

**JESUS' SACRED HEART SCHOOL**  
**TASK PLANNER**  
**CLASS – VIII**

**Theme: Substance Abuse Prevention**

For Group activities, 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- 26 -30 & G7- 31 onwards.

SUB	TOPIC	NATURE OF TASK	REQUIRED MATERIAL (To be sent from home)	CLASS/HOME WORK
<b>English+ Sci (Individual Activity)</b>	Substance-Free Lifestyle Calendar	Each student will design “Substance-Free Healthy Routine” calendar for 3 days with activities promoting physical and mental wellness. They can cover various aspects related to Daily activities promoting <b>physical health</b> (exercise, sports), <b>mental well-being</b> (meditation, hobbies), <b>nutrition</b> (healthy meals, hydration), and <b>rest</b> (adequate sleep, relaxation)	A4 sized sheets, coloured Pens etc.	To be done in class
<b>Hindi (Individual Activity)</b>	Letter Writing (Individual)	Students will write a heartfelt letter in Hindi to a loved one, encouraging them to stay away from substance abuse and reminding them of their worth and potential.	A4 sized sheets, coloured Pens etc.	To be done in class
<b>Punjabi (Group Activity)</b>	Role Play	Students will perform a short skit or role play showing real-life situations where peer pressure leads to substance abuse, and how to respond positively.	-	To be presented in class.
<b>SST + MATH (Individual Activity)</b>	Awareness Infographics	Each Student will design an info-graphic showing statistics on substance abuse (age groups affected, types of substances, recovery rates)	A4 sized sheets, coloured Pens etc	Information to be collected prior and Info graphics to be made in Class

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