



SUMMER VACATION

**HOLIDAY'S
HOMEWORK
CLASS- 1**

HOLIDAY HOMEWORK – Class 1

Theme: Happy Mind, Happy Me

Duration: Summer Vacation | Time: 15 minutes/day only

Focus: Explore, Feel, Express – No Writing, No Worksheets, Only Experiences

Week 1: My Happy Feelings

- See & Talk: Every evening, tell your family “3 happy things” from your day.
- Count & Feel: Count how many times you smiled today using fingers. Ask family too.
- Make & Show: Practice 5 faces in the mirror – happy, sad, angry, surprised, sleepy. Show them to Mumma/Papa.
- Move & Help: Give 3 hugs to family members every day.
- Choice of the Day: Sit quietly for 1 minute and listen to sounds around you. Then tell what you heard.



Week 2: My Kind Heart

- See & Talk: Talk about one person who helped you today. How did it feel?
- Count & Feel: Count “Thank You” and “Sorry” you said today. Clap for each one.
- Make & Show: Create your own “Happy Dance” – 30 seconds of any movement that makes you smile.
- Move & Help: Help set the dining table or fold small clothes with an elder.
- Choice of the Day: Do one secret kind act – keep someone’s shoes in place, fill water bottle for grandparent.



Week 3: My Calm Mind

- See & Talk: Before sleeping, share with family: “What made me feel calm today?”
- Count & Feel: Count 5 deep breaths – smell the flower, blow the candle. Do with family.
- Make & Show: Build your “Calm Corner” using a pillow, soft toy, and book. Sit there when upset.
- Move & Help: Water one plant daily and say “Thank you” to it.
- Choice of the Day: Sing your favorite happy song and make family clap.



Week 4: My Family Time

- See & Talk: Ask Dada/Dadi/Mumma/Papa about their favorite childhood game.
- Count & Feel: Count how many times your family laughed together today.
- Make & Show: Act like your favorite animal and let family guess. No props needed.
- Move & Help: Help in the kitchen – wash fruits, mix salad, or pass items.
- Choice of the Day: Teach your family your “Happy Dance” from Week 2.



SHOW ME DAY – After Vacation

- On the first day back, each child will:
 - Speak 2–3 lines about their favorite holiday moment
- OR
- Demonstrate – happy dance / deep breathing / how they helped at home

Important: No files, charts, photos, videos, or materials to be brought. Only sharing from memory and heart.

Dear Parents:

- No buying, no screens, no stress.
- Just 15 min of connection daily.
- Focus on feelings, not performance.
- Every child will share differently – and that’s perfect.

Goal: Your child should return to school happier, more confident, and emotionally aware.

Want me to adapt this for a different class or add a printable tick-chart for parents who still want something visual.

YOGA DAY
“Breathe in peace, breathe out love”

Family yoga is a powerful way to bond, promote wellness and create joyful memories.

Gather your family and friends for yoga. Breathe deeply, bond fully, and make memories that last. Create a short video or share pictures of family yoga with your class teacher.



FATHER'S DAY

Activity:

Create a short 15–30 second reel/video with your father while spending quality time together. Show one fun activity you both enjoy – cooking, playing, gardening, cycling, or reading.

Steps to do it well:

- **Plan:** Choose a simple, happy moment – like making tea, flying kites, or watering plants.
- **Record:** Ask an adult to record a small reel. Keep it natural and joyful. Add a line: End the reel by saying, “I love spending time with my Dad because _____.”
- **Share:** Submit the reel to your class teacher or paste 2–3 screenshots on A3 sheet with a caption.



**Practice and Revise the following pages
of the Roots worksheet booklet.**

- English - Page no. 4,5,6
- Math - Page no. 26, 27, 28
- EVS - Page no. 53,55,56
- Hindi (Bansuri) - 27,30,31,34,35

Roots Textbook Semester-1

- G.K- Page No. 214,215,216,217
- Life Skills- Page No. 227,228,230,231
- Math- Page No. 93,94,95