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HOLIDAY HOMEWORK

LKG



HEALTHY LIVING

Good health may seem natural at a young age, but maintaining physical and emotional wellbeing often requires us to develop healthy lifestyle. Having a healthy lifestyle, eating well and being physically active helps children to build strong bones, Grow and develop healthily, improve their concentration and make them active and alert.

Jump, Run, Hop and have fun. Practice Aerobics, exercises and Dancing. Simple yoga exercises can help them to improve their immunity.

HEALTHY EATING HABITS

Healthy eating habits are more likely to stay with you if learn them as a child. That's why it's important to teach children healthy eating habits so that they can stick with these habits for life long and that will help them to avoid developing chronic diseases.

Make sure that your ward should learn to wash hands every and now. Also train your ward to use face mask when they go out.

Dear Parents,

Finally, the much-awaited Summer Holidays are here. It is a good opportunity to spend quality time with your children. Let's make these holidays fruitful by involving the tiny tots in some fun-filled activities.

1. Learn 5 sentences on 'Myself'.
2. Learn your parent's mobile numbers.

Play Outdoor Games:

Ensure that children should not time on electronic gadgets as they harm the eyes and make us lethargic. So encourage your child to go for cycling, hide and seek, running, etc as these will make them active and social.

Converse in English:

To develop the conversation of children in English, ensure small sentences in English only. Read out story books with big illustrations and after finishing the story discuss it with your child . **“Emphasis more on phonics sounds and encourage word building word and picture talk “.**

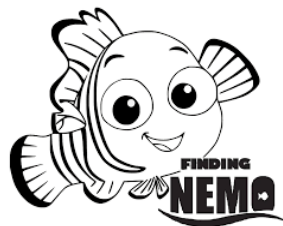
Use of magic words like Excuse me , Sorry , Thank you and Please .



Children can be encouraged to use simple words and sentences at home.

- Mom, I am hungry please give me something to eat.
- Please give me a glass of water.
- Please open the door.
- Can I watch T.V?
- I am feeling sleepy.
- Please give me a toy.

Let your child watch The Jungle Book, Finding Nemo, Lion King, Stuart



Little in this vacation.



Buy a moral storybook and ensure to narrate one story daily to your child.



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Class LKG

Trace the numbers.

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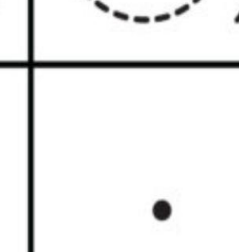
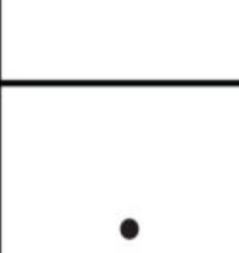
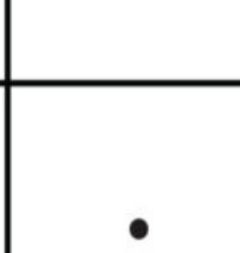
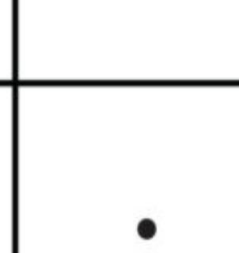
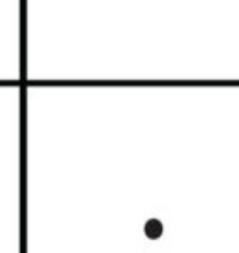
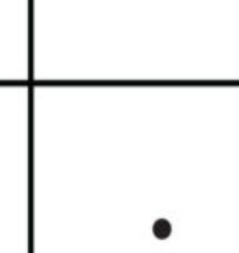
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