



MUKAND LAL PUBLIC SCHOOL, SAROJINI COLONY YNR

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Holidays Home Work

Class: IV

Session (2025-26)



Dear Children

Greetings

Summer vacations are always exciting and overwhelming. Isn't it so? This is the time to take a break from the set routine, explore new interests, hobbies and reconnect with the loved ones.

During vacation you must engage in activities that stimulate your curiosity, broaden your horizons and expand your knowledge. Read books that ignite your creativity. Challenge yourself to learn something new, push your boundaries- whether it's learning a musical instrument, mastering a new sport or developing artistic skills, this is your time to shine and unlock your full potential.

Take care of your health. Go for a walk every day . Do exercise. Help your parents in household chores. Show that you care for them. Spend quality time with your grandparents. Listen to the beautiful stories of their past. Learn games that they used to play.

Above all, have fun! laugh, play, and enjoy the freedom that comes with this vacation.

A very creative and interesting holidays homework has been assigned to each one of you. Use your creativity to complete the projects given. Use eco friendly material. **USE OF THERMOCOL SHEETS OR PLASTIC SHEETS WILL NOT BE ACCEPTED AT ALL.** These projects will be assessed for internal grades and the best ones will be displayed in the annual exhibition.

Enjoy summer break to the fullest and bounce back to school with renewed energy, enthusiasm and a treasure trove of beautiful memories.

Happy Holidaying!!!

Principal

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 elderly person in the family or neighborhood. Ask them how they managed to solve their problems or Games they used to play when they were children.
- ❖ Pick up a hobby like learning a musical instrument, origami, fire less cooking, painting, art etc.
- ❖ Visit your relatives places of your interest. Take beautiful photograph and share with us.
- ❖ 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

Health Hygiene For All

Good health and hygiene are fundamental for a thriving society and individual well-being. Practicing good hygiene, like regular hand washing and maintaining clean surroundings, helps prevent the spread of diseases. Simultaneously, adopting a healthy lifestyle with balanced nutrition, exercise, and sufficient sleep contributes to overall physical and mental well-being, reducing the risk of chronic diseases. These practices, when adopted universally, create a foundation for a healthier and more productive future for all.

So this year we planned Class IV Holidays' Homework on the topic Health and Hygiene for all, So that we could inculcate these practices in our children.

Roll No. 1-6

Engrossing English

Prepare a poster on A4 sheet highlighting the importance of healthy habits like exercise, balanced diet, sleep, washing hands, brushing teeth, drinking clean water etc.

Stimulating Science

Microscope Model

Create a model showcasing the structure and functions of a Microscope.

(<https://youtu.be/J07k9IOuR0o?si=0RjJMwKJI5MNg2N3>)

Majestic Mathematics

In nutrition, a calorie is a unit in of energy, specifically the energy provided by food and drinks. Note down the calories in 5 different packed foods, arrange them in ascending order. Display this in the form of a wall hanging.

Significant Social Science

Make a Pictorial chart to compare Effects of Proper and Improper Waste Management.

OR

Create a pictorial poster to raise awareness about water borne diseases and their preventions.

हर्षाति हिंदी

स्वस्थ जीवनशैली के अंतर्गत स्वस्थ रहने से संबंधित विभिन्न व्यायाम व योग के चित्र लगाते हुए उनके महत्व पर प्रकाश डालिए।



Roll No. 7-12

Engrossing English



Prepare 5 flash cards about health and hygiene facts and practices.

Stimulating Science

Water Purifier Model

Design a working model demonstrating the water purification process.

(<https://youtu.be/yURvJmKfcS4?si=U51N8q7ryBNxrnet>)



Majestic Mathematics

Note down the timings for a yoga pose that you practice every day to

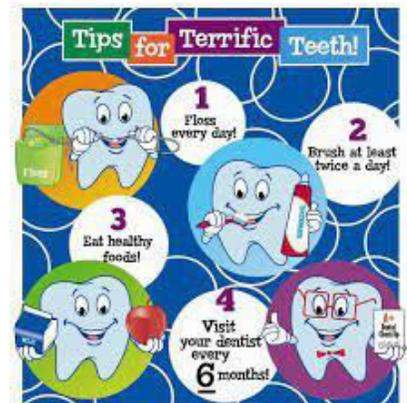
maintain your health in holidays for 1 week (time must be different everyday).

Now draw a pie chart representing the time for which you practiced the yoga pose.

Take a cut out of the pie chart and paste it on a cardboard.

Significant Social Science

Design 4 to 5 Pictorial flash cards showing Tips for terrific teeth.



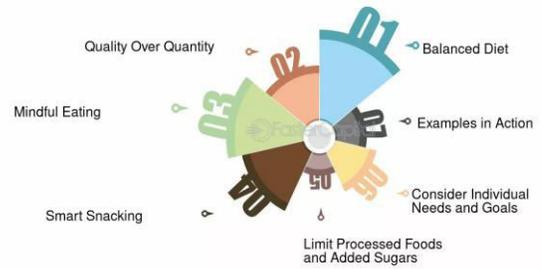
हर्षति हिंदी

स्वास्थ्यप्रद तथा अस्वास्थ्यप्रद खाद्य वस्तुओं के चित्र बनाते हुए उनके

लाभ तथा हानियों का एल्बम के रूप में प्रस्तुतीकरण कीजिए।



Nutrition Tips for a Healthy Lifestyle



Roll No. 13-18

Engrossing English

Mention tips for a healthy lifestyle including exercise, nutrition and hygiene. (Use A3 sheet)

Stimulating Science

Disease spreading germs model

Design a model depicting different types of microbes such as bacteria, virus, fungi and protozoa with the help of clay, card board, foam board, colours etc.



(https://youtube.com/playlist?list=PLperP_3153orMFwGgBOvIkiCOWvNllyGv&si=5h0A12_1TZTC0YHF)

(https://youtu.be/mxDpbkZzgBM?si=5O5_ByRKvICJnJN4)

Majestic Mathematics

Be In Shape' Write important facts representing Health and Hygiene on different 3D Shapes cut outs.



Significant Social Science

Design a poster on impactful sleep hygiene Practices.

(How to improve sleep hygiene)

हर्षति हिंदी

मोटे अनाज (मिलेट्स) जैसे बाजरा, रागी, ज्वार आदि से

संबंधित महत्वपूर्ण तथ्यों को चार्ट पर सचित्र प्रस्तुत कीजिए ।



Roll No. 19-24

Engrossing English

Create a pictorial chart comparing healthy and unhealthy foods with pictures and nutritional information.



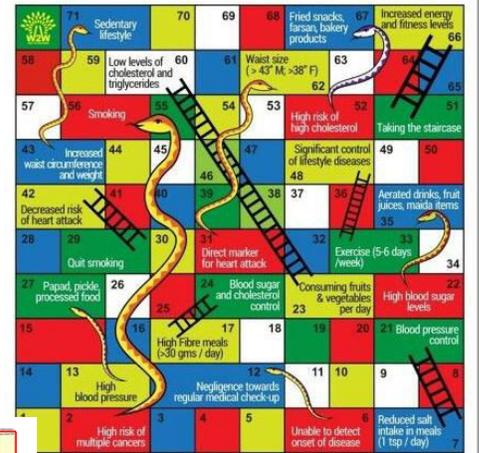
Stimulating Science

Make a Pictorial chart illustrating good personal hygiene habits.



Majestic Mathematics

Draw a game of good and bad habits on chart paper using snake and ladder theme.

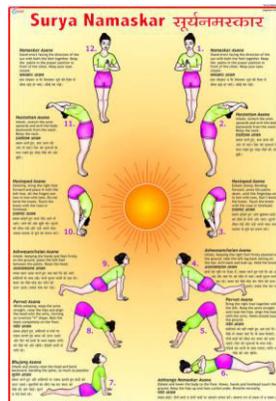


Significant Social Science

Yoga Aasana Model

Showcase various Surya Namaskar poses, highlighting their benefits for physical and mental well being.

<https://youtu.be/j74ecm-0Nog?si=IZo7u8PxSaKvu29B>



हर्षाति हिंदी

- संतुलित आहार संतुलित जीवन' इस विषय को आधार बनाकर सचित्र नारा लेखन कीजिए।

Roll No. 25-30

Keep your surroundings pure & clean. This hygiene will keep you healthy, physically and mentally.



Engrossing English

Write a big and bold slogan on health and hygiene awareness. (Use A3 sheet)

Stimulating Science

Make a beautiful wall hanging showing oral hygiene.



Majestic Mathematics

Craft a wall hanging depicting dental health.



Significant Social Science

Hygienic City Model

Design a model city with proper waste management, sanitation and cleanliness features.

<https://youtu.be/JmcURfEkpqA?si=AdzWz7jm14dezvRP>



हर्षति हिंदी

स्वास्थ्य और स्वच्छता का संदेश देते हुए सचित्र कविता लेखन कीजिए।



Roll No. 31-36

Engrossing English

Make a beautiful wall hanging highlighting ways to stay healthy.



Stimulating Science

Make 4 Flash cards showcasing hand washing techniques.



Majestic Mathematics

Comparing food Prices:

- Compare prices of different food items at various stores.
- Calculate the cost per unit
- Determine the best value for money
- Create a graph to visualize the price differences.



Significant Social Science

Dustbin Model

Create a model demonstrating effective waste segregation and recycling practices.

<https://youtu.be/JwcgPGQ2128?si=V74W7kh2Njpr-DaA>

(height minimum 75cm)



OR

Organic Farm Model

Design and create a model of an organic farm including different sections for crops, livestock and composting.

https://youtu.be/Yin4S7Pvlpk?si=xP_hjPOzhYc96gNW

हर्षति हिंदी

संतुलित आहार में सम्मिलित होने वाले किसी खाद्यपदार्थ की पाक विधि का सचित्र वर्णन कीजिए

जिसमें निम्नलिखित बिंदु हो-

- * खाद्य वस्तु का नाम
- * प्रयोग में ले जाने वाली सामग्री
- * पाकविधि



Roll No. 37-40

Engrossing English

Prepare a pictorial chart on A3 sheet describing ways to prevent the spread of germs.

Stimulating Science



Balanced diet Model

Create a balanced diet wheel model showcasing the proportions of fruits, vegetables, proteins and whole grains.

(<https://youtube.com/shorts/PKxUI9-Na5g?si=DHKDDgLAPIH4iJux>)



Majestic Mathematics

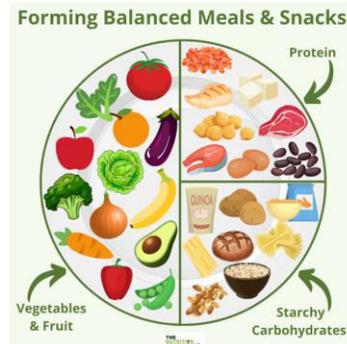
Healthy Plate Proportion:

Create a diagram of a healthy plate with proportional sections for:

- Fruits and vegetables
- Protein
- Whole grains

- Healthy fats

Then calculate the percentage of each food group on the plate.



Significant Social Science

Focusing on 'Clean India, Green India' Make a beautiful chart on Swatch Bharat Abhiyan.



हर्षति हिंदी

ऐसे पौधों का सचित्र वर्णन कीजिए जिनका औषधीय रूप में स्वस्थ रहने हेतु प्रयोग किया जाता है।



Common work for all

Activity Time

- ✚ Drink plenty of juice and water to avoid dehydration.
- ✚ Make hand washing and hygiene a part of your routine.
- ✚ *A helping hand* - Animals too feel thirsty as we do.

To help out your furry and feathery friends, place a water filled bowl outside your house or on a porch or balcony in your house.

Click a picture and send it to your English Teacher.



Reading:

- ✚ Books are the original virtual reality. Read three story books and write one of its summary in your own words on A4 sheet.
- ✚ Read the following books.

- ❖ Arabian Nights
- ❖ The pied piper of Hamelin
- ❖ Adventures of Huckleberry finn



Speaking :

- ✚ Prepare a 1 minute speech and send your video to your English teacher by 20 July on the topic of good health/ hygiene/ moral values etc.



Writing :

- ✚ Homographs are the words that have the same spelling but completely different meanings. For example :
Saw - a tool used to cut wood or metal
Saw - to look at something
- ✚ Make 5 flash cards of any 5 sets of homographs showing picture and its meaning. (1 set on each card)
- ✚ Write about your daily eating habits, exercise routine and sleep schedule for a week.



हर्षाति हिंदी

- ✚ अभ्यास पत्रिका (Worksheet) Page no. 63, 64, 66, 69, 72, 73.



Majestic Mathematics

- ✚ Do worksheet of chapter 1,2,3 and Learn tables 1 to 20.



Significant Social Science

- ✚ Do worksheet of chapter 1 to 4.



Stimulating Science

- ✚ Read and Revise Ls 1 to Ls 4 from book, note book and worksheet.



ART AND CRAFT

- ✚ Make a beautiful craft with jute and rope.



Charismatic Computer

Roll No. 1-20:

AI and Animals" Research:

- If AI is being used to help animals in any way. For examples like AI being used to track endangered species, monitor animal health on farms, or even create interactive toys for pets. You can draw a picture and write a few lines about their findings.

Roll No. 21 onwards:

"If I Were an AI Robot" Story:

- Write a short story about what you would do if you were an AI robot. What would your special abilities be? How would you help people?

Father's Day(June 16,2025)

- Make a beautiful card for your father and decorate it with symbols or words that describe your dad like strong, brave, funny, calm etc.
- Design and cut out small coupons for your father
Example:-
- One free hug
- Help with cleaning car
- Breakfast for dad
- Moving night with dad
(tell your father he can use these coupons as and when he wants)
Gift these coupons to your father along with the card made for him.



International Yoga Day(June21,2025)

Lets take few minutes each day to stretch, breathe and connect with our amazing bodies! Yoga is like a special gift to ourselves, helping us feel strong, calm and happy! So Make Yoga a daily habit.

- Start small
- Be consistent
- Enjoy the journey

Click pictures while doing yoga, make a collage of pictures and share it with your class teacher..





EK BHARAT SHRESHTHA BHARAT (EBSB) PROJECT

Dear Students

To celebrate the unity in diversity of our nation EK BHARAT SHRESHTHA BHARAT (EBSB) program is launched by CBSE. Its aim is to foster National Integration through linguistic literacy, cultural, sports, tourism and other forms of people to people exchanges. Pairing state of Haryana is Manipur. So your EBSB Project work is based on the same. You all will make and maintain a State project Notebook /File/ Scrap book as per following instructions:-

Title Page

MUKAND LAL PUBLIC SCHOOL, SAROJINI COLONY, YAMUNANAGAR

EK BHARAT SHRESHTHA BHARAT

Session 2025-26

Name of Project: _____

Name of Student: _____

Roll No. : _____

Class & Section : _____

Name of Class Incharge: Ms. _____

Signature of Class Incharge : _____

Ist Page

Make a colourful & beautiful map of state Manipur.



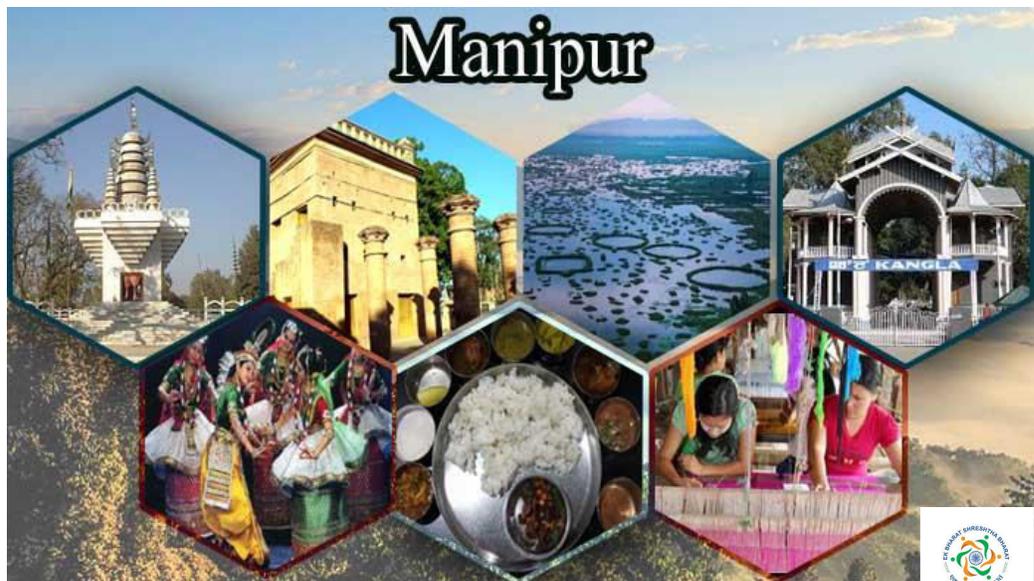
2nd page

EBSB PROJECT Manipur is a state of North Eastern India and is among one of the seven sisters. The capital of Manipur is Imphal and the state shares its borders with Nagaland, Mizoram, and Assam. This year our state is being paired with Manipur and its famous festivals.

Project:-

Find out the main 5 main festivals of Manipur. Collect all the information related to these festivals and write it in a scrapbook. Make it colourful and attractive by pasting pictures related to them. Points for reference:-

- Which communities mainly celebrate these festivals?
- Cultural and historical significance of these festivals.
- Highlight the rituals performed during these festivals.
- What kind of food is prepared during these festivals?
- How do Manipuri festivals reflect the culture and lifestyle of the people?



Model work:-

- Make a doll or a toy of Manipur using cloth, cotton, clay or wood of bamboo.

Link :-

<https://www.youtube.com/watch?v=bVcJg4KpHwY>

