

JESUS' SACRED HEART SCHOOL
TASK PLANNER
CLASS – VII

Theme: *Mind Matters: Promoting Mental Wellness*

Students will be divided into groups of 5 students each and they will perform the given tasks in the allotted groups. G1 – Roll no, 1-5, G2 Roll no, 6-10, G3- Roll no 11-15, G4- Roll no 16- 20, G5 -Roll no 21 -25, G6 25 onwards.

SUB	TOPIC	NATURE OF TASK	REQUIRED MATERIAL (To be sent from home)	CLASS/HOME WORK
English+ SST (Group Activity)	Reflection Book	Students will collaboratively design a Reflection Booklet (200–300 words) on ways to maintain mental wellness and propose a community action plan. Creativity and visuals are encouraged.	A4 size sheets, pens, colored markers, picture cut outs, rough draft etc.	Information to be collected from home & compiling be done in class
Hindi (Individual Activity)	Storyboard	Students will create a Storyboard in Hindi depicting mental health challenges and solutions through real-life situations using pictures and dialogues	A4 sized sheets, Chart paper, markers, cut-outs	To be done in class
Punjabi (Group Activity)	Role Play	Students will perform a 4–5 minute role play in Punjabi highlighting mental health awareness and the importance of peer support.	Simple prop, banners, Cue cards for dialogues, if required	To be done in class
Science+ Math (Group Activity)	Health Cards	Students will prepare Mental Wellness Cards explaining brain functions, common disorders, and healthy habits. They will also design a “Symmetry Pattern” or “Geometric Design” on A4 size sheets using simple shapes and patterns to represent mental balance and harmony.	Cardstock sheets or A4 sized sheets, picture cut outs, glue, markers, pens etc.	To be done in class

****Kindly ensure the presence of your ward on Project day, as the activities will not be conducted again.**