



# JESUS' SACRED HEART SCHOOL

DX-1, SOUTH CITY, LUDHIANA

## GRADE VIII

### 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  
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 13<sup>th</sup> 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:

Pg 1 – 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. (Difficult 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:**

- a. As a designer/ artist design a paper bag (atleast 10) with short eco-friendly slogans on it in favour of three R’s. You can also take readymade paper bags paint/colour it in innovative style having eco friendly slogans on it. Carry on the signature campaign. Take the minimum 10 homes to be visited. Child visiting maximum number of homes will be the **Champion** of the 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 : \_\_\_\_\_

- b.** Design your dream house where maximum water conservation can take place and rain water harvesting can be done. Bring your design on paper or in a model form.

### PROJECT TIME:

Team up your thoughts to resolve the depreciation of technology and work on the Multidisciplinary project on **TECHNOLOGY THAT WILL DISAPPEAR**, collect the following information and 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://www.quora.com/what-are-the-technologies-that-will-disappear-in-the-next-five-years>

### For Science:

Comparison Chart of any 5 things that had disappeared:-

Technologies that had disappeared	Replacement	Principle based on
Eg. Pagers	Cell Phones	Networking

Imagine of any other technology which is presently being used but will disappear in next coming years. Write about at least 2 such technologies.

## For SSt:

1. Consumers may get some benefits because of new technologies, but industry is going to suffer. Bring out the effects both positive and negative with upcoming changes.
2. Name any 2 devices which you want to be changed in your life and Why?

### **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 smile 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.