

HOLIDAY HOMEWORK

CLASS – VIII (Science)

2026- 27



Dear Students,

The most awaited time of the year is finally here—Summer Vacation! A season filled with joy, laughter, creativity, and endless opportunities to make beautiful memories. While the warm summer days invite us to relax and unwind, they also encourage us to discover new hobbies, learn exciting skills, and spend precious time with our loved ones.

Even if we are spending more time indoors, every day can become an adventure! You can paint your imagination with colors, dive into the magical world of books, dance to your favourite tunes, try fun cooking activities, plant little saplings, or create wonderful art and craft projects. Let your creativity shine brighter than the summer sun!

May this summer vacation bring you happiness, positivity, creativity, and unforgettable moments that you will cherish forever.

Wishing you a joyful, safe, and adventure-filled summer vacation!

Things to Keep in Mind:

- ❖ Stay hydrated by drinking enough water throughout the day.
- ❖ Follow proper hygiene and make handwashing a daily habit.
- ❖ Develop a reading habit by going through newspapers, storybooks, and other interesting books to improve your vocabulary.
- ❖ Spend some quality time with elders in your family and learn from their experiences.

Instructions to Follow:

- ❖ Download the holiday homework sheets provided.
- ❖ Complete all work independently and present your own original ideas.
- ❖ Do all the work neatly on A4 size loose sheets.
- ❖ Ensure your handwriting is clear and well-presented.

Revision Task:

Revise all the chapters covered so far along with their questions and answers.

1. Assertion and Reason Two statements – an assertion (statement of fact) and a reason (explanation of assertion) are given. Choose the appropriate answer for each of the following pair of statements.

- (a) Both assertion and reason are true and reason is correct explanation of assertion.
- (b) Both assertion and reason are true and reason is not the correct explanation of assertion.
- (c) Assertion is true but reason is false.
- (d) Assertion is false but reason is true.

CHAPTER- 3 HEALTH AND WELL- BEING

- 1. **Assertion (A):** Regular exercise keeps our body healthy and active.
Reason (R): Physical activity improves blood circulation and strengthens muscles.
- 2. **Assertion (A):** Eating junk food every day is good for health.
Reason (R): Junk food contains excessive fats, sugar, and salt.
- 3. **Assertion (A):** Drinking enough water is important during summer.
Reason (R): Water helps in maintaining body temperature and prevents dehydration.
- 4. **Assertion (A):** Mental well-being is as important as physical health.
Reason (R): Stress and anxiety can affect both body and mind.
- 5. **Assertion (A):** Sleeping late every night improves concentration in studies.
Reason (R): Proper sleep helps the brain to relax and function better.
- 6. **Assertion (A):** Personal hygiene helps prevent diseases.
Reason (R): Washing hands regularly removes germs and bacteria.
- 7. **Assertion (A):** Yoga and meditation can help reduce stress.
Reason (R): These practices calm the mind and improve focus.
- 8. **Assertion (A):** Skipping breakfast is a healthy habit.
Reason (R): Breakfast provides energy to start the day actively.
- 9. **Assertion (A):** Vaccination protects us from many diseases.
Reason (R): Vaccines help the body develop immunity against infections.
- 10. **Assertion (A):** Spending too much time on mobile phones may affect health.
Reason (R): Excessive screen time can cause eye strain and disturb sleep patterns.
- 11. **Assertion (A):** Eating fresh fruits and vegetables helps maintain good health.
Reason (R): Fruits and vegetables are rich in vitamins and minerals.
- 12. **Assertion (A):** Sharing personal feelings with trusted people can improve mental well-being.
Reason (R): Talking about emotions helps reduce stress and anxiety.
- 13. **Assertion (A):** Clean surroundings help prevent the spread of diseases.
Reason (R): Garbage and stagnant water can become breeding places for germs and mosquitoes.
- 14. **Assertion (A):** Spending time outdoors and playing games is beneficial for children.
Reason (R): Outdoor activities improve physical fitness and teamwork skills.
- 15. **Assertion (A):** Spending time outdoors and playing games is beneficial for children.
Reason (R): Outdoor activities improve physical fitness and teamwork skills.

CHAPTER- 5 FORCE IN ACTION

- 1. **Assertion (A):** A force can change the shape of an object.
Reason (R): Applying force on a rubber ball can deform it.

2. **Assertion (A):** Force can change the speed of a moving object.
Reason (R): Applying brakes slows down a moving bicycle.
3. **Assertion (A):** Friction always helps motion.
Reason (R): Friction opposes the movement between surfaces.
4. **Assertion (A):** Muscular force is a contact force.
Reason (R): Muscular force acts only when objects are in contact.
5. **Assertion (A):** Magnetic force can act from a distance.
Reason (R): A magnet can attract iron objects without touching them.
6. **Assertion (A):** Gravity pulls objects towards the Earth.
Reason (R): Every object on Earth experiences gravitational force.
7. **Assertion (A):** Force is needed to stop a moving object.
Reason (R): A moving football stops when a player applies force to it.
8. **Assertion (A):** Electrostatic force is a contact force.
Reason (R): Charged objects can attract or repel without touching.
9. **Assertion (A):** Pressure depends on the area over which force acts.
Reason (R): A sharp knife cuts better because its edge has a smaller area.
10. **Assertion (A):** Liquids exert pressure in all directions.
Reason (R): Water can flow and push against the walls of a container.
11. **Assertion (A):** Friction can produce heat.
Reason (R): Rubbing hands together makes them warm.
12. **Assertion (A):** Air exerts pressure on objects.
Reason (R): Inflated balloons remain expanded due to air pressure inside them.
13. **Assertion (A):** A force can change the direction of motion of an object.
Reason (R): A bat changes the direction of a moving cricket ball.
14. **Assertion (A):** Rolling friction is greater than sliding friction.
Reason (R): Wheels help objects move more easily by reducing friction.
15. **Assertion (A):** Balanced forces can change the state of motion of an object.
Reason (R): Balanced forces act equally in opposite directions.