



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

AFFILIATION NO:- 530294 SCHOOL CODE :- 40279

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# *Holidays Home Work*

**Class: IV**

**Session ( 2026-27)**



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**

## "Living Then and Now"

"Times change, and so do the ways we live, eat, learn, and grow."

This holiday homework is designed to help students explore the beautiful journey from the olden days to the modern world.

Through interesting activities, comparisons, drawings, posters, flashcards, and mathematical concepts, students will discover how food habits and lifestyles have changed over time.

From traditional meals cooked on chulhas to modern kitchens, from outdoor games to screen time, and from simple living to smart living — every activity will encourage observation, creativity, and learning.

This year's Holiday Homework is designed around the theme "Living Then and Now", exploring changes in Food and Lifestyles over time.

## Roll No. 1-6

### ENGLISH

- On an A3 sheet, draft a descriptive recipe for a “3D-Printed Meal of the Future.”
- Illustrate your work with drawings or photographs.



### SCIENCE

- **Roll number 1-3**  
Construct a 3D model of food printer.  
You can take help from the link given below  
[https://youtu.be/Zjg9fXBm5S0?si=v5zYONk\\_WmyMWtpb](https://youtu.be/Zjg9fXBm5S0?si=v5zYONk_WmyMWtpb)
- **Roll number 4-6**  
Construct a 3D model of a refrigerator. As shown in given link.  
<https://youtu.be/6PVUBmPubgA?si=YjL6CyZ2EkDsFqMO>



### MATHS

- Make 10 Flash Cards (Use small coloured sheets/cardboard pieces.)
  - Write on each flash card: Picture/Name of food item.
  - Whether it belongs to:
  - THEN
  - NOW
  - Healthy or Junk Food, Number facts related to it
  - **Example:** Then: Homemade Butter Milk – ₹10,
  - Now: Cold Drink – ₹50 Difference = ₹40

Lunchtime Math - Calorie Count

Find the calories for each lunch item. Add up the total to see how many calories in these lunch meals. Cross out the meals that are too high in calories.

Food	Amount	Calories
Apple	1 medium	95
Baby Carrots	6	24
Chips	1 oz bag	160
Chocolate Chip Cookies	2 medium	118
Grilled Cheese	1	410
Hamburger	1 small	250
Hot Fudge Sundae	1 small	300
Hotdog and Bun	1	280
Large French Fries	1	300
Lowfat Dip	2 Tbsp	90
Salad Dressing, LF	1 Tbsp	18
Milk 5% Fat	8 oz	305
Orange slices	4	67
Soda	12 oz can	143
Sports Drink	12 oz	90
Taco, Beef	1	170
Turkey/J. Cheese Sandwich	2 slices of each	260
Veggie Salad	1 cup	10
Water	12 oz bottle	0

LF = low fat

Hotdog with Bun \_\_\_\_\_

Chips \_\_\_\_\_ +

Hot Fudge Sundae \_\_\_\_\_

Sports Drink \_\_\_\_\_

Hamburger \_\_\_\_\_

French Fries \_\_\_\_\_ +

Chocolate Chip Cookies \_\_\_\_\_

Soda \_\_\_\_\_

Beef Taco \_\_\_\_\_

Apple \_\_\_\_\_ +

Baby Carrots with Lowfat Dip \_\_\_\_\_

1% Milk \_\_\_\_\_

### SOCIAL SCIENCE

- Create a pictorial chart illustrating the evolution of lifestyle across three eras: Past, Present, Future.

### HINDI

- रसोई का क्रमिक विकास: चूल्हे से स्मार्ट चूल्हे (इंडक्शन, माइक्रोवेव) तक' विषय पर एक त्रि-स्तरीय (3 level) भित्ति-सज्जा (वॉल हैंडिंग) तैयार कीजिए। इसके तीनों स्तरों पर क्रमशः 'अतीत की प्रकृति-सम्मत और सामूहिक रसोई', 'वर्तमान की सुविधाजनक रसोई' और 'भविष्य की स्मार्ट रसोई' को रचनात्मक रूप से दर्शाइए।

## Roll No. 7-12



### ENGLISH

- Illustrate a “Comparison Tree.” The left side should depict traditional dwellings (old houses), and the right side should depict modern architecture (skyscrapers/buildings).
- Compare the advantages of both the houses and write on an A3 size sheet

### SCIENCE

#### ➤ Roll number 7-9

Construct a 3D model of a microwave oven.

As shown in the given link

- [https://youtu.be/bYaaYi8wE4Y?si=D82MT8t8mKa\\_mtjA](https://youtu.be/bYaaYi8wE4Y?si=D82MT8t8mKa_mtjA)



#### ➤ Roll number 10-12

Construct a 3D model of an induction cook top. As shown in the picture



### MATHS

#### ➤ Roll number 7-9

Draw: Bar Graph.

#### ➤ Roll number 10-12

Draw: Pictograph

Prepare a Big Chart Showing:

Food Item	Old Price	Current Price
Milk	₹5	₹60
Bread	₹2	₹40
Rice	₹ 10	₹70
Fruits	₹15	₹120

### SOCIAL SCIENCE

- Design a “Healthy Habits Calendar” to track daily actions and maintain motivation through streaks.

### HINDI

- दादा-दादी और पोते के बीच ‘खाने की आदतों’ पर होने वाली बातचीत को एक छोटे संवाद के रूप में लिखें और सजाएं।(संवादपत्र A 4)

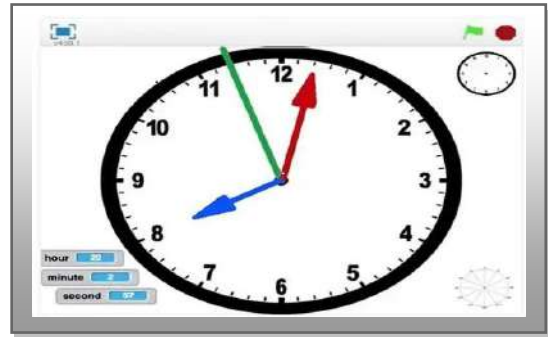




## Roll No. 19-24

### ENGLISH

- Create a “Lifestyle Clock” showing activities of the past on the left and the present on the right.



### SCIENCE

- **Roll number 19-21**  
Construct a model of a robot by mounting a detailed drawing onto cardboard for a precise cutout.  
You can take help from the links given below.

✚ <https://youtu.be/gkUuGVyu3cg?si=WQ5QsU8GHX4Q477V>

- **Roll number 22-24**  
Construct a model of an electric coffee machine.  
As show in the given link.

✚ [https://youtu.be/HgzQIWhskMk?si=oS7oivb\\_AEWcVNL](https://youtu.be/HgzQIWhskMk?si=oS7oivb_AEWcVNL)



### MATHS

- Compare the daily movement of a child 50 years ago to a child today.
- Then: Walking to school, playing Gilli-Danda or Hopscotch (Approx. 10,000 steps).
- Now: School bus, playing Video Games or watching TV (Approx. 2,000 steps).
- Math Angle: Use a Pictograph where 1 stick figure = 1,000 steps to show the massive difference in physical movement.

### SOCIAL SCIENCE

- **Roll number 19-21**  
"Healthy Heroes v. Junk Villains keeping this view create a poster showing difference in food items used in past like simple fresh home-grown food, use of herbs (Turmeric, Tulsi), Balanced diet v. fast food, processed food, imbalanced diet.
- **Roll number 22-24**  
Make a Colourful Poster with Slogans
  - Examples: “Eat Healthy, Stay Healthy”/ “Outdoor Games Keep Us Fit ”
  - “Less Screen Time, More Play Time”

### HINDI

- दो गोल कार्डबोर्ड को जोड़कर एक ‘समय चक्र’ बनाएं जो दिखाए कि पहले लोग जल्दी सोते-जागते थे और अब देर रात तक स्क्रीन देखते हैं।(रोटेटिंग व्हील (Wheel))



## Roll No. 25-30

### ENGLISH

- The Lifestyle Express": then, make a train engine and compartments showing nutritional food, active lifestyle, happy family, good health, strong future, etc. Make a folder to create a train using six coloured sheet

OR

- Create a decorative wall hanging using mixed media (wool, ribbons, etc.) comparing communication methods (e.g., handwritten letters vs. mobile messaging).



### SCIENCE

- Prepare a 2-D water tap using cardboard. Also write the benefits of using water taps instead of well.



### MATHS

- **Roll number 25-27**

Draw a game of healthy and junk food on chart paper using snake and ladder theme.

As shown in the picture or link .

- ✚ <https://share.google/ExSvlfcze7SI5f14t>

### **Roll number 28-30**

- The Evolution of time : Create a clock using paper plate as shown in the picture. Subtitle: A practical model comparing the 24-minute Ghati system with the 60-minute Modern Hour.



### SOCIAL SCIENCE

- **Roll number 25-26**

Make a model based on principle of Machine (Pulley system) as given in link.

<https://share.google/VLjw1hTTpM352UusU>

- **Roll number 27-28**

Construct a 3D model of a kitchen chimney in a cuboid shape using cardboard.

<https://www.youtube.com/watch?v=1MVnR5-pQ6I>

- Prepare a 3- D model of Sundial clock as shown in the give link.

<https://share.google/HIDg5I9YrgAl0RSAL>



### HINDI

- पुराने बर्तन (पीतल/तांबा) और नए बर्तन (नॉन-स्टिक/प्लास्टिक) के चित्र बनाकर उनके स्वास्थ्य पर प्रभाव के बारे में 2-2 लाइन लिखें। फ्लैश कार्ड्स (A3)

## Roll No. 31-36

### ENGLISH

- Create a Wellness Diary include:  
Healthy Food Eaten, Exercise Done , Screen Time  
Reduced , Good habit followed
- Compose a small 4 to 10 line rhymes on Healthy habits



### SCIENCE

- Design a “Smart Screen” on an A4 cardboard sheet.

### MATHS

- 12 Months, 12 Healthy Habits, design a calendar showing healthy habits to stay motivated by turning daily actions into a streak.



✚ <https://www.instagram.com/p/DWV-SNSATA3/?igsh=MWxzNGNpemk0eng1OQ=>

### SOCIAL SCIENCE

- **Roll number 31-32**  
Construct 3D models of modern buildings using cardboard.  
As show in the link below:

✚ <https://share.google/WhSBpwQClK9B1zmco>.

- **Roll number 33-34**

Focusing on eco-friendly cooking by creating a clay chulha (traditional stove) model using mud /clay with earthen pot on it.

✚ <https://share.google/004nr52jelqTBHQee>

- **Roll number 35-36**

Construct a model of a traditional hut using straws and cardboard.  
Take help from the give link .

✚ <https://share.google/QJkACzmmYVpnZqKWa>



### HINDI

- **Roll number 31-33**

चार्ट पर कागज़ का एक तराजू बनाएं जिसमें एक तरफ ‘अतीत का संतुलित आहार’ और दूसरी तरफ ‘वर्तमान का फास्ट फूड’ संतुलित दिखाएं।(पॉप-अप चार्ट)

- **Roll number 34-36**

साल 2050 के किसी ‘स्मार्ट फूड’ (जैसे प्रोटीन कैप्सूल या 3D प्रिंटेड डिश) का एक मज़ेदार और रंगीन विज्ञापन तैयार करें।

**Roll No. 37-42**

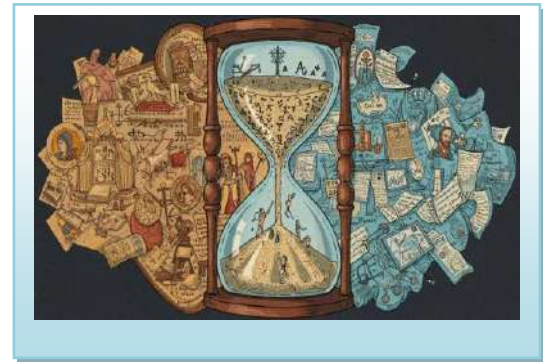


## ENGLISH

- Journey to Wellness': Are we on the right train now?
- Make a folder of train engine and compartments using six coloured sheet showing junk food, child on phone, child on couch with television remote control, polluted environment, etc.

## SCIENCE

- **Roll number 37-39**  
Prepare a 3-D model of 'Time changed' Sand clock.  
You can use the link given below.  
<https://youtu.be/Ezdr1os1Jr8?si=ImEieUuH43ItR6Lr>
- **Roll number 40-42**  
Prepare a 3-D model of laptop using carton or cardboard.  
As shown in the link .  
<https://youtu.be/HKeB3e-JeXY?si=pK-p0Yr7vwapc8nK>



## MATHS

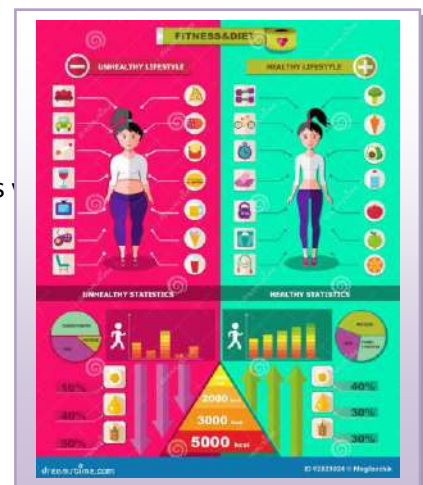
- Prepare a chart showing how people measured things in earlier times and how we measure them now.
- Hint : Include
- Earlier times : hand span, footsteps, pots/bowls, stones/balance
- Now : metre/centimetres, kilometers, litres , Kilograms

## SOCIAL SCIENCE

- Make a pictorial chart to compare lifestyles.
- Then like early rising, physical work, yoga, natural living, seasonal routines
- Now less physical activity, screen time, urban lifestyle.

## HINDI

- चार्ट पेपर पर एक तरफ घर का बना ताजा भोजन और
- दूसरी तरफ पैक किया हुआ 'प्रोसेस्ड फूड' दिखाकर उनके गुण-दोष लिखें।



## Roll No. 43-45

### ENGLISH

- Create a visual representation or write a slogans depicting a healthy family, an active lifestyle, and nutritious food choices.



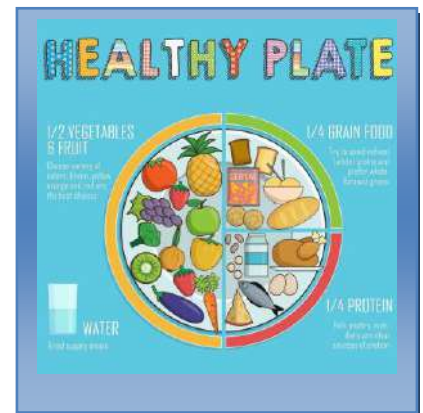
### SCIENCE

- Prepare a 3-D model of LED/LCD (TV) . As shown in the given link:

✚ <https://youtu.be/bmPHByF7qT4?si=fwAvRo4fXW1BeBHd>

### MATHS

- ✚ Draw a beautiful poster on healthy food plate and divide it into fractions:
- ✚ Fruits = /Vegetables = /Grains = /Proteins = /
- ✚ Count and write the number of healthy food items shown in your poster.
- ✚ If a child eats 2 fruits daily, how many fruits will he/she eat in 7 days?



### SOCIAL SCIENCE

- ✚ Make a collage on chart on:
  - ✚ “Healthy Lifestyle: Then and Now”
  - ✚ Include: Healthy food habits, Outdoor games ,
  - ✚ Daily routines, Exercise and yoga
- ✚ **Modern lifestyle changes**



### HINDI

- प्राचीन समय तथा आधुनिक समय में इस्तेमाल होने वाले यातायात के साधनों को अनावश्यक सामान जैसे माचिस की डिब्बी, आइसक्रीम स्टिक, बटन आदि द्वारा बनाकर प्रस्तुत कीजिए।

# 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:

- ✚ Read headlines of English newspaper daily.



## Speaking :

- ✚ Prepare a short speech of 1 minute on the topic –Hygiene ,Mannerism, Moral Values and send it to your English teacher  
Before 20 June ,2026



## Writing :

- ✚ Note:

Use a separate practice notebook to do the following work.

- ✚ Write in about 100 words on the following topic.
  1. Write about your favourite sports person or Singer.
  2. Write your experience a week without mobile phone.
  3. Write two new words daily and use them in sentences.



**Note:**

Revise the work of all the subjects done till date



## ART AND CRAFT

- ✚ Leaf art on A3 size sheet .use colorful leaf using your creativity make a piece of art.



## Artificial Intelligence

Roll No. 1-20:

- ✚ **Type Like Then vs Now Challenge**

**Practical:** Do the same task two ways.

**Then:** Write 5 sentences about "My Favourite Game" on paper using a pencil. Time yourself.

**Now:** Type the same 5 sentences on MS Word or Google Docs. Use backspace, spell check, bold one word.

**Make:** Staple both sheets together.

**At bottom write:** Time taken, mistakes, which was easier and give one reason.

**Learning:** Speed, editing and neatness comparison.

Roll No. 21 onwards:

### **Record an "Interview Podcast" - Then vs Now**

**Practical:** Use a phone's voice recorder. No fancy editing needed.

**Task:** Interview grandparent/elder:

Ask 2 questions:

"How did you send messages without WhatsApp?"

"How did you do homework without Google?"

**Now:** Record yourself answering same questions for today.

**Submit:** A4 sheet with name of person and write three question & answer that is mentioned in task .

**Learning:** Communication technology change and speaking skills.

## World Environment Day (June 5,2026)

- Plant a tree and send a picture to your class incharge.



## Father's Day(June 16,2026)

- 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(June21,2026)

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 Telangana. 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 2026-27

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 Telangana .





2nd page

EBSB PROJECT Telangana is a state located in Southern India. The capital of Telangana is Hyderabad. The state is known for its rich culture, historical monuments, traditional dances, delicious cuisine and colourful festivals. This year our state is being paired with Telangana and its famous festivals.

### Project:-

Find out the 5 main festivals of Telangana. 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.

#### ➤ Festivals Suggested:

1. Bathukamma
2. Bonalu
3. Sankranti
4. Ugadi
5. Dussehra (Vijayadashami)

Points for Reference:-

- a) Which communities mainly celebrate these festivals?
- b) Cultural and historical significance of these festivals.
- c) Highlight the rituals performed during these festivals.
- d) What kind of food is prepared during these festivals?
- e) How do Telangana festivals reflect the culture and lifestyle of the people?

**Model work:-**

Make a doll, toy, monument, or traditional art model of Telangana using cloth, cotton, clay, wood or bamboo.

➤ **Ideas:**

1. Bathukamma flower arrangement
2. Charminar model
3. Traditional Telangana doll
4. Bonalu pot decoration
5. Folk dance model



**ENJOY YOUR HOLIDAYS AND CREATE WONDERFUL  
MOMENTS WITH YOUR FAMILY!**