



V.V.D.A.V PUBLIC SCHOOL

WINTER VACATION PLAN

CLASS-I (2020-21)

Dear Children

The winter break from school is often filled with different plans and activities, but it is important to keep learning over these weeks. So enjoy yourself along with keeping yourself safe and make the beginning of the year fruitful and enjoyable by doing interesting activities

- ❖ Observe and discuss with your parents the wonders of flowers opening, new leaves emerging, sun rising, flock of birds taking off or coming back to roost, phases of moon, changing night sky, (whenever clear), cause of fog /smog, etc.
- ❖ Discover the childhood of your parents and grandparents, ask them stories of it.
- ❖ Help your parents in small household chores like cleaning the cupboards, watering the plants, making the bed, fireless cooking etc.
- ❖ Eat seasonal vegetables and fruits.
- ❖ Keep your screen time limited. Take ample of sun bath and enjoy your stay at home.
- ❖ Improve your handwriting by practising daily.
- ❖ Revise all the concepts done so far.

**HAPPY NEW YEAR TO YOU AND YOUR FAMILY
STAY SAFE AND HEALTHY**

Class Teacher

Dear Parents

Here are few activities to make the vacations enjoyable creative and constructive for our young ones:



Discover the Joy of Reading

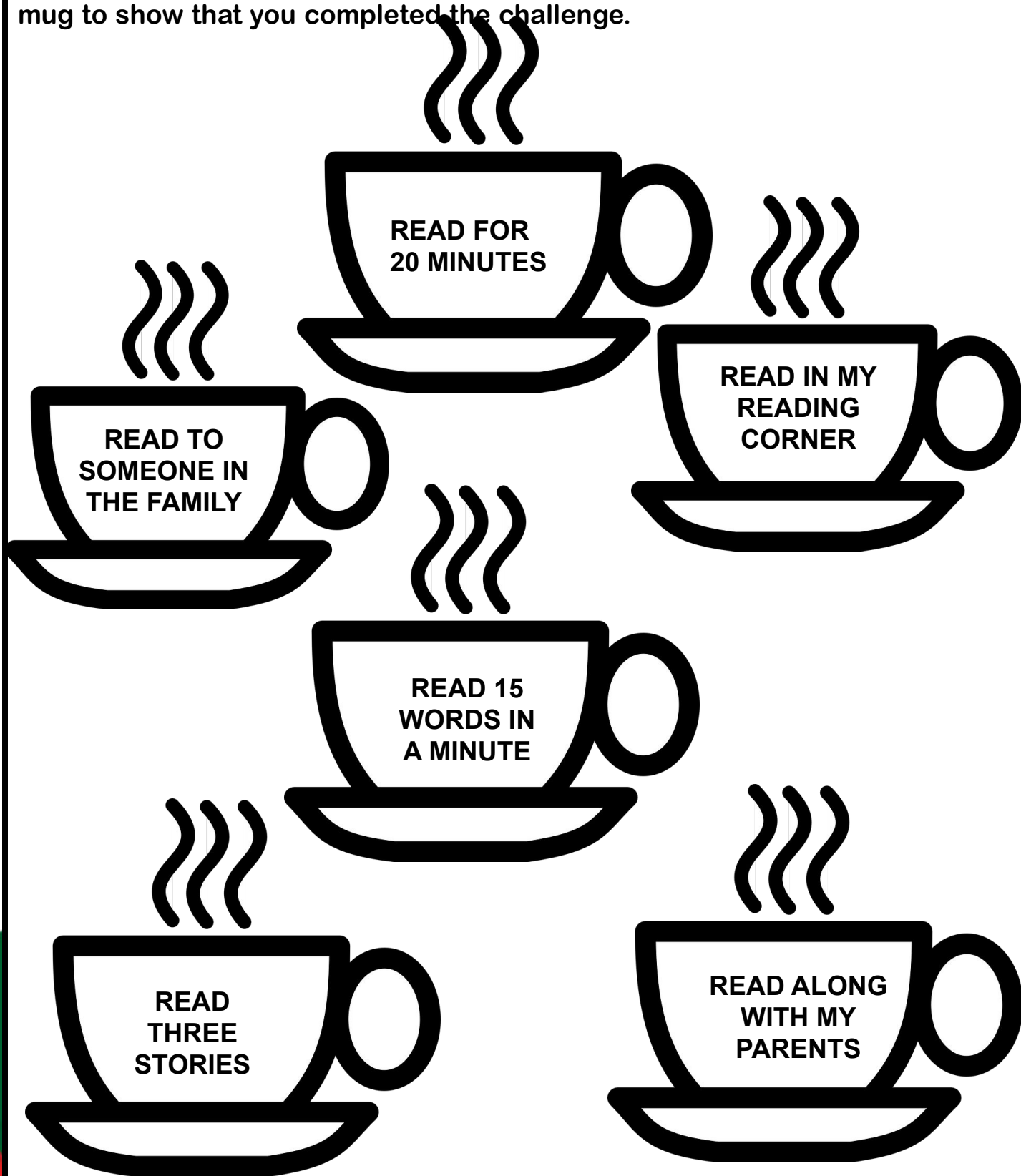
“Today a reader, tomorrow a leader.” One of the best habits that we can inculcate in a child is that of reading. A child who enjoys reading will be a child who will have access to the sea of knowledge. So in this New Year let’s help them to inculcate the habit of reading.

- Act as a role model and read in front of your child. Watching you reading magazines, newspapers, and books shows your child that reading is important. Encourage your child to join you with his or her own book while you are reading.
- Creating a reading-friendly environment is one of the quickest ways to ensure that your child develops an interest in reading. You are requested to create a **cozy reading corner** in your child’s room or anywhere in the house.
- To keep them hooked in the book he or she is reading, ask some relevant questions and also encourage him to ask the same from you. Ask what’s happened so far, what he thinks will happen next.
- Make full use of creative reading apps like **Freedom App** or reading websites like <https://www.storyberries.com/> OR <https://storyweaver.org.in/> .
- Suggested books for your child to read at this age:
 - **Ladybird Books Level 1 or 2**
 - **Pratham Books**
 - **Panchatantra stories**
- You can also take printout of some stories shared with you by the class teacher.
- Encourage the little ones to complete the **Reading challenge worksheet** given on the next page. Take its print out and paste it somewhere in their room , so that they can complete the reading tasks accordingly. After completion of the challenges upload the sheet in Google Classroom.

Name- _____

WINTER BREAK READING CHALLENGE

Reading is important even on break. Choose different reading challenges to complete during your break. Once you completed the challenge colour in the mug to show that you completed the challenge.



❖ **SPORTS AND FITNESS ACTIVITIES**

We're all aware that regular physical activity is important and has many health benefits. So here are few sports fitness activities to keep the kids active. Clear some space in your home for active play, so your children can enjoy moving around without risk of hurting themselves or breaking something.

● **BEGIN WITH PRAYER-GAYATRI MANTRA**

- Static and Dynamic Balance - Watch the video and do after that.

<https://youtu.be/tXsEEgHi05A>

➤ **ACTIVITY -I STATIC BALANCE**

- Stand on one leg with the support of opposite foot.
- Balance your body and keep it calm & relax.
- Your arms should be on shoulder level for better balance.

➤ **ACTIVITY-II DYNAMIC BALANCE**

- Place your foot forward and another foot touches the toe tip of the last foot and walk like this.
- No arms used for balance.

➤ **ACTIVITY-III SQUATS**

Do this slowly:

- Stand with your legs a little wider than shoulder-width apart.
- Hold your arms out in front of your body.
- Slowly bend your knees and squat down until your thighs are parallel to the floor.
- Rise up slowly.



YOGIC EXERCISES

➤ **ACTIVITY-IV Tadasana (in Standing Position)**

- Stand straight on the ground, and take a small gap between your feet.
- With deep breathing, raise your both arms.
- Keep your arms upward by interlocking your fingers.
- Now come on the toes by raising your heels simultaneously.



➤ **ACTIVITY- V Trikonasana: The Triangle Pose**

- Stand straight with your legs apart Inhale- Exhale.
- Simultaneously, slide your left arm down along with your left leg till your fingers are at your ankles .
- At this point , your right arm must be horizontal as your head is tilted left. Hold your pose with your knees and elbow straight .
- Inhale

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

STAY SAFE.
STAY HOME.
STAY FIT.

CREATIVE CREATIONS

“Children are naturally creative. It's our job to give them the freedom, materials, and space to let their creativity blossom to its full potential.”

Here are few few activities for little ones do on their own in their self created ART CORNER in their house :

ACTIVITY-I

Rainbow object



Required...only A4 sheet and crayons .Step 1... Dear kids draw only out line of one animal or bird.

Step 2...Take only rainbow colours crayons and fill as shown in the picture.

Step 3...Make a bold outline of your picture.

Step 4 ...cut it and paste it on A4 black paste sheet.

Step 5...This is the fun way to learn Rainbow colours.

ACTIVITY-II

SPOON PUPPETS



Required... wooden spoons, sketch pens, little wool and craft papers.

Step 1... Dear kids use sketch pens for making different emotions on spoons as shown in the picture.

Step 2... Make different dresses for all using craft papers.

Step 3... Paste the dress on spoon shown in the picture.

Step 4... Make some hair using wool.

Step 5... Create a story using these puppets .

ACTIVITY -III

MY DREAMS/WISHES 2021



Required...craft papers strips, white drawing sheet, Fevicol tube, Sketch pens.

Step 1...Dear kids make a white colour papers cloud cutout and do its outline

Step2write MY DREAMS/ MY WISHES in 2021 using sketch pens.

Step3.... Take some paper strips using craft papers(atleast 6-7(size1"broad and 4" long) .

Step4... Think and Write some CREATIVE wishes for 2021 ,or some DREAMS you want to follow in 2021, as shown in the picture.

Step 5.... paste your papers strips Under your paper cloud.

Step6....you can hang it in your room or paste it on A4 sheet.

HAPPY HOLIDAYS

