

**AHLCON INTERNATIONAL SCHOOL**  
**MAYUR VIHAR PH-1, DELHI-110091**  
**FOUNDATION STAGE- 1**



*Dear Parents,*

*Summer break is a welcome break. A break from fixed routines, rules and regulations of the school. We get freedom to do things and freedom brings more responsibility. We have planned our activities according to the NEP 2020 guidelines and the curricular goals - CG 2, 4, 5, 6, 7, 8, 9, 10, 11, 12 and 13. Please guide your children in exploring their creativity, completing their homework, which would further help them in channelizing their energy in a productive and positive manner. To maintain a positive environment, below are few suggestions and activities to make your child's long summer break productive and fruitful.*

**1) Establish Educational Structure -**

Make a timetable for structured activities as well as free time learning for better discipline and behaviour. Including physical exercise on each day can help children cope up with anxiety and effectively channelize their extra energy at home.

**2) Communication Skills Play a Pivotal Role-**

- Spend time together talking to your child and do listen patiently. Try conversing in English to help them be comfortable with the language and teach the correct pronunciation and usage.
- Encourage your child to share ideas, ask questions and help them in learning new vocabulary words when they are stuck or at times when they are saying sentences.

**3) Knowledge is Power-**

- Cultivate in your child daily reading habit. Do read bedtime stories or allow them free reading time.
- Read aloud to your child and pause occasionally to ask questions about the story.

**4) Honing Pre-Writing Skills**

Encourage on finishing the work in a set time period for enhancing the speed and accountability. Strokes / Patterns / Colouring i.e. neatness, correct formation, uniformity in proper slant and distancing of strokes/pattern.



**5) Make Them More Independent by teaching them activities like:**

- Folding their mats, aprons, and clothes.
- Learning to wear shoes and socks; Buttoning and unbuttoning the shirt.
- Removing the dishes after eating and washing them.
- Keeping back the toys, shoes, books, etc. properly in shelves or cabinets.
- Doing small chores like; laying out the table, dusting, cleaning windows, making their own bed, tidying the room, dressing up on their own.

**6) My Surroundings – My Responsibility**

- Encourage your child to raise a plant by planting seeds.
- Save water by closing the tap, Switching off lights/fans /TV after every use.
- Keep surroundings and environment clean by not littering. Do not throw anything out of the window, car or balcony. Always throw garbage in the dustbin.

**7) Spending Quality Time Together**

- Have all the meals with your child. Teach them the importance of food and make them realize how lucky they are as many children do not get even one-time meal. Therefore, they must not waste food.
- Play and teach them a new game which you enjoyed playing in your childhood.
- Find out how your child would like to spend time with you.

**8) Outings: Learning Beyond Book-**

- Plan educational as well as entertaining Indoor/Outdoor activities for your child. Take them to places of his/her interest e.g.– children's park, zoo, garden, monuments, museum, etc.
- Take them to visit their grandparents and let them strengthen the bond. Their love and emotional support is very important for your child. Let them learn the importance of relationships.

**9) Keeping It Positive-**

- Children are likely to follow their routine if we give them positive instructions and lots of praises/appreciation for what they do right. This will reassure them that you love and care.
- Let your kids have a diverse balanced time watching their favourite cartoon, reading books, drawing, colouring, painting, and helping you in household chores.
- At the end of each day, ask your child to take a minute to think about one positive or fun thing they did today. Don't forget to praise them for what they did well today by saying that you are a star!

Ahlcon strongly believes that the key for Sustainable Development is the management of environmental and human resources. We have always focused on the immediate challenges of Sustainable Development by providing the best educational practices to our students. We have been trying to expose children to interesting, innovative activities so that they become lifelong learners.



United Nations proposed 2030 agenda for Sustainable Development Goals which includes a set of 17 Goals. Like last year, this year again, we carry forward our endeavor to work and support these UNSDGs.

The activities are designed in such a way that children will be engaged in creative and fruitful pursuits during the summer break. We have also integrated National Curriculum Framework (NCF) into homework sheets, which is a pivotal step towards fostering a comprehensive educational environment. By incorporating the NCF principles and all the Curricular Goals into homework, we ensure that every learning opportunity whether in the classroom or at home, contributes to the holistic development of our students. These HW sheets not only reinforce academic learning but also promote critical thinking, creativity and values. **Kindly avoid using glitter in any form in the assignment sheets given to you as we have pledged 'NOT TO USE GLITTER' / GLITTER TAPE / SPARKLE / SPARKLE SHEETS. This resolution has been taken as a step towards saving environment.**

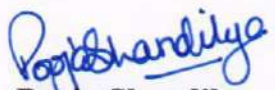
We wish you have a great summer vacation full of joy and sunshine. Don't forget to bring memories from the beautiful places you are visiting. We wish you and your ward a very rejuvenating vacation.


Please note the following general information:

**Summer Vacation:** The summer vacation begins from **Monday, 12<sup>th</sup> May 2025** to **Monday, 30<sup>th</sup> June 2025**. The school shall resume w.e.f. **Tuesday, 01.07.2025**.

**My Summer Activity Sheets:** We will be emailing the activity sheets which are specially planned and designed by the teachers. We are sure children will find it quite engaging and enjoyable. It will also be posted on our blog <https://www.ahlconinternational.com/blog/category/foundationstage/> for Classes- Nursery to II which you can download and get the work done.

Looking forward to your support. Stay Safe!! Stay Healthy!!

  
**Pooja Shandilya**  
Headmistress  
Foundation Stage

  
**Sanjay Yadav**  
Principal

# SUMMER VACATION ASSIGNMENT

Name- \_\_\_\_\_ Class - \_\_\_\_\_ Sec- \_\_\_\_\_ Roll No. \_\_\_\_\_





**Subject:** English

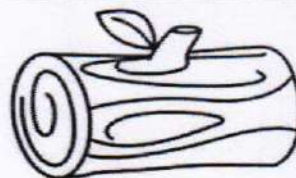
**Topic:** Letter 'L', 'l' recognition

**Aim-** To make children recognize the letter, its related sound and objects.

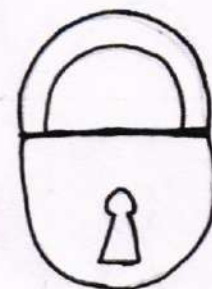
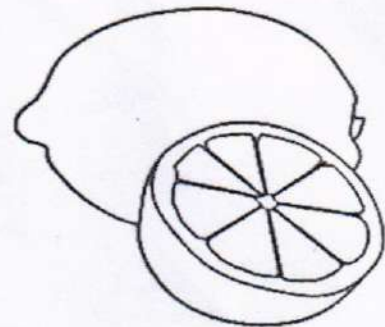
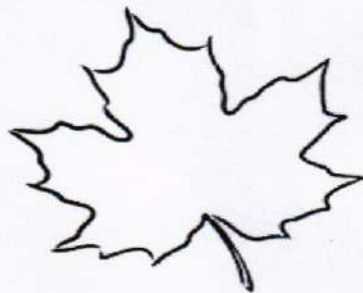
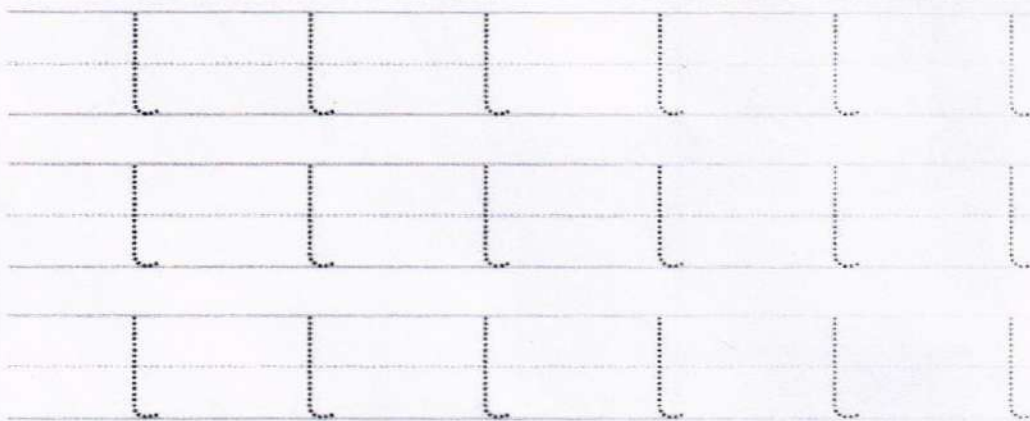
**CG Goal** – Children develop fluency in reading and writing in language -I (CG-10)

**Guidelines** – Children have already started tracing letters. We are starting with simple ones to cater to their needs. So, help your child to hold the crayon and let the child trace the letter 'L', 'l' and colour the pictures that begins with sound 'l'.

**L**



log



**Subject:** English

**Topic:** Recap of 'Blue' colour

**Aim-** To make them aware about 'Blue' colour and to develop healthy eating habits.

**CG Goal** – Children develop habits that keep them healthy and safe. (CG-1)

**Guidelines** – Encourage your child to colour the below given picture of Blueberry smoothie.

**Link** – <https://youtube.com/shorts/MGJ7zZ0QfMs?si=zdxg1Q5XmqsjHqAQ>

### Let's make blueberry smoothie



Blueberry  
The brain's  
best friend.



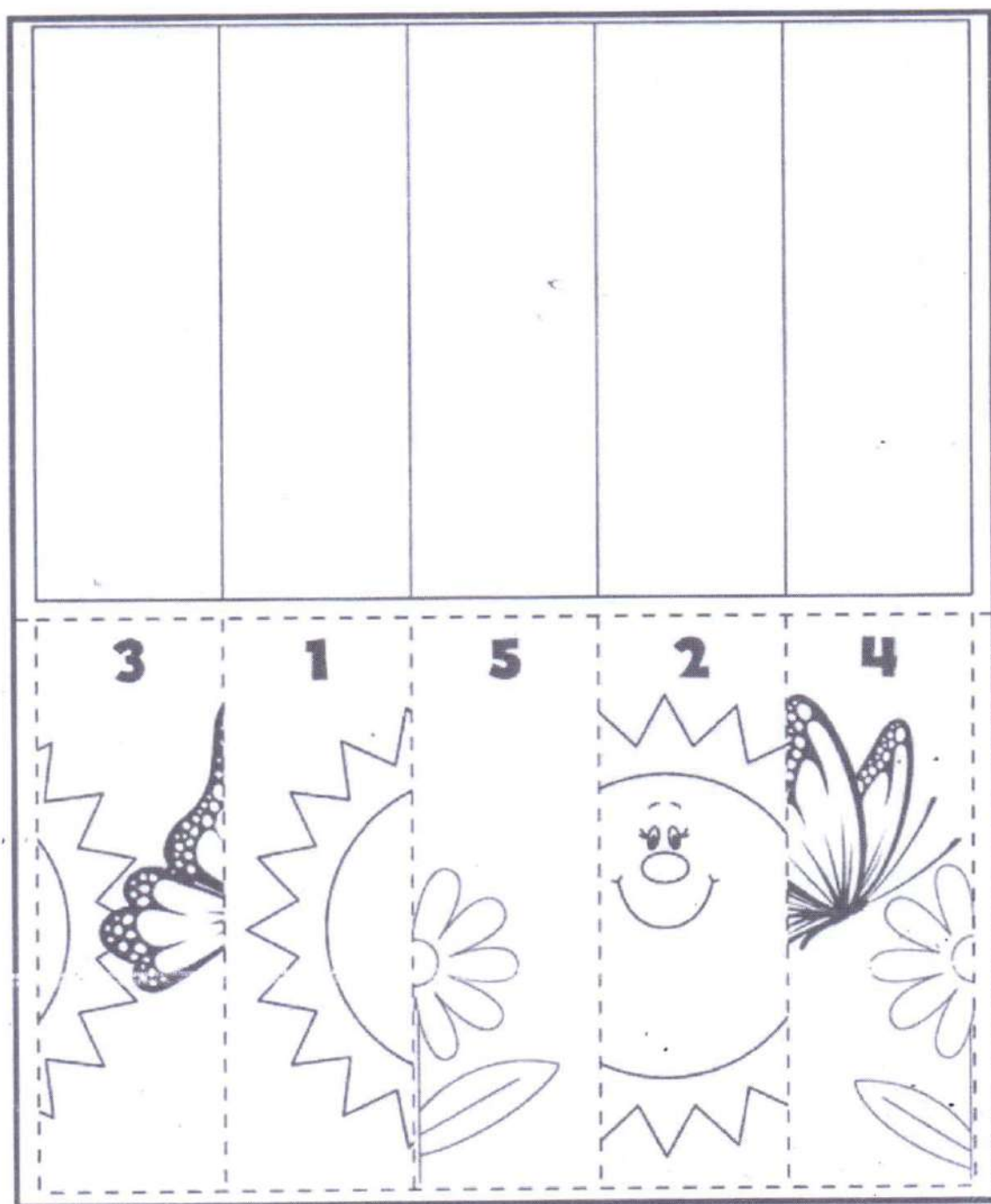
**Subject:** Maths

**Topic :** Jigsaw Puzzle

**Aim:** To enhance problem-solving skills and spatial awareness.

**CG Goal** – Children make sense of the world around through observation and logical thinking. (C.G. 7)

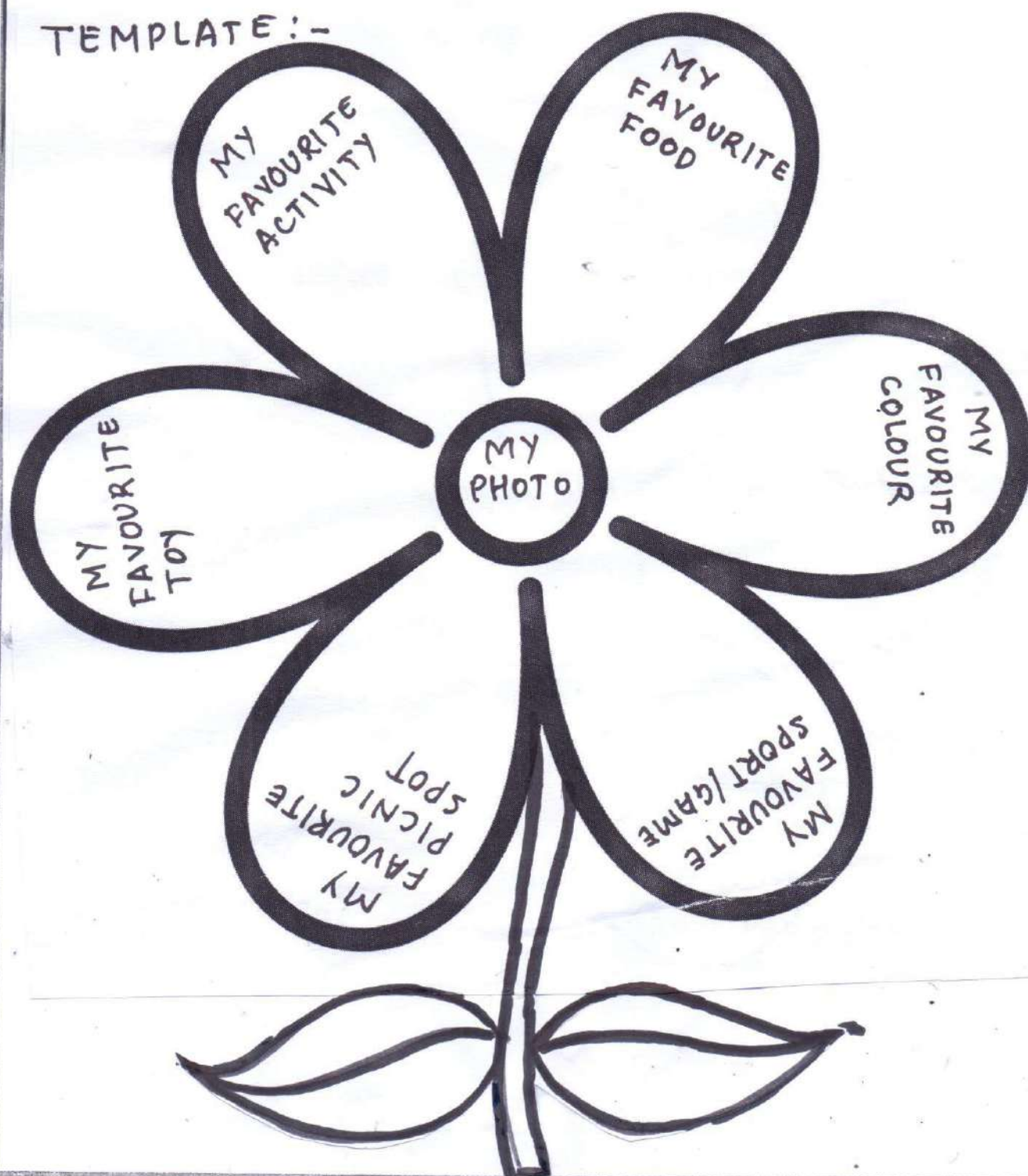
**Guidelines:** Help the child to arrange the puzzle pieces to recreate the image. Encourage your child to colour the picture, paste on a cardboard and cut it into pieces along the lines to create a puzzle.



**Guidelines** – Help your child to prepare a beautiful flower that displays favourite things!! For this follow the steps given below.

1. Make a cutout of a flower (large flower) as shown in the template given below.
2. Paste / draw pictures of their favourite things. Do not forget to paste their photograph in the centre.
3. Attach an ice-cream stick to make the stem and paste cutout of leaves to enhance it.
4. Now take a thermocol glass put some clay / crumpled paper and put the flower in it to display.

**TEMPLATE :-**





**Subject:** Life Skills

**Topic:** Environment Day (5<sup>th</sup> June)  
(SDG-13)

**Aim-** Encourage the children to take care of nature Save Earth, Save Environment.

**CG Goal** – Children develop positive regard for the natural environment around them. (CG -6)

**Guidelines** – Reduce, Reuse and Recycle will help the children to think and find the solution on how to save our environment. Help your child to make a Paper Bag by following the steps given below.

1. Prepare one sheet of used newspaper.
2. Fold one side of the paper and stick it to the other side.
3. Stick the two sides of paper together.
4. Glue the each sides and stick them together, so it becomes the base of the bag.
5. Fold again the top side for around 5 cm.

<https://youtu.be/uncLL1sc8xg?si=-YxTFK9LPrGyi7q>



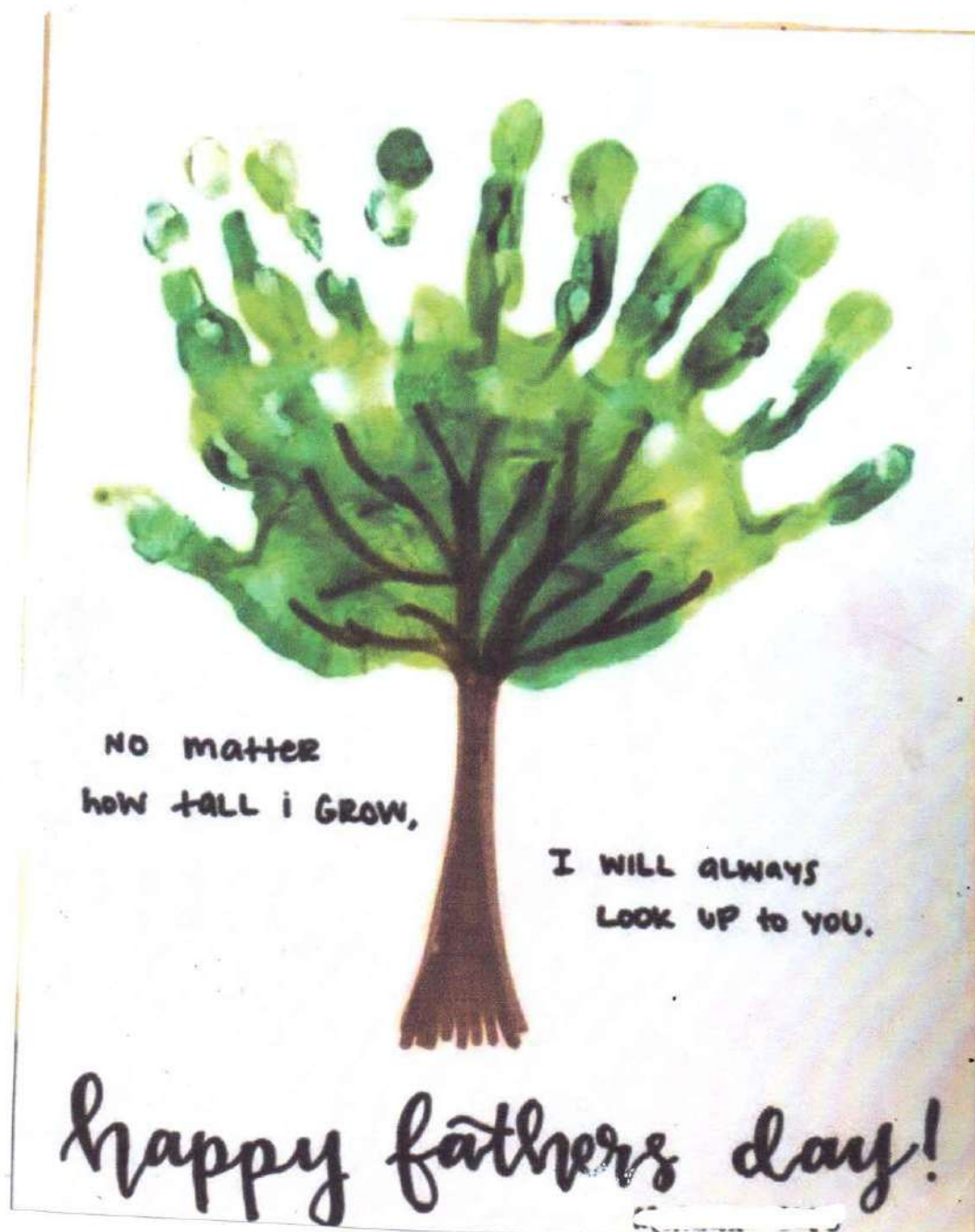
**Subject:** Life skills

**Topic:** Father's Day – 15<sup>th</sup> June

**Aim:** To enable children to be empathetic and express gratitude for everything they have.

**CG Goal –** Children develop emotional intelligence ability to understand and manage their own emotion and respond positively to social norms. (C.G-4)

**Guidelines:** Encourage your child to reflect on what they are thankful for each day. Children love creating cards for family and friends on special occasions. With Father's Day approaching on June 15<sup>th</sup>, it's the ideal time to express appreciation for fathers, grandfathers, or parents. Guide your child in crafting a heartfelt 'Thank You' card to show their gratitude and love.





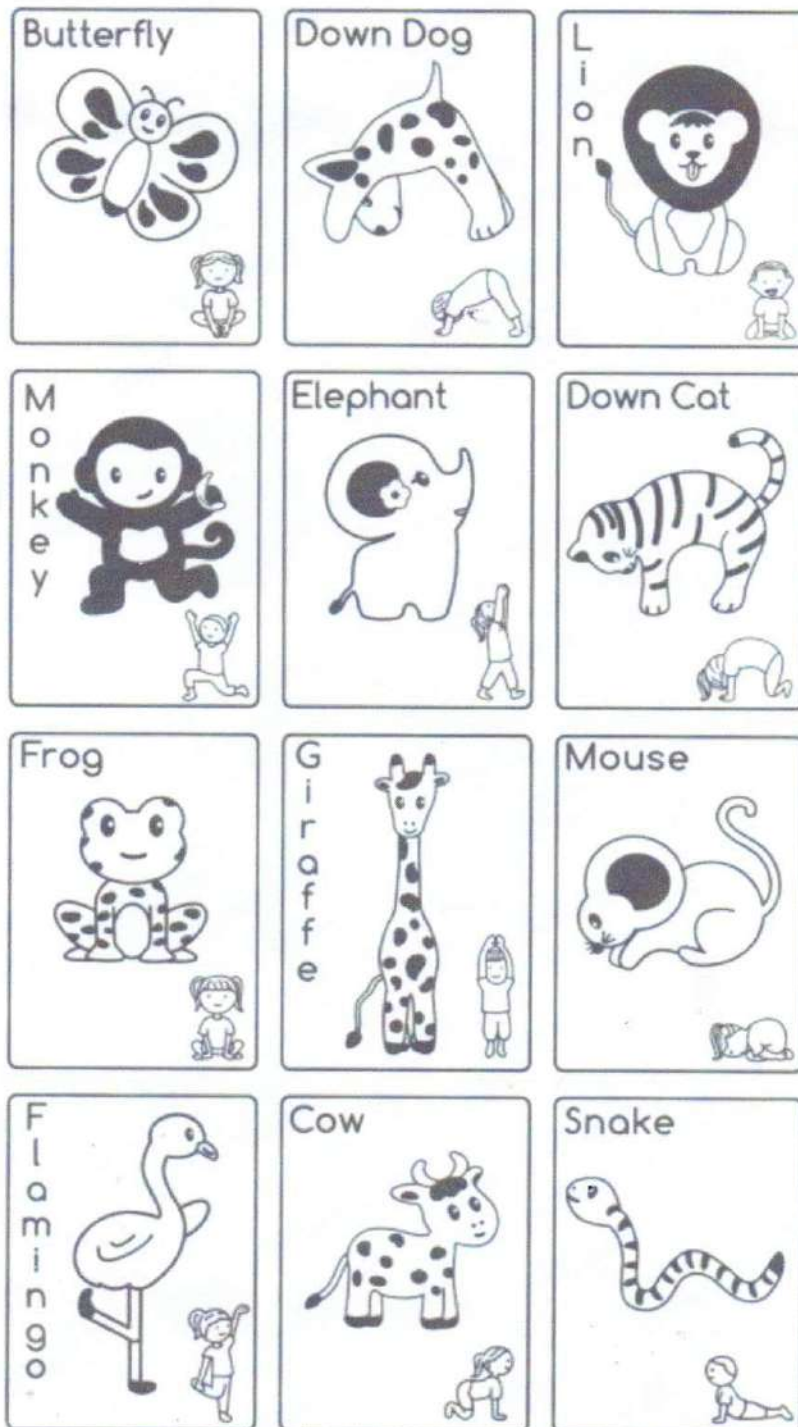
**Subject:** Life Skill

**Topic :** International Yoga Day – 21<sup>st</sup> June

**Aim:** To make them aware of the benefits of yoga.

**CG Goal** – Children develop emotional intelligence ability to understand and manage their own emotions and respond positively to social norms. (C.G.-4)

**Guidelines:** Encourage your child to do the poses given below on a yoga mat. Later, create a wall hanging depicting child's yoga poses.



**Aim-** To help children to understand Value of Gratitude.

**CG Goal** – Children develop emotional intelligence ability to understand and manage their own emotions and respond positively to social norms. (C.G.-4)

**Guidelines** – Prepare a gratitude jar with your child to build habit of love and care within the family and community. Follow the steps given below to complete the activity.

## My Gratitude Jar!

A **Gratitude Jar** is a special jar where you and your family can write and collect little **thank you notes** for things you are grateful for. Before beginning with the activity share a short story with your child. Here's a link to a beautiful read aloud story '**THE GRATITUDE JAR**' by Katrina Liu.



**LINK-** <https://youtu.be/hNecZtPM454?si=UfeyfSKRUT9CJ-K>



### Steps to Make Your Gratitude Jar:

1. **Take any clean jar or box** from your home (a glass jar, plastic bottle, or old cookie tin works well).
2. Decorate it with **colours, stickers, ribbons, or paper** to make it special.
3. Label it: **"Our Family Gratitude Jar"**.
4. Keep some **chits of paper** and a **pen** next to it.

### How to Use It:

- ❖ **Every weekend**, encourage your child to share or talk about one thing they are **grateful for** and write it on a small chit of paper.
- ❖ Fold it and ask your child to drop it in the jar.
- ❖ Encourage your family members to participate in the activity.
- ❖ Do not forget to write the name on the chit.

### Example of Gratitude Chits:

- "I'm grateful to *Dadi* for yummy food."
- "Thank you *Papa* for playing with me."
- "Thank you for my toys."



**Subject: Value Education**

**Topic: Kindness (Life below Water)**  
(SDG -14)

**Aim:** To teach children about friendship, courage and ocean life.

**CG Goal** – Shows kindness and helpfulness to others (including animals, plants) when they are in need. (C.G. -4.5)

**Guidelines** – **Begin by talking to** your child about the importance of being kind to everyone. Then enjoy watching **‘Finding the Nemo’** together. Afterwards, follow the movie positive messages and help your child in creating a beautiful under water scene inspired by the Life below Water.

**Material Required:**

- Blue chart paper (for the ocean background)
- Orange paper or color to make/cut Nemo (small fish)
- Green paper strips or clay (seaweed)
- Cotton (for bubbles/clouds)
- Glue, scissors (with parent's help), crayons

**Instructions:**

- Paste blue chart paper on a cardboard.
- Make a simple Nemo fish using orange paper (draw a circle or oval shape with white and black stripes).
- Add seaweed using green paper strips.
- Stick a few cotton balls as bubbles in the water.
- Draw or paste 1-2 more small fishes or a starfish.
- Title it "Finding Nemo - My Underwater Adventure!" at the top.
- Simple Write-up (to paste with craft) for example:  
"Finding Nemo taught me that being brave and helping friends is very important. I made this ocean scene to show Nemo's underwater world. I love Nemo because he is small but very brave!"



**Associated video:** Please watch movie "Finding Nemo".

**Subject: Value Education**

**Topic: Learning to Read & Art of Story Telling**

**Aim:** To enrich vocabulary and enhance language and reading skills.

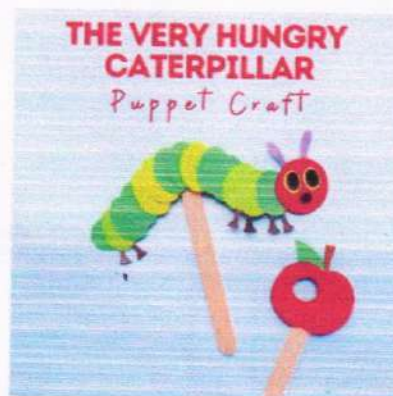
**CG Goal –** Children develop abilities and sensibilities in visual and performing arts and express their emotions through art in meaningful and joyful ways. (C.G. -12)

- Stories play a vital role in the growth and development of children.
- Help your child listen to **stories** (links provided below).
- To bring stories to life and to spark the imagination of your child through creative drama, help them create puppets/masks of the characters depicted in the stories which can be held by the child while telling the story.
- You can video record the story (share on mail with us) or can paste pictures on a sheet and attach in the homework and let your child learn the art of storytelling.

**Story Links:**

- The Very Hungry Caterpillar  
<https://youtu.be/75NQK-Sm1YY>
- Story-सच्चे झूठे मित्र  
[https://youtu.be/2\\_t38oktRig](https://youtu.be/2_t38oktRig)
- Story - The Bear and the Bee  
<https://youtu.be/jKi2SvWOCXc>
- Story -Three Little Pigs  
<https://youtu.be/-gdcgnSrUvU>
- Story - Four Friends  
<https://youtu.be/zTk7G73kbHo>

**Sample:**





**Subject:** Value Education

**Topic:** My Bunting of Values

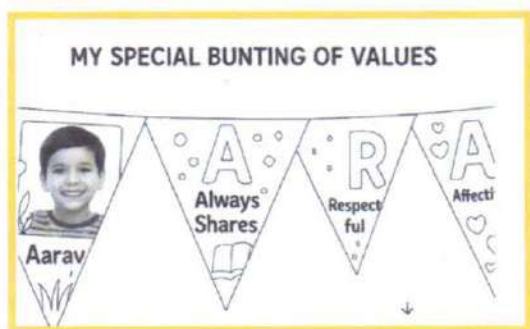
**Aim-** To promote self-awareness, values and creativity.

**CG Goal** – Children develop positive emotional intelligence, ability to understand, manage emotions and respond positively.

**Guidelines** – Encourage your child to understand values and its importance through fun filled activity.

### Instructions for Parents:

1. Take **triangle-shaped cut-outs** (paper or card) to make 5–7 colourful buntings.
2. Help your child **decorate each bunting** with drawings, stickers, or patterns using crayons or paints.
3. Paste picture of the child on the first triangle
4. Beginning from second triangle, **make an acronym of your child's name**, where each letter stands for a value.
5. Tie the buntings on a ribbon or string and hang them in your child's room or learning corner.
6. See the picture given below for reference



### (Example for "AARAV")

- A – Active
- A – Always shares
- R – Respectful
- A – Affectionate
- V – Very helpful

### Skills Enhanced:

- Creativity and self-expression
- Vocabulary and early writing
- Understanding of values and life skills
- Fine motor skills



**Subject:** Self and Surroundings  
(Art Integrated)

**Topic:** Kindness and Helping Others

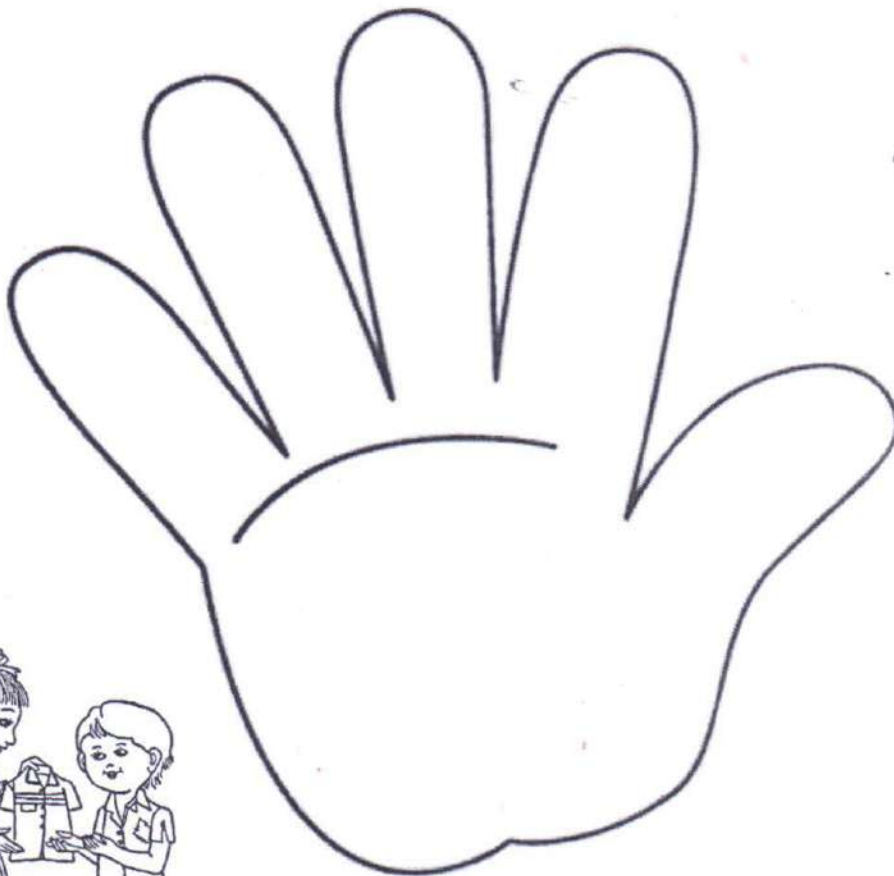
**Aim-** To encourage children to recognize and express acts of kindness and to develop empathy through creature expression.

**CG Goal** – Children develop positive attitude to productive work on seva.

**Guidelines** – Ask your child to think of kind things they have done to help others like helping parents, sharing toys)

## My Helping Hands Activity

Draw or trace your handprints on a sheet of paper. Inside each finger, draw or paste pictures that show acts of kindness you have done—like helping your parents, sharing toys, or comforting a friend. You can use colours, stickers, or small decorations to make your Helping Hands as bright and kind as your actions.





**Subject:** Self and Surroundings

**Topic:** Health and Nutrition

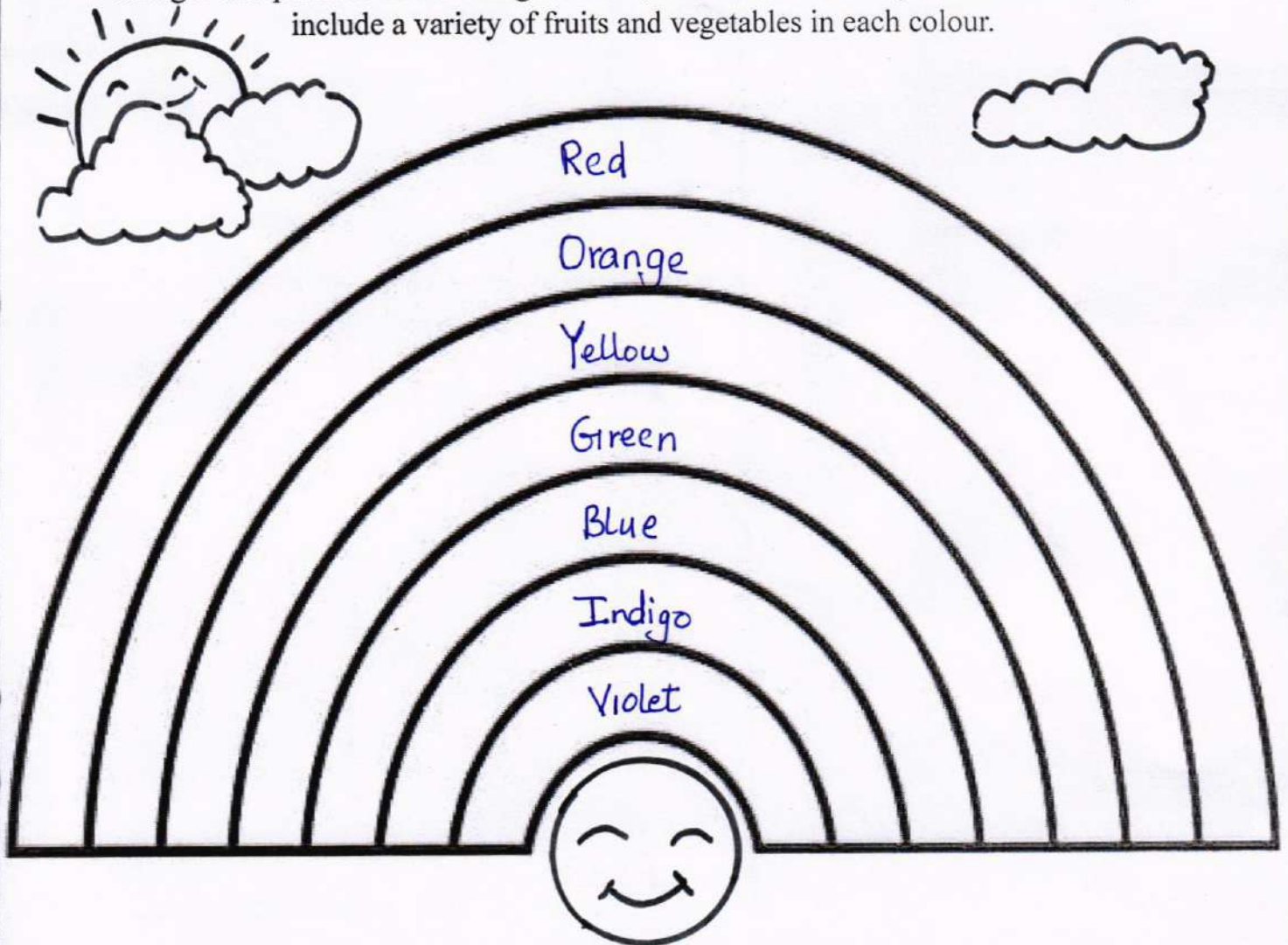
**Aim-** To help children recognize the importance of eating a variety of colourful fruits and vegetables for good health.

**CG Goal** – Children develop habits that keep them healthy and safe.

**Guidelines** – Talk to your child about how each colour group has different nutrients. Encourage them to think of real foods they enjoy in each colour. Use the rainbow as a fun way to learn about balanced eating.

## My Healthy Eating Rainbow Activity

Create a Healthy Eating Rainbow by drawing or colouring foods that match each color of the rainbow. For example, draw strawberries and cherries in the red section, oranges and peaches in the orange section, and bananas in the yellow section. Try to include a variety of fruits and vegetables in each colour.



**Subject:** Life skills

**Topic:** Social-Emotional and Ethical Development

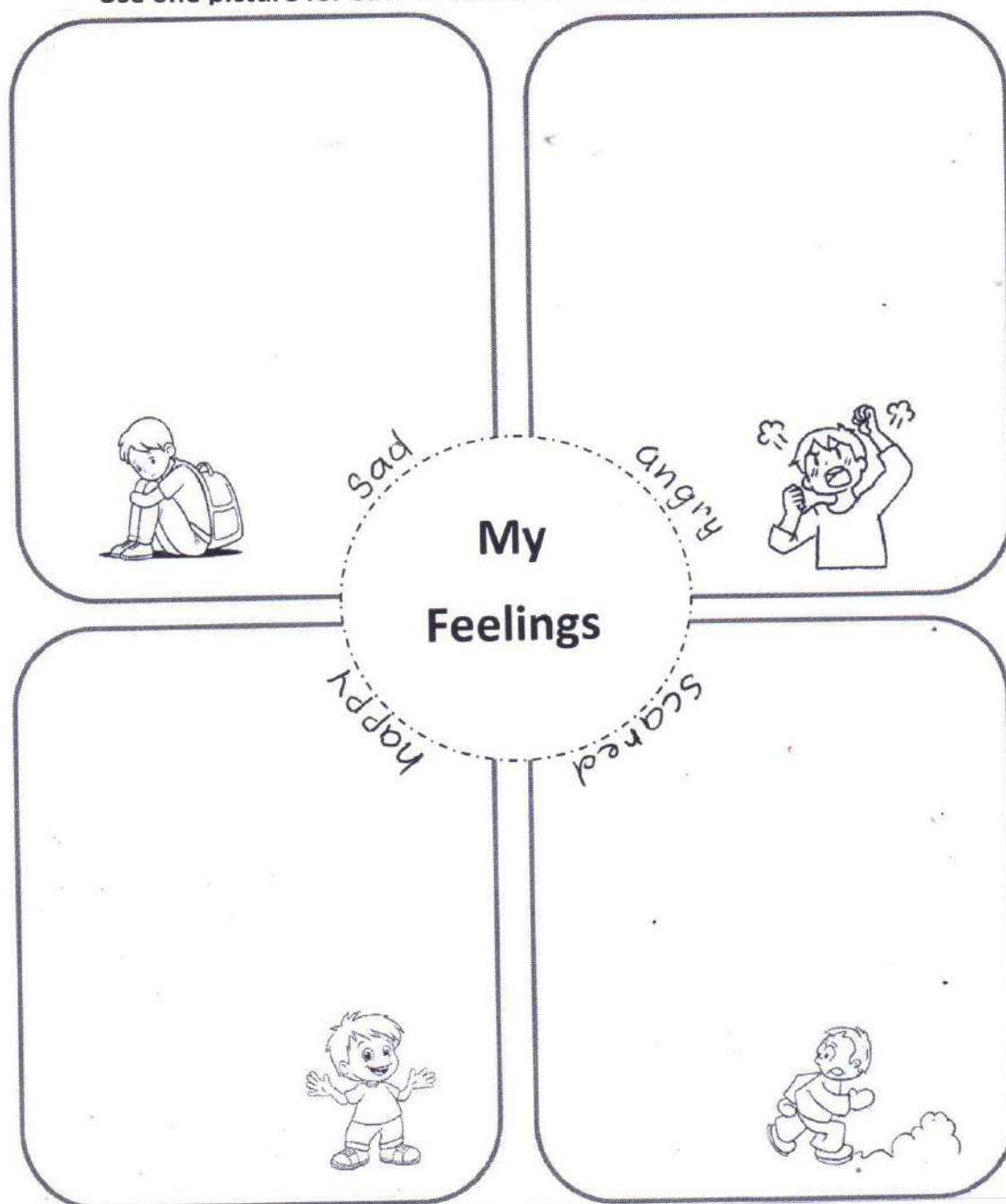
**Aim:** To help children recognize, express and understand their emotions through creative expression.

**CG Goal** – Children develop emotional intelligence ability to understand and manage their own emotions and respond positively to social norms. (C.G-4)

**Guidelines:** Encourage your child to think about times they felt happy, sad, angry and scared. Support them as they draw or paste pictures that represent each emotion. Talk to them about what happened, how they felt and what helped them cope.

### My Feeling Wheel Art Activity

Draw or paste a picture that shows a time when you felt happy, sad, angry and scared.  
Use one picture for each feeling to help express your emotions.





**Subject: Life Skills****Topic: My Summer Daily Routine**

**Aim:** To help children develop a sense of self-discipline, routine, time and responsibility through a structured and engaging summer routine using visual cues and creative participation.

**CG Goal** – Children develop habits that keep them healthy and safe. (C.G. -1)

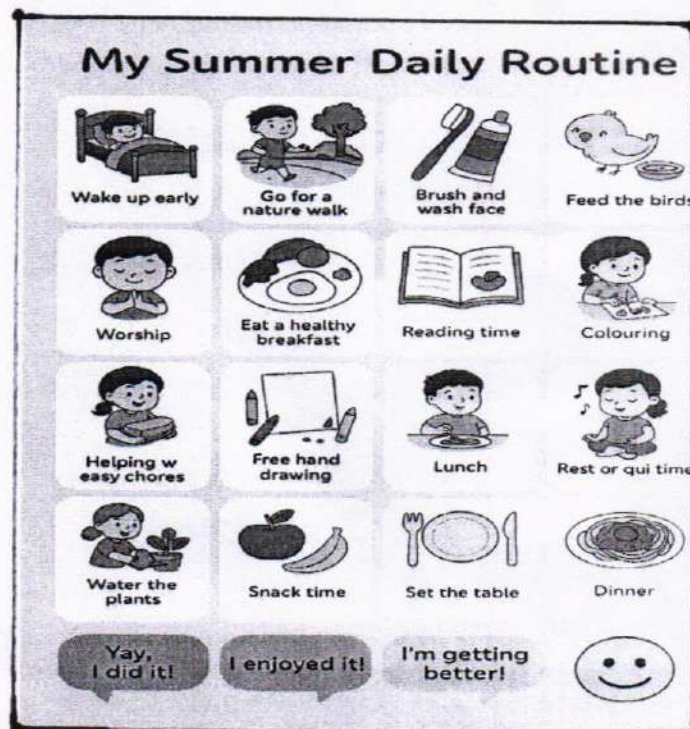
**Guidelines** – Help and motivate children to understand the routine chart and allow them to follow it through encouragement and consistency.

**Material Required:**

- A3 Chart Paper or a printable routine chart (PDF)
- Crayons, markers, and child-safe glue
- Star/Smiley stickers OR hand-drawn stickers
- Photo printouts or drawings of daily activities. (optional)

**Instructions:**

- Talk about the day's flow with the child. Use simple language and gestures.
- Show the visual chart and explain each icon.
- Let the child decorate the chart. Please encourage them to color or stick stars next to completed tasks.
- Use a daily check-in moment, after dinner or before bedtime, sit with the child and praise completed tasks.
- Weekly Celebration - Give them a simple badge or certificate at the end of the week if they collect stars for most tasks.





# MY Summer ROUTINE STAR CHART



MORNING	S	M	T	W	T	F	S
Wake up early							
Nature walk							
Brush and take a bath							
Feed the birds							
Healthy Breakfast							

MID- MORNING	S	M	T	W	T	F	S
Worship or thank the day							
Reading time							
Coloring or drawing							
Helping with easy chores							
Creative activity- Free hand drawing							

AFTERNOON	S	M	T	W	T	F	S
Lunch							
Rest or quiet time							
Independent play (blocks, puzzles, toys)							
Water the plants with help							
Story time							

EVENING / NIGHT	S	M	T	W	T	F	S
Set the table for family dinner							
Dinner							
Clean up the table							
Bedtime Story							
Sleep on time							

POINTS COLLECTED