



DAV PUBLIC SCHOOL, EAST OF LONI ROAD – 110093
Preschool Summer Planner 2019-2020

Dear Parent

Summer vacations are just around the corner, we would like our children to have a nice time with family, friends, and relatives. To utilize this time in most constructive way we have planned holiday's homework based on the principle of 'learning by doing' for child's holistic development.

Kindly follow the given suggestions:

Play time: Play indoor and outdoor games with your child like ludo, carom, puzzles, and catch & throw the ball etc to instill discipline, generate sporting spirit, channelizing energies constructively.

Reading time: Narrate simple stories to your child; encourage them to do picture reading, recall characters & incidents of the story to enhance their vocabulary.

Rhyme Time: Recite a rhyme with voice modulation and actions (Minimum 5 rhymes).

Show and Tell: Choose any 1 object from your surroundings every day and let your child speak a few lines on it.

Imbibe social skills: Greeting with a smile, conversing freely, answering phone calls, speaking politely, sharing with the peers, use of magic words like Thank you, Sorry, Excuse me, etc.

Explore nature: Adopt a plant, water it daily. Nurture and watch it grow. Take your child for a walk or play to understand nature. Teach them to count trees, flowers, stones etc while going for a walk.

Converse with your child in English: Lets enhance their communication skills by using simple new words

- I am playing
- I am drinking
- I have finished my work / food etc

Restricted use of electronic gadgets: Restrict your television time to 1 hour a day & minimize the use of electronic gadgets i.e, mobile, i pad, tablets etc. and watch suggested channels Discovery kids, National geographic, Disney junior and suggested youtube series <http://youtu.be/UCL3JDRZp60> , <http://youtu.be/3s57HonYXDQ>

PROJECT – LET'S BE CREATIVE

Help your child to make a cutout & let them color neatly under your supervision

Activity 1 – Make a cut out of Aa-Zz (Roll no. 1 to 25)/ क - ह (Roll no. 26 to 50).



Activity 3 – Make Robot shape cutouts like....

Activity 4 – Make colourful owls by cut out ..



YOGA ACTIVITY

Practice simple yoga asanas at home with your parents.

❖ **International Yoga Day (21st June)**

❖ **Material required - Mats Instruction:**

- **BHUJANGASANA** Lie down on the yoga mat on the tummy, with hands near chest. Push upwards into a backbend. When back is arched, make a loud hissing noise like a snake.



- **MARJARYASANA:** Get down on hands and knees. Reach spine towards ceiling as high as possible, so that the back is arched like a cat. Make meowing noises.



- **BADDHA KONASANA** Sit on the ground and join the soles of the feet and spread the knees. Hold your feet with hands and move the legs up and down like a butterfly moves her wings.



- **BITILASANA** Get on hands and knees, and then push your tummy toward the floor, while chin and tailbone strive towards reaching the ceiling. Moo loudly like a cow.

Learning outcome : Children should be able to perform these few Asanas with ease

IMPORTANT MESSAGE

We hope you will enjoy these activities and come back to school with a new zeal and enthusiasm.

- *The school will re-open for all the classes on Monday, 1ST July 2019 as per summer timings of the school.*
- *Kindly label all the material given as mentioned in summer planner by 4th July 2019.*

