



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

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

Class : VII

## 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 & Surroundings  
(2<sup>nd</sup> July to 8<sup>th</sup> July)

### ACADEMICS :

- Read next 3 chapters of your syllabus of Science and Social Science each and write summary in 60-80 words in science & social science notebook.
- Do at least 5 sums for 10-15 days of Maths from the syllabus already covered on a separate notebook. Take care to cover all the topics. Do submit the notebook after the vacations.
- Learn difficult words; word meaning 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 unless necessary.

**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 1:** Lets do the rock painting. Make for yourself the paper weights/ garden decorative material, gifts etc. by painting bright designs on the rock pieces/ marble pieces.

**Task 2:** 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 :** Imagine yourself as History Detective. Watch a serial Ekant on the Epic channel on T.V. Write a report about any monument which you have seen on the Epic channel ; serial Ekant.

### **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 China & know about its literature & culture and compare it with our own country.

#### A week in China



**China** is a populous nation in East Asia whose vast landscape encompasses grassland, desert, mountains, lakes, rivers and more than 14,000km of coastline. Capital Beijing mixes modern architecture with historic sites such as the Forbidden City palace complex and Tiananmen Square. Shanghai is a skyscraper-studded global financial centre. The iconic Great Wall of China runs east-west across the country's north.

These holidays let us explore more about China. 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 Number.

Page 2 > Journal Entry about a day spent in any major town of China. (about 100-150 words)

Page 3 > Find out about the Chinese dragon. Draw or paste pictures / stickers and describe its costume.

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

Page 5 > Write a dialogue exchange between you and a Chinese student who is in India about effects of pollution faced by the two countries.

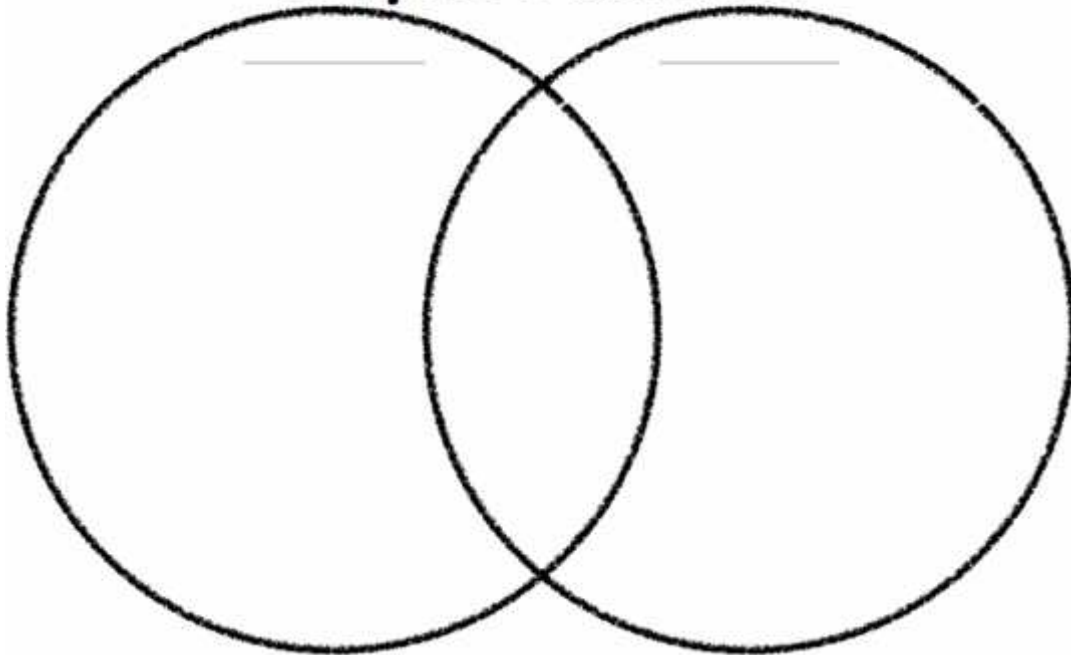
Page 6 > Pick a famous Chinese cartoon character and write a short story about it. Also mention the moral of the story.

Page 7> Compose a poem or a song describing your experience in gathering information about China. You may use the following ideas:

*Once I went to the mainland China in the east,  
I saw many places, enjoyed many a feast.  
The people in China I got to know,  
Are very polite and wish with a bow.*

Page 10> 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 OF 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:

**CLASS VII HHW (4-6)**

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. Bring the poster to school and share your experiences.
2. On an A4 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? Prepare a speech about the topic to be delivered in the class. Your speech should have some statistics to support your opinion.

## **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 boots 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 alist 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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