## Summer Holiday Homework

W

CLASS

## **General Instructions**

- Do all the activities on white/coloured sheets.
- Make a beautiful folder and write your name on it. Keep all the sheets in the folder .
- Revise all the concepts done in class.
- All the activities are to be done under the supervision of parents.







### World Bicycle Day

We celebrate World Bicycle Day on 3rd June.Cycling is an excellent exercise for our body. So go on a bicycle ride with your family and friends. Stay healthy.

English

🔊 Hindi



World Environment Day is celebrated on June 5th every year to spread awareness about conserving our mother nature. Plant a sapling of any flower such as sunflower, rose, or bean seeds and water the plant daily.

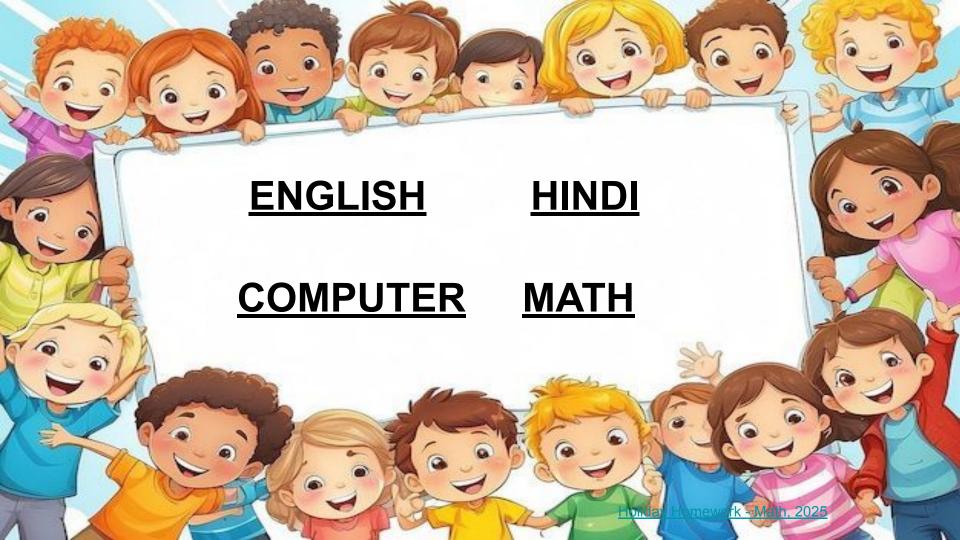
#### Yoga for One Earth, One Health



Yoga keeps us healthy, strong, and happy.It helps your body stay fit and your mind stay calm.Practice yoga everyday.



Here are some simple yoga poses for all of you to practice.



#### Some important points to remember:

- <u>Hydration is Key</u>: Ensure that you drink plenty of water or refreshing drinks like lemonade throughout the day.
- <u>Sun Protection</u>: If you are outdoors, even for short periods, make sure you wear hats and sunglasses.
- <u>Timing is Everything</u>: Plan outdoor activities for the cooler parts of the day early morning or late evening.
- <u>Helping Time</u>: Help your parents at home by doing simple chores like watering the plants, making bed, laying the table for food, folding clothes etc.

Fun with fireless cooking Sandwich Magic

3.22



Click on the link below for the recipe

https://www.youtube-nocookie.com/emb ed/WXk3qlWwuh8?playlist=WXk3qlWwu h8&autoplay=1&iv\_load\_policy=3&loop= 1&start=

# HAPPY HOLIDAYS