

PALLADIUM SCHOOL



Class- UKG

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.

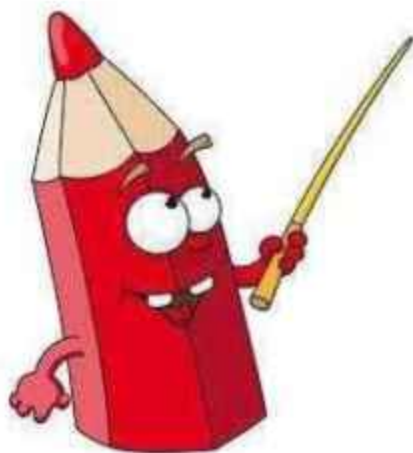


* Learn 5 sentences on Myself.

* 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.



***Children can be encouraged to use simple words and sentences at home also:**

- Mom, I am hungry please give me something to eat.
- Please give me a glass of water.
- Please open the door.
- Please trim my nails.
- Can I watch T.V.?
- I am feeling sleepy.
- Please change my dress.
- Please give me a toy.

***Walk Together:**



Plan a trip or one-day trip.



Paste the photograph of your family on a

Scrap book



Paste the photographs of the places you visited on

Scrap book



Paste the photographs of the different things you saw there.

***Help your child to make it beautiful.**



Let your child watch *'Stuart Little', Baby's Day Out, Home Alone movie, The Jungle Book, Nemo* in this vacation.



***Buy any Moral Story Book for children (English) and ensure to narrate one story daily to your child.**



Good habits and good manners are lifelong assets and manners must be practiced until they become habit.

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

Value Education

Guide your child to become a caring human being by helping him/her to develop the following habits :

- Give respect to your elders and love to younger ones.
- Wish and welcome guests.
- Spend time with grandparents.
- Keep the house clean.
- Keep your things back in place.
- Help your mother in laying and cleaning the dining table before and after a meal.
- Arrange your toy shelf independently.
- Make your own bed.
- Water all the plants.
- Be kind and compassionate towards animals.



Dear Parents,
Kindly note the Holiday Assignment

ENGLISH

- Cursive book – Do Pg no.- 97-115

MATHS

- Do the work given in notebook

HINDI

- Do the work given in notebook

ART INTEGRATED AND FUN ACTIVITIES

1. **ALPHABET FUN** -Make a finger print drawing for letters A, B, C , D ,E and F
2. **SHAPE FUN** –Create an image of any two animals using the cut outs of different shapes on a A3 sheet. Laminate the same and send it back to school after holidays for kids to use as a table mat.
3. **5 SENSES WALK** – Go for a walk and get yourself clicked while you explore nature using your five senses. Paste one picture each of what you could see, hear, smell, touch and taste.

4. **PICTURE HUNT** - Read the words given in the sheet and paste one picture for each word (you may find the pictures in old magazines and newspapers)

5. **FUN WITH GAMES** - Make your child play few suggestive indoor activities at home with all the family members to make the Summer vacation fruitful and enjoyable.

6. **7 MINUTE FUN WORKOUT FOR KIDS SELF REGULATION** - We suggest few fun exercises. Set an interval timer and complete each animal movement for 45 seconds, with 15 seconds of rest in between. Do as many as you can. You may click and share a printout of any one of the work out that your child enjoyed the most.

7. **UNITY AND SOLIDARITY** - This summer, let's celebrate "Unity and Solidarity" by capturing a photo of your child next to a landmark during your travels to any place in INDIA. For those who plan to stay in the Tricity during the break, may snap a pic next to one of our city's landmarks. Let's cherish our nation's diversity and our city's beauty together! (You are requested to send the pic of the size not more than Half of A4)



SAMPLES



1

Alphabet Fun



2

Shape Fun



3

5 Senses Walk



4

Picture Hunt



Tape Maze



Hopscotch



Building Blocks



Sand Pit



Ludo

5

FUN WITH GAMES



Marble Run



FROG JUMPS

Hop, hop, back and forth like a frog.



BEAR WALK

Hands & feet on the floor, hops high - walk, left and right.



GORILLA SHUFFLE

Sink into a low crouching squat, with hands on the floor, shuffle around the room.



STARFISH JUMPS

Jumping jacks as fast as you can, with arms and legs spread wide.



CHEETAH RUN

Run in place as FAST as you can! Just like the fastest animal in the Sahara.



CRAB CRAWL

Sit and place your palms flat on the floor behind you, near your hips. Lift up off the ground and crawl.



ELEPHANT STOMPS

March in place lifting your knees as high as you can and stomping the ground as hard as you can!

6

7 MINUTE FUN WORKOUT

"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!

