



ARWACHIN BHARTI BHAWAN

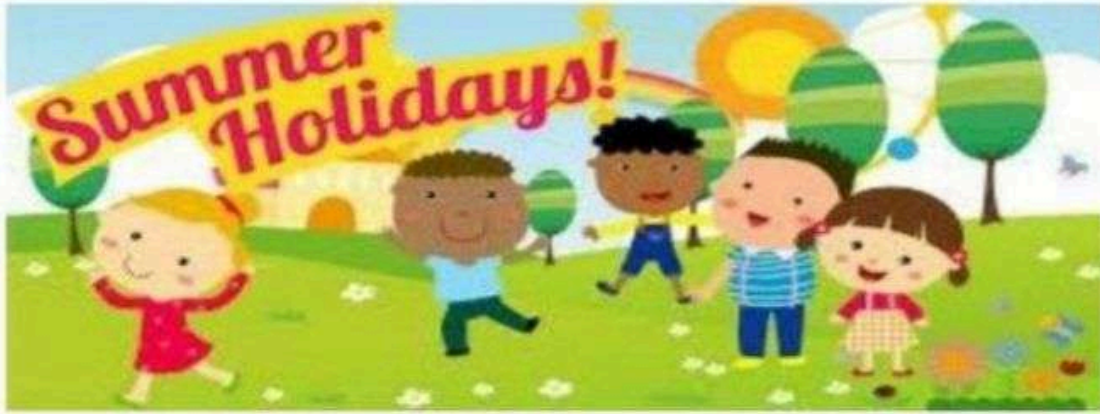
• SR. SEC. SCHOOL •

SUMMER HOLIDAYS HOMEWORK

FOR
BALVATIKA (PRE-SCHOOL)

SESSION 2026-2027





Summer is messy,
Summer is fun,
Trips to the beach,
In the hot, hot Sun,
Let's give summer,
A big fat cheer!
Summer is the best time of the year.

Dear Parent,

Children are born with natural curiosity and inquisitiveness about the world around them. It is important for us to help them keep this spark alive and to make learning fun.

Summer Vacation is just round the corner, let every moment of this vacation be a time to unite, connect and enjoy beautiful moments with your child.



Morning Affirmations for Kids

I am grateful!

I can do my best!

I am strong
and healthy!

I am kind!

I am important!

Today will be a
great day!



5-Minute Morning Workout for Kids: Start the Day Strong!



Sun Stretch



Neck Rolls



Shoulder Circles



Jumping Jacks



March in Place



Side Bends



Mini Squats



Toe Touches



Deep Breaths



SUMMER CARE FOR CHILDREN

Things To Do & Not To Do



THINGS TO DO

✓ **Give plenty of fluids**
Water, tender coconut water, lemon juice.



✓ **Use sunscreen (SPF 30 or more)**
Apply 20-30 mins before going out.



✓ **Dress light & loose**
Cotton clothes, cap/hat



✓ **Offer fresh fruits**
Watermelon, musk melon, orange



✓ **Keep indoors during peak heat**
11 AM - 4 PM



✓ **Give lukewarm baths**
Prevent heat rashes



THINGS TO AVOID

✗ **Avoid packaged juices & fizzy drinks**



✗ **No direct sun exposure for long hours**



✗ **Avoid heavy, oily & street food**



✗ **Never leave a child in a parked vehicle**



✗ **Avoid very cold water / ice after heat**



✗ **Don't ignore fever, vomiting, loose stools**



**Keep Children Cool, Hydrated & Protected
This Summer!**

Ninaad Kid-Care Clinic



Wellness Tips for Children

★ Healthy Kids, Happy Future ★

Eat Healthy

Fruits & Veggies



No Junk Food!

Stay Active

Play & Exercise



Get Enough Sleep



9-11 Hours

Drink More Water

Stay Hydrated



Practice Hygiene

Wash & Brush



Limit Screen Time

Less TV & Games



Mental Wellness

Share & Create



Be Kind & Friendly

Help & Share



10 Screen-Free

ACTIVITIES

for Kids

1 Outdoor Play

Fresh Air & Fun



2 Reading Books

Boosts Imagination



3 Arts & Crafts

- Creativity -



4 Puzzle Games

Brain Development



5 Cooking Together

- Life Skills



6 Gardening

Love Nature



7 Board Games

Family Bonding



8 Exercise & Yoga

-- Stay Fit --



9 Building Blocks

Problem Solving



10 Music & Dance

Fun & Energy



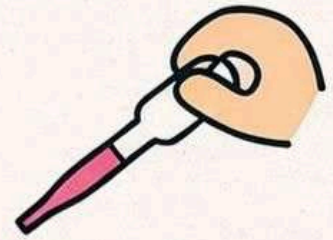
ACTIVITIES TO STRENGTHEN PENCIL GRASP



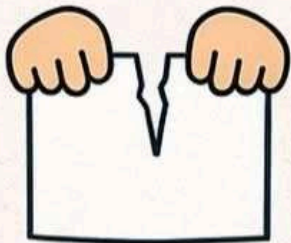
Tweezers



Tongs



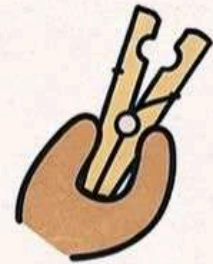
Paint Dropper



Tear



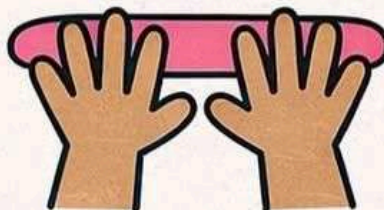
Finger Painting



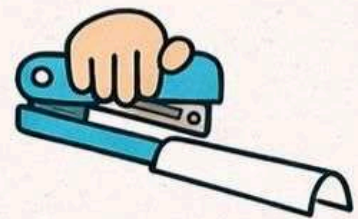
Clothespin



Lacing



Rolling



Staple

Bedtime Stories for Kids

Sleepytime Tales for Sweet Dreams



खरगोश और जादुई गाजर

एक जंगल में एक खरगोश रहता था.
उसे जल्दी-जल्दी सब कुछ पाने की आदत थी.
एक दिन उसे एक थपकतो हुई जादुई गाजर मिली.



खरगोश ने गाजर खा ली...
पर कोई बदलाव नहीं हुआ.
वह उदास हो गया.



माँ बोली :
“असली जादु गाजर में नहीं,
तुम्हारी मेहनत में है.”



खरगोश ने मेहनत शुरू की...
एक दिन वह जंगल का सबसे तेज़ धावक बन गया.



सीख: मेहनत ही असली जादु है!



सीख: मेहनत ही असली जादु है!

The Lion and The Mouse

A Short Moral Story for Kids

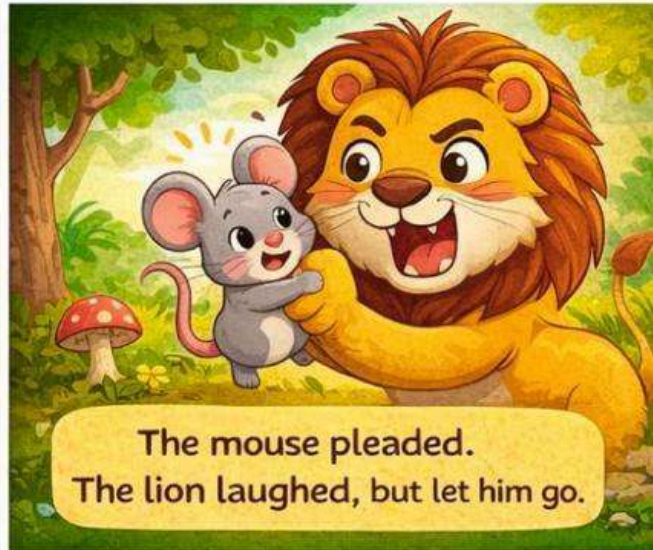


One day, a lion was sleeping in the jungle when a little mouse accidentally ran onto his paw.

Please let me go,
Someday I will help you!



The lion woke up and caught the mouse.



The mouse pleaded.
The lion laughed, but let him go.

Soon, the lion got caught
in a hunter's net.

The mouse saw this
and chewed through
the ropes, setting him
free.



Moral: Kindness never goes to waste.



The Kind Elephant



Once upon a time, in a green jungle, lived a big elephant named Eli.

Eli was strong, but he was also very kind.



One hot day, Eli saw a small rabbit crying near the river. "I lost my way home," the rabbit said sadly.



Eli gently lifted the rabbit with his trunk and placed him safely on his back. He walked through the jungle and helped the rabbit reach his home.



The rabbit quickly called other animals for help.

Together, they pulled Eli out of the mud.



One day, Eli got stuck in deep mud. He tried hard but couldn't move.



Eli smiled happily. Kindness always comes back.

Moral of the Story:

- Be kind and help others.
- Good deeds are never wasted.

Kindness always comes back to you



कुत्ता और रोटी



एक दिन एक कुत्ते को रास्ते में एक रोटी मिली।

वह बहुत खुश हुआ और बोला—

“आज तो मज़ा आ गया!” 😊

वह रोटी मुंह में लेकर नदी के पास गया।

पानी में उसने अपनी ही परछाई देखी 📱

उसे लगा—

“अरे! दुमरे कुत्ते के पास तो बड़ी रोटी है!” 😬

लालच में उसने भीकना चाहा—

जेते ही उसने मुंह खोला...

उसकी अपनी रोटी पानी में गिर गई 💧

अब न उसकी रोटी बची,

न दुमरी मिली...



सीख:

लालच में आकर जी है,
वह भी खो देते हैं!

Summer Holiday Nature Care Task

Dear Kids,

This summer, let's become
Little Nature Helpers! 🌱❤️

1



After enjoying a yummy watermelon, **save the seeds**. Let them plant in a pot and watch them grow with **adult supervision**.

Water this daily.



2



Task 2:
Water the plants **every day**.



3



Task 3:
Keep an **earthen pot (matka)** outside your home and fill it with clean water daily for **birds and stray animals**.



4



Activity Work:

Click a photo while doing the task and paste it in your **Scrap File**.



It's Study Time !!

Holidays Homework

English

1. Practice the alphabet A, B, C, and D with pictures.
2. Make an alphabet umbrella.



Hindi

1. स्वर अ, आ, उ, ऊ स्वरों की चित्र सहित पहचान का अभ्यास करें।
2. स्वरों का सूरज बनाए।



Maths

1. Practice numbers 1, 2, 3, 4, and 5.
2. Make an ice cream cone with Number scoop.



EVS

1. Do pages 1 and 13 in the World Around Me book.
2. Paste five pictures of things in a scrapbook you find in your classroom.
3. Paste pictures of the Bedroom, Bathroom, Kitchen and Living Room in the scrapbook.

Art & Craft

1. Make a beautiful animal face mask with the help of a paper plate, colourful paper, and decorative material.
2. Make a mosaic of your name first alphabet on an A-4 size sheet.

नाम: _____

दिनांक: _____

★ स्वर (उ, ऊ, अ, आ) ★

चित्र को पहचानो, रंग भरो और अक्षर पर गोला लगाओ।

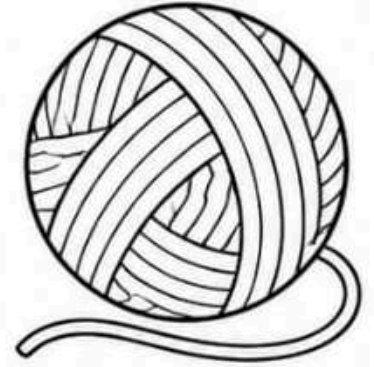
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ऊ से ऊन



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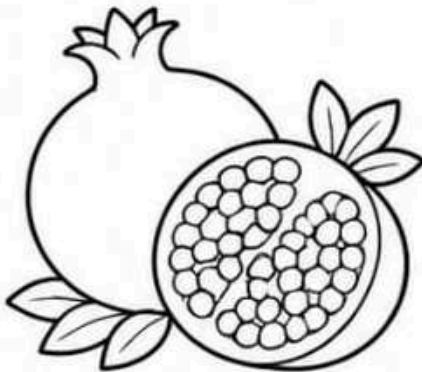
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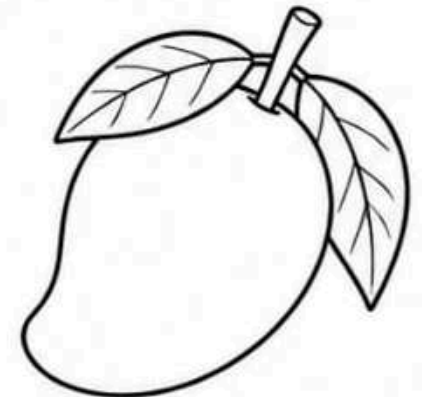
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अ से अनार



आ

आ से आम



अ अ अ अ







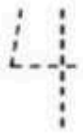
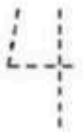




उ ऊ अ आ

आ आ आ आ

उ ऊ अ आ

Trace Numbers (1-5)



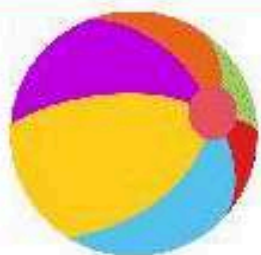
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Circle the matching letter. Try to say the sound when you circle!



A

A B A D F A
D D F A G H
A J U U U A



B

C B Z D F K
D D K B G H
B K B U U B



C

A B A D C A
D C F A G H
A J U U C A



D

A B A D F A
D G B D U H
B J U B U D