SET (FOR WRITING, USE CRAYONS ONLY).

- ❖ Fun with Maths book-Do pages 1 to 6
- ❖ Integrated activity book- Do pages 1 to 7
- ❖ 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

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

➤ Take reference from below link

<https://youtu.be/sLENxi3THjI>



2. Draw a favourite belonging and do finger printing in it.

➤ Take reference from below link n draw any simple shape and fill with in.

<https://youtu.be/jz3D0egXVMI>

➤ General instructions for colouring

- Colour in one direction always.
- Colour inside the figure/ shape.
- Practice making patterns on old newspaper/ rough notebook (as drawn on page no. 16 of Integrated Activity Book).
- Make a figure using shapes.

## DANCE ACTIVITY

1. ANIMAL DANCE

- This dance is good for the imagination and knowledge. This makes use of various animal movements and sounds that children very cleverly observe.

You can take help from this link:

<https://youtu.be/r3z54SZsLsA>

<https://youtu.be/f44Mavq30MQ>

2. Watch this video and learn basic dance steps.

<https://youtu.be/zUKFfk6dfUM>

3. I am a gummy bear

<https://youtu.be/OkfzyMy47GI>



*Enjoy your summer vacations with dance*

➤ **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

