

VEDA VYASA DAV PUBLIC SCHOOL
WINTER BREAK PLAN 2021-22
PRE-SCHOOL

Dear Parent,

Vacation is the most wonderful time of the year to spend together time with family. Here are a few activities for you and your child to strengthen this bond.

- **Read and Treat** -Reading to your child every day/night is a great way to introduce them to the world of words. Let's gift the wonderful habit of reading to our little ones and set an example for them by reading together. As a part of READING ROCKET project, you are requested to setup a **READING CORNER** in any corner of the room (please refer to the pic to setup the corner. You can be more creative in setting up at your end. Keep book buddies also, as shown in the picture).



Do not forget to share the pics of the reading corner with the teacher. Make it a habit to do daily reading in reading corner. Read them a simple story and ask them simple questions from it. You can try pointing at the images in the story and ask your child to identify. **Treat your child by not mere junk food / toys, instead treat him / her with reading stories together/aloud.**

Suggested books for your child to read at this age

- **Pepper series**
- **Bruno series**
- **Bubbles series**

Sharing a few links for your convenience, to read with your child.



- <https://youtu.be/OcWXuRjs9PY>
- <https://youtu.be/M2d6eZB8bWk>
- <https://youtu.be/7emop0ilNIM>
- <https://youtu.be/Mv8WOMttG8k>
- <https://youtu.be/umJWvuzvmY>
- https://youtu.be/OHI_SlQ62Rc
- <https://youtu.be/hqXD-YyHeIw>
- <https://youtu.be/IR59bCrA76A>
- <https://youtu.be/ILYnKuYC3sc>
- <https://youtu.be/nQ1eBy0tkaY>
- <https://youtu.be/moMyPDotNhA>

- **Let us workout together**- You are suggested to set up **A FITNESS CORNER** anywhere in your house. Inculcate the habit of working out with your child in that corner. (refer to the pic for setting up the corner).



Here are a few sports fitness activities

- **BEGIN WITH PRAYER- GAYTRI MANTRA**
- **Light Exercises (jumping jacks) Watch video and do after that:**
<https://youtu.be/TWAHC5g4iJw>

ACTIVITY- 1

- Jumping jacks Put your hands up
- Put your hands down Touch your knees Touch the ground
- Put your arms straight Out and spin around
- Slight to the left and then right



NOTE: REPEAT ALL THE ACTIVITIES TILL 10 DAYS IN 3 SETS

Learn gross motor skills

These skills are build up with small activities like jumping, one leg jump, crossing the huddles, etc.

Watch the video and do after:

<https://youtu.be/1wCJCZwjtd4>

ACTIVITY- 2

- Make a small gym with brown paper tape/duppattas
- In the First hurdle child will jump on the tape arranged like a ladder on floor as shown in video
- After jumps, child will try to jump on one leg between the tapes.

ACTIVITY- 3

- Then next hurdle will be on the other tape which is marked as straight line on the floor and child will walk on the tape while balancing on it.

ACTIVITY- 4

- Last hurdle will be with the use of water bottles or any other solid material arranged in the straight line in approx. 5-6foot gap, in which child will cross each bottle in zig-zag running.

ACTIVITY- 5

Sky reaches

- Stand up.
- Swing arms up to the sky.
- Rise up on your tippy toes.
- Reach for the sky while keeping your body tight.
- Hold for 15 seconds.
- Lower your heels and arms.



NOTE: REPEAT ALL THE ACTIVITIES TILL 10 DAYS IN 3 SET

- **Imagination and creativity can change the world**- In order to give wings to your child's imagination through art, we suggest you to setup an **ART CORNER** in your house.



Let them explore their ideas, this way their imagination will improve and will give wings to their creativity. This is possible only when they are given freedom to work in a dedicated environment. Here are a few activities for your child to do on their own.

- **FINGER PAINTING**

1. Finger painting... Dear kids, you need painting colours and A4 sheet for this activity.

Step 1.. Trace your hand upto elbow .

Step 2.. Use different painting colours for doing finger painting as shown in the given picture.



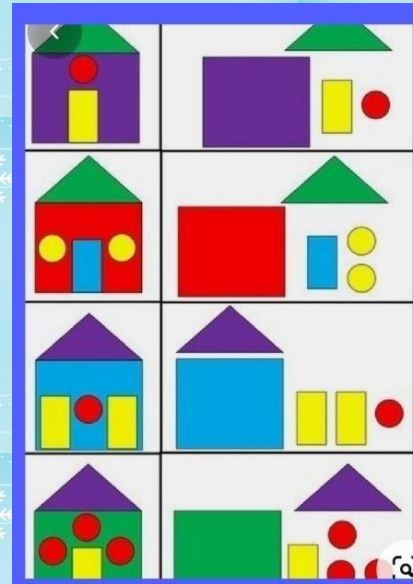
- **FIGURE MAKING WITH SHAPES**

2. Figure using different shapes.

Dear kids You need colourful shapes and A4 sheet for this activity

Step 1..Use cuttings of different paper shapes like circles, squares, triangles

Step 2..make any one figure i.e object /animal/ bird etc on A4 sheet.
step 3..make your child to count and learn not of shapes used in it.



- **NUMBERS DOODLES**

3. Number Doodles...

Dear parents need only A4 sheet ,crayons and sketch pens for this activity.

Step 1...please write Numbers on a sheet using bright colours.

Step 2...make your child to draw some number doodles using different crayons as shown in the picture.



- **PRACTICE WORK (to be done in 2in1 notebook daily)**

Write letters A to Z

Write letters a to z

Write numbers 1 to 5 and draw objects

HAPPY HOLIDAYS



*enjoy
every
moment.*

