

PALLADIUM SCHOOL



Class- NURSERY

Session-2025-2026



Name: _____



HEALTHY LIVING

Good health may seem natural at a young age, but maintaining physical and emotional wellbeing often requires us to develop healthy lifestyle. Having a healthy lifestyle, eating well and being physically active helps children to build strong bones, Grow and develop healthily, improve their concentration and make them active and alert.

Jump, Run, Hop and have fun. Practice Aerobics, exercises and Dancing. Simple yoga exercises can help them to improve their immunity.

HEALTHY EATING HABITS

Healthy eating habits are more likely to stay with you if learn them as a child. That's why it's important to teach children healthy eating habits so that they can stick with these habits for life long.

Dear Parents,

Finally, the much awaited Summer Holidays are here. It is a good opportunity to spend quality time with your children. Let's make these holidays fruitful by involving the tiny tots in some fun filled activities.

Learning Time:

Learn to wish Good Morning, Good Afternoon and Good night.

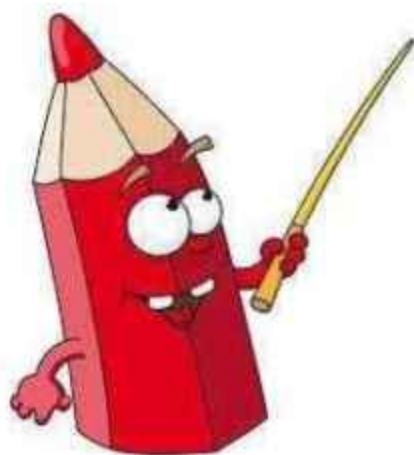


* Learn 5 sentences on Myself.

* Learn Mother's and Father's Mobile number.



Play Outdoor Games: Ensure that children should not spend too much time on electronic gadgets as they harm the eyes and make us lethargic. So encourage your child to go for cycling, hide and seek & running etc. as these will make them active & social.



***Converse in English:** To develop the conversation skills of children in English ensure to converse small sentences in English only. Read out story books with big illustrations and after finishing the story discuss it with your child. ***Emphasize more on phonic sounds and encourage Word Building words and Picture Talk.**

Teachers are trying to encourage the children to use simple words, phrases and sentences like:

- May I come in Ma'am?
- May I drink water?
- May I go to the toilet?
- I am feeling thirsty.
- I am feeling hungry.
- Please give me a pencil.
- Please give me an eraser etc.

Use of Magic words like Excuse me, Sorry, Thank you, Please, May I



Life skills

Life skills refer to the skills which help the child to become confident and independent in life. Encourage your ward to do the following activities:



Make your own meal



Set the table



Tie your shoelaces



Dress yourself



Folding clothes



Buttoning and

Dear Parents,
Kindly note the Holiday Assignment

ENGLISH

- Do the given work in notebook

MATHS

- Do the given work in the notebook

HINDI

- Do pg no. 7 to 11 in book

ACTIVITIES – Do the following activities as per the instructions given below

- a) **Strokes**- Make Stroke patterns using beads/ buttons/ pulses/ grains etc. or stroke cut-outs or stroke bookmarks. (sample given below)



PATTERNS



CUT-OUTS



BOOKMARKS

- b) **Colours**- Make one sheet each, by pasting "Green and Blue" colour objects respectively. You can use old magazines, and newspapers for the pictures.



- c) **Shape**- Make a Grapes Impression using any "CIRCLE" shape object.



- AND**- Make a Rainbow using "SEMI-CIRCLE" shape pattern sheets.



g) **Concept-**

• **"BIG AND SMALL"**

Draw and colour one big and one small circle on a sheet, using any object available at home (bowl, plate, bangles etc.)



• **"TALL AND SHORT"**

Make a sheet by pasting match sticks/ straws/wool/popsicle sticks/bamboo sticks etc., showing the concept of tall and short.



h) Do practice of **practical life experience** of the following:

- i. Pouring water
- ii. Opening the lunch box
- iii. Napkin folding
- iv. How to turn pages of books
- v. How to eat with a spoon
- vi. Hand washing
- vii. Toilet training

i) Make a **Picture Collage** of your ward, taken during "SUMMER VACATION" capturing: -

- Spending time with family and grandparents.
- Nature's walk.
- Doing different activities (Holiday Homework Related)
- Helping people.
- Visit to any place, if any.

"Behtar Kal Ke Liye Hamara Yogdaan"

Mandatory Activity – Plant a Tree

This summer, take a step towards a better tomorrow by planting a tree in your neighborhood.

Instructions:

- Record a short video while planting the tree at the beginning of your vacation.
- Record a second video after 15 days to show the growth and care of the plant.

Let's contribute to a greener future together!

