

**OUR LADY OF FATIMA
CONVENT SECONDARY
SCHOOL, SECTOR-14,
GURGAON**

GRADE IV
SESSION:
2026-27



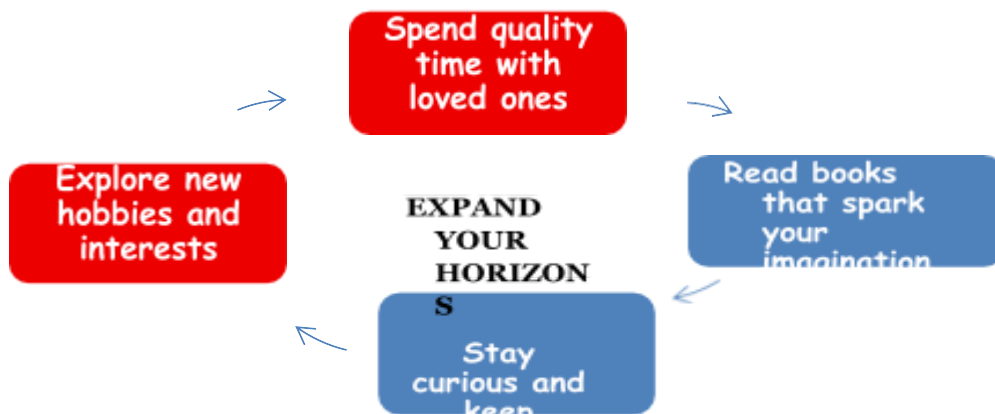
HOLIDAYS HOMEWORK

Great Minds Don't Rest, They Have Fun Learning All Year Long.



Dear Learners

Summer vacation is here! A time to unwind, recharge, and create unforgettable memories with family and friends. Whether you're planning a relaxing getaway, an adventurous escapade, or simply enjoying lazy days at home, make the most of your break and have a blast! May these holidays bring you joy, laughter, and cherished moments with family and friends.



We look forward to seeing your amazing work and welcoming you back to school refreshed and rejuvenated! Wishing you a fantastic summer vacation!

Let's be the change we want to see in the world!

SDG Goal 3 – Good Health and Well-being

“Healthy Children, Happy Future”

Dear Students,

This holiday homework is an example of how you can connect the SDG Goal 3 – Good Health and Well-being with different subjects. You may use these ideas as guidance and are encouraged to use your own creativity, imagination, drawings, models, charts, poems, slogans, surveys, and presentations.

Try to correlate the theme of health and well-being with each subject in an interesting and meaningful way. Your work should reflect originality, neatness, understanding, and creativity.

Important Instructions:

- Prepare the work neatly in a folder/A4 sheets.
- Decorate your project creatively.
- Correlate the SDG theme with every subject.
- Students will present their work in class after the holidays.
- The project and presentation will be assessed on:
 - Creativity
 - Subject correlation
 - Presentation skills
 - Neatness
 - Original ideas



ENGLISH

Activity: “My Healthy Day Diary”

Write about your healthy daily routine for 5 days.

Include:

1. Healthy eating habits
2. Exercise/yoga
3. Outdoor games
4. Water intake
5. Sleep routine
6. Creative Work:
7. Slogan writing
8. Short poem on health

Example:

“Healthy habits make healthy minds.”

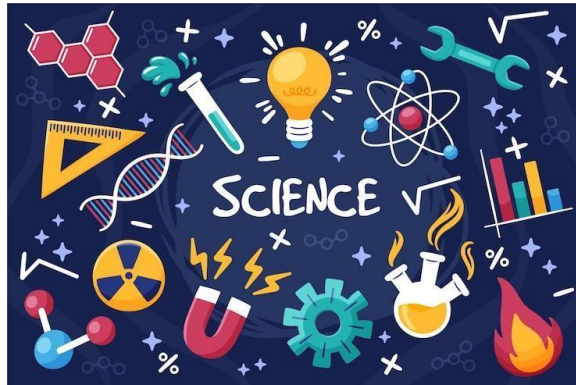
Learn the syllabus done so far.



SCIENCE

Activity: “Balanced Diet Plate”

- Prepare a healthy food plate/chart showing different food groups.
- Additional Task:
Write healthy habits you follow and habits you wish to improve.
- Example:
“I will reduce junk food and drink more water.”
- Learn the syllabus done so far.



SOCIAL SCIENCE

Activity: “People Who Help Us Stay Healthy”

- Paste/draw pictures of doctors, nurses, sanitation workers, yoga teachers, farmers, etc.
- Write a few lines about their contribution to society.
- Learn the syllabus done so far.



HINDI

गतिविधि: “स्वस्थ जीवन”

विषय : स्वस्थ जीवन और स्वास्थ्य

1. लेखन कार्य (Writing Work)

अनुच्छेद लेखन — "स्वस्थ रहो, मस्त रहो" विषय पर 10-12 वाक्य लिखें
अपने माता-पिता को एक पत्र लिखें जिसमें स्वस्थ जीवनशैली अपनाने का अनुरोध करें
5 दिन की डायरी लिखें — आपने उस दिन स्वास्थ्य के लिए क्या किया

2. पठन एवं रचनात्मक कार्य (Reading & Creative Work)

"जंक फूड के नुकसान" विषय पर 8-10 वाक्य लिखें
किसी एक महान खिलाड़ी (जैसे मिल्खा सिंह, पी.वी. सिंधु) के बारे में 10 वाक्य हिन्दी में लिखें
"स्वस्थ भारत — सुखी भारत" पर नारे (Slogans) — 5 नारे हिन्दी में लिखें

3. व्याकरण (Grammar)

स्वास्थ्य विषय से जुड़े शब्दों का प्रयोग करते हुए 10 वाक्य बनाएं
पर्यायवाची शब्द लिखें (10) जैसे :

स्वास्थ्य = सेहत, तंदुरुस्ती

जल = पानी, नीर

महावरे (5) — स्वास्थ्य से संबंधित, अर्थ और वाक्य सहित

जैसे : "तन मन धन से" , "दूध का धुला"

4. चित्र एवं गतिविधि (Activity)

पोस्टर बनाएं — "योग अपनाओ, जीवन बचाओ"

7 दिन का स्वास्थ्य चार्ट बनाएं जिसमें लिखें :

क्या खाया

कितना पानी पिया

कितना व्यायाम किया

कितने घंटे सोए

सामान्य निर्देश

सभी कार्य स्वयं करें

सुंदर व स्वच्छ लिखावट में लिखें

रचनात्मक कार्य में रंगों का प्रयोग करें

MATHEMATICS

Activity: “Health Survey”

SDG 3 – Good Health and Well Being Activity

1. Observe and record your fitness activities for one week.
2. Record: Number of steps walked OR- Minutes spent exercising daily.
3. Arrange the data in ascending and descending order.
4. Find: Highest and Lowest value for the week.
5. Difference between highest and lowest values.

Learn multiplication tables (2 to 20)

Physical Education

Students are instructed to prepare one interleaf notebook for Physical Education.

Holiday Homework:

- Draw and paste pictures of any five yoga postures.
- Write the name of each yoga posture.
- Write any three benefits of each yoga posture.

Art and craft

Art and craft Holidays Homework

- String Art on (page 8)
- Thumb Impression on (page 12)
- Leaf Painting on (page 24)
- Glowing Outline on (page 26)
- Blow Painting on (page 30)

“Small healthy habits today create a healthier tomorrow.” 

HAPPY HOLIDAYS!

