

Summer Holidays'

Assignment

Preprimary

Session 2019-2020

Dear Parents

MBS International School, a living school of excellence, provides a natural, holistic, student-centric environment that empowers and inspires the mind, body and soul of all our students. We focus on developing every child's self-esteem, self-confidence so they achieve their full individual potential.

Keeping in mind the aspect of developing our children's inquisitive Mind, healthy Body and kind Soul, we have designed our summer holidays' home assignment.

General Guidelines

As a parent it is important to invest your time with your little ones. We are sharing some tips for you to make this vacation a fruitful and happy period for the them.

1. Be the guide of your child while he/ she doing the home work.
2. Recapitulate the concepts done in the class.
3. Spend quality time with your child.
4. Have at least two meals together with your child. Teach him/ her not to waste food.
5. Share stories about your childhood and your family history.
6. Allow your child to play outdoors (keeping the weather condition in mind).
7. Get some story books with colourful pictures for your kids.
8. Keep your children away from TV, Mobile phones, Computers and other electronic gadgets.
9. Avoid giving junk food like: chocolates, cream cakes, chips, aerated drinks and too many bakery products and fried items.
10. Submit the work in a paper bag properly labeled with child's name, class and section
11. Submission date : Friday, July 5, 2019.

Mind Exercises

Engage your child in the following activities to sharpen his/ her sense of taste

Activity : Sense of Taste

Taste testing activities will help your child to explore and learn about the sense of taste.

Instructions for the parent

1. Take two transparent glasses. Till half mark fill water in the glasses.
2. In glass 1- add a spoon full of sugar and mix well.
3. In glass 2- add small amount of salt and mix well.
4. Show the glasses to the child and ask him/ her to find the difference. (if he/ she can see any)
5. Now with spoon make them taste glass 1 water. Ask the child to identify the taste.
6. Repeat the above process for glass 2.
7. Now you can conclude the activity by telling them how our sense of taste helps us to identify different edible food items.

You can elaborate the activity by taking more items to develop sense of taste.

Objective: To understand how our sense of taste can detect a difference between two things when our other senses cannot.

Activity : All about me



It is important for the child to know about himself/ herself. Encourage your child to learn the following lines on ‘My Self’

1. My name is _____
2. I am _____ years old.
3. I live in _____.
4. My father’s name is _____
5. My Father’s phone number is _____.
6. My mother’s name is _____
7. My Mother’s phone number is _____.
8. My favourite food is _____.
9. My favourite colour is _____.
10. My favourite rhyme is _____

➤ Please fill up the above details.

Language Development

Recapitulate the alphabets with Phonic Sounds

A is for apple, एs, एs apple.

B is for ball, ब, ब ball.

C is for cat, क, क cat.

D is for doll, ड, ड doll.

E is elephant, ऐ, ऐ elephant.

F is for fish, फ, फ fish.

G is for gorilla, ग, ग gorilla.

H is for hat, ह, ह hat.

I is for igloo, इ, इ igloo.

J is for juice, ज, ज juice.

K is for kangaroo, क, क kangaroo.

L is for lion, ल, ल lion.

M is for monkey, म, म monkey.

N is for no, न, न no.

O is for octopus, ओ, ओ octopus.

P is for pig, प, प pig.

Q is for question, क्व, क्व question.

R is for ring, र, र ring.

S is for sun, स, स sun.

T is for train, ट, ट train.

U is for umbrella, अ, अ umbrella.

V is for van, व, व van.

W is for watch, व, व watch.

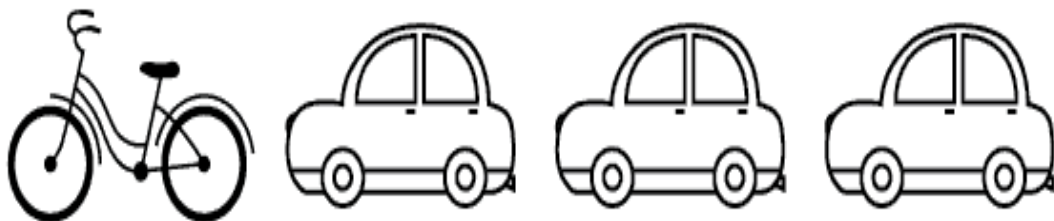
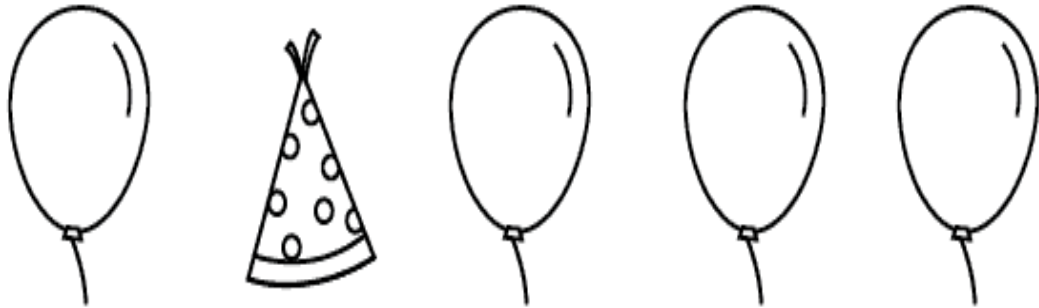
X is for box, क्स, क्स box

Y is for yellow, य, य yellow.

Z is for zoo, ज़, ज़ zoo.

Same or Different?

Cross out the picture that is different from the rest.



Project Work

To reinforce the concepts and enhance vocabulary of the child related to Fruits / Vegetables / Transport / Animals, help your child in the following project –

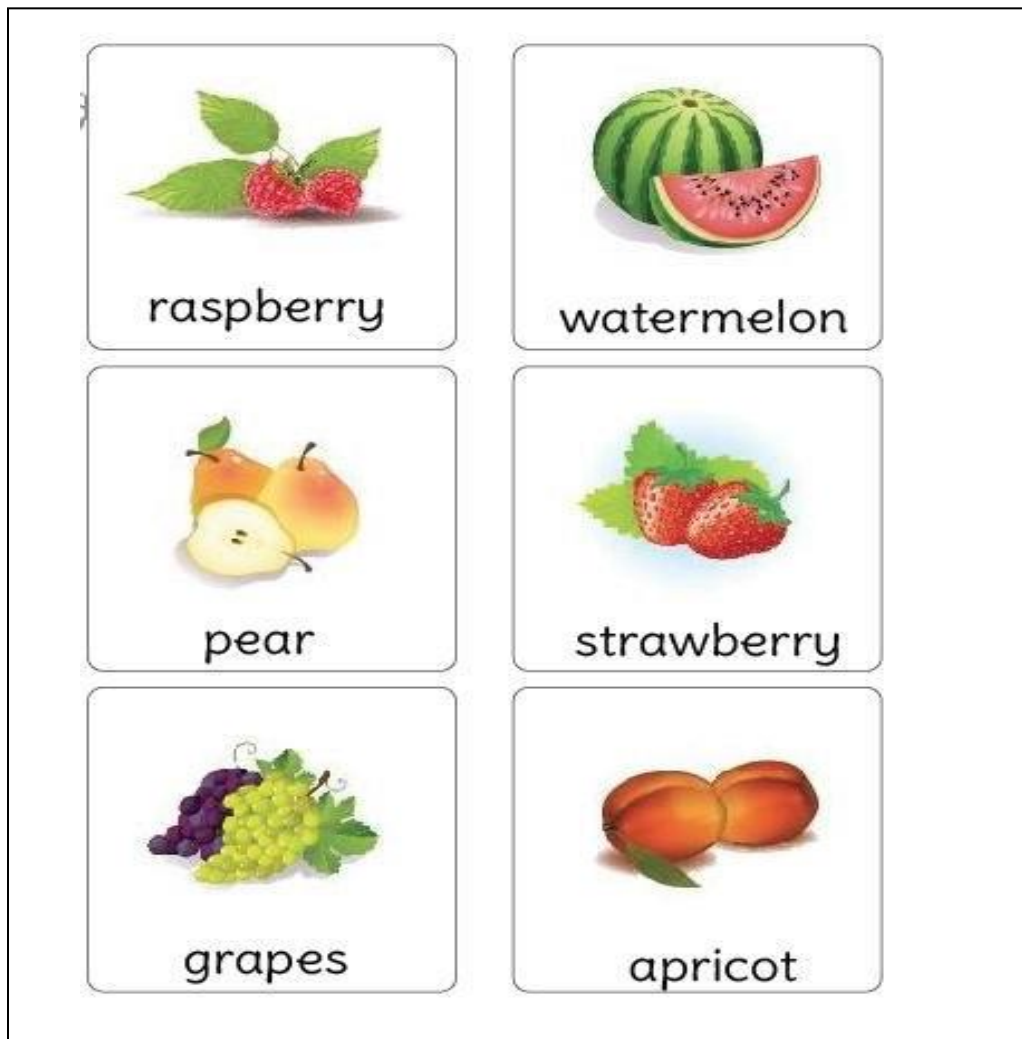
Preprimary A(KG A) : Fruits

Preprimary B(KG B) : Vegetables

Preprimary C(KG C) : Transport

Preprimary D(KG D) : Animals

On an A3 thick sheet write the topic and paste 5 related pictures on it. Sample shown for your reference–



- You can take the colourful pictures from magazines or newspaper

Personality Development

English Conversation

1. Encourage your child to use these magic words in daily life
 - a. Thank you : it shows gratitude
 - b. Sorry : recognize their mistakes and try to correct the actions
 - c. Please : this word teaches children that if you want something, ask for it respectfully
 - d. Excuse Me! : this word teaches to be polite when being interrupted.
 - e. May I _____? : respectfully seeking permission.

Developing Life skills



Things I will learn in my vacation -

Parents let this vacation be an opportunity to make your child self dependent.

1. Dress up – guide the child to dress up independently. Let him/ her choose the cloths he/ she wants to wear.
2. Being independent -Encourage and help the child to do Buttoning of shirt, zipping bags & pants, wearing shoes.
3. Self feeding – allow your child to eat on his own using proper cutlery.

Social Skills

1. Greeting guest of the house.
2. Answering the phone calls politely with 'Hello' and also asking “ may I know who is calling?”
3. Being in a public place in a socially acceptable manner. Talk to the child before you leave home, talk about some do's and don'ts.
4. Sharing things with siblings and peer.

Healthy mind resides in healthy body. Allow your child to play and enjoy the nature, spend quality time. Motivate him/ her to follow healthy lifestyle.

Personal Hygiene

Taking care of self-

1. Brushing teeth twice daily.
2. Bathing everyday.
3. Trimming nails regularly.
4. Washing and wiping hands after using washroom.
5. Washing hands before and after meals.



Eat healthy to stay fit

Parents help your child to make and try these healthy recipes at home.

Healthy Eating

1. Corn salad



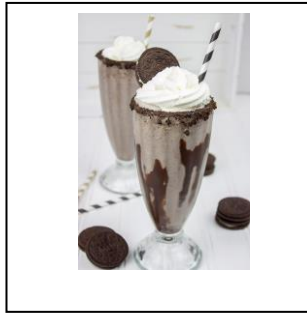
Ingredients

1 cup boiled corn ; 1 tsp butter ; 1 small diced cucumber ; 1 small diced tomato ; Salt and pepper to taste ; ½ tsp lemon juice ; Chaat masala (optional) to taste.

Recipe

- ✓ Take the boiled corn in a big bowl.
- ✓ Now add butter, cucumber, tomato, salt, pepper and lemon juice. Add chaat masala too if you want.
- ✓ Mix everything well with a spoon.
- ✓ Simple, healthy corn salad is ready.

2. Oreo ice-cream shake



Ingredients

2 Cups Vanilla Ice-cream ; 2/3 Cup Milk ; 8 Oreo Cookies.

Instructions:

1. Take a glass
2. Refrigerate the glass for a few minutes.
3. Add oreo cookies, milk and vanilla ice-cream in a blender and blend to make a smooth shake.
4. Pour the shake in the prepared glass.

Yoga for strong self

Parents we are suggesting a **basic yoga pose**, guide and encourage the child to try the Yoga pose under your supervision. Things to consider when you are practising yoga with your child:

- Feel free to adapt or change the yoga poses to suit your needs.
- Focus on having fun with movement, not on practising perfectly aligned poses.
- Engage the child to follow their passions and interests.
- Create authentic, meaningful experiences.
- Wear comfortable clothing and practise barefoot.
- Please be safe.

CHILD'S POSE

Sanskrit name: **Balāsana**



Sit on your heels, slowly bring your forehead down to rest in front of your knees, rest your arms down alongside your body, and take a few deep breaths.

Benefits:

- Calms your mind and relieves stress.
- Helps release tension in your lower back.
- Stretches the muscles in your lower back, hips, and legs.
- Allows you to rest and rejuvenate.
- Enables you to feel the sensation of breathing deeply.

You are a kind soul

Learning virtue of Empathy is important in our life and inculcating the same at this tender age will surely develop a beautiful, kind soul.

Nani – Dadi ki kahani

Every child loves to listen story especially from grandparents. Let you child spend time with grandparents, listen stories and guide them to make a picture-book of their favourite story using three to five pages. Use picture cutting from old magazines, books or news paper.

At the end of the book help him/ her paste picture of their grandparents.

Extend a Helping hand

- ✓ Assist your mom in the kitchen or help her in setting up the dinner table.

Encourage self responsibility by:

- ✓ Involve them in household chores like cleaning their rooms, arranging toys, laying table, watering plants, filling water bottles, etc.

Care for environment

- ✓ In this hot weather keep a bowl of water outside your house for birds or animals.

- ✓ Plant a sapling in your home garden or in a pot. Water it regularly and take care of it. See it grow.
- ✓ Avoid use of plastic in your life.

Suggestive Activities

- ✓ Visit Doll's museum/ Rail museum/ Zoo
- ✓ Visit your place of worship.
- ✓ Morning walk in a nearby park.

Parents, be the role model and a guide to your child.

