



GREEN FIELDS SCHOOL

Summer Holiday Homework

Class- VI (Session: 2024-2025)

Theme- SDG-3 “GOOD HEALTH AND WELL-BEING”

“Keep it clean and stay serene, this summer, hygiene is queen!”

This year's class 6 summer holiday theme is "Good Health and Well-Being." It focuses on nurturing both physical and mental health during the break. The homework aims to empower students with activities promoting well-being. Wishing all students a happy and healthy summer!

General Instructions for students-

- ❖ Do the following community services during holidays and click pictures (**Each One Teach One, Cleaning of Public Area**)
- ❖ Play indoor games like Ludo, Carrom Board, Scrabble, Chess, etc.
- ❖ Help your parents in small household chores like cleaning the cupboards, watering the plants, making the bed, etc. It is an opportunity for you to show your love, concern, and support to your parents who had been taking care of you during the course of the Academic Year.
- ❖ Holiday Homework should be done as per the instructions given.
- ❖ **Revise all the concepts done so far.**

Subjects	Home-Work
English <i>"Believe you can and you're halfway there." - Theodore Roosevelt</i>	<ul style="list-style-type: none">❖ Write a postcard to your grandparents sharing your experiences and adventures during your summer vacations.❖ Read storybooks- "Harry Potter" series by J.K. Rowling or "Charlie and the Chocolate Factory" by Roald Dahl. Write a Summary or a Book Review on any book using relevant pictures. (A4 Sheets)❖ Learn any poem of your choice on Good Habits or Health.❖ Learn two new words along with their meanings from the Dictionary each day, and write them in a scrapbook.
Hindi "लहरों से डर कर नौका पार नहीं होती, कोशिश करने वालों की कभी हार नहीं होती।" -हरिवंश राय बच्चन	<ul style="list-style-type: none">❖ पौष्टिक आहार पर आधारित एक कलेंडर का निर्माण कीजिए।❖ पौष्टिक आहार का महत्व समझाते हुए छोटे भाई/ बहन को पत्र हिन्दी व्याकरण उत्तर पुस्तिका में लिखिए।❖ पंचतंत्र कहानी से अपनी मनपसंद कोई पांच कहानियां पढ़िए।❖ एक अपनी पसंद की कविता याद करे।
Maths <i>"Mathematics is the language in which God has written the Universe" - Galileo Galilei</i>	<ul style="list-style-type: none">❖ Make a table (in A-4 size sheet) for height of your family members (in cm) along with their names and convert them into metre and millimetre.❖ And make the same table for weight (in kg) of all family members and convert them into grams.❖ Prepare a wall hanging pie chart showing how much we should eat, drink, sleep, work and exercise to stay healthy (you can paste pictures or draw figures for each part).❖ Complete worksheet no. 4, 5, 6,7,8 and 9 of your mental maths book.❖ Learn tables till 20

<p><u>Science</u></p> <p>"Somewhere, something incredible is waiting to be known." - Carl Sagan</p>	<ul style="list-style-type: none"> ❖ Draw 4 neat well labeled diagrams of - filtration, photosynthesis, leaf , flower. ❖ Science in your kitchen- Nuts and Makhanas are good sources of vitamins which help to improve memory and are essential in weight management. ❖ Roast nuts and makhanas and make a healthy snack and pack it in an airtight container. ❖ Make a model by using reusable material- <ul style="list-style-type: none"> ➤ Rainwater harvesting (roll no 1-10) ➤ Water cycle (roll no 11-20) ➤ Rain gauge (roll no 21-30) ➤ Photosynthesis (roll no 31-38)
<p><u>Social Science</u></p> <p>"Injustice anywhere is a threat to justice everywhere." - Martin Luther King Jr.</p>	<ul style="list-style-type: none"> ❖ Prepare a collage to show ways to minimize food wastage in A4 size sheets. ❖ Prepare a Mango Map of India on India political Map and paste it in your geography notebooks. Use the link below to know more- https://youtu.be/oY7rNNHRu9c?si=mrldMwhgX9Lr2e8z
<p><u>Sanskrit</u></p> <p>"तमसो मा ज्योतिर्गमय।" - बृहदारण्यक उपनिषद्</p>	<ul style="list-style-type: none"> ❖ देव, लता, फल शब्द रूपो को उत्तर पुस्तिका में लिखिए। ❖ पत, नम, क्र, अस धातुओ के लट एवं लृट लकार उत्तर पुस्तिका में लिखिए। ❖ एक (A4 Sheet) पर मानव शरीर का चित्र बनाइए तथा उनके अंगों का नाम संस्कृत में लिखिए।
<p><u>French</u></p> <p>"La vie est belle." - Life is beautiful.</p>	<ul style="list-style-type: none"> ❖ Préparez une affiche illustrant l'importance de la bonne santé et du bien-être. Utilisez des images, des dessins et des slogans etc. (Page A3) ❖ Faire une carte d'invitation pour l'anniversaire.
<p><u>Computer</u></p> <p>"The computer was born to solve problems that did not exist before." - Bill Gates</p>	<ul style="list-style-type: none"> ❖ Create Documentation on viruses and Antivirus. Write the name of any 5 Antivirus with a Diagram. ❖ Make a Poster in Microsoft Word on "Good nutrition, exercise and relaxation".
<p><u>Art</u></p> <p>"Every artist was first an amateur." - Ralph Waldo Emerson</p>	<ul style="list-style-type: none"> ❖ Learn Aboriginal Art of Australia and make a drawing of it in the Art File. Reference video- https://youtu.be/fff_jcX4Fco?si=Zy7Ya7dBeXK1gD62
<p><u>Meal Planning</u></p> <p>"When you start planning meals, you start planning a life of wellness."</p>	<ul style="list-style-type: none"> ❖ Collect five simple and healthy recipes that you can make at home. ❖ Write down the Ingredients and steps for each recipe. ❖ Paste a picture of it in your Recipe Book.
<p><u>Yoga</u></p> <p>"Yoga is the journey of the self, through the self, to the self." - The Bhagavad Gita</p>	<ul style="list-style-type: none"> ❖ Practice Anulom vilom pranayam daily. (5 minutes) ❖ Do Meditation regularly. (10 minutes) ❖ Practice Surya Namaskar daily. (5 sets) ❖ Make a chart on Yoga Asanas
<p><u>General Knowledge</u></p>	<ul style="list-style-type: none"> ❖ Solve Olympiad Question Papers shared by the class teacher.