

# SUMMER ENGAGEMENT

## PROGRAMME

“ Take time to unwind,  
so your mind can recharge,  
your body can heal,  
and your spirit can shine! ”

CLASS

# III

SESSION 2026-27

THEME



### My Fitness Path: Health Challenges To Healthy Glow



**EAT HEALTHY**  
Nourish your body  
with good food.



**STAY ACTIVE**  
Move your body  
every day.



**SLEEP WELL**  
Rest well,  
wake up  
refreshed.



**STAY HAPPY**  
Stay positive,  
spread smiles.  
Be kind.



**DRINK WATER**  
Drink more water,  
stay hydrated  
and feel better.

LEARN • GROW • STAY HEALTHY • SHINE BRIGHT

★ Small steps today, Healthy Glow every day! ★

***“Learning is like a superpower — the more you use it, the stronger you get.”***

**Dear Students,**

Get ready for a summer filled with discovery, creativity, and exciting learning experiences! Our *Summer Activity Engagement Programme* has been thoughtfully designed to spark your curiosity, encourage innovative thinking, and help you grow in meaningful ways.

Step into a world of exploration where you will:

- Express your creativity and imagination
- Explore new ideas, hobbies, and interests
- Learn new skills through fun and engaging activities
- Create positive changes around you
- 

Make this summer memorable by learning, exploring, and creating with enthusiasm and joy. Every activity is an opportunity to discover something new about the world—and about yourself!

**Wishing you a joyful and enriching summer.**

**Happy Learning!**

## **GENERAL INSTRUCTIONS**

- ✓ Holiday Assignment (My Fitness Path- Healthy Challenges To Healthy Glow) to be done in a single scrapbook.
- ✓ Follow a time-table to organise your daily routine like watching T.V, playing with friends, studying etc. Fix a permanent workplace for yourself to inculcate discipline.
- ✓ Avoid heavy and oily food and increase the intake of fluids, fresh fruits & vegetables to stay hydrated and energetic throughout the day.
- ✓ Play games like Scrabble, Chess, Atlas or any such game of your choice.
- ✓ Keep your room and things clean and well organized.
- ✓ To celebrate International Yoga Day, take up yoga or any other form of healthy activity.
- ✓ As much as possible, try to converse in English with your family members.
- ✓ Read books, newspapers and children's magazines.

### **(Suggested Authors/Books)**

English- Sudha Murthy, Munshi Premchand, Rick Riordan, Enid Blyton, Ruskin Bond, R.K. Narayan, Roald Dahl, Magic Pot, Panchatantra, etc.

हिंदी- पंचतंत्र की कहानियाँ, जातक कथाएँ, गुलीवर की यात्रा, तेनालीरामन के किस्से, मुल्ला नसीरुद्दीन, अकबर-वीरबल, कथा-सागर, जादुई ड्रमि (सुधा मूर्ति), मालगुड़ी की कहानियाँ, हैरी पोर्टर, मलाला, रामकथा, गाँव वाला अंग्रेज़ी स्कूल (प्रांजल सक्सेना), गोलू झा अनोखी दुनिया (अशोक महेश्वरी)

- ✓ Apart from the summer activities, revise the concepts taught in each subject.
- ✓ Submit the activities done in vacation to the Class Teacher latest by 6<sup>th</sup> July'26.
- ✓ The school will reopen on Wednesday, 1<sup>st</sup> July'26.
- ✓ The holiday assignments are part of Project Based Activity Assessment, criteria for which is shared below:

1.	Originality & Creativity	3 marks
2.	Language & Expression	3 marks
3.	Presentation of Work	2 marks
4.	Timely Submission	2 marks

In line with the recommendations of the **National Education Policy (NEP) 2020**, education must shift away from rote memorization toward building core competencies, critical thinking, and 21st-century skills. The **Class 3 Holiday Homework project, “The Fitness Path: Health Challenges to Healthy Glow”** is designed as an experiential, cross-curricular project.

As children grow and learn healthy habits, this project encourages them to connect classroom learning with real-life fitness and well-being. Through fun and meaningful activities, students will explore simple ways to stay active, healthy, and happy.

The project aims to nurture responsible “Fitness Friends” who make healthy choices while developing creativity, confidence, and important life skills.

### **THE FITNESS PATH: HEALTH CHALLENGES TO HEALTHY GLOW**

**Objectives:** Students will identify unhealthy habits in their daily routines and learn simple ways to stay fit and active through healthy food, exercise, hygiene, and good habits. By applying observation, sequencing, and problem-solving skills, students will explore healthy choices and suggest ways to lead a happy and healthy life.

#### **Learning Outcomes**

By the end of the interdisciplinary project, students will be able to:

- ❖ identify healthy and unhealthy habits.
- ❖ understand the importance of fitness, hygiene, and balanced food.
- ❖ improve creativity, vocabulary, and communication skills.
- ❖ apply observation and problem-solving skills.
- ❖ record simple data through charts and activities.
- ❖ express ideas through art, posters, and comic strips.
- ❖ develop awareness about healthy living and well-being.

# My Fitness Path

EAT RIGHT, STAY ACTIVE, LIVE BRIGHT!



**BUILD STRONG. STAY ACTIVE!**



Play outdoors    Exercise daily    Stretch your body    Drink water



## 3 MAIN GROUPS OF FOOD

### 1. ENERGY GIVING FOOD

Gives us energy to play, learn and grow.



Eat more: Whole grains, rice, millets, bread, potatoes, fruits.

### 2. BODY BUILDING FOOD

Helps our body grow strong.



Eat more: Milk, eggs, dal, beans, nuts, paneer, lean meat.

### 3. PROTECTIVE FOOD

Keeps us healthy and fights illness.



Eat more: Green leafy veggies, other vegetables, fruits, sprouts.

**DRINK WATER. STAY HYDRATED!**

Drink 6-8 glasses of water every day.



**SAY NO TO JUNK FOOD!**

Too much junk food makes us tired, weak and unhealthy.



Limit or avoid: Chips, burgers, soft drinks, chocolates, fried snacks, sugary treats.

**CHOOSE HEALTHY, CHOOSE HAPPY!**



## GOOD HABITS EVERY DAY



Eat healthy meals.



Drink water.



Sleep 8-9 hours.



Manage stress.



Stay clean, stay safe.

**A HEALTHY YOU. A HAPPY YOU. MAKE EVERY DAY COUNT!**



## TASK 1: HEALTHY HEROS ADVENTURE

Students will create a 4 panel **Comic Strip** based on a health-related challenge. The comic strip should include:

- \* Introduction of main characters and setting,
- \* A health-related problem or unhealthy habit,
- \* Challenges faced by the characters,
- \* Feelings and reactions shown through dialogues.

**HEALTHY HEROS ADVENTURE**  
(PROBLEM IDENTIFICATION)

**1. INTRODUCTION – CHARACTERS & SETTING**

Hi! I'm Healthy Hero Hitesh!  
I'm Happy Hero Hana!  
And I'm Strong Hero Sam!

We are the Healthy Heros!  
We live in Greenfield City and go to Greenfield School.

**2. HEALTH-RELATED PROBLEM – UNHEALTHY HABIT**

Games, videos, chips... awesome!

Rohan loves playing games and eating junk food.  
He doesn't like fruits or outdoor play.

**3. CHALLENGES FACED BY THE CHARACTERS**

Rohan looks tired and weak.  
He is not eating healthy food.  
This habit can make him sick!

They are worried because Rohan feels tired, gets headaches and can't focus in class.

**4. FEELINGS & REACTIONS – DIALOGUES**

Let's help Rohan become a true Healthy Hero!  
We will eat healthy food together.  
And play outdoor games every day!  
Thank you, friends! I want to be healthy!

Rohan feels happy and decides to make a change.  
Together, they start their Healthy Heroes adventure!

★ GOOD HABITS TODAY, HEALTHY LIFE TOMORROW! ★

## TASK 2: THINK LIKE A FITNESS CHAMP

Students will complete the given tasks in the scrap file-



### a) Living a Healthy Life



Focus Area	Questions to Think About	My Answer	My Drawing / Example
<b>Healthy Habits</b>	What are healthy and unhealthy habits?	Healthy habits are eating healthy food, exercising and sleeping on time. Unhealthy habits are eating junk food and watching TV for long hours.	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;"> <b>Healthy</b>  </div> <div style="text-align: center;"> <b>Unhealthy</b>  </div> </div>
<b>Healthy Food</b>	What healthy food should we eat every day?		
<b>Daily Routine</b>	How can we improve our daily routine?		
<b>Healthy Lifestyle</b>	What changes can make our lifestyle healthier?		



### b) Spot the Pattern



Focus Area	Questions to Think About	My Answer	My Drawing / Example
<b>Identifying Habits</b>	Which unhealthy habits are repeated in daily life?	Eating junk food and watching TV for long hours.	
<b>Observing Changes</b>	What positive changes happen after following healthy habits?		
<b>Healthy Choices</b>	Which activities make us strong and happy?		
<b>Common Patterns</b>	What common habits help people stay fit and healthy?		

Complete the given table by adding simple healthy habits that help you stay active, fit, and happy every day-

Instructions

- \* Read the sample in Step 1.
- \* Write four more healthy habits in the empty boxes.
- \* Draw or paste related pictures.
- \* Write one benefit of each habit.
- \* Use neat handwriting and colours.



## 5 STEPS TO STAY ACTIVE EVERYDAY!



<b>1</b>	<p><b>WAKE UP EARLY</b> Wake up at the same time every day.</p>		 <p>It gives us fresh energy and keeps our body active.</p>
<b>2</b>	<p>----- -----</p>		<p>----- -----</p>
<b>3</b>	<p>----- -----</p>		<p>----- -----</p>
<b>4</b>	<p>----- -----</p>		<p>----- -----</p>
<b>5</b>	<p>----- -----</p>		<p>----- -----</p>

★ Follow these steps every day and be a Healthy Hero! ★

### TASK 3 : MY HEALTHY LIFE JOURNAL

Fitness keeps our body strong, active and healthy. Healthy body leads to a happy Mind.

**“FIT TODAY, HEALTHY TOMORROW”**

Keeping the importance of fitness, students to **record their daily fitness** log in the scrap file as shown below.

**DAILY FITNESS LOG**  
Track your daily activities and stay healthy!

Stay Active Stay Healthy

Every Move Counts!

Day	Walking  (Minutes)	Yoga  (Minutes)	Cycling  (Minutes)	Outdoor Play  (Minutes)	Total Minutes 
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Be Active ★ Be Happy ★ Be Healthy

You Can Do It!

## TASK 4 : VOCABULARY BUILDER

Find the hidden words related to healthy living and fitness. Use the clues to help you complete the word search puzzle.

Instructions-

- \* Read the clues carefully.
- \* Find the hidden fitness-related words in the grid.
- \* Words may be placed horizontally or vertically.
- \* Circle or colour the words neatly.
- \* Complete the activity using bright colours.



# FITNESS WORD SEARCH

Find the hidden words related to healthy living and fitness.



### CLUES

- 1 Something that helps us live without illness and feel good.
- 2 We drink this to keep our body fresh and prevent dehydration.
- 3 Being in good physical condition and strong.
- 4 Physical movements that keep our body fit.
- 5 Cleanliness of our body and surroundings.
- 6 The power we get to do all our daily activities.
- 7 Natural foods that give us vitamins and keep us healthy.
- 8 Helps us relax, stretch and stay calm.
- 9 Doing activities or playing regularly instead of being lazy.
- 10 Proper rest that helps our body and mind recover.

H	E	A	L	T	H	Y	Q	W	E	R
A	W	A	T	E	R	T	Y	U	I	O
P	F	I	T	N	E	S	S	A	S	D
P	A	E	X	E	R	C	I	S	E	F
Y	H	Y	G	I	E	N	E	G	H	J
E	N	E	R	G	Y	K	L	Z	X	C
F	R	U	I	T	S	C	V	B	N	M
Y	O	G	A	P	L	M	K	I	U	P
A	C	T	I	V	E	B	N	M	L	K
S	L	E	E	P	Q	W	E	R	T	Y



**STAY FIT, STAY HAPPY!**  
HEALTHY HABITS, BRIGHTER TOMORROW!



## **TASK 5 : PAINT YOUR FRUITY MOOD**

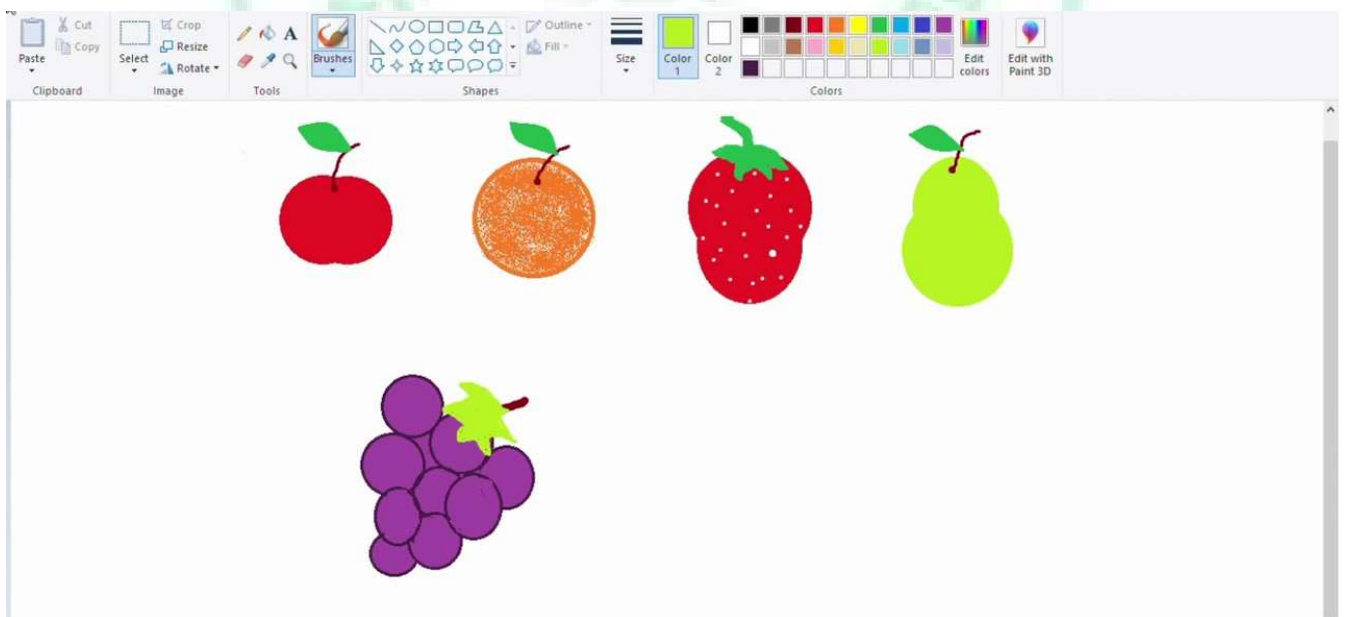
### Description:

Let's make learning fun and creative this summer!

Open MS Paint on your computer and draw any 5 colourful fruit emojis using different shapes, colours, and brush tools. You can draw fruits like apple, strawberry, watermelon, grapes, orange, pear, banana, etc. Add cute eyes, smiles, and expressions to make your fruit emojis lively and attractive.

### Instructions:

- Draw any 5 fruit emojis in MS Paint.
- Use bright colours and neat shapes.
- Add funny faces and expressions.
- Write the name of each fruit below the picture.
- Save your work with your name.
- Take a printout and paste it in your scrapbook/file.



## TASK 6: गतिविधि का नाम: गुप्त कोड और सेहत का खज़ाना

प्रिय बच्चों, इस बार गर्मियों की छुट्टियों में हम सब जासूस बनेंगे! आपको नीचे दी गई 'कोड की चाबी' का उपयोग करके अपनी सेहत के खज़ाने को ढूँढना है और एक मज़ेदार फ्लिप-कार्ड (Flip-Card) प्रोजेक्ट तैयार करना है।

✂ आपको क्या करना है? (Step-by-Step)

6 चौकोर कार्ड काटें: रंगीन चार्ट पेपर या कागज़ के 6 बराबर चौकोर (Square) टुकड़े काटें।  
कार्ड का सामने का हिस्सा (Front): ऊपर स्केच पेन से उस चीज़ का गुप्त कोड (नंबर) लिखें और नीचे उसका सुंदर चित्र चिपकाएँ या बनाएँ।

कार्ड का पीछे का हिस्सा (Back): उस चीज़ का असली नाम और स्वास्थ्य के लिए उसका एक फायदा लिखें।

स्क्रेप फ़ाइल में लगाना (Flip-Card Style): इन 6 कार्ड्स को अपनी स्क्रेप फ़ाइल के एक पेज पर डबल-टेप की मदद से केवल ऊपर से ऐसे चिपकाएँ कि कार्ड को नीचे से पलटकर पीछे लिखा नाम पढ़ा जा सके।

🔑 कोड की चाबी (Decoder Key)

क=1, ख=2, ग=3, घ=4, ङ=5, च=6, छ=7, ज=8, झ=9, ञ=10, ट=11, ठ=12, ड=13, ढ=14, ण=15, त=16, थ=17, द=18, ध=19, न=20, प=21, फ=22, ब=23, भ=24, म=25, य=26, र=27, ल=28, व=29, श=30, ष=31, स=32, ह=33, क्ष=34, त्र=35, ज्ञ=36, श्र=37।

(नोट: मात्राओं को छोड़कर केवल मूल व्यंजनों के नंबर कोड में इस्तेमाल करें)  
अपने रोल नंबर के अनुसार विषय चुनिए:

🍎 वर्ग-A (रोल नंबर: 1 से 20) — "सेहतमंद फल"

किन्हीं 6 फलों के चित्र लगाकर उनके कोड लिखिए।

उदाहरण (पपीता): प + प + त → कोड: 21- 21 - 16

पीछे का लाभ: यह पाचन क्रिया को दुरुस्त रखता है।

🍃 वर्ग-B (रोल नंबर: 21 से 40) — "पौष्टिक सब्जियाँ"

किन्हीं 6 हरी और पौष्टिक सब्जियों के चित्र लगाकर उनके कोड लिखिए।

उदाहरण (गाजर): ग + ज + र → कोड:

3 - 8 - 27

पीछे का लाभ: यह आँखों की रोशनी बढ़ाने में मददगार है।

"स्वस्थ खाओ, कोड सुलझाओ और छुट्टियों का आनंद उठाओ!" ✨

कक्षा  
3

# गुप्त कोड और सेहत का खज़ाना

ग्रीष्मावकाश गृहकार्य: फ्लैशकार्ड (Flashing Card) प्रोजेक्ट

## 1. फ्लैशकार्ड (Flashcards)

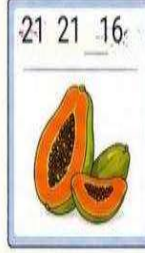


- फ्लैशकार्ड बनाएं:

कागज़ या रंगीन चार्ट  
पेपर के 6 चौकोर  
(Square) टुकड़े  
काटें।

## 2. कार्ड का सामने का हिस्सा (Front):

ऊपर स्केच पेन से  
गुप्त कोड (नंबर) लिखें  
नीचे उस चीज़ का  
सुंदर चित्र चिपकाएँ या  
बनाएं।



## 3. कार्ड का पीछे का हिस्सा

(Back):  
उस चीज़ का नाम और  
स्वास्थ्य के लिए उसका  
एक फायदा लिखें।

नाम: पपीता  
फायदा: पाचन में  
मदद करता है।



## 4. स्क्रेप फ़ाइल में लगाना:

इन 6 कार्ड्स को  
डबल-टेप से केवल  
ऊपर से चिपकाएँ  
(Flip card की  
तरह पलटकर पढ़ सकें)।



## कोड की चाबी (Decoder Key):



(नोट: केवल मूल व्यंजनों के नंबर ही कोड में इस्तेमाल करें)

## आपका फ्लिपकार्ड कैसा दिखेगा? (उदाहरण)

सामने (Front)

21-21-16



पीछे (Back)

पपीता

यह पाचन क्रिया को  
दुरुस्त रखता है।



## मूल्यांकन के बिंदु (Grading Criteria):

- ✓ सही कोड और शुद्ध वर्तनी (Language Accuracy)
- ✓ रचनात्मकता और साफ-सफाई (Creativity & Neatness)
- ✓ समय पर प्रस्तुति (Timely Submission)

## ध्यान रखें:

- ♥ साफ और सुंदर लिखावट रखें।
- ♥ सुंदर चित्र बनाएं या चिपकाएँ।
- ♥ रंगीन और आकर्षक सजावट करें।
- ♥ समय पर कार्य पूरा करें।

## रोल नंबर के अनुसार विषय:

A

रोल नंबर: 1 से 20  
(सेहतमंद फल)

किन्हीं 6 फलों के चित्र लगाएं  
और उनके कोड लिखिए।

उदाहरण: पपीता (प + प + त)  
कोड: 21 - 21 - 16

फायदा: यह पाचन क्रिया  
को दुरुस्त रखता है।



B

रोल नंबर: 21 से 40  
(पौष्टिक सब्जियों)

किन्हीं 6 हरी और पौष्टिक सब्जियों के  
चित्र लगाएं और उनके कोड लिखिए।

उदाहरण: गाजर (ग + ज + र)  
कोड: 3 - 8 - 27

फायदा: यह आँखों की रोशनी  
बढ़ाने में मददगार है।



## TASK 7: REFLECTION SHEET

Design your own reflection sheet as per the sample format given



# REFLECTION SHEET



(To be done after completing the project)

**1.** What healthy habit did you learn?



**2.** Which activity did you enjoy the most?



**3.** What unhealthy habit should children avoid?



**4.** How can we stay fit every day?



**5.** What was your favourite part of the project?





Healthy Habits  
Happy Life! 

### ART & CRAFT

1. Wonder Land Book – Complete page no. 18, 23, and 37.

2. Happy Family Time – Draw your family enjoying a fun activity using bright colors in the school art file.

**Roll No : 1-20 Rock Painting**

# ROCK PAINTING

Simple Steps

<p><b>1 Clean the Stones</b></p>  <p>Wash the stones and wipe them dry.</p>	<p><b>2 Paint the Base</b></p>  <p>Paint the entire stone with a base colour. Let it dry completely.</p>	<p><b>3 Draw the Design</b></p>  <p>Lightly draw simple designs with a pencil or marker.</p>
<p><b>4 Colour the Design</b></p>  <p>Fill the drawing with bright colours neatly.</p>	<p><b>5 Add Details</b></p>  <p>Use a black marker or thin brush to add eyes, dots, borders and patterns.</p>	<p><b>6 Final Touch</b></p>  <p>Allow the stone to dry. Apply varnish or clear glue for shine (optional). Your rock painting is ready!</p>



**Roll No : 21-40 Decorated Pots**

# DECORATED POTS

Simple Steps

<p><b>1 Prepare the Pot</b></p>  <p>Clean the pot properly and let it dry.</p>	<p><b>2 Paint the Pot</b></p>  <p>Paint the pot with a bright base colour. Allow it to dry completely.</p>	<p><b>3 Draw Designs</b></p>  <p>Decorate the pot with simple designs like flowers, faces, dots, smiley, leaves, etc.</p>
<p><b>4 Add Decorations</b></p>  <p>Stick decorative items like buttons, mirrors, glitter, foam shapes, etc.</p>	<p><b>5 Outline the Design</b></p>  <p>Use a black marker to make the designs look neat and attractive.</p>	<p><b>6 Your Decorated Pot is Ready!</b></p>  <p>Your beautiful decorated pot is ready for display or sale!</p>

