

HOLIDAY HOMEWORK

Subject	Activity
English	SDG 3 – Good Health and Well-Being Activity: 1. Reflect on your daily routine and understand the importance of balanced habits. 2. Write 6–8 lines on “My Healthy Day.” Include: – Healthy food you eat – Physical activities or games you play – Hygiene habits you follow – Things that make you feel happy and active 3. Learn and use 5 health-related words in meaningful sentences.
Maths	SDG 3 – Good Health and Well-Being Activity: 1. Collect simple health-related data from family members. 2. Ask 5 family members about their favourite healthy fruit or drink. Record the answers in a table. 3. Count and compare the responses. 4. Find: – Which fruit/drink was liked the most? – Which fruit/drink was liked the least? 5. Record the number of minutes you exercise every day for one week and find the total minutes.



Activity:

1. Observe your meals and identify healthy food choices.
2. Observe your lunch or dinner plate for 3 days.
3. List or draw the food items under these categories:
 - Fruits
 - Vegetables
 - Grains
 - Dairy products
4. Write 3 healthy habits that help us stay fit and energetic.
5. Speak to your grandparents or parents about healthy food they ate during childhood.

Hindi**SDG 3 – Good Health and Well-Being (स्वास्थ्य एवं कल्याण)****Activity:**

1. Paste 5 -5 pictures of fruits and vegetables on A4 sheet and write their names in Hindi.
2. Write 2 slogans on the topic -**स्वच्छता और स्वास्थ्य** on A4 sheet
3. Create a story on Health and well being..paste pictures and make it colourful

Art and Craft**SDG 3 – Good Health and Well-Being****Activity:**

1. Draw your favourite cartoon character on A4 size sheet.
2. Dandelion Flower on (page 11)
3. Thumb Painting on (page 16)
4. Octopus on (page 22)
5. Umbrella on (page 23)

Computer**SDG 3 – Good Health and Well-Being****Activity:**

1. Make an attractive collage based on SDG-3 (Sustainable Development Goal 3) i.e. "Good Health and Well Being" in the notebook.
2. Task: Cut out pictures from old magazines or newspaper showing computers being used, or draw them yourself. Examples include at school, in a bank, at a hospital, or in a library.
3. You can also draw in a creative way, the comparison chart on A4 size between Man versus Computer and which one is smarter as discussed in the class.
4. Practice Reading and Revise Ch-1.



**Mindcraft
book**

Complete Chapters 1 to 4

**Stay
Ahead
book**

English – Page Numbers: 16 to 30

Maths – Page numbers 60, 75, 76, 77, 81 and 82

