



**MUKAND LAL PUBLIC SCHOOL, SAROJINI COLONY YNR**

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# *Holidays Home Work*

## **Class: II**

### **Session ( 2023-24)**



### *Some Tips to make holidays specials*

- ❖ Have a Family dinner everyday
- ❖ Do some yoga , exercise or simple go for walk with your elders in the morning.
- ❖ Play board games with your parents & sibling and show them who is the smartest.
- ❖ Spend quality time with an elderly person in the family or neighborhood.
- ❖ Pick up a hobby like learning a musical instrument , origami , fire less cooking , painting , art etc.
- ❖ Lastly don't forget to do your Holidays Homework. Ensure that your work is neat , presentable and innovative . Submit the Homework once the school reopens.

**Have Lots of Fun**



*Summer Summer almost here  
Let's give summer a bit fat cheer  
Of this fact I'm surely clear  
Summer is the best time of the year*



## Health and Wellness

The best earning of life is staying healthy. Having a healthy life must be a part of everyone's lifestyle. Good health and happy mind are priceless possessions that one can have. To maintain a healthy life one must eat a balanced diet, go for a walk, do meditation, exercise daily and take an adequate sleep. So, it is vital to adapt a healthy lifestyle for good mental and physical health.

- ❖ Reading makes you smarter as it keeps the brain active and engages you in the thought process .  
So, read moral stories mentioned below.

### List of stories :

- Panchatantra Tales.
- Aesop Fables
- The Snow White and seven dwarfs
- Cinderella
- The Red Riding hood



- ❖ Eating a balanced diet during childhood is very important and vacations are the best time to take care of all the little things to have a healthy life. Prepare a moral based story on the topic '**Health is Wealth**' for the class activity after holidays.



### **"Then I baked it once again"**

- ❖ On the occasion of father's day, let's celebrate and honour our fathers. Put on your chef's cap and get going in kitchen. Make a mouth watering recipe for your dad and spend some time with him.

### **"Let's have Fun with Colours"**

#### ❖ **Branch Painting :**

Branches are easy for children to hold on to . Take a branch, twig or stick for painting. With 4 or 5 painted sticks create a colourful bunch of sticks for home decor. These can be displayed to appreciate.



## “ Let's Nurture the Nature “

- ❖ We celebrate **ENVIRONMENT DAY ON 5<sup>th</sup> June** .To give your contribution **Plant a tree** , nourish it well, and click pictures with the plant.



### Roll.no 1 to 10:

- ❖ Make a poster with a slogan on A3 size sheet on the topic ‘**Healthy lifestyle**’.
- ❖ It is said that “**Health is wealth**”. To remain healthy we must eat food containing all the nutrients i.e carbohydrates, fats, proteins, vitamins, minerals, fibre and water in proper proportion that is - **A balanced diet**. Make a model of Balanced diet wheel.



- ❖ उत्तम स्वास्थ्य विषय पर आधारित नारा लेखन ( कोई तीन) संबंधित कार्य कीजिए। (on A4 size sheet)
- ❖ Newspapers do not only inform us, they influence us , educate us and enlighten us. So, read the newspaper daily. Collect at least 5 articles based on the topic “**Health and fitness**”. Underline the nouns and form sentences of underlined nouns. Paste these articles on A4 size sheet.

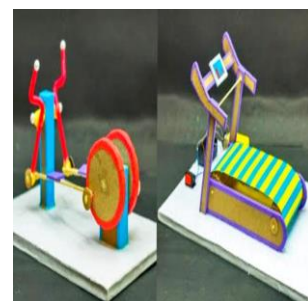
### Roll No 11to 20 :

- ❖ Walking is an appealing form of exercise. Morning walk will boost your stamina, flexibility and energy. Keeping this in mind draw a beautiful scenery depicting the benefits of morning walk on A3 size sheet and decorate it beautifully.
- ❖ Make a poster with a slogan on A3 size sheet on the topic “ Benefits of Yoga and Meditation”.
- ❖ स्वास्थ्य जीवन शैली के लिए अपनाई जाने वाली अच्छी आदतों को फ्लैश कार्ड के माध्यम से बनाइए।
- ❖ Newspapers do not only inform us, they influence us, educate us and enlighten us. So, read the newspaper daily. Collect at least 5 articles based on the topic “**Health and fitness**”. Underline the common and proper noun and form sentences using these nouns. Paste these articles on A4 size sheet.



### Roll No –21 to 30:

- ❖ It is summer time and we need to increase the intake of water to keep ourselves hydrated. A lot of fruits and vegetables also contribute to intake of water. Make a 3D model of any one fruit and one vegetable which has a good percentage of water content in it.
- ❖ Make a model of any one equipment used in a gym
- ❖ जीवनशैली के लिए योगाभ्यास बहुत महत्वपूर्ण है इसी विषय पर आधारित विभिन्न योगासनो के चित्र का प्रस्तुतिकरण कीजिए (on A4 size sheet )





- ❖ Newspapers do not only inform us, they influence us , educate us and enlighten us. So, read the newspaper daily. Collect at least 5 articles based on the topic “**Health and fitness**”. Underline the prepositions and form the sentences using these prepositions. Paste these articles on A4 size sheet.

#### Roll No –31to 41:

- ❖ Make a beautiful fruit and vegetable basket by using waste material.
- ❖ Write quotations on the topic “**Health and Wellness**” by using chart paper.
- ❖ स्वास्थ्य रक्षा में योगदान देने वाले किन्हीं पाँच औषधीय पौधों जैसे तुलसी , आंवला आदि का सचित्र वर्णन एल्बम रूप में कीजिए।
- ❖ Newspapers do not only inform us, they influence us , educate us and enlighten us. So, read the newspaper daily. Collect at least 5 articles based on the topic “**Health and fitness**”. Underline the adjectives and form the sentences using these adjectives. Paste these articles on A4 size sheet.



## *Let's Play with Technology!*

Play following Educational Games on Desktop Computer/ Laptop Computer and Enjoy!

### ➤ GCompris

{ Gcompris is a free educational software suite comprising of many fun activities for children}

Download :- <https://gcompris.net/downloads-en.html>

- ❖ Maze
- ❖ Memory games with images
- ❖ Balance Ball
- ❖ Compares Numbers
- ❖ Count the Items
- ❖ Numbers with Dice
- ❖ Numbers in Order
- ❖ Find Left & Right hand
- ❖ Assemble the Puzzle
- ❖ Word Number Memory Game

These Activities increases the cognitive skills and spatial intelligence in students

➤ <https://www.roomrecess.com/pages/ColoringPagesForKids.html>

## Be a kind buddy

**'Gratitude and Kindness cultivate miracles'.**

To inculcate this habit let's get kind to the people around us and be thankful to God ,our elders, mother nature and everyone for whom we feel grateful each day. Kindly make a video of 1 -2 minutes explaining at least your 6 acts of kindness and gratitude and share with Ms. Kashni (8683858300) by June 30th.



Craft is passionately  
creating something with  
your hands



## Be more creative

➤ Help your child to make beautiful Lamp shades , Photo frames , Baskets using News Papers

❖ **EK BHARAT SHRESHTH BHARAT (EBSB) Project :**

This year our state is being paired with Manipur, So let's explore about the state of Manipur – “ The Jewel land of India.”

- Area of the state
- Chief Minister and governor of the state
- Capital of Manipur
- Write and learn first 10 alphabets of Manipuri language.
- Paste the pictures of the following :-
  - Manipur state Emblem
  - Manipur state flower
  - Manipur state bird
  - Manipur state game
- Paste the pictures of any five crafts ( stone carving, wood carving ,doll and toy, textile weaving) of Manipur and write about it.

