

SCHOOL NAME : \_\_\_\_\_

**Hurray!** Summers again and it's time for a break! Let us break the monotony of doing the same boring home assignments and explore the interesting ongoing themes through different subjects. There are two themes, labelled as Theme 1 and Theme 2. Choose **any one theme** and explore about the same through the projects defined under each subject.



**Read as many books as you can and share stories with your siblings or friends in the neighbourhood.**

Wishing you all 'A HAPPY AND HEALTHY' summer break!

### THEME 1

## Yoga Everyday Keeps Diseases Away

Yoga means the union of body, mind and soul. It is a healthy way of living and is considered important to develop one's strength, stamina, endurance and high energy. We all must practice any form of yoga daily to live a significant and disease free life.

### Exciting ENGLISH

#### Notice Board Graffiti

Perform any one yoga asana of your choice. Ask your parents/siblings to click your pictures while doing each pose of the asana. Prepare a write up on a coloured sheet highlighting the following points:

- Name of the asana
- Steps of performing the asana
- Benefits of the asana

Take a cardboard sheet and cover it with any coloured paper. Make a notice board graffiti by pasting the write up and the clicked pictures on it. Also decorate the board.

### हर्षाती हिंदी

#### करें योग, रहें निरोग

किसी पत्रिका, समाचार-पत्र या इंटरनेट से पहले अंतर्राष्ट्रीय योग दिवस के बारे में निम्नलिखित जानकारी प्राप्त कीजिए और इस पर योग संदर्शिका (इन्फॉर्मेशन मैनुअल) तैयार करें।

- अंतर्राष्ट्रीय योग दिवस की शुरुआत कैसे हुई?
- अंतर्राष्ट्रीय योग दिवस का उद्देश्य क्या है?
- 21 जून को ही अंतर्राष्ट्रीय योग दिवस के लिए क्यों चुना गया?
- पहला अंतर्राष्ट्रीय योग दिवस कौन-से वर्ष में मनाया गया था?
- पहले अंतर्राष्ट्रीय योग दिवस का थीम क्या था?
- विदेशों में कितनी जगह पहला अंतर्राष्ट्रीय योग दिवस मनाया गया?
- पहले अंतर्राष्ट्रीय योग दिवस पर कौन-कौन से आसन करवाए गए थे?
- पहले अंतर्राष्ट्रीय योग दिवस पर कौन-सा रिकार्ड बना था?

### Sparkling SCIENCE

#### My Yoga Report Card

Perform five yoga asanas for eyes, calf muscles, knee and ankle joint, neck and spine and legs and thighs daily during your vacations. Ask your parents/siblings to click your pictures while you do the asanas.

- Prepare a 'Yoga Report Card' by making a table. Refer the sample given. Write the name of the asanas and paste their respective pictures.
- Write a plus (health benefit), minus (precautionary measure) and an interesting aspect of all the five asanas.

Name of the Asanas	Pictures of the Asanas	Plus (P)	Minus (M)	Interesting (I)

Sassy SOCIAL SCIENCE



Yoga: A Healthy Way of Living

Organise a yoga camp in your locality. It will be a three-day morning session wherein you will teach the yoga asana—Surya Namaskara. Conduct the yoga session with the assistance of your siblings or parents or you may search for someone in your neighbourhood who is an expert in this asana and can help you to take the session for the audience. Start the session with a few warm-up exercises like jumping jacks, leg swings, etc. while end the session by doing the 'Shav Asana' to relax.

Create a promotional pamphlet for the same by drawing any one step of 'Surya Namaskara' on it. The pamphlet for the session must include the following points with respect to the yoga asana:

- Do's and Dont's
- Health benefits
- Day, Date, Time and Venue

Make copies of the pamphlet and circulate them in your locality to get maximum participation. Also, ask the people to get their yoga mats/sheets and wear appropriate clothing for the session. Click pictures of the people performing the asana during the session. Also ask people about their experience of the session in a few lines. Prepare a chart covering the activities and experience of the session in three aspects of the session, that are,

- Pre-session - pasting pamphlet
- During the session - pasting the clicked pictures
- Post-session - writing the collected experiences of people

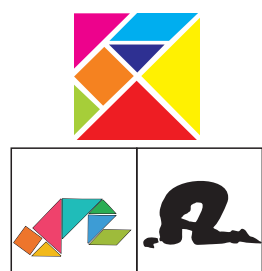
Yoga: A Healthy Way of Living	
Pre-session	During the session
Post-session	

Magnetic MATH

My Yoga T-shirt

Tangram is a Chinese geometrical puzzle consisting of a square cut into seven pieces which can be arranged to make various other shapes. Take old colourful cloth pieces and cut them into shapes as shown in the sample image to form a tangram. Use these cloth tangram pieces to form any one yoga asana and stitch or paste it on your old plain t-shirt. You may take help of your parents or elder siblings. Refer to the sample images.

Tangram



THEME  
2

Disaster Management



Disaster is a calamity that occurs due to natural or man-made causes. These lead to loss of life and destruction of property. So it is important to have disaster management strategies that follow a systematic approach to control and reduce the risks of these disasters.

Exciting ENGLISH

Awareness Programme on Flood Safety Tips

Imagine that you conducted an 'Awareness Programme on Flood Safety Tips' in your society. Your programme was being attended by a reporter who wants to publish a write-up about your awareness programme and the impact it had on the society. Prepare a write-up in not more than 300-400 words. Ensure that you include the following aspects.

- Reason behind conduction of the event
- Pre-planning in terms of venue, date, time and informing the audience about the event
- Progression of the event in terms of presentation, delivery of content through placards, audience interaction, etc.
- The Outcome: similar to your expectations or not
- Impact of the event on the audience

हर्षाती हिंदी

भूकंप जब आता है, विनाशलीला दिखलाता है

हाल ही में आए किसी भूकंप पर समाचार-पत्र या इंटरनेट में से जानकारी प्राप्त करें और उसके आधार पर एक केस स्टडी तैयार करें।

- भूकंप कौन-से देश में आया था?
- भूकंप का केंद्र कहाँ था?
- भूकंप की तीव्रता कितनी थी?
- भूकंप का प्रभाव कहाँ-कहाँ दिखाई दिया?
- भूकंप में जान और माल का कितना नुकसान हुआ? जानकारी एकत्रित करके विस्तार से लिखें।

Sparkling SCIENCE

Fire Safety Awareness

Make a chart on the topic 'Fighting with Fire' and include the below mentioned parameters.

- Essential conditions for the generation of fire
- Types of fire
- Types of fire extinguishers
- Steps to operate a fire extinguisher

If possible, visit a nearby fire brigade station. Talk to the firefighters over there about the safety measures to be taken in case of a fire.

**Sassy SOCIAL SCIENCE**

**Manual: Safety Drill**

Collect information about the natural disasters and make a safety drill manual for yourself. You may use various sources like books, newspapers, Internet, etc for the same. Ensure that you include the following parameters in the manual.

- Natural disasters and their effects on the mankind and environment
- Necessary actions that must be taken during the disasters and their importance

Also make a group of 4–5 people in your home/locality and show them your manual. Prepare and perform a drill on any one natural disaster like, earthquake, landslide, flood, etc. with them to make people aware of the precautionary measures to be taken during that particular disaster. You may refer to the youtube link by searching for the topic 'Safety Drill on an Earthquake' and learn how to perform a safety drill.

Ask your parents/siblings to take pictures while you and your group members are performing the drill. Collect the pictures and paste them into your manual to complete the same.

**Magnetic MATH**

**Tsunami 2004: The Wall of Water**

Tsunami is a long, high sea wave caused by an earthquake or other disturbance. Make a newsletter in 2 pages on tsunami which hit India in 2004. Give details about it in your newsletter such as:

Date of occurrence

Time and duration

Maximum speed

Epicentre

Magnitude

Affected areas

Peak height

Causes of death

Number of casualties on the basis of gender and age

Wherever possible use graphical representations of the collected data, pictures, etc. in your newsletter.

MATH PRACTICE

- Write the given numbers in Indian System of Numeration. Also, write their number names.
  - 5897621
  - 82145623
  - 43765130
  - 62100981
- Write the given numbers in International System of Numeration. Also, write their number names.
  - 4567378
  - 90782552
  - 76892589
  - 11467897
- Write the expanded form of the following numbers.
  - 3,56,897
  - 21,56,675
  - 1,67,21,340
  - 7,89,22,155
- Write the following expanded forms in standard form.
  - $4,00,000 + 50,000 + 8,000 + 700 + 20 + 5$
  - $5,00,000 + 30,000 + 1,000 + 200 + 8$
  - $8,00,000 + 70,000 + 500 + 7$
  - $9,00,000 + 60,000 + 4,000 + 800$
- Compare the given numbers using suitable symbol.
  - 2,00,12,456 \_\_\_\_\_ 10,013,456
  - 4,67,89,890 \_\_\_\_\_ 56,345,678
  - 7,89,43,200 \_\_\_\_\_ 54,897,311
  - 67,89,300 \_\_\_\_\_ 87,56,765
  - 0.04 \_\_\_\_\_ 2.409
  - 5.23 \_\_\_\_\_ 5.63
  - 3.18 \_\_\_\_\_ 3.180
  - 17.14 \_\_\_\_\_ 17.145
- Rewrite the given number names in the equivalent form of the other system of numeration.
  - Two hundred twenty-five thousand four hundred sixty-six
  - Thirty-six million two hundred eighty-five thousand two hundred thirty-two
  - Four crore twenty-one lakh ninety-eight thousand seven hundred twenty-five
  - Sixty-five lakh thirty-eight thousand two hundred fifty-two
- Form the greatest 7-digit number in International Place Value System using the digits: 6, 1, 8, 5, 0, 4, 7. Do not repeat the digits.
- Out of 52,83,289 toys manufactured by a factory 16,34,578 were sold. How many toys are left unsold?
- Find the difference between place value and face value of '1' in 67,13,786.

10. Round off the numbers to the suitable place value to estimate the answer.

- a)  $(85346 - 32678) - 6750$   
 b)  $1556 \div (210 + 278)$   
 c)  $\{18765 - (11560 + 1240)\} \times 15$

11. Find the sum of:

- a) the greatest 5-digit number and the smallest 6-digit number  
 b) the predecessor of the greatest 4-digit number and the successor of the smallest 5-digit number

12. Find the HCF and LCM of the following numbers.

- a) 35, 80, 124                      b) 246, 678, 870

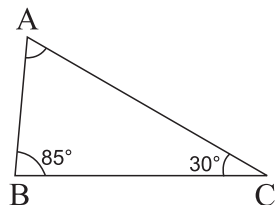
13. Multiply:

- a)  $14.325 \times 25$                       b)  $564.47 \times 3.5$

14. Divide:

- a)  $12.81 \div 3$                       b)  $40.15 \div 5.5$

15. Find the measure of  $\angle A$  of the given triangle.



16. Calculate the percentage for the given numbers.

- a) 50% of 100                      b) 12% of 250                      c) 80% of 480

17. If the clock shows 4:20 p.m. What time will it be after 2 hours 15 minutes?

18. Find the volume with a cuboid with length 12 cm, breadth 15 cm and height 10 cm.

19. Construct a parallelogram PQRS where  $PQ = 6$  cm,  $QR = 5$  cm and  $\angle P = 100^\circ$ .

**ENGLISH PRACTICE**

Reading is fun and informative! Read a book of your choice during the summer vacation. Also, read a newspaper daily, for 10 minutes and find 3 words that you haven't read before. Form your own 'Vocabulary Book' by writing the words with their meanings and frame sentences using the same words.