



# JESUS' SACRED HEART SCHOOL DX - 1, SOUTH CITY, LUDHIANA

Name : \_\_\_\_\_

Class : V

## Holiday Homework

### GENERAL INSTRUCTIONS

Dear Students ,

The much awaited holidays are here yet again and it's time to play and have fun !! We have planned for you some fun filled holiday homework activities. These fun activities will make you use your optimum energy and give a vent to your creativity so that you continue learning during the holiday break as well. We have planned your vacations by giving theme to all the weeks. It is suggested to perform the task weekly as per the schedule given to enjoy the task.

- ❖ Week 1 : Theme – Nature  
(3<sup>rd</sup> June to 10<sup>th</sup> June)
- ❖ Week 2 : Theme – Amazing world  
(11<sup>th</sup> June to 17<sup>th</sup> June)
- ❖ Week 3 : Theme – Sports and Arts  
(18<sup>th</sup> June to 24<sup>th</sup> June)
- ❖ Week 4 : Theme – Literature and culture  
(25<sup>th</sup> June to 1<sup>st</sup> July)
- ❖ Week 5 : Theme - Be Aware of Yourself and Surroundings  
(2<sup>nd</sup> July to 8<sup>th</sup> July)

### ACADEMICS :

- Read next 4 blocks of Science, Social Science and write summary in 50-60 words in science & social science notebook.
- Do at least 5 sums for 10-15 days (by column method only) of Maths from the topics of content book given below. Make a separate notebook. Take care to cover all the topics. Do submit the notebook after the vacations.

### TOPICS :

- Addition
- Multiplication
- Subtraction
- Learn difficult words; word meanings and terms / definitions of all the subjects done till date.
- Do Practice the map work as per your class syllabus.
- Your Parents are requested to encourage you to do the homework independently.

- Your parents can help you if you need help.
- Creativity & originality of the work will be appreciated.
- The homework should be done neatly on A4 size coloured sheets or as mentioned in the subject homework.
- Compile & put your holiday homework in an attractive folder.
- The home work must be submitted to the class teacher within three days (i.e by **13<sup>th</sup> July, 2017**) of reopening of school after summer vacation.
- Life skill home work is to improve your own self-esteem. Do it judiciously.
- Please don't take the print outs.

**NOTE :** Learn your presentation lines by heart and come prepared for the Presentation.

### **WEEK 1: THEME -NATURE**

If you truly love Nature, you will find beauty everywhere-----

So let' s share our world with beautiful flora and fauna.

**Task:** Make a bird feeder at home. Keep it at a comfortable place for the birds to come. It will be so much fun to observe them on the regular basis.

### **WEEK 2 : THEME - AMAZING WORLD**

**Task:** Let's explore our country and world through Political Maps.  
Mark the following

- All states of India on political map of India.
- All countries of world on political map of world.
- Take reference from Atlas, readymade maps from market or google on the net.
- Use different colours for different states / countries.
- It is advisable to paste both these maps near your study table / in your room.
- Bring one copy of each to the school securely tied in file/ folder.

### **WEEK 3 : THEME - SPORTS AND ARTS**

From 1<sup>st</sup> of June ICC Champions Trophy is going to start. Prepare a cricket magazine on A4 sheet of ICC Champions Trophy 2017-18 which should cover the following:

- Represent the participating teams along with their logo in tabular form. Also write the top 5 players along with their number of matches played, runs scored and no. of wickets taken team wise.
- Which team scored highest runs in power play, which bowler took a hatrick, which batsman scored fastest fifty and fastest 100 & in how many balls? Which player hit highest numbers of sixes?
- Which is your favourite player and why? Make an analytic report of that player.
- Every sport is represented by a symbol or mascot. Draw the symbol of ICC Champions Trophy & write 5 lines about it.

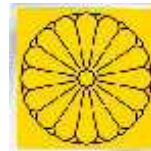
## ART

- Task I :** Read any story of your Hindi book, reframe the story in form of a play. Prepare your own script in Hindi language with dialogues and stage setting required in Hindi notebook.
- Task II :** Every state of India is having their own traditional culture and art heritage. For e.g phulkari is a traditional art of Punjab, similarly find and write about different arts of atleast 5 other states in Punjabi language in a presentable form in Punjabi notebook.

## WEEK 4 : THEME - LITERATURE AND CULTURE

Let's explore Japan & know about its literature & culture and compare it with our own country.

### A Week in Japan



**Japan** is an island nation in the Pacific Ocean with dense cities, imperial palaces, mountainous national parks and thousands of shrines and temples. Shinkansen bullet trains connect the main islands of Kyushu (with Okinawa's subtropical beaches), Honshu (home to Tokyo and Hiroshima's atomic-bomb memorial) and Hokkaido (famous for skiing). Tokyo, the capital, is known for skyscrapers, shopping and pop culture.

These holidays let us explore more about Japan. Make a **Project Booklet** (using around 8-10 coloured A4 sheets well tied up) giving the following details about the country:

Page 1 > Your name, Class Roll No.

Page 2> Read about the effects of atomic bombing in Japan & problems of nuclear age. Create a story of your own.

<http://www.history.com/topics/world-war-ii/bombing-of-hiroshima-and-nagasaki>

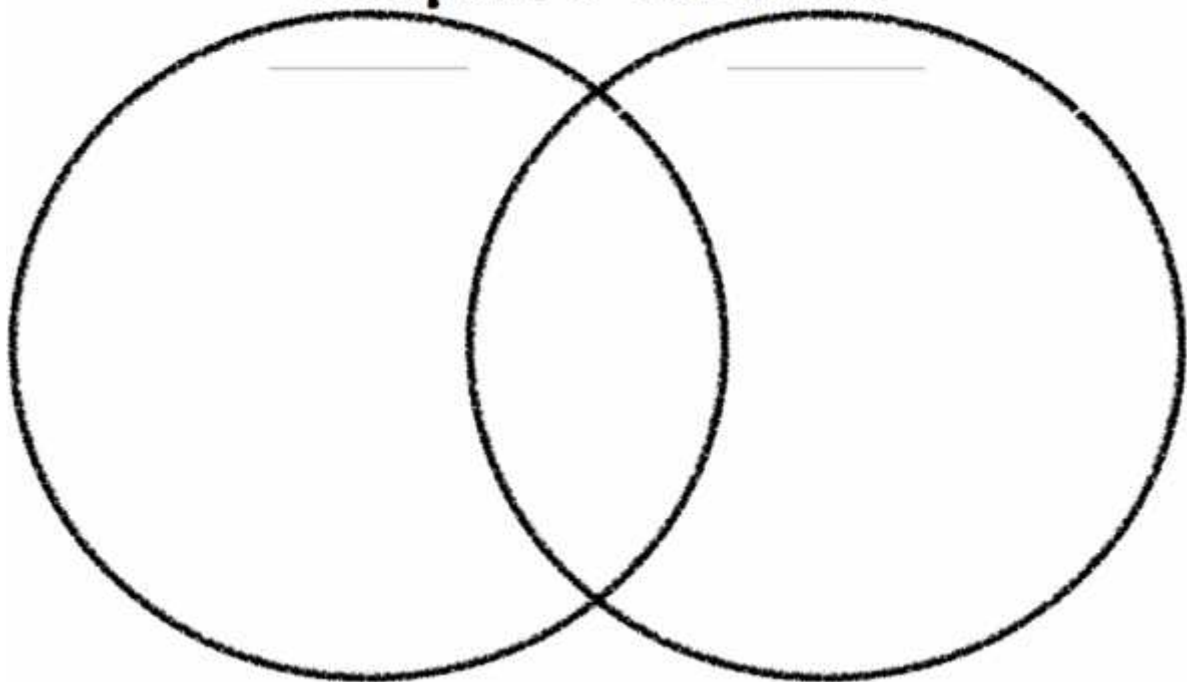
Page 3 > Find out about snow monkeys of Japan. Paste pictures / stickers and describe their dwelling.

<http://www.snowjapan.com/the-snow-monkeys-of-jigokudani-nagano>

Page 4 > Make a comparative chart in the form of a venn diagram to show the similarities and differences between India and Japan. Mention the difference in language, culture and festivals as key points.

Page 5 > Write a few lines about learning so much about a new country.

## Compare & Contrast



**Note :** You can select any other country too and make the comparative note with our own country.

### **WEEK 5 : THEME : BE AWARE ABOUT YOURSELF AND SURROUNDINGS**

#### **Task - Swachh Bharat Abhiyan**

The Clean India Movement is a campaign by the government of India to clean the streets, roads and infrastructure of the country's 4041 statutory cities and towns

Let's play our part this summer and contribute to the movement:

1. Make a poster and write a slogan to promote the campaign. Put it outside your home and encourage friends of your locality to keep the locality clean. Ask them to sign the poster.
2. On an A4 size sheet, write at least 8 different ways in which cleanliness can be maintained in your classroom.

3. Find out about the cleanest village in India. How did the movement start? How did they manage the finances, manpower etc.? Can it be replicated in other cities of India?

## **LIFE SKILL**

**Month : June**

**Topic : Building Self- esteem**

### **Introduction:**

Self esteem defines as confidence in our worth and in our ability. Whenever we face a new challenge or need to learn something new, how we approach it depends on our self esteem. Our confidence and belief in ourselves can influence our action, decision , relationship and choices.

When we have good self esteem, we tend to perform better in school and extra curricular activities. We can handle challenges and obstacles with a positive attitude. We do not underestimate or overestimate our abilities. We do not bogged down by failures and are not overtly critical of ourselves. On the other hand, having low self esteem makes us doubt about our abilities or learning some thing new scares us due to lack of confidence. It can make us feel small, unworthy and full of fear and guilt. Some of the other symptoms of low self-esteem are :

1. Fear like – no one loves me, my friend do not like me, I am useless etc.
2. Fear of shame – I am dark, I am not beautiful, I am not smart as my other friends.I am not rich.
3. Depressed Feeling – That is feeling sad all the time.
4. Unrealistic expectations and feeling bad upon not achieving it.
5. Body image problem – Not liking ones look in general
6. Belief that the world is a ‘bad place’ – finding everything unfair to them.

### **If we are suffering from low self-esteem , how can we overcome it?**

The first step in building self confidence in ourselves is to aware of our good qualities and acknowledging our strength. Setting minor goals like performing well in a test or participating in any extra-curricular activity will give us a positive attitude. We should not allow our inner voice to be critical or discouraging , but try to overcome our doubts by stressing on the positive aspects of our personality. Accepting that mistakes and failure are the part of life instead of blaming ourselves and judging ourselves too harshly will help us developing self esteem.

### **Tips to improve self-esteem :**

1. Love yourself : Take care of yourself. Remember that you are unique.
2. Do what you love : This would give you good feeling.
3. Write down your good qualities : this would remind you of your strength.
4. Develop a long and short term goal : This can keep you motivated.
5. Have a sense of humour : Learn to laugh at yourselves.
6. Help others : This bring pure joy and satisfaction.

7. Drop your negative friends : Because they pull down your confidence.
8. Celebrate Successes : Celebration boosts self confidence and good feeling.

### **Worksheet**

**(This worksheet can be attempted in vocab words/life skills notebook.)**

Imagine you are a traveller going on a journey of life towards the destination of success. You have only one baggage of self-esteem to pack for your journey. Make a list of things you like about yourselves that need the most. Carry your strength with you. Don't forget to pack your goals too. But definitely, leave the things that hurt you.

#### **MY SELF BAG :**

##### **I WILL TAKE WITH ME**

1. THINGS I LIKE ABOUT MY SELF

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2. MY STRENGTHS

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3. MY GOALS

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##### **I WILL LEAVE BEHIND**

1. THINGS WHICH HURT ME.

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