

AHLCON INTERNATIONAL SCHOOL
MAYUR VIHAR PHASE-1, DELHI-110091
PREPARATORY STAGE

HOLIDAY HOMEWORK

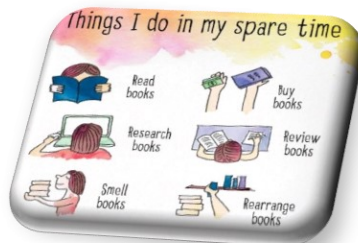


“Summer vacation is the best time for families to slow down, reconnect, and spend meaningful ‘US’ time together.”

Dear Parents,

Summer vacation offers a refreshing break for children—a chance to relax, explore, and rejuvenate. More than just a pause from schoolwork, it's a precious time to nurture bonds, foster creativity, and plant the seeds of values and memories that last a lifetime. Children may not remember every toy they receive, but they will always carry the warmth of stories told, meals shared, and moments spent with their loved ones. Let's use this opportunity to guide, support, and connect with them in ways that matter most.

**Read Books &
Newspaper.**



**Do Exercise /
Yoga daily.**



**Spend quality
time with family.**



Plant more trees.



**Keep your
environment clean.**

Holiday Homework Guidelines (For Students):

1. All work must be handwritten clearly and neatly. Typed or printed work will not be accepted.
2. Assignments should be completed independently by the student. Parental support is encouraged, but the effort should reflect the child's own capabilities.
3. Ensure that all work is completed within the given timeframe.
4. Holiday homework will be assessed and carry weight in evaluations across all subjects.
5. Students may use the internet for research—but only under parental supervision.
6. Encourage daily reading. Cultivating a reading habit is key to lifelong learning.
7. Get creative! Help your child design beautiful borders using pastel chart paper. Cut the paper horizontally into 7 cm strips and make 12–15 decorative borders for bulletin board displays.

Important note:

Summer Vacation: The summer vacation begins from Saturday, 10th May 2025 to Monday, 30th June 2025. The school shall resume w.e.f. Tuesday, 1st July 2025.

Holidays Homework for Classes 3 to 5 will be uploaded on our blog -
<https://www.ahlconinternational.com/blog/category/preparatory/>

Wishing you all a joyful, relaxing, and enriching summer break.
Enjoy Enrich Empower!

With Warm Regards

Madhuri
Madhuri Dadhich
Headmistress
Preparatory Stage

Sanjay Yadav
Sanjay Yadav
Principal

LIFE SKILL AND VALUE EDUCATION ACTIVITIES (Classes 3 to 5)



Vacations not only give you a chance to relax and bond with your kids, but they also provide an opportunity for your children to learn valuable life skills and lessons that will serve them well for years to come.

Here are few suggested activities which may already be in practice with many, however we could use this time to re-emphasize the values and skills of greater significance in life.

Home and Personal Management

Smart
Ahlconites

Tidy-Up Time	Assign one area of the house for them to clean or organize each week (e.g., bookshelf, drawer)
Folding Laundry	Encourage sorting clothes, folding, and placing them in the correct places.
Time Management	An excellent way to help them learn and manage time is to give them time-specific tasks like keeping a log of their time spent on playing, studying or using gadgets.
Be Ready	Knowing the emergency numbers ensures that your child is equipped with the knowledge of who to contact whenever required.
Nurture Independence-	Ask them to make their bed. Also, you can teach them to make their own milk and breakfast or clear their cupboards.

Social and Emotional Skills

Empathetic
Ahlconites

Call a Relative/Family Friend	Encourage them to make polite conversation over a phone or video call.
Thank You Notes or Cards	Let them create handmade cards for helpers, friends, or grandparents.
Don't Panic	Teach your children how to reduce their pain or minimize the consequences of injury until help arrives. They should know simple first -aid.
Family Visits	Holiday time is a great time to visit a museum. This is an excellent way for kids to learn about different cultures and traditions.

Health and Fitness

Fitness Freak

Exercise and Meditation

Encourage them to do exercise and indulge in physical activities like cycling. They should spend time outside like parks etc with their friends.

Eat Healthy

Teach them importance of eating healthy to remain fit.

Thinking & Emotional Skills

Decision-Making Diary

Ask them to note one decision they made each day and why?

Mindfulness Colouring or Breathing

Introduce basic breathing exercises or mandala colouring for emotional calm.

Manage yourself

The ability to regulate one's emotions is another vital life skill and goes hand-in-hand with resilience. Teach them to deal with stress effectively.

Bright Ahlconites

Money & Time Management

Pocket Money Planning

Give a small budget and ask them to plan for a week (snacks, small items).

Make a Shopping List

Help them plan and assist in small shopping trips, spotting items and comparing prices.

Counting Money and taking Change

Counting money and learning how to give correct amounts of change, is a skill that everyone should be equipped with.

Time Managers

Caring Ahlconites

Civic & Environmental Awareness

Gardening

It is a great life skill to nurture from a young age. Gardening allows learners to become more responsible in caring for their plants. Gardening also exposes learners to a better understanding of the natural world and all of its elements.

Healthy Cooking

Basic Cooking/Baking

Encourage kids to be the chefs and prepare fireless dishes, shakes etc.

Table Manners

Teach table manners and how to set the table correctly.

Be the Healthy chefs

Make Refreshing and healthy drinks for your loved ones-

Ahlcon chefs

8 BEST HEALTHY MOCKTAILS



HEALTHY MOJITO

1 lime cut in wedges
20 fresh mint leaves
6 oz soda water
crushed ice



HEALTHY STRAWBERRY

1 cup sliced fresh strawberries
juice of half a lime
3-4 tablespoons honey
4 cups perrier water
ice cubes



GUT HEALTHY MIXED BERRY

$\frac{1}{2}$ cup mint leaves
2 oz lemon juice
2 oz lime juice
3 tablespoons raw honey
 $\frac{3}{4}$ cup blueberries
 $\frac{3}{4}$ cup strawberries
16 oz coconut water
16 oz club soda



GRAPEFRUIT PALOMA

2 oz grapefruit juice
1 oz fresh lime juice
 $\frac{1}{2}$ oz – 1 oz maple syrup
sparkling water
ice
sliced limes and grapefruit



WATERMELON MOCKTAIL

1 cup diced watermelon
1 oz lime juice
10 mint leaves
4 oz soda water or kombucha
apple cider vinegar



STRAWBERRY POMEGRANATE

3 cups strawberries
1 cup pomegranate arils
1 tablespoon lemon juice
2 tbsps agave syrup
ginger beer



ORANGE MOCKTAIL

3 oz orange juice
1 oz lemon juice
8 mint leaves
1 teaspoon apple cider vinegar
 $\frac{1}{2}$ cup ginger ale
1 oz simple syrup



BLUEBERRY LIME MOCKTAIL

1 cup fresh blueberries
 $\frac{1}{4}$ cup lime juice
 $\frac{1}{4}$ cup sugar
 $\frac{1}{4}$ cup packed mint leaves
 $\frac{1}{2}$ cup lime seltzer
2 lime slices
Ice

CLASS 3

Theme: Fit Kids, Smart Minds



Holidays are a great time to relax, have fun, and also take care of ourselves. This year, our holiday homework is based on the theme *Fit Kids, Smart Mind*, reminding us that good health and a sharp brain go hand in hand. A fit body helps us stay energetic, active, and ready to learn new things. When we eat healthy food, get enough sleep, and play outdoor games, our body becomes stronger. At the same time, reading books, solving puzzles, trying creative activities, and learning something new every day keeps our mind alert and smart.

This holiday, let's make a promise to balance fun with fitness, and games with learning. Let's enjoy this break by staying healthy, happy, and curious—because a fit kid is truly a smart kid!

“A healthy outside starts from the inside.” – Robert Urich

Name - _____

Class -III

Subject-English

Project Work

Theme- Fit Kids, Smart Minds

Title: “My Super Fit Brain!”

Story Time Activity

Competencies

Students develop oral language skills, comprehends meaning of stories, characters, storyline and key aspects, creates simple posters with appropriate information and purpose, writes stories based on imagination and experiences.



Objective:

To encourage creativity and help students understand how healthy habits positively affect brain function- like focus, memory, and problem-solving-by imagining their brain as a superhero.



Instructions for Students:

1. Get to Know Your Brain

Let's pretend your **brain is a superhero**—smart, fast, and strong! But just like superheroes need special powers to win battles, your brain needs **good food, sleep, exercise, and water** to be supercharged.

Think about:

- What does your brain eat to become super strong?
- How does exercise help your brain get energy?
- What makes your brain feel tired or lazy?

2. Brainstorm Your Story Elements

Use these story prompts to plan:



Hero:

Your brain (give it a fun name! e.g., *Captain Cortex, Smarty Spark, Brainy Zoom*)



Superpowers:

Memory laser, focus beam, fast-thinking boots, calming breath shield



Secret Weapons:

Healthy food (like blueberries, almonds, eggs), water, exercise moves, sleep



Villains:

Junk food giant, Lazy Sloth, The Sleep Stealer, TV Trap, Worry Worm



Setting:

Inside your brain's control room, at school, in Dreamland, or a fantasy land



Mission:

To save the day by solving a big problem! Maybe it's a forgotten test, a lost book, or a sleepy classroom!

3. Write Your Story (5–7 sentences minimum)

Here's a simple **story template** to help:

Title: My Super Fit Brain

Once upon a time, inside my head, lived a superhero named _____.
They were the smartest brain in the world, but only when I ate _____ and did _____ every day.

One day, the evil villain _____ tried to stop me from thinking clearly!

But my super brain used the power of _____ to fight back.

In the end, I learned that _____ helps my brain stay strong and smart.

Now, I always _____ to keep my superhero brain happy!

4. Illustrate Your Story

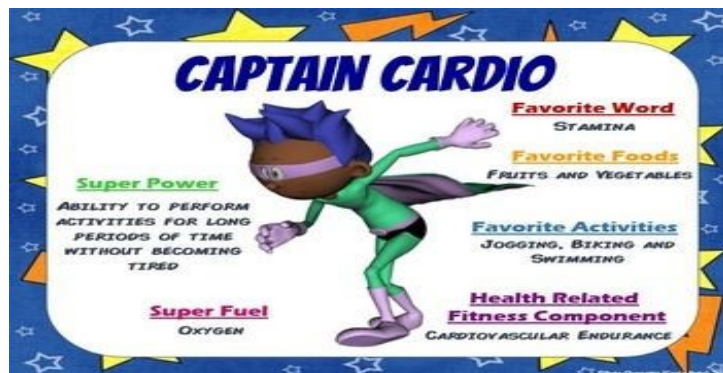
Draw a picture of:

- Your **brain superhero** in costume
- The **villain**
- The **battle scene** or **how your brain wins the day**



Materials Needed:

- Portfolio (use two pages)
- Pencils, erasers, crayons, sketch pens
- Lots of imagination!



Sample

Speaking Activity-When the school reopens share your story with your classmates use hand puppets or stick puppets to make your story impressive.
Be creative and write an interesting story with a moral.
Give your story a beautiful title.

Assessment Criteria

Criteria
1-Creativity and Imagination
2-Relevance to theme
3-Vocabulary usage
4-Research and Presentation
5-Speaking Activity

General Instructions:

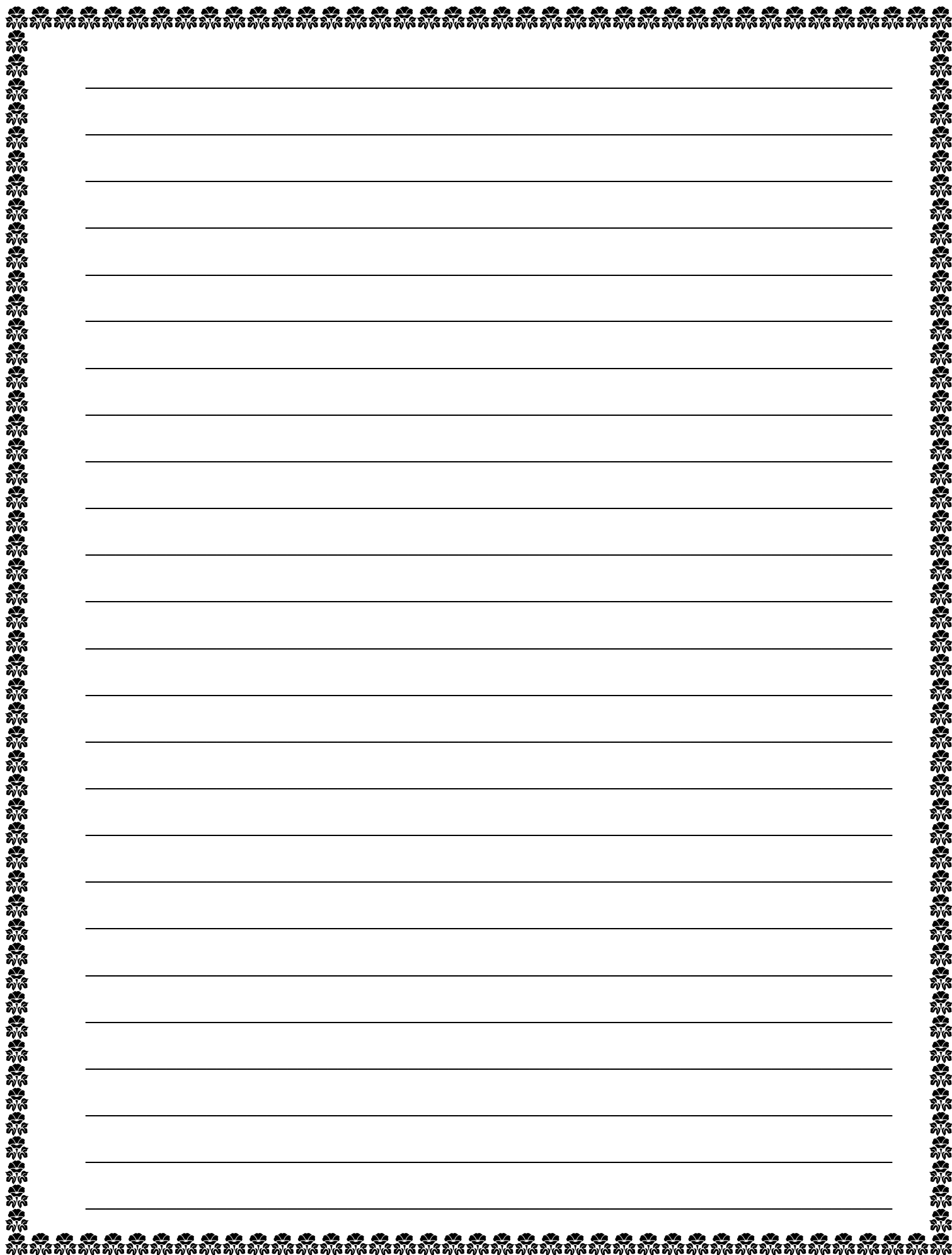
- Practice the work done in the English Literature and Language book as per the Periodic Test syllabus (PT-1).
- Be sure to write your name, roll number, class and section on the practice sheet and project work, and do the work in neat handwriting.
- Try to do the given work as much as possible by yourself, and take the help of parents only when needed.
- Make good use of time and read the following books:
 1. Panchatantra Series.
 2. The Valveteen Rabbit by Margery William.
 3. The Blue Umbrella by Ruskin bond
- Do the following pages on the Learning Resource: 3, 4
- Calligraphy: Write one page of calligraphy daily in a new notebook.
- Find a word and write it with its meaning and Part of Speech, in your Word of the Day notebook.

Subject-English

- **Think of a superhero who stays fit and keeps the mind sharp.**
- **Give your superhero a name (like *Captain Fit*, *Smartella*, *Brainy Bolt*, etc.)**
- **Decide what powers your superhero has (e.g., super speed, memory boost, healthy recipe powers, etc.).**

"It can solve big math problems in seconds!"

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.



Name - _____ Class -III Subject-English

VOCOMANIA



Q1. Match the word with their meanings –

1	fitness		a strong part of your body that helps you move
2-	brain		the food we eat to keep our body working well
3-	nutrition		paying close attention to something
4-	healthy		being in good shape, physically and mentally
5-	energy		the part of your body that helps you think and learn
6-	focus		what we get from food and rest to do work
7-	muscles		activities that help the body stay active and strong
8-	exercise		feeling good and not sick

Name - _____ Class -III Subject-English

Q2. Write one synonym each of the given words-

smart	
active	
strong	
fast	
calm	

Q3. Choose the correct word from the word bank to complete each sentence.

Word Bank: **brain, exercise, focus, energy, healthy**

1. To keep our bodies strong, we should do _____ every day.
2. Eating fruits and vegetables helps us stay _____.
3. The _____ controls our thoughts and actions.
4. Good sleep gives us enough _____ to play and learn.
5. When we _____ in class, we learn better.

Q4. Choose the correct option-

1. What happens when we exercise every day?
a) We feel sleepy all the time b) We get stronger and happier
c) We forget things quickly d) We become lazy
2. Which food is the best choice for a healthy brain?
a) Candy b) Chips
c) Fruits and nuts d) Ice cream
3. Why is drinking water important for kids?
a) It tastes sweet b) It helps us stay cool and think clearly
c) It makes us sleepy d) It's good for watching TV

"Start where you are. Use what you have. Do what you can." — Arthur Ashe

Subject-English

Unseen Passage

Fit Body, Bright Mind

Q. Read the given passage and answer the questions-

Aarav is a cheerful boy who studies in Class 3. He loves to jump, run, and ride his bicycle. Every day, he spends one hour outdoors playing with his friends. He also eats healthy food like bananas, carrots, and eggs. Aarav does not spend too much time on mobile games or TV.

His mother says that Aarav is always happy and full of ideas. He pays attention in class and finishes his homework on time. Aarav says, “When I play and eat well, my brain works faster!” Aarav dreams of becoming a scientist one day.

Q1. Tick (✓) the correct answer:

1. What does Aarav enjoy doing?

- a) watching TV all day
c) sleeping late
- b) playing outdoors

2. What kind of food does Aarav eat?

- a) chips and chocolate b) ice cream and cake
- c) bananas, carrots, and eggs

3. What does Aarav want to become?

- a) a singer b) a scientist c) a chef

Q2. Fill in the blanks:

1. Aarav rides his _____ every day.
2. Aarav spends one-hour _____ with his friends.
3. Aarav finishes his _____ on time.

Name - _____

Class -III

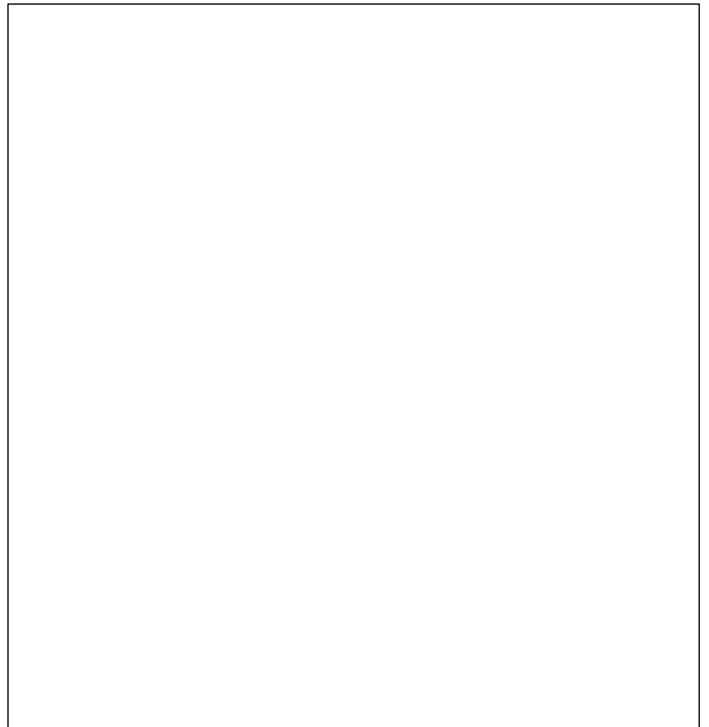
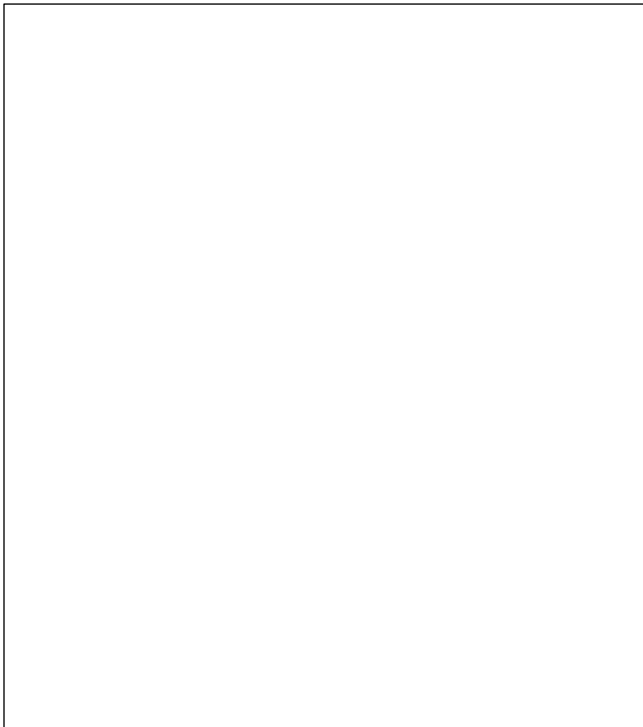
Subject-English

Q3. Answer the following-

a) What does Aarav say about playing and eating well?

b) How does Aarav behave in class?

Q4. Draw any two things which keep you healthy-



ग्रीष्मावकाश गृहकार्य

विषय: हिंदी

कक्षा- तीन

सामान्य निर्देश -

1. हिंदी साहित्य व भाषा की पुस्तिका पर करवाए गए कार्य का अभ्यास आवधिक परीक्षा पाठ्यक्रम (PT-1) के अनुसार कीजिए ।
2. अभ्यास पत्र व परियोजना कार्य पर अपना नाम, अनुक्रमांक, कक्षा व विभाग जरूर लिखिए व सुंदर लिखाई में कार्य करिए।
3. दिए गए कार्य को ज्यादा से ज्यादा स्वयं करने की कोशिश करिए व अभिभावक की मदद जरूरत पड़ने पर ही लीजिए ।
4. समय का सदुपयोग करते हुए निम्न पुस्तकों को पढ़िए –
 - पौराणिक कहानियाँ
 - भारत की लोक कथाएँ
 - अकबर - बीरबल
5. अधिगम संसाधन पर निम्न पृष्ठ – 4, 5, 9, 10, 57 करिए ।
6. सुलेख - एक नई कॉपी पर प्रतिदिन एक पृष्ठ सुलेख लिखिए तथा एक शब्द को ढूँढ़कर अर्थ सहित सबसे ऊपर लिखिए।

मूल विषय- 'स्वस्थ तन, तर्कशील मन'

'स्वस्थ तन, तर्कशील मन' केवल एक वाक्य नहीं, बल्कि सम्पूर्ण विकास का मंत्र है। जहाँ एक ओर शरीर की तंदुरुस्ती हमें सक्रिय और ऊर्जावान बनाती है, वहीं दूसरी ओर तर्कशील मन हमें सोचने, समझने और सही निर्णय लेने की क्षमता प्रदान करता है। इसलिए यह आवश्यक है कि हम न केवल स्वस्थ जीवनशैली को बढ़ावा दें, बल्कि सोच को भी तार्किक, रचनात्मक और विवेकपूर्ण बनाएँ। अतः ग्रीष्मावकाश गृहकार्य में लिखित परियोजना कार्य 'स्वस्थ तन, तर्कशील मन' से संबंधित सदनानुसार दिए जा रहे हैं।

परियोजना कार्य

अमूल विषय- 'स्वस्थ तन, तर्कशील मन'

दक्षता -

- अपने विचारों को संप्रेषित करने के लिए मौखिक भाषा कौशल विकसित करना।
- लेखन में उपयुक्त भाषा और संरचना का प्रयोग करना।
- समुचित जानकारी और प्रयोजन से चार्ट, पोस्टर आदि रचना।

उद्देश्य -

- मानसिक और शारीरिक स्वास्थ्य के बीच संबंध को समझना।
- भोजन से मिलने वाले पोषण को भावनाओं से जोड़ना।
- रचनात्मकता और सोचने की क्षमता का विकास।

निर्देश -

- I. नीचे दिए गए कार्य सदन अनुसार विभाजित हैं। अतः अपने सदन के अनुसार कार्य कीजिए।
- II. परियोजना कार्य पठनीय व सुन्दर लिखावट के साथ बनाइए।
- III. परियोजना कार्य की कक्षीय प्रस्तुति (मौखिक व लिखित) मूल्यांकन (Assesment-2) के रूप में ली जाएगी। जिसकी तिथि साप्ताहिक फ्लो में सूचित की जाएगी।
- IV. मूल्यांकन निम्न बिंदुओं के आधार पर होगा -
 - **लिखित-** उच्चारण में स्पष्टता, भाव-अभिव्यक्ति व आरोह- अवरोह
 - **मौखिक-** लेख में स्पष्टता, वर्तनी, विषयवस्तु

(I) अग्नि / नीर

गतिविधि – 'मेरे मन की पॉज़िटिव थाली' (Integration with Art, EVS, SEL & SDG)

ए-3 साइज की पेस्टल शीट लेकर, उसके चारों ओर सुंदर सा बार्डर बनाइए। इस शीट में सबसे ऊपर शीर्षक '**मेरे मन की पॉज़िटिव थाली**' लिखिए। शीट के बीचों-बीच एक थाली का चित्र बनाइए, जिसे 6-8 भागों में विभाजित कीजिए। इस थाली के हर भाग में अलग-अलग खाद्य पदार्थ जैसे – फल, सब्जियाँ, दूध, रोटी आदि का चित्र बनाइए, रंग भरिए। हर खाद्य सामग्री के साथ एक सकारात्मक भावना जोड़कर सुंदर लिखाई में लिखिए।

सामग्री - ए-3 पेस्टल शीट, रंगीन पेपर, रंग, फेविकोल, स्केच पेन आदि।



(II) पृथ्वी/ वायु

गतिविधि – '(Integration with Art, EVS, SEL & SDG)

ए-3 साइज की पेस्टल शीट लेकर, और उसके चारों ओर एक सुंदर सा बार्डर बनाएं। इस शीट में बीचों-बीच एक वृक्ष बनाइए और मध्य में एक गोला बनाकर शीर्षक '**मेरा एनर्जी ट्री**' लिखिए। इस वृक्ष के अलग-अलग भागों में निम्न के अनुसार चित्र चिपकाकर सकारात्मक भावना जोड़कर सुंदर लिखाई में लिखिए। जैसे-

जड़ें = अच्छी आदतें (समय पर सोना आदि।)

तना = स्वस्थ दिनचर्या (उठना, पढ़ाई आदि।)

शाखाएँ = व्यायाम, ध्यान आदि।

पत्ते = दिमागी ताकत (ध्यान केंद्रित करना आदि।)

फल/फूल = प्राप्त गुण (खुश रहना, शांति आदि।)

सामग्री - ए-3 पेस्टल शीट, रंगीन पेपर, रंग, फेविकोल, स्केच पेन आदि।



Worksheet-1

नाम: ----- कक्षा : 3 विभाग : ----- अनुक्रमांक : -----

उद्देश्य – अपठित गद्य के अर्थ को समझने हेतु विभिन्न युक्तियों का अनुप्रयोग करना।

पढ़ी विषयवस्तु में से मुख्य विचारों को समझना और निष्कर्ष निकालना।

प्र. निम्न गद्यांश पढ़कर प्रश्नों के उत्तर लिखिए –

अच्छी आदतें हमारे जीवन में बहुत ज़रूरी होती हैं। चाहे हम छोटे हों या बड़े, सभी को अच्छी आदतें अपनानी चाहिए। बच्चों के लिए यह और भी ज़रूरी है क्योंकि इससे वे अच्छे इंसान बनते हैं। जब हम दूसरों से प्यार से बात करते हैं, "नमस्ते" कहते हैं, मुस्कराते हैं और अच्छे शब्दों का प्रयोग करते हैं, तो यह हमारी अच्छी आदतों को दिखाता है। अगर हम समय पर काम करें, साफ-सफाई रखें और सच बोलें - तो लोग हमें पसंद करते हैं। मेहनत करना, समय का ध्यान रखना और अनुशासन में रहना भी अच्छी आदतें हैं। जिसके अंदर अच्छी आदतें होती हैं, लोग उसका सम्मान करते हैं। ऐसे लोग समाज में हमेशा याद किए जाते हैं। अच्छी आदतें हमें सफलता पाने में मदद करती हैं और हमारे जीवन को अच्छा बनाती हैं। अच्छी आदतें बनाने में समय लगता है, इसलिए बच्चों को छोटी उम्र से ही अच्छी आदतें सीखनी चाहिए।

(1) अच्छी आदतें बच्चों के लिए क्यों ज़रूरी होती हैं?

उ. -----

(2) अच्छी आदतें हमारे जीवन को कैसा बनाती हैं?

उ. -----

(3) क्या अच्छी आदतें एक दिन में बन जाती हैं?

उ. -----

(4) बच्चों को कब से अच्छी आदतें सीखनी चाहिए?

उ. -----

(5) अच्छी आदतें किसके लिए ज़रूरी होती हैं?

सिर्फ बच्चों के लिए ☐ सिर्फ बड़ों के लिए ☐ सभी के लिए ☐ किसी के लिए नहीं ☐

(6) अगर हम समय पर काम करें और साफ़-सफाई रखें, तो लोग हमें कैसा मानते हैं?

बुरा ☐ अच्छा ☐ अजनबी ☐ आलसी ☐

(7) नीचे में से कौन सी एक अच्छी आदत है?

झूठ बोलना ☐ समय पर काम करना ☐ लड़ाई करना ☐ गंदगी फैलाना ☐

(8) हम दूसरों से कैसे बात करनी चाहिए?

चिल्लाकर ☐ गुस्से से ☐ ध्यार से ☐ नजरअंदाज करके ☐

(9) अच्छी आदतें बनाने के लिए क्या ज़रूरी है?

आलस ☐ अनुशासन ☐ देर करना ☐ बहस करना ☐

(10) खाली स्थान भरिए -

- I. अच्छी आदतें हमारे ----- में बहुत ज़रूरी होती हैं।
- II. अच्छी आदतें हमें ----- पाने में मदद करती हैं।
- III. ऐसे लोग ----- में हमेशा याद किए जाते हैं।

Worksheet-2

नाम: ----- कक्षा : 3 विभाग : ----- अनुक्रमांक : -----

उद्देश्य - लेखन में उपयुक्त भाषा और संरचना का प्रयोग करना।

प्र१. निम्न वर्णों को जोड़कर शब्द बनाइए -

- i. ब् + आ + ल् + इ + क् + आ = -----
- ii. क् + ऋ + प + आ + ल् + उ = -----
- iii. म् + उ + र् + ग् + आ = -----
- iv. ड् + र् + आ + म् + आ = -----
- v. प् + इ + त् + आ + ज् + ई = -----

प्र२. निम्न शब्दों को वर्णों में तोड़िए-

- i. कृष्ण = -----
- ii. मिठाई = -----
- iii. सर्प = -----
- iv. खिलौना = -----
- v. सितार = -----

प्र३. सही शब्द का चयन कीजिए-

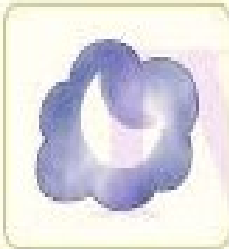
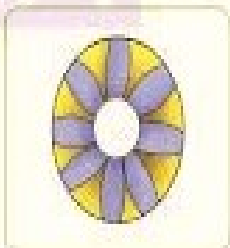
- | | | | |
|------|----------|-----------|-----------|
| i. | गह | ग्रह | गिरह |
| ii. | रष्ट्रीय | रिष्ट्रीय | राष्ट्रीय |
| iii. | चक् | चक्कर | चक्र |
| iv. | अथॉ | अर्थ | अर्थो |
| v. | धर्मिक | धरिमिक | धार्मिक |

प्र४. 'र' के रूप पहचानकर उसे सही स्थान पर लिखिए -

राजा	गर्मी	क्रम	रसमलाई
चंद्रमा	ट्रक	कार्य	उम्र
सूर्य	रस्सी	महाराष्ट्र	ट्रेन
प्रश्न	ड्रम	मार्ग	रमन

प्र५. चित्रों को देखकर नाम लिखिए -

			
सूर्य	बादल	पहाड़	ट्रक
	15		
सर्प	पंद्रह	ग्रह	चक्र

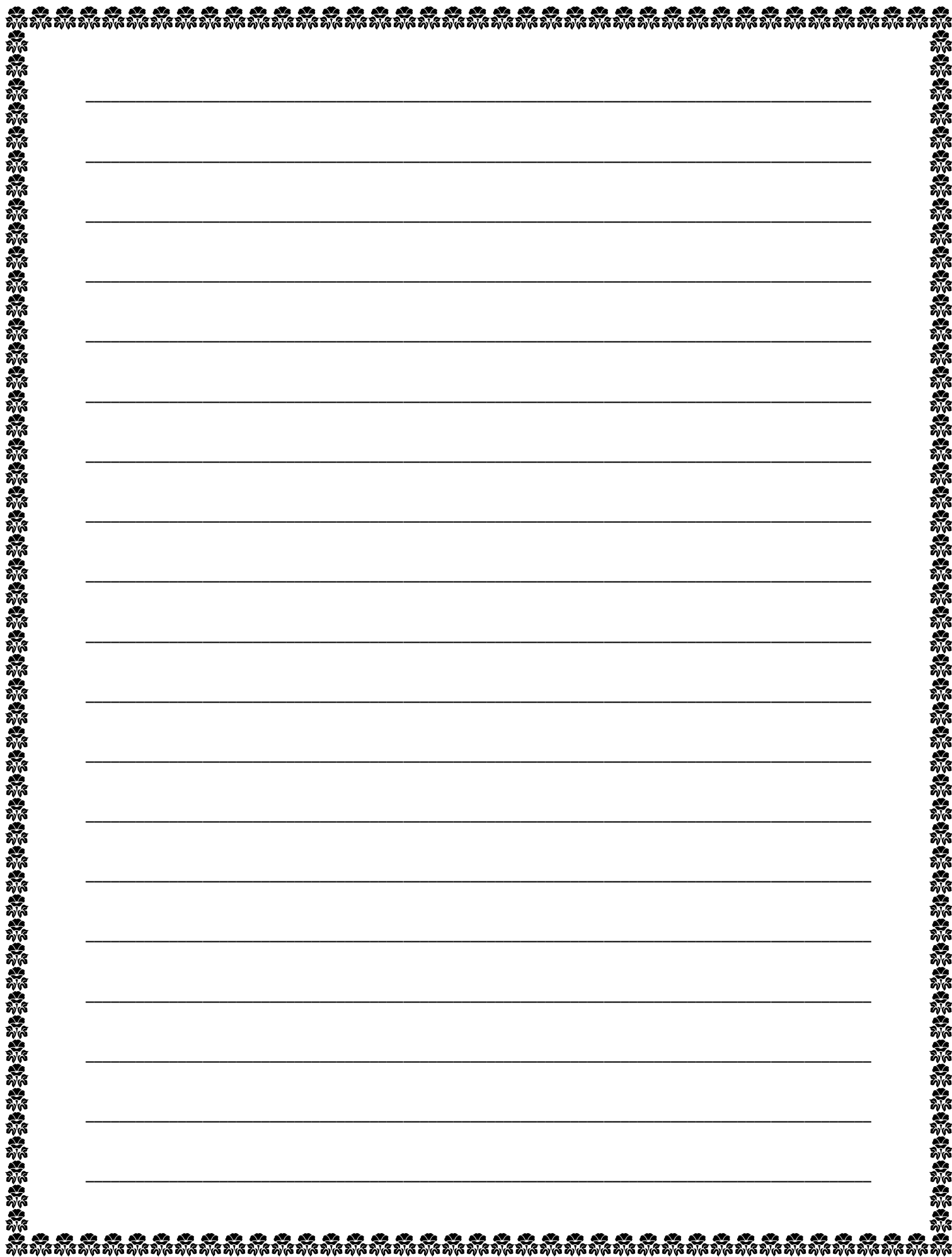
Worksheet-3

नाम: ----- कक्षा : 3 विभाग : ----- अनुक्रमांक : -----

उद्देश्य – लेखन में उपयुक्त भाषा और संरचना का प्रयोग करना ।

प्रश्न. दिए गए चित्र की सहायता से चित्र वर्णन करिए-





SUBJECT- MATHEMATICS

- ❖ Mathematics is the language in which the universe is written, allowing us to understand and describe the patterns and structures that govern it.
- ❖ Mathematical concepts are essential for comprehending various scientific disciplines.

Get ready to embark on this journey by following the given instructions:

- Make a creative page divider in your Maths homework notebook.
- Write and learn the Tables of 2,3,4,5 and 10(5pages)
- Solve 2 questions each of four Basic operations(5pages)
- Remember to do corrections of questions that you get incorrect!
- Write date on each page.
- Do Learning Resource Book Pages – 1 to 3, 11, 13, 14, 15, 17

Be ready to get a '*pat*' on the back and an appreciation note in the Note book from your parents for your dedicated practice.

Assessment Criteria:

- **Concept understanding**
- **Presentation and Creativity**
- **Source Used**
- **Accuracy**

WORKSHEET-1



NAME- _____ CLASS-III SEC- _____ ROLL NO. - _____

Topic- Number Names (What's in a Name?)

Learning Objectives-

- To help students to identify numbers visually and verbally.
- To make them use number names in counting and simple calculations.



Time to sharpen your pencil and get away from the computer screen. Now help Manu to find the answers of the following questions and colour them in the word puzzle box.

1. The number of minutes in half an hour
2. You count these when you jog or run
3. $50 - 4 = ?$
4. You have 120 apples, eat 30. How many left?
5. $25 \times 4 = ?$
6. You do 10 sets of 5 jumping jacks, then Total?
7. A healthy number of hours for kids to sleep: (one-digit number, 5 letters)
8. The shape of a plate (6 letters)
9. Number of days in a week (5 letters)

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



WORKSHEET – 2

NAME: _____ CLASS: III SEC: _____ ROLL NO.: _____

TOPIC- Basic Operations (Addition)

Learning Objectives

- To help students to reinforce the concept of addition.
- To make the students understand coding and decoding.
- To enhance their logical skills.

Q1. Given below are the names of some sports. Decode the letters as A=1, B=2, C= 3, D= 4 and so on. Look at the example and complete the table.

Q2. Fill in the boxes for each crossword puzzle to make the addition equations true.

Sport	Values	Sum
FOOTBALL	6+15+15+20+2+1+12+12	83
T _ B _ _ _ E _ _ I _		
_ _ _ C _ _ T		
_ O _ _ E Y		
_ A _ _ _ N _ _ N		
G _ L _		
B _ _ _ I _ R _ _		

26	+		=	51
			+	
	+	32	=	
			=	
23	+	98	=	

	+	72	=	
+				
66	+	47	=	
=				

WORKSHEET-3

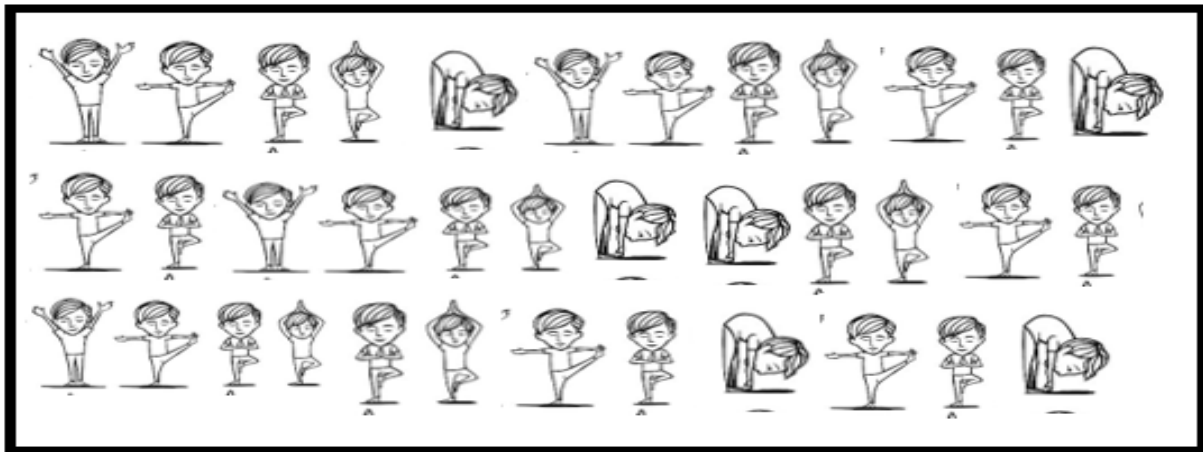
Name- _____ Class- 3- SEC- _____ ROLL NO.- _____

Topic- Tally Marks (What's in a Name?)

Learning Objectives: -

- To help the students to understand the way to mark or record counting.
- To understand sorting, classifying and ordering objects by size, number and other properties.

Yoga is the best gift to health given by Indians. The entire world is benefitting from it. Maths also plays a vital role in Yog asanas. Now count the number of each yogaasan and draw tally for each one. Tick them off as you count them.



Yoga Postures	Tally Marks	Number
		
		
		
		
		

PROJECT WORK

THEME: Fit Kids, Smart Minds

HOUSE - AGNI AND NEER



ACTIVITY- 1: “Bite into Better- My Healthy Munch Magic”

Learning Objectives:

- Create healthy snacks using fruits and veggies. Cut into basic geometric shapes (plane & solid shapes) with the help of safe, kid-friendly stationery items.
- To appreciate the power and beauty of Mathematics for its application in science and arts.

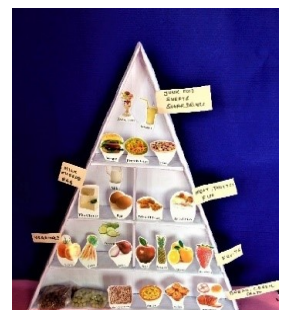
Innovating with Geometrical shapes is so much fun. It not only involves playing with our imagination but also recreating things in a meaningful way. Try your hands at recreating some 3D healthy snack that keep us fit and present it using Geometrical shapes. You can use stationery items like cardboard, pastel sheets, origami sheets etc. It's time to explore your artistic sides.

- Material Required:

- 1) Colourful papers
- 2) Cardboards
- 3) Paints, Brushes
- 4) Toothpicks or cocktail sticks (for assembling)
- 5) Plate or tray for display

Instructions:

- Plan Your Healthy Snack Design.
- Prepare the food item using stationery items.
- Use 2-D and 3-D shapes to create food items on your platter.
- Label these shapes. You can write the name of each shape on a sticky note and place it near the snack.
- Present healthy snacks on a decorated plate.
- Refer to the images shared below. These are for reference only.



ACTIVITY 2: “Coaster Canvas”

THEME: *Fit Kids, Smart Minds*

HOUSE: *Prithvi and Vayu*



Learning Objectives:

- ❖ To achieve holistic learning including aesthetic education as an integral part of it.
- ❖ To enable students, engage in the creative process learning with fun.
- ❖ To recapitulate concept of plane shapes
- ❖ To make students informed and reflective about importance of table manners.

Material Required:

- 1) Cardboard for Coaster
- 2) 4 cut-outs of pastel sheet of 10 cm x 10 cm
- 3) Cut-outs of geometrical shapes
- 4) Glue
- 5) Decoration material etc.

Instructions:

- Take a pastel sheet and cut it according to the size for a coaster (10cm x 10cm)
- 4 coasters need to be made.
- Draw a beautiful border using mathematical planes shapes. (refer to the picture attached)
- Try to use as many mathematical concepts as you can.
- Make unique creative patterns to design the coaster.
- Use your imagination to make it attractive and beautiful.
- Laminate the coasters once it is completed.
- Attached pictures are for reference only.

FRONT



BACK



EVS WORKSHEET 1

NAME: _____ CLASS: III SEC: _____ ROLL NO.: _____

THEME – Fit Kids, Smart Mind

Note – For all the students

LEARNING OUTCOME: To make them understand how daily routines like sleep, study, and play contribute to a smart and healthy lifestyle.

Q1. Answer the following questions.

a) Name one fruit that is good for your brain.

☞ _____

b) What do we call the activity that keeps our body moving?

☞ _____

c) How many hours should a child sleep every night?

☞ _____

d) What helps you stay fresh and alert—junk food or a healthy breakfast?

☞ _____

e) True or False: Watching too much TV is good for your brain.

☞ _____

Q2. Match the healthy habits with their benefits-

Column A		Column B
i) Eating fruits		a) Builds strong muscles
ii) Sleeping on time		b) Helps you grow and rest well
iii) Drinking water		c) Keeps your body clean inside
iv) Playing outside		d) Gives vitamins and energy
v) Doing exercise		e) Keeps you active and strong

Q3. Unscramble the following words to discover healthy foods.

- a) EPICENH = _____
- b) DNUATS = _____
- c) OMPJEX = _____
- d) LBAEESY = _____
- e) LETSMIL = _____

Q4. Draw and Write – “I Am a Fit Kid!”

Instructions: (to be done on A-4 size sheet)

- Draw a picture of yourself doing something healthy (e.g., running, eating fruits, playing).
- Write 2–3 lines below your drawing:
I am a fit kid because I _____ and I _____.

WORKSHEET 2

NAME: _____ CLASS: III SEC: _____ ROLL NO.: _____

THEME – Fit Kids, Smart Mind

Note – For all the students

LEARNING OUTCOME: To help them identify healthy habits that promote physical fitness and mental well-being.

Q1. Choose the correct option and circle it.

1. What helps our body stay strong and healthy?

- a) Watching TV
- b) Playing video games
- c) Exercising and playing outside
- d) Sleeping all day

2. Which of these is a healthy snack?

- a) Chips
- b) Cookies
- c) Almonds
- d) Candy

3. What time should children usually go to bed for a healthy sleep?

- a) 9:00 p.m.
- b) 12:00 a.m.
- c) 2:00 a.m.
- d) 3:00 p.m.

4. Which food is good for your brain?

- a) Ice cream
- b) Fried chips
- c) Spinach
- d) Soda

5. What should you do before eating?

- a) Play
- b) Sleep
- c) Wash your hands
- d) Jump

6. Which habit is smart and healthy?

- a) Eating junk food daily
- b) Sleeping late every night
- c) Drinking plenty of water
- d) Skipping breakfast

7. Why is it important to play outside?

- a) It helps us feel lazy
- b) It helps us stay active and happy
- c) It makes us sleepy
- d) It helps us avoid homework

8. Which of the following helps us become ‘Smart Minds’?

- a) Studying and reading books
- b) Sleeping in class
- c) Fighting with friends
- d) Eating too many sweets

9. How often should you brush your teeth?

- a) Once a week
- b) Twice a day
- c) Only at night
- d) Only when you eat sweets

10. What helps our brain work better in the morning?

- a) Skipping breakfast
- b) Eating healthy breakfast
- c) Drinking soda
- d) Watching cartoons

WORKSHEET 3

NAME: _____ CLASS: III SEC: _____ ROLL NO.: _____

THEME – Fit Kids, Smart Mind **Note – For all the students**

LEARNING OUTCOME: To help them identify healthy habits that promote physical fitness and mental well-being.

Q1. Fill in the blanks -

1. A _____ mind helps us think clearly and make good decisions.
2. Eating healthy food helps our body stay _____ and strong.
3. _____ is important for a healthy body because it helps to keep our muscles strong.
4. Drinking enough _____ helps to keep our body hydrated.
5. Good sleep is important for _____ and feeling energetic.

Q2. Write True or False -

1. Regular exercise makes our body weak. _____
2. Eating junk food every day is good for your health. _____
3. A sound mind means you are happy and peaceful. _____
4. Washing hands before eating is important to stay healthy. _____
5. Sleeping for 5 hours is enough for a healthy body. _____

Q3. Match the Columns-

Column A		Column B
1. Fruits and vegetables		A. Helps our muscles and bones stay strong.
2. Exercise		B. Keeps us hydrated and helps our body work properly.
3. Drinking water		C. Keeps our body and mind strong.
4. Sleeping well		D. Helps us stay energized throughout the day.
5. Healthy food		E. Gives us vitamins and minerals to stay healthy.

Q4. Write 2 sentences on what a "Sound Mind" means to you.

PROJECT

NAME: _____ CLASS: III SEC: ____ ROLL NO.: _____

THEME – Fit Kids, Smart Minds

***Competencies:** Sensitivity towards natural and social environment, Observation and Recording, Reporting and Communicating, Developing Habits of Self-care, Creative Expression, Reflective Thinking and Self-awareness.*

Objective:

To help children become more aware of their daily physical activity, recognize how it affects their mood and energy, and encourage regular movement for a healthy body and sharp mind.

Material Needed:

- A small notebook or handmade booklet (can be A4 size sheets stapled together)
- Crayons, pencils, markers
- Old magazines/newspapers for pictures/ Your own photographs

Instructions:

1. Create Your Diary Cover:

- Title: “My Fitness Diary”
- Write your name, class, and roll number.
- Decorate with drawings or stickers of healthy habits, sports, fruits, etc.

2. Daily Fitness Entry (for 14 days): For each day, fill in the following (you may use a table format):

Date	Physical Activity	Time Spent	How I Felt (Happy, Energetic, Sleepy, etc.)	A Small Drawing or Emoji
------	-------------------	------------	---	--------------------------

3. Example:

Date: 15th May

Activity: Skipping

Time: 20 minutes

Feeling: Energetic

Drawing: Skipping rope + smiling face

4. Weekend Reflection Page:

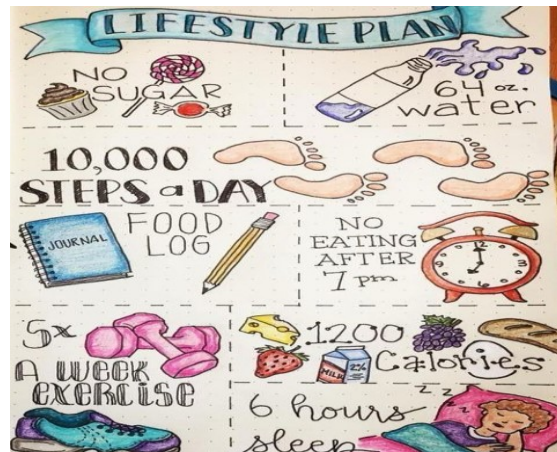
- Write 4-5 lines at the end of each week:
 - What was your favourite activity?
 - Did you feel more active or focused during the week?
 - What do you want to try next week?

5. Final Page – What I Learned:

- Write 5–6 lines on how being active helped you.
- Paste a picture of yourself doing your favourite activities.

Assessment Criteria:

- Regularity of entries
- Fitness activities incorporated in daily routine
- Creativity (drawings, presentation)
- Reflections and learning



Subject – Art

Class 3 -Book Era of Art

Do Pg no 15, 18, 21 and 46 and any one decorative item by using best out of waste materials.