

THE STUDY

Summer Break Holiday Homework Academic Year 2025-26 Grade 1

Dear Parents,

To cater to holistic learning and development of children, the school has planned certain activities under the Art Integrated Learning. It is a teaching-learning model which is based on learning 'through the arts' and 'with the arts'.

Theme: Healthy Food

1. English:

- Make a healthy food book. Make a cover page of the book. Draw or paste a picture of your favourite food and write their names. Also write 2 to 3 sentences about it.

2. Hindi:

- पौष्टिक आहार से सम्बन्धित एक चार्ट/पोस्टर तैयार कीजिए।
- आपकी पौष्टिक थाली कैसी होनी चाहिए उस पर एक पोस्टर या चार्ट तैयार कीजिए।
- रंगीन पेपर, रंग, सजाने की सामग्री का प्रयोग कर सकते हैं।

3. EVS:

- Draw and colour: My Healthy Plate
- Draw a plate and divide it into 4 parts:
 - a. fruits
 - b. vegetables
 - c. grains
 - d. proteins

Do all the above activities on an A4-size sheet.

4. Number Work:

On an A3-size sheet draw the following foods according to their shapes and colour them:

- 2 circle-shaped fruits
- 1 triangle shaped snack
- 1 rectangle shaped veggie

5. Art and Craft:

- Make a food chart on the topic healthy food.

6. Embrace The Speaking Etiquettes

Encourage your child to practice these sentences in everyday situations such as when waking up in the morning, during meal times, before going to bed or when interacting with family members and friends. Remind them to speak clearly and politely and to use these phrases to communicate their needs, ask for permission, apologize when necessary, say thank you and greet others.

Are we going to visit someone today?

Can I please call my friend?

I'm sorry for making a mess.

Thank you for helping me.

Excuse me, may I speak?

Can you help me tie my shoes?

Thank you for sharing with me.

Goodbye, see you later!

May I help you with that?

Please wait for me, I'm coming!

Can you please read me a story?

7. Follow your regular bedtime schedule. Observe silence time and do simple yoga exercises to keep yourself fit.
8. Cherish and celebrate happy moments with your family by eating together and playing indoor games.
9. Try and speak in English all the time you can.
10. Read books, comics and magazines that you like.
11. Make up a dance routine to your favourite song.
12. You feel happy when you spread love and warmth everywhere.

Do something kind to someone.

Regards,
The Study