

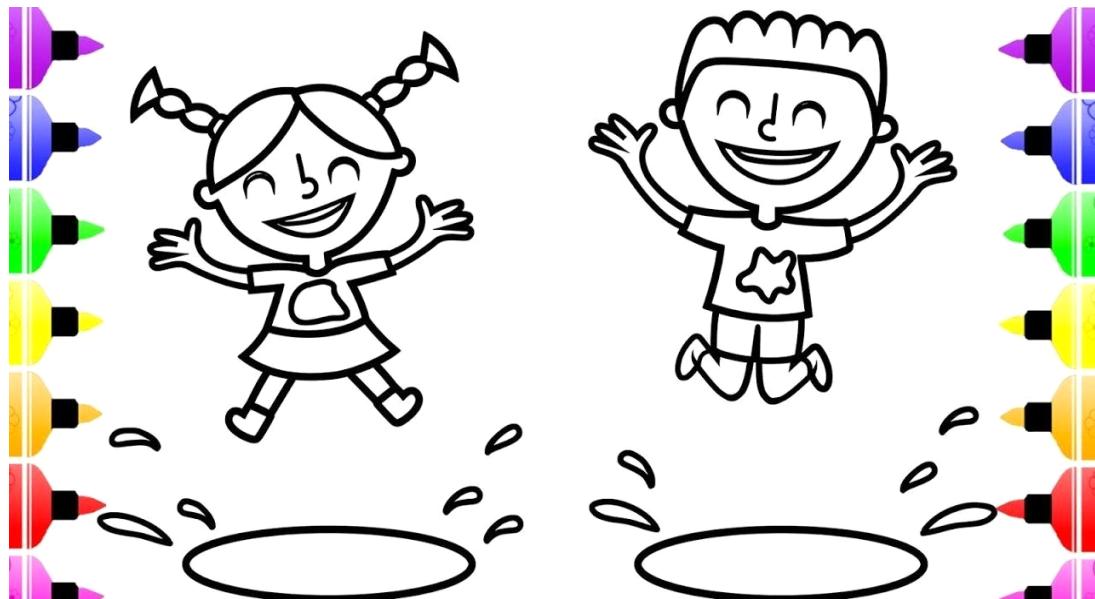


## **SWARNPRASTHA PUBLIC SCHOOL, SONEPAT**

**Class-IV/Holidays Homework/2021-22**

**Healthy You! Healthy Me!**

**Happy Holidays to all!**



Summertime is always the best of what might be. It brings with it ever-smiling sun, ice-creams, shakes and lots of fun. Summer Vacation is a time for fun and frolic and an opportunity to bring you some constructive activities to enhance your learning process.

The most awaited vacations are a little different again, due to Covid-19 disease. Thus, our responsibilities get double to keep ourselves safe.

Keeping in mind that learning is a joyful experience, the school this year has designed special tasks to be completed during the vacations and learn that time is precious and, moments such as these will fleet past quickly.

Go ahead, create wonderful memories. Do remember to complete the given tasks after reading them carefully. Ensure that your work is neat, presentable, innovative and conforms to the guidelines.

**Stay Safe! Stay Home!**

**Waiting to see your ward in Summer Camp!**

**HEADMISTRESS**

**PRINCIPAL**

**Here are some more suggestions that we feel will make your vacation more enjoyable:**

1. Revise the course done in all the subjects till now and complete your pending assignments if any.
2. Try to take up a summer activity at home only, spend some time doing yoga, exercise, meditation etc. for mental health and physical fitness.
3. Perform weekend cleanliness tasks.

We also seek the support of Parents to keep a supervisory eye and lend support and motivation to the children. Their guidance and encouragement can go a long way in bringing out the talent of the students.

### **ENGLISH**

**“Without grammar very little can be conveyed, without vocabulary nothing can be conveyed.”**

Search **10 words** from the **WORDSEARCH PUZZLE** and colour them with yellow or pink. Write them in the space given below. One example has been done for you-

X	O	S	P	E	C	I	A	L	Z	B
C	V	G	F	I	O	I	K	L	S	L
O	M	H	D	U	P	O	S	J	D	S
C	A	A	S	Y	A	P	M	N	H	T
O	Z	J	N	T	S	M	I	V	W	N
N	C	S	A	G	D	N	L	F	A	C
U	E	T	Z	L	O	V	E	D	T	Z
T	Y	R	X	R	F	C	A	R	E	S
Q	P	O	C	E	G	B	S	Z	R	D
W	O	N	G	W	H	V	Z	S	M	T
E	I	G	V	A	J	C	V	D	E	U
R	U	K	B	Q	K	X	R	J	L	J
T	Y	L	N	M	L	Z	T	H	O	J
M	E	D	I	T	A	T	I	O	N	P

**SPECIAL**

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1.

**"My Mumma is the best, said Roy  
Her care gives me joy.  
Honey, curd and cereals  
Make me fit as a fiddle."**

Poetry goes hand in hand with Creative Writing. Using your imagination, express your beautiful thoughts in the form of **Creative Writing**. Choose **any two topics** of your choice and write creative writing **(10-12) lines** along with a self-composed **short poem**.

- My mother – my pride!
- My favourite activity in lockdown!
- Yoga – makes me healthy and strong!
- Reading takes me to a different world!
- A New Covid Free World!
- If I become the king of the jungle!

2. "When we read, we exercise our comprehensive abilities. It boosts up our imagination and takes us to a different world."

Choose any one page from your **Main Course Book** and make a **video** showing different gestures and expressions while reading the content. (Duration of video should be **30 seconds to 1 minute**)

3. **Watch and enjoy the wonderful story of ' Shantivan'. Here is the movie link "Super Seven":**  
<https://youtu.be/gnynfRD8CtY>

After watching the movie, answer these questions in your own words:

- a) What is the theme behind the movie? Give your suggestions regarding this.
- b) Tell any two efforts which the kids made to save Shantivan?

**Note: You can do your work in a notebook or on A4 sheets as per your convenience.**

**HINDI**

1. स्वस्थ जीवन में संतुलित आहार पर ए-4 शीट पर एक वर्ग पहेली बनाएं जिनमें उनसे संबंधित आहारों के नाम हों। इसे हिंदी की कॉपी में चिपकाएं।

2. दी गई इन दो पंक्तियों को आगे बढ़ाते हुए एक सुंदर कविता बनाएँ व उसे ए-4 सीट पर सुंदर अक्षरों में लिखें -

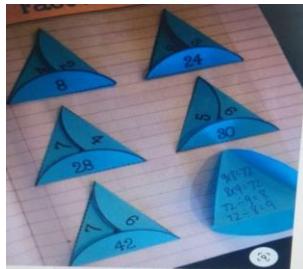
"करेंगे हर रोग को हम पस्त,  
योग करके तन मन हो मर्स्त।"

3. छुट्टियों के दिए गए गृहकार्य को करते हुए आपको कैसा लगा- यह अनुभव 10-12 वाक्यों में एक अनुच्छेद के रूप में हिंदी की कॉपी में लिखें।

## MATHS

Q1) Make Fact Family of multiplication and division with the help of the following numbers and paste it in your Maths notebook. An image is given on the right side as an example for you.

- a) 9, 5 and 45
- b) 4,8 and 32
- c) 7,3 and 21



Q2) Make any three fraction eggs of half, third and fourth and paste them in your Maths notebook. An image is given on the right side as an example for you.



Q3) Make the following special lines with the help of toothpick and colorful paper in your Maths notebook. You can use your own creative way to make these lines. An image is given on the right side as an example for you.

\* Line, Line segment, Ray, Horizontal line, Vertical line,

Slant line.



## SCIENCE

1. Staying hydrated is important for health. Therefore, it's often recommended that we should drink eight glasses of water per day. However, adding extra ingredients to water boosts its health benefits. We call it **Detox Water**. Detox means getting rid of toxins or unhealthy substances.

**Prepare any 7 detox water drinks with the help of your family members,**

- a) Write the ingredients used in preparing them.
- b) What is the meaning of detoxification? Write at least five health benefits of drinking detox water.

A you tube video link is given for your help.

(<https://youtu.be/scLcc726OZM>)

(Do this work in your Science Notebook).

2. Make a poster or collage describing about 10-15 steps/techniques which can be followed to maintain proper hygiene and sanitation. It can include diagrams/ pie charts or imaginative cartoon characters too.

3. Surya Namaskar is a set of 12 different asanas and has numerous health benefits.

You have to do 5 Surya namaskar every day (for continuous 10 days at least) religiously in the morning and make video of yourself doing it. After 10 days compile all these short videos in one single video and share with us on Google Class room.

## SOCIAL SCIENCE

**1) Plants are our friends as they look like the people who live with us.**



Make a small video of your friends and state in brief how do you take care of them. Prepare a natural compost using dry leaves and kitchen waste to help your friends grow fast. Post your video at Google Classroom.

**2) Diversity refers to the condition of having or being composed of different elements. India is famous for its diversity in culture and landforms.**

Elaborate the above statement in 100 -120 words in your Social Science notebook.

**3) Don't forget the 3 R....Reduce, Reuse and Recycle.**

Make a globe using any material available at home

such as a ball, piece of cloth, balloon, paper etc.

Click pictures and post them at Google Classroom.



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