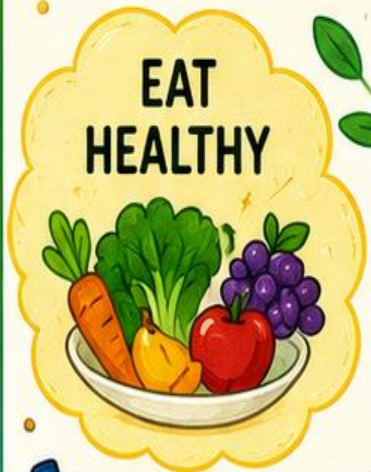




# HOLIDAY HOMEWORK

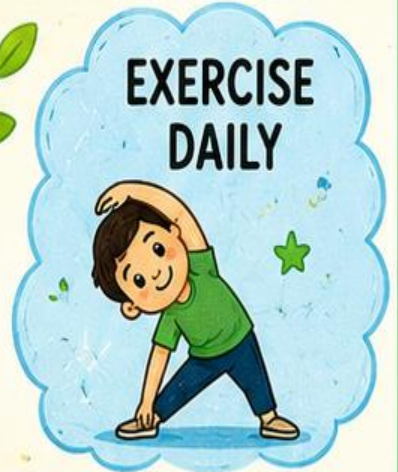


♥ CLASS III ♥

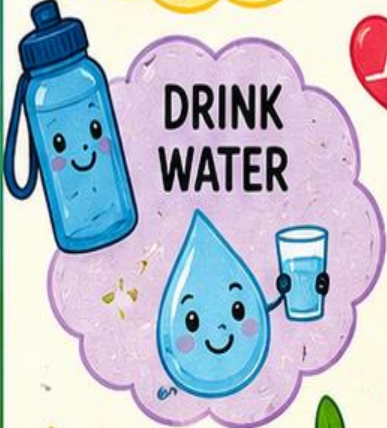


EAT  
HEALTHY

**SDG 3**  
GOOD HEALTH  
AND WELL-BEING



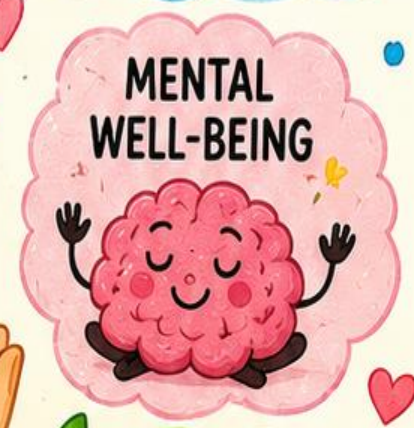
EXERCISE  
DAILY



DRINK  
WATER



A HEALTHY  
CHILD TODAY,  
A HEALTHY  
WORLD  
TOMORROW



MENTAL  
WELL-BEING



CLEAN  
SURROUNDINGS

# HOLIDAY HOMEWORK

**Note :** Ensure that the work is done on A4 size sheets and is in neat handwriting. (Do not use your fair register for these assignments.)

- ➔ Revise and practice the syllabus covered so far.
- ➔ Learn and practice the multiplication tables from 2 to 20. Quiz on 'Dodging Tables' will be held after the school reopens.
- ➔ Prepare a news- paper folder, decorate borders using math patterns (like triangle-squares) and bring your holidays activities in it.

| Subject | Activity                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
|---------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| English | <p><b>SDG 3 – Good Health and Well-Being</b></p> <p><b>Activity:</b></p> <ol style="list-style-type: none"><li>1. Explore the connection between health and well-being.</li><li>2. Write a paragraph (8–10 lines) on:<br/>"How Good Health Helps Us Live Happily."</li><li>3. Use the gratitude sheet to write a short gratitude note to someone who helps you stay healthy (parent, teacher, doctor, coach, etc.).</li><li>4. Create an attractive slogan or poster message on:<ul style="list-style-type: none"><li>- Healthy eating</li><li>- Exercise</li><li>- Mental well-being</li><li>- Clean surroundings</li></ul></li></ol> |
| Maths   | <p><b>SDG 3 – Good Health and Well-Being</b></p> <p><b>Activity:</b></p> <ol style="list-style-type: none"><li>1. Observe and record your fitness activities for one week.</li><li>2. Record:<ul style="list-style-type: none"><li>- Number of steps walked OR</li><li>- Minutes spent exercising daily</li><li>- Arrange the data in ascending and descending order.</li></ul></li><li>3. Find:<ul style="list-style-type: none"><li>- Highest value</li><li>- Lowest value</li><li>- Total for the week</li><li>- Difference between highest and lowest values</li></ul></li></ol>                                                   |



## EVS

### SDG 3 – Good Health and Well-Being

#### Activity:

1. Practice healthy habits for one week and reflect on your experiences.
2. Follow these habits daily:
  - Exercise or yoga for at least 20 minutes
  - Drink enough water
  - Eat healthy meals
  - Spend less time on screens
  - Practice kindness and positive thinking
3. Maintain a "Well-Being Tracker" and write:
  - Which habit was easiest to follow?
  - Which habit was difficult?
  - How healthy habits made you feel?
4. Interview an elder in your family and ask:
  - What healthy habits they followed as children?
  - How lifestyle changes affect health today?

## Hindi

### SDG 3 – Good Health and Well-Being (स्वास्थ्य एवं कल्याण)

#### Activity:

1. स्वास्थ्य का महत्व – "अच्छा स्वास्थ्य क्यों जरूरी है?" पर 5-6 पंक्तियाँ लिखिए।
2. चित्र कार्य – एक स्वस्थ बच्चे का रंगीन चित्र बनाइए और उसमें अच्छी आदतें लिखिए (जैसे: समय पर सोना, पौष्टिक भोजन खाना, व्यायाम करना)।
3. शब्द लेखन – स्वास्थ्य से जुड़े 10 शब्द लिखिए:  
फल, सब्जी, व्यायाम, पानी, स्वच्छता, योग, दूध, स्वास्थ्य, नींद, पोषण
4. रचनात्मक कार्य – "मेरी स्वस्थ दिनचर्या" विषय पर 5-8 पंक्तियाँ लिखिए।
5. गतिविधि – एक सप्ताह तक अपने खाने और पानी पीने की आदतों का चार्ट बनाइए।

## Art and Craft

### SDG 3 – Good Health and Well-Being

#### Activity:

1. Draw and colour a fish in an aquarium on A4 size sheet.
2. Puppet on (page 26)
3. Paper Parakeet on (page 37)
4. Photo Frame on (page 30)
5. Monster (page 36)



## 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.

