



JESUS' SACRED HEART SCHOOL

DX-1, SOUTH CITY, LUDHIANA

GRADE VII

GENERAL INSTRUCTIONS

During the summer holidays, it's easy to get caught up in the thrill of decreased responsibility. These tips can aid you in having a productive, enjoyable and regret free summer vacation. Your Homework plan is for 25 days, 15 days are for enjoyment.

- + Give yourself a health time by waking up early and accompanying any of your family members for jogging or cycling.
- + Do some research on your upcoming competitions so that when your school resumes, you can be grateful to yourself only that your skills have buffed up.
- + Make your day log to analyse your utility of time.
- + Develop any of your favourite hobby and make your holidays memorable.
- + Spend time in helping out your mother in doing different household chores and giving her beautiful surprise to make her happy.
- + Follow up any yoga or meditational programmes on Youtube
For eg. Yoga for kids on Youtube with guest instructor Mai Meret – Namaste Yoga
Meditational music is beneficial for children as it enhances learning harmony & positivity. Listen to the music by searching on YouTube. Use keyword “Pure Relaxation” for children.
- + Don't forget to carry Holidays Homework on the first day of school. No work will be accepted after 13th July 2016.
- + Subject wise marks will be allotted for holiday's homework.

NOTE: Topic for class presentation is given in diaries. Kindly prepare for the same.

READING TIME:

Let's have fun with books and prepare a story passport of any one story book/novel.

How to proceed

TAKE FEW COLORED PAPERS (A4 SIZE) STAPLE THEM AND FORM A STORY PASSPORT AS FOLLOWS:

Pg1 – Personal details (Name, Father's Name, Mother's Name, age, class & School Name)

Pg 2 – Title of the book & Details of the story (write the main characters and describing words for them)

Pg 3 – Draw a picture sketch based on story

Pg 4 – Make list of new words from the story and write their meanings (minimum 10 words)

Pg 5 – Sentences with new words.

Pg 6 – Write story in your own words.

Pg 7 – Frame a different story using the same characters.

Pg 8 – The character I admire the most and why.

WRITING TIME:

Write down the routine of 20 days of the vacation in Hindi and Punjabi language on alternate days in a beautiful handwriting in your own Hindi and Punjabi class notebook. (Word limit 50-60 words). For instance on Monday write in Hindi and on Tuesday in Punjabi and so on.

LISTENING TIME:

Visit Randall's ESL Cyber Listening Lab (refer Google)

Steps to proceed:

- a. Type Randall's ESL Cyber Listening Lab on Google.
- b. Then click on the site.
- c. Choose Listening Levels for you according to your class. (Medium level)
- d. Do first five exercises of the same level on your Vocab notebook.
 - ✓ Write the title of listening exercise.
 - ✓ Then choose the correct option after listening the audio
 - ✓ Write the correct answers along with questions of particular exercise.

MOVIE TIME:

Watch any one movie - "Sound of Music" or Zoo topic or Frozen. And write down your observations and learnings in about 80-100 words.

SPELLING TIME:

Everyday find out five difficult words each from all the lessons of SA1 syllabus from the subject of English, Science and SSt. Write and learn their spellings and meanings (find out the meanings from dictionary). And thereafter prepare a word wall or the spelling booklet or any other innovative style and bring to school. There should be minimum 50 words from each subject. You can include words already done in class also. It is suggested to read a lesson daily and write words daily. Find out meanings from dictionary.

20 NEWS IN 20 DAYS:

Read one major news daily for at least 20 days and then in beautiful handwriting write the summary of the same in G.K class notebooks. Current Affairs assignment need to be discussed and learnt.

PRACTICE TIME:

Practice atleast five sums per topic everyday from the syllabus of Maths of April and May in your Maths class notebook.

Tables: Learn tables from 2 to 20. Prepare a table booklet of coloured papers and bring to the school after vacation. Be ready for '**Table Genius Contest**' in the class.

DREAM ABOUT BETTER INDIA

Imagine yourself in a Mall in Ludhiana. In the food court you found lots of food wastage being done. As an environmentally sensitive citizen of Ludhiana, design a pamphlet defining the Do's and Don'ts to be followed to save the environment & avoid wastage of food. (Design handout with cartoons & pictures). Distribute it to minimum 10 people visiting the mall and carry on the signature campaign. Child distributing maximum pamphlets will be the **CHAMPION** of class. **FORMAT FOR THE SIGNATURE CAMPAIGN IS:**

SIGNATURE CAMPAIGN

Name of the person	Address	Phone Number	Signature

Presented By:-

Name of the child: _____

Roll No: _____

Class & Sec : _____

PROJECT TIME:

- a. Make an IT presentation on “Women can change the world” (It should include- importance of woman education; life style of women; steps taken by government to empower women). You can add any of your own thoughts and views.
- b. Oceans are full of life. Scientists say that life began in the seas, which means that without creatures of ocean we would not exist, but unfortunately we are creating problem for the sea creatures. So, let’s make a multidisciplinary project on **OCEAN HEALTH**, by collecting the following information. Write on A4 size/Single Line sheets. Put in a folder/file/cover and bring to the school. Don’t forget to mention the name of subject on the top of sheet. Parents are requested to just help the child to find out basic information. Let him/her write on his own. Suggested Link is:
https://en.wikipedia.org/wiki/Great_Barrier_Reef

For SSt:

- a. What is water pollution?
- b. Write short note on Great Barrier Reef formed.

For Science:

- a. How was Great Barrier Reef formed? What are the effects of pollution on it?
- b. Discuss the marine life effects due to ocean pollution.

For Math:

- a. Areas covered by any 5 major oceans in the world are to be put up in a tabular form.
- b. Find the ratio of area of each ocean to the total area of all the oceans.

For Hindi:

विकसित व विकासशील देशों में से जल प्रदूषण की मात्रा को कौन ज्यादा फैलाता हैं और क्यों। करीब 100-150 शब्दों में लिखें ।

LIFE SKILL ACTIVITY (Frown and Frail)

Aim of the Activity: To understand the social cues and tips to handle your emotions and improve your emotional quotient. Write down the answers to the following questions in your Life Skill notebook.

1. See the picture and imagine the situation what happened here? What the boy is thinking? If this boy is your friend then how will you console him?



2. Answer the following situation based questions:

- a. Your friend is making faces at you what will you do?
- b. You lose a game. How will you react?
- c. When do People don't respond well to you?
- d. When you visit a store/ restaurant or your relative place, try these skills: **Smile a lot, Say Please, Thank You** and examine how the store keeper or your relative smiles back at you and treat you nicely because you are polite with him/her. Try out this experiment and write down your own experience in about 30-40 words.

TIPS TO HANDLE FROWN AND FRAIL:

- ❖ To become mentally and emotionally strong you must learn to manage emotion. You may not be able to control what life throws at you, but you always have a choice about how you react.
- ❖ Greet everyone with a smile.
- ❖ Think before you act – remember to take at least 10 sec. before you react.
- ❖ Track your thoughts and feelings: Write about what you are thinking:
 - ✓ **My biggest challenge is:**_____
 - ✓ **I feel upset when:**_____
 - ✓ **When I am feeling low, the nicest thing I can do or say to myself:**_____
- ❖ See failure as a learning opportunity. Failures are simply temporary setbacks full of lessons for us to learn.
- ❖ Healthy body has a healthy mind. So take care of yourself:
 - ✓ Exercise regularly.
 - ✓ Eat a balanced diet like fruit, vegetable and whole grain

- ✓ Drink plenty of water
- ✓ Take 7-8 hours sleep daily.
- ❖ Think Positively.

TIPS TO HANDLE BULLIES:

- ❖ Don't lose your temper.
- ❖ Try not to show your feelings if you are insulted or teased. The more you act hurt, the more the insults will continue.
- ❖ Always remember that there is only one you and no one has the right to make you feel bad about yourself.
- ❖ Be yourself. You can't change yourself to make a bully accept you because the bully has already made up his/her mind about hating you.
- ❖ If someone teases you or insults you perhaps there is a problem in their life that caused them to say it.
- ❖ Do not get aggressive even if your bully does.
- ❖ The person who is teasing you will expect a reaction. Just don't say anything back. If it gets worse, just try to avoid them and tell someone who can help like a parent/ guardian or a teacher.
- ❖ Just as you don't want to be bullied, always remember that you should never bully someone else.