

**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. It is our prime responsibility to maintain a positive environment and 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.

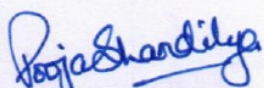
Please note the following general information:

**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**.

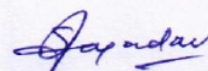
**My Summer Activity Sheets:** We will be emailing the activity sheets which are specially planned and designed by the teachers. We are sure children will find it quite engaging and enjoyable. It will also be posted on our blog

<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



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

**Summer holidays are going to begin,**

**Time to play and have lots of fun.....**

**Don't go out and meet anyone,**

**Stay at home with everyone.**

**Do homework, play indoor games and  
enjoy homemade buns.**



NAME- \_\_\_\_\_

CLASS- \_\_\_\_\_



**Subject:** English

**Topic:** Recap of Alphabets

**Aim-** To recapitulate the alphabets along with sounds.

**CG Goal** – Develop interest in books and print material.  
Develop emergent reading and writing skills.

**Guidelines** – Encourage your child to orally say the letters along with its sound.  
Later, help him / her to write Aa- Zz in sequence in the lines given below.

A a

U







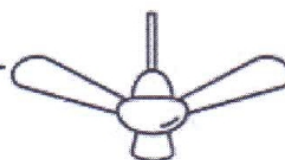
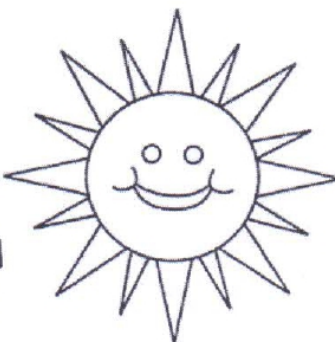
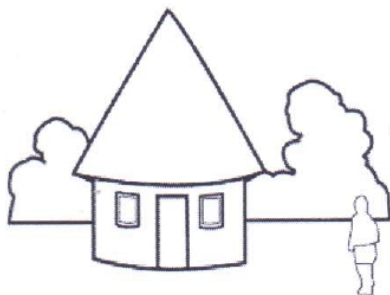
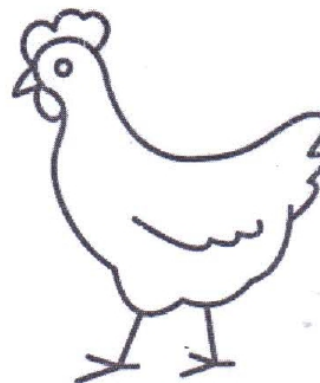
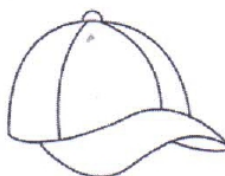
**Subject:** English

**Topic:** 'a' vowel sound

**Aim-** To build early reading skills by identifying words with short 'a' sound.

**CG Goal** – Recognizes and produces rhyming words and words with the same initial, middle or final sound. (CG-3.4)

**Guidelines** – Colour the pictures that has a short 'a' sound.





विषय: हिन्दी

उपविषय: स्वरों की पुर्नावृत्ति

उद्देश्य: बच्चों को हिंदी भाषा पढ़ने और लिखने में सक्षम बनाना।

दिशानिर्देश: दिए हुए चित्रों को पहचानकर उनमें रंग भरें।  
तत्पश्चात, उनसे शुरू होने वाले स्वर को रिक्तस्थान पर  
लिखें।



















1











अः







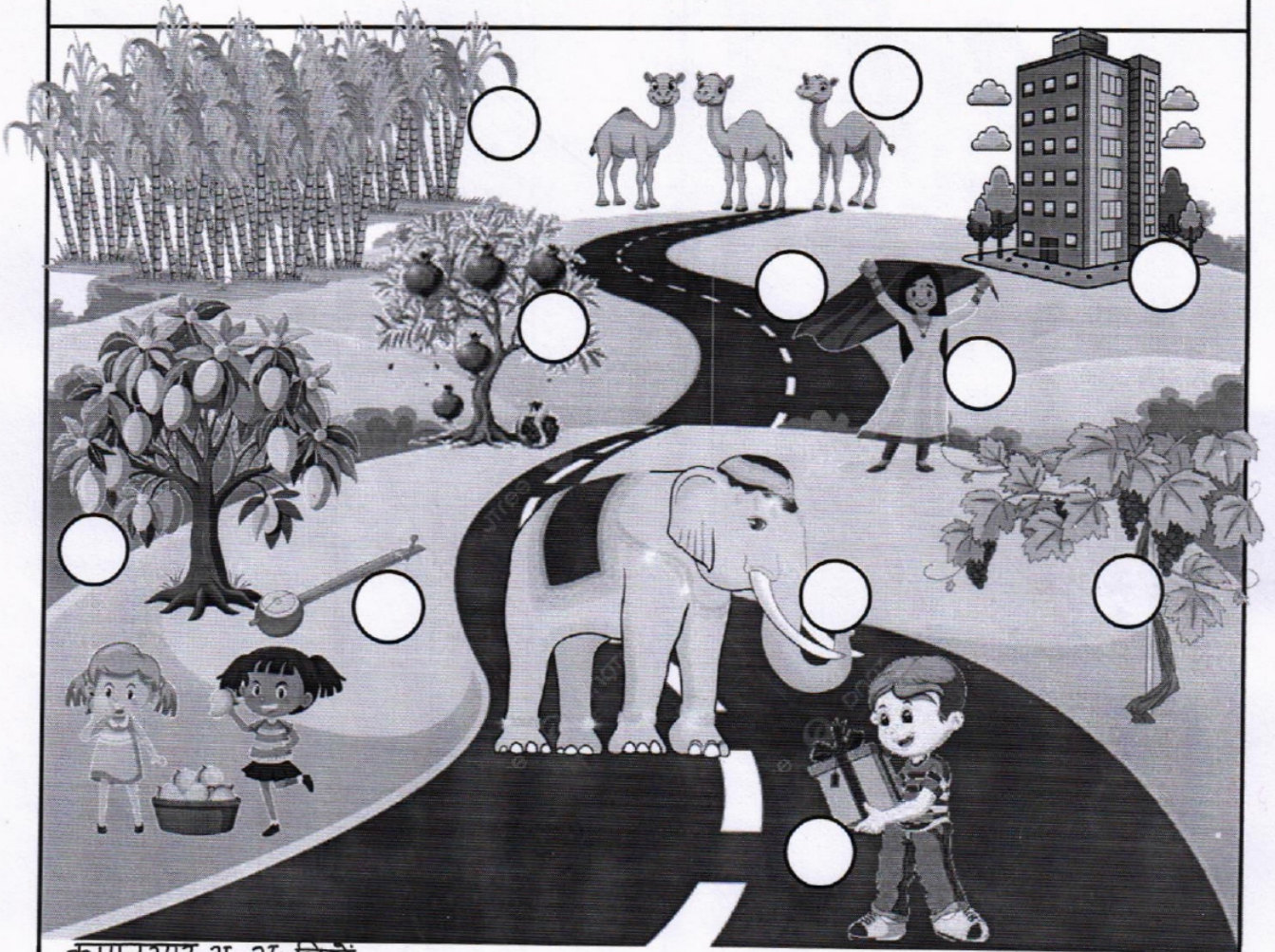
विषय: हिन्दी

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उद्देश्य: बच्चों को हिंदी भाषा पढ़ने और लिखने में सक्षम बनाना।

CG10: बच्चों में भाषा 1 में पढ़ने और लिखने में निपुणता विकसित कराना (L1).

दिशानिर्देश: दिए गए चित्र में स्वरों से जुड़े चित्र पहचानकर गोले में स्वर लिखें। स्वर 'अ - अ' का दी गयी रेखाओं में लिखित अभ्यास करें!



क्रमानुसार अ-अ: लिखें -



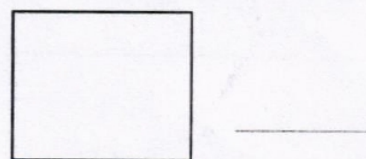
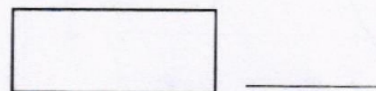
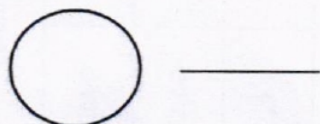
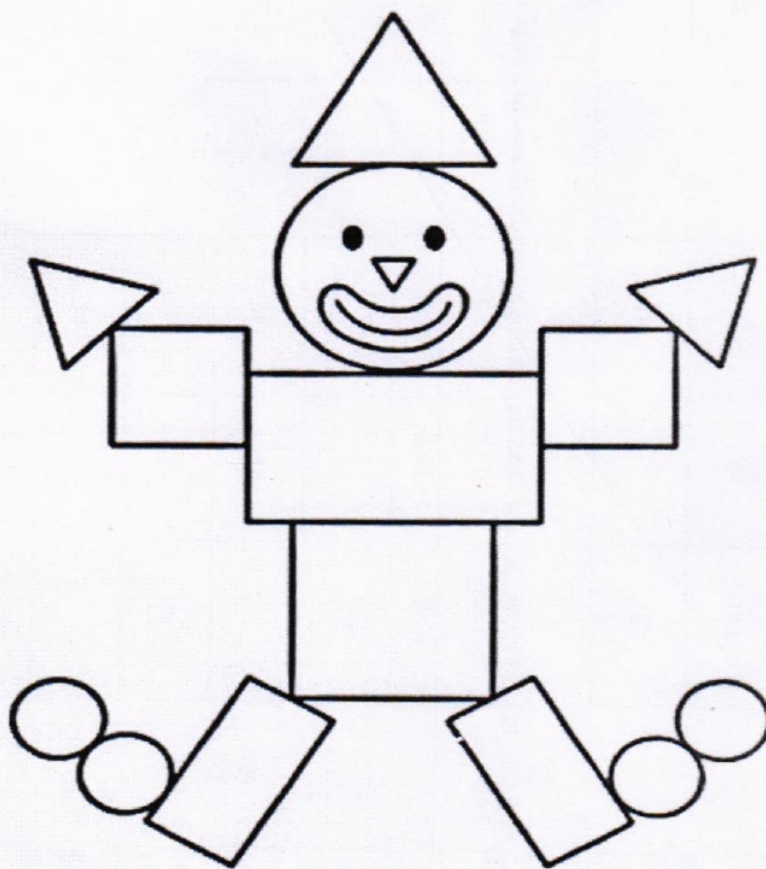
**Subject:** Maths

**Topic:** Recap of Shapes

**Aim-** To make the children recapitulate shapes and the concept of adding value to quantity.

**CG Goal** – Children develop mathematical understanding and abilities to recognize the world through quantities and shapes. (C.G.-8)

**Guidelines** – Help your child colour the shapes in the image given below. Encourage your ward to count the shapes and write in the space given below. Motivate your child to create a figure / object on their own with the help of cutouts of different shapes on an A-4 coloured sheet. Eg- Robot, boy, girl and bring it to school.





**Subject:** Maths

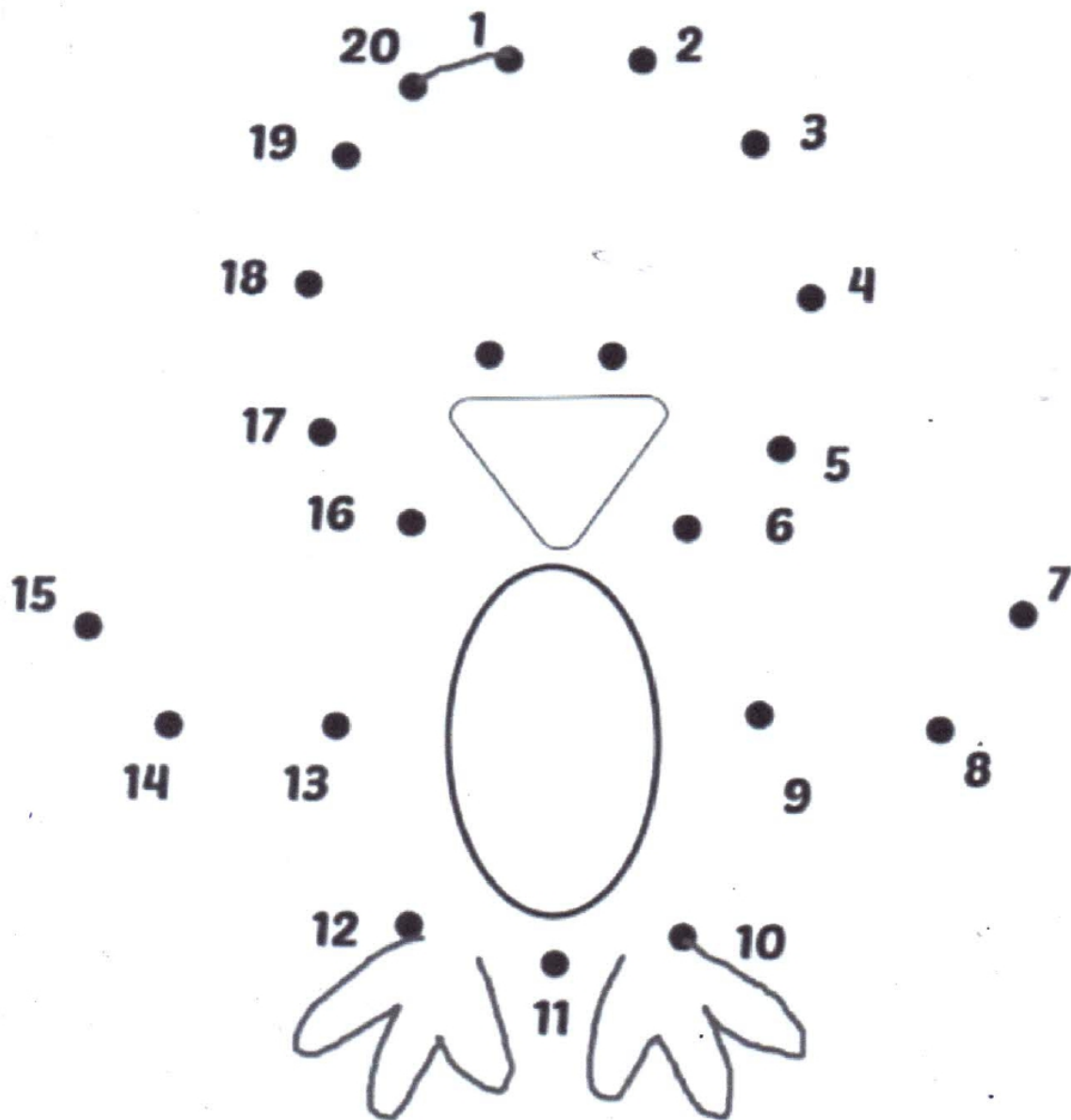
**Topic:** Number Sequencing

**Aim-** To help children understand the correct sequential order of numbers 1 to 20.

**CG Goal** – Develop number sense, including counting and quantity. (CG-13)

Understand basic number operations and relationships. (C.G.-14)

**Guidelines** – Encourage your child to orally count the numbers from 1 to 20. Later, help them to count the dots in sequence from 1 to 20 to complete the picture and colour it.





**Subject:** Social and Emotional Learning

**Topic:** Feelings

**Aim-** To understand one's feelings and emotions.

**CG Goal** – Children develop a sense of self and an understanding of their feelings.  
(C.G.-9)

Children develop the ability to manage their feelings and behaviour. (C.G.-10)

**Guidelines** – Draw or paste pictures of things that make you feel.....

**I feel happy when :**



**I feel sad when :**



**I feel angry when :**



**I feel excited when :**





**Subject:** General Awareness

**Topic:** Knowing Myself

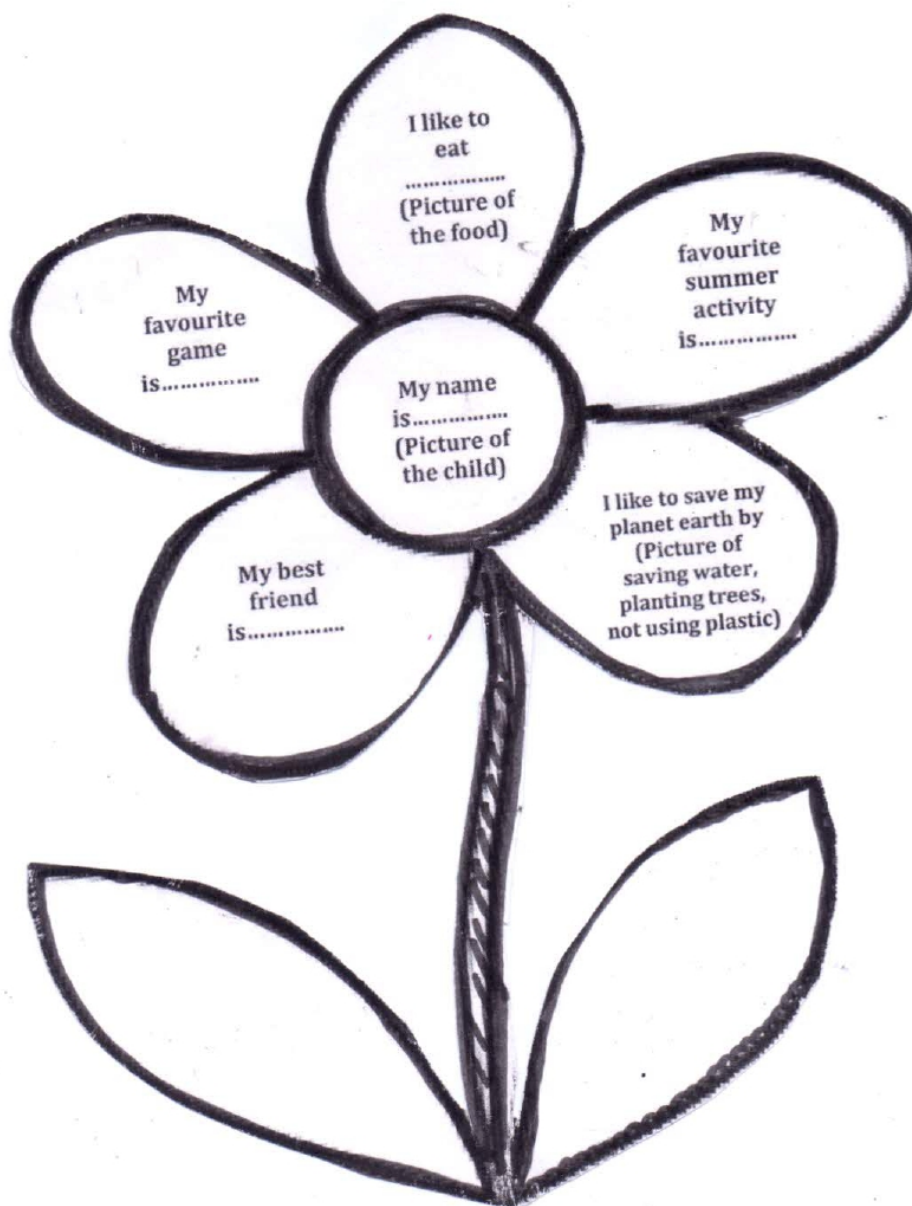
**Aim-** To develop awareness of self.

**CG Goal** – Physical well-being and cognitive development.

**Guidelines** – Children should be aware of their likes and dislikes and should be encouraged to introduce themselves in 2-3 sentences. Here's an interesting craft, your child can create.

Kindly follow the steps given below.

1. Make a cut out of a flower using an A-4 size sheet.
2. Paste / draw picture on each petal as per the instructions given below.





**Subject-** Self Awareness –Child Safety

**Topic –** My Safety- My Responsibility

**Aim:** To create awareness about good touch and bad touch to children. Also, to make them aware of their family members who can be in their safety circle.

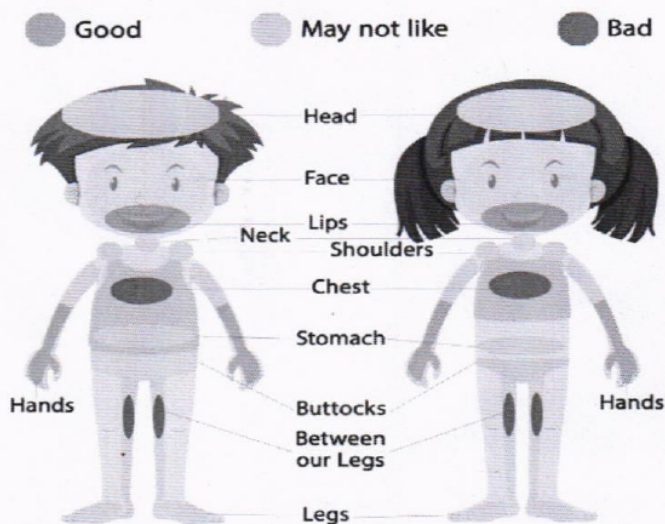
**Curricular Goal:** Starts recognising ‘self’ as an individual belonging to a family and community. (C.G.4.1)

**Task:** It is important for us to create awareness about good touch (safe touch) and bad touch (unsafe touch) to our children. Talk to your child regarding the same by showing the self-explanatory picture and video given below.

**Link:** [https://youtu.be/0iB5J\\_pGooA?si=Zi3Bu8sFNYyloHDW](https://youtu.be/0iB5J_pGooA?si=Zi3Bu8sFNYyloHDW)

Now, help your child to understand it better by pasting red and yellow bindis depicting bad touch on the outline drawing of the child given below.

**Note:** Child has to paste bindis according to his/her gender.



**FOR BOYS**



**FOR GIRLS**





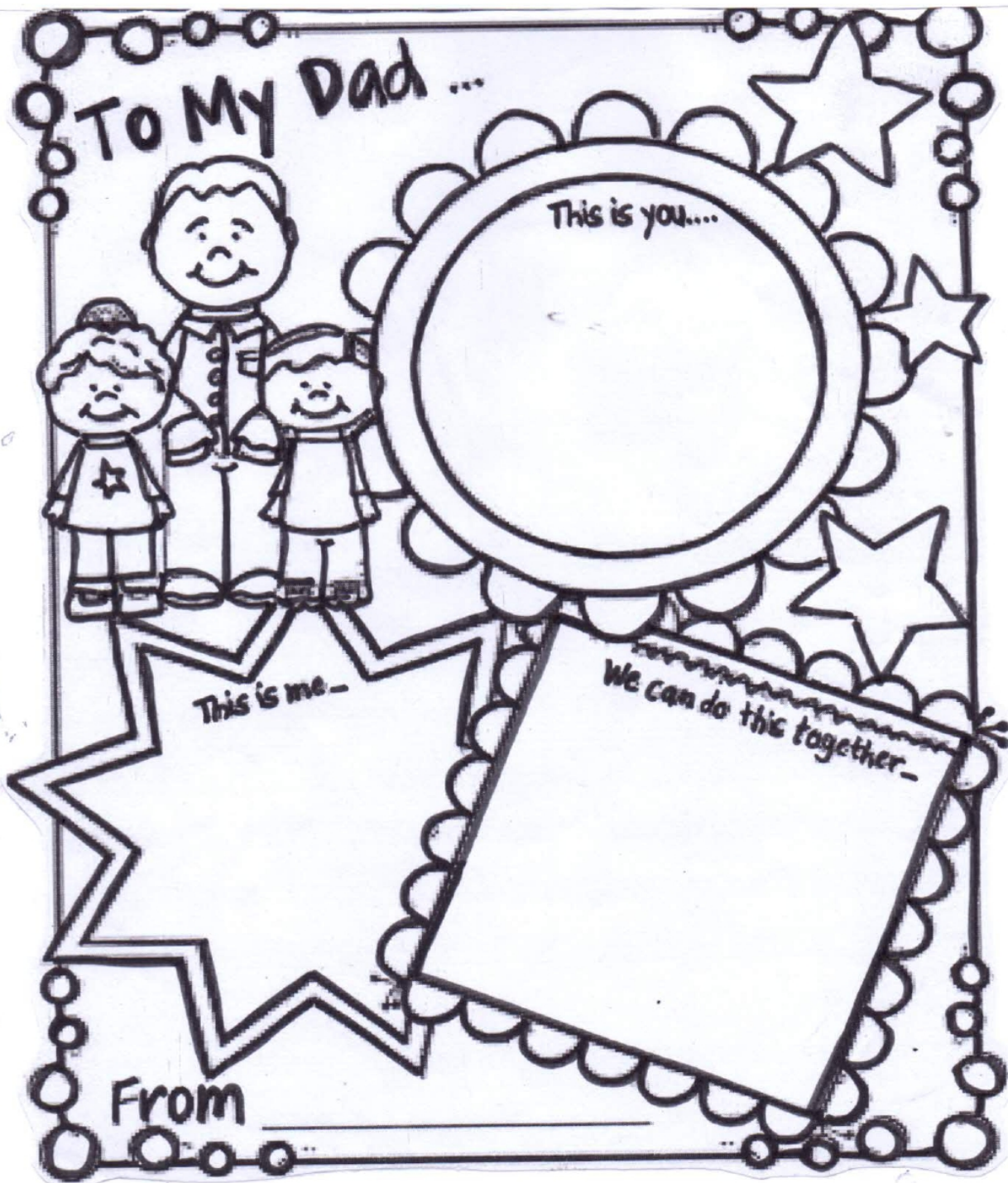
**Subject:** General Awareness

**Topic:** Father's Day

**Aim-** To help children express love and gratitude for their fathers through creative expression.

**CG Goal** – Communication, Language, Personal, Social and Emotional Development.

**Guidelines** – Help your ward to complete the given task by pasting your ward's picture, Dad's picture, picture of the activity they enjoy doing together.





**Subject :** Value Education

**Topic:** International Day of Families  
15<sup>th</sup> May & Mother's Day 11<sup>th</sup> May

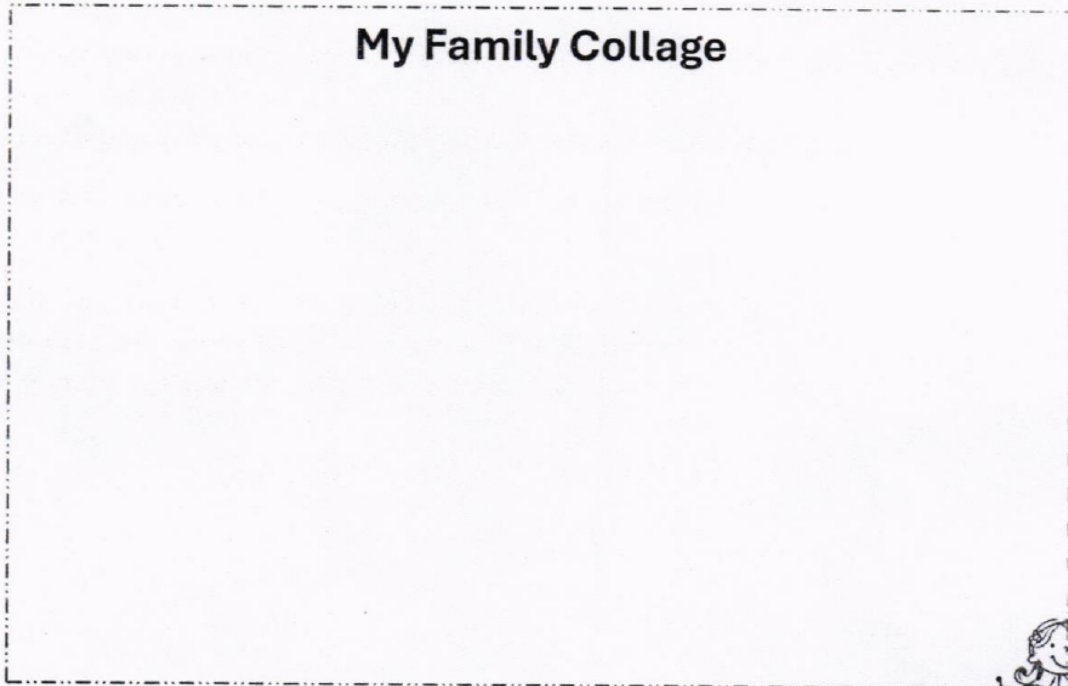
**Aim :**

- To celebrate and honour mothers/grandmothers and appreciate their love, care, and support.
- To encourage children to understand the value of family.

**Curricular Goals:** Starts recognising 'self' as an individual belonging to a family and community. (C.G.4.1)

**Task:** On this Mother's Day, help your child make a card for his/her mother / grandmother and show their love and affection towards them. Later, create your family picture collage and share few glimpses.

### My Family Collage



My Name is.....

There are ..... People in my family.

I live with: Circle

Mom

Dad

Sister

Brother

Grandma

Grandpa





**Subject:** Life Skills

**Topic:** Physical and Mental Well Being, SDG Goal-3 (Yoga Day), 21<sup>st</sup> June '25

**Aim:** To teach the importance of good physical and mental health and their benefits for a healthy mind and body. The International Day of Yoga is a day in recognition of Yoga, that is celebrated around the world annually on **21 June**. International Yoga Day is a testament to yoga's enduring appeal and its capacity to bring people together in pursuit of health, peace, and well-being. As we celebrate this day, we are reminded of the power of unity and the importance of harmony between the mind, body, and spirit.

**Curricular Goal:** Children develop habits that keep them healthy and safe.

**Task-** Summer vacation is the best time to follow a healthy routine by the children as well as for their family members. In order to do so, let the child follow the below given links along with the family members for a healthy physical and mental health. (CG-1)

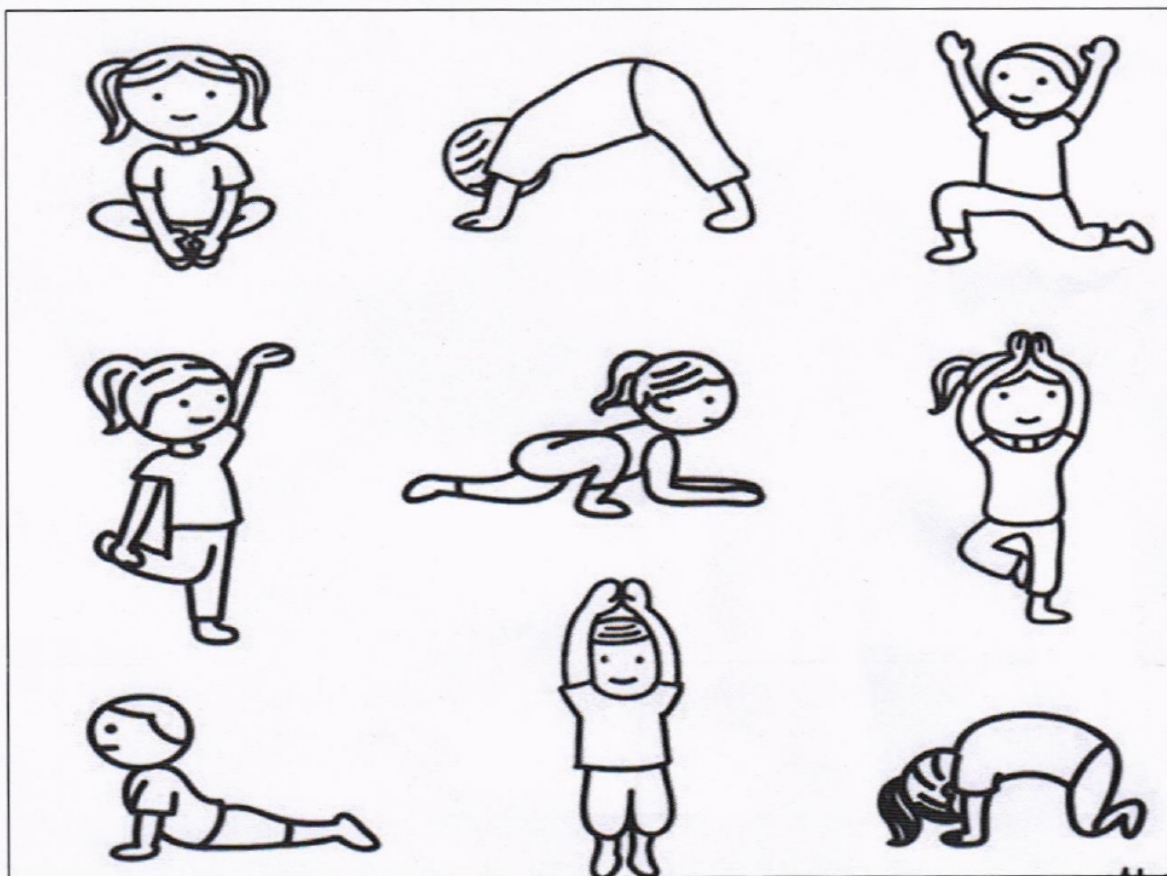
**Links-**

Yoga- <https://youtu.be/X655B4ISakg>

Family Workout- <https://youtu.be/5if4cjO5nxo>

Exercises- <https://youtu.be/kYsA9-Qbtyk>

Meditation- [https://youtu.be/VZ\\_wdeog5Ek](https://youtu.be/VZ_wdeog5Ek)





**Subject:** Value Education

**Topic:** Gratitude

**Aim :** To help children understand and express gratitude in a creative, hands-on way and learn to recognize the positive people and things in their lives.

**Objectives:** To engage in a creative activity that reinforces the concept of thankfulness.

**C.G Goal:** (4.6) Show kindness and helpfulness to others when they are in need.

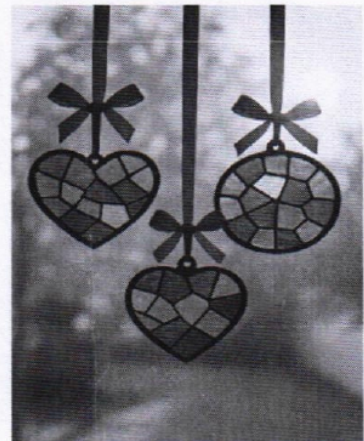
**GUIDELINES :**

### **Gratitude Sun Catcher Craft**

**What we are doing:** We will make a colorful sun catcher to show what we are thankful for!

#### **Materials Needed:**

- Clear plastic sheets / wax paper / laminated paper
- Colored tissue paper (bright colors)
- Scissors
- White or liquid glue
- Black marker (optional, for outlines)
- Ribbon or string (optional, for hanging)
- Circular template (like a paper plate)



#### **Steps:**

##### **•Let's Talk About Thankfulness**

Let's think about things we are happy to have, like family, friends, toys, or pets. Say something like, "I'm thankful for my mom," or "I'm thankful for my dog."

##### **•Make the Shape**

Use the round plate to draw a circle on the clear paper. Cut it out. You can also make heart, star, or flower shapes if you like.

##### **•Add Colors with Meaning**

Tear or cut small pieces of colorful tissue paper. Stick them on the clear shape using glue. As you add each piece, say what you are thankful for. Example: "This red piece is for my sister."

##### **•Hang it Up**

If you want to hang your sun catcher, make a small hole at the top. Put a ribbon or string through the hole.

Hang it in the window to let the sunshine come through the colors!





**Subject:** Value Education

**Topic:** Let's Solve Problems Together!

**Curricular Goal: (CG-4)** Children develop emotional intelligence, i.e., the ability to understand and manage their own emotions, and respond positively to social norm

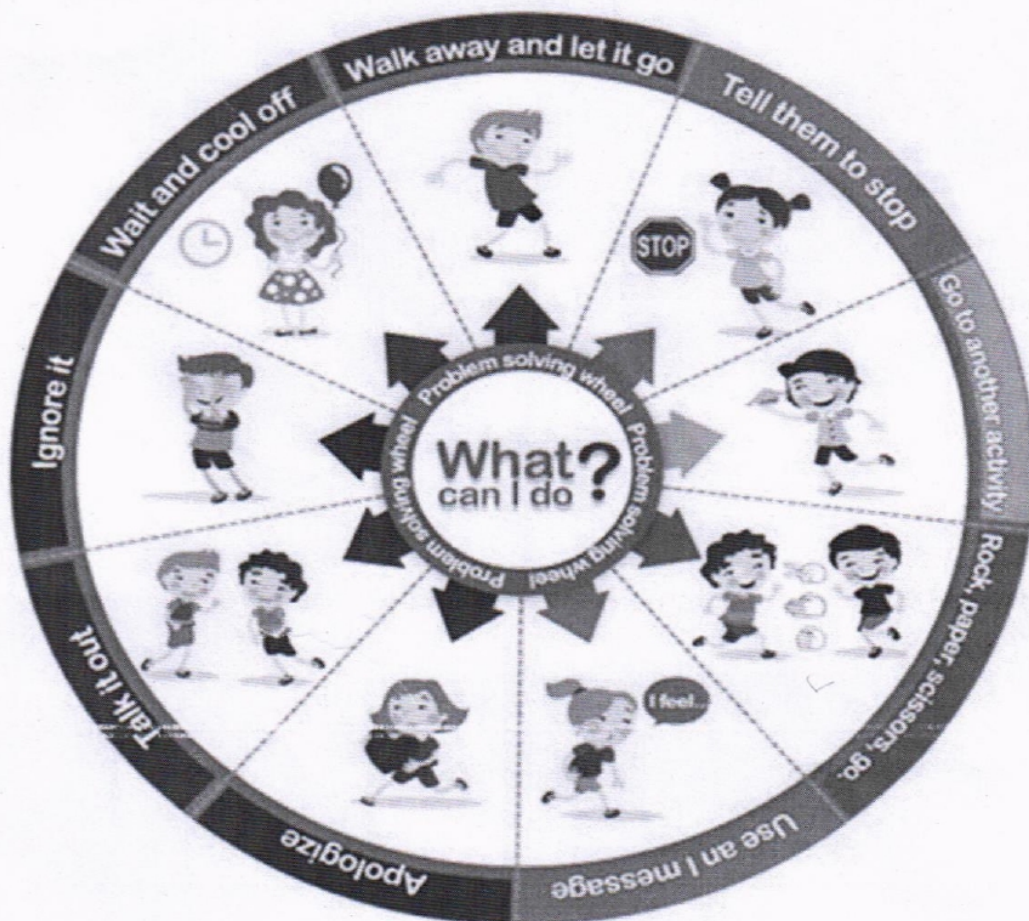
**Task:** Help your child to look at the picture wheel below. It shows many ways your child can solve a problem when your child is upset or someone is bothering them. Make a small video and share which one you tried and it helped you .

**Read the instructions for them:**

**👁️ Look at the picture carefully.**

**💡 Think:** What could you do if you are upset or having a problem with a friend?

- What can you do if someone takes your toy?"
- "How do you feel when your friend doesn't share?"
- Which way helps you feel better when you're sad or angry?"





**Subject:** Value Education

**Topic:** Story Telling & Art Integration

**Aim:** To enrich vocabulary and develop language and reading skills. To enhance creativity and fine motor skills.

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

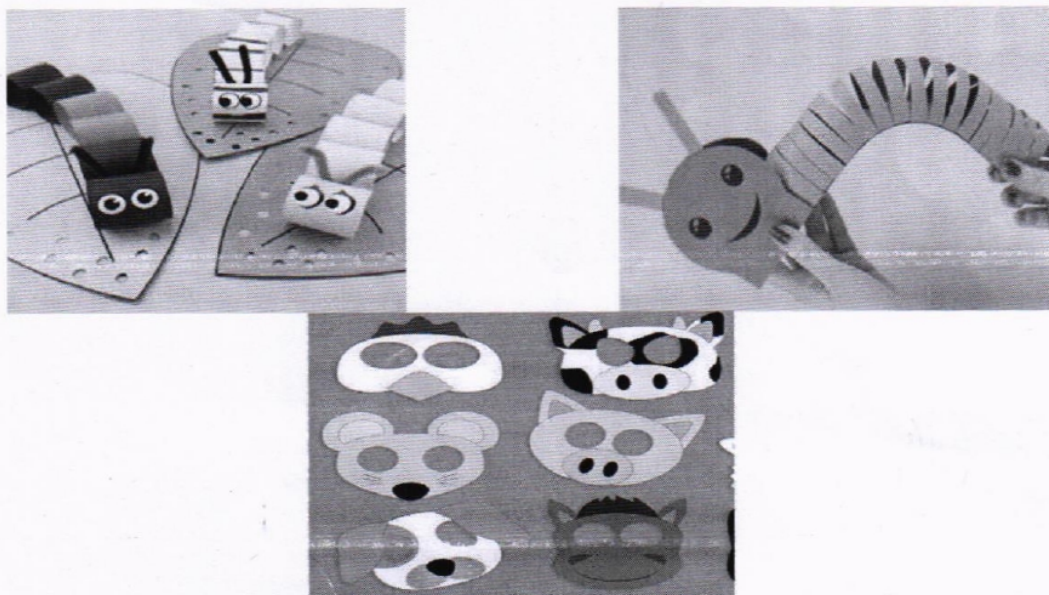
**Guidelines :**

- Stories play a vital role in the growth and development of children.
- Help your child, listen to stories and podcast created by the teachers of Preprimary section (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 hold 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 story telling.

**Story Links:**

- ❖ The Very Hungry Caterpillar - <https://youtu.be/75NQK-Sm1YY>
- ❖ The Little Red Hen - [https://youtu.be/EqV\\_anttjU](https://youtu.be/EqV_anttjU)
- ❖ Story- Apke Hisse Ka Aasman <https://anchor.fm/shradha-pandey/episodes/Apne-Hisse-Ka-Aasmanef0ce9>
- ❖ Story – Vardiwala <https://anchor.fm/shradha-pandey/episodes/vardiwala-edjbf4>
- ❖ Story – Learning Sight Words  
<https://read.bookcreator.com/00V78GZMCMTFKuj1V8GJCnL7hsk1/GKE NrbmYT0Cn1sVStywqMw/JSulLxsbRiy0lKmHxEMKUQ>

**Sample:**





**Subject** - Value Education

**Topic** - Moral values

**Aim-** To teach children about moral values such as and respect through kindness, honesty, sharing interactions and certain activity.

**CG Goal (No. 4)**- Children develop emotional intelligence ability to understand and manage their own emotions and respond positively required to norms.

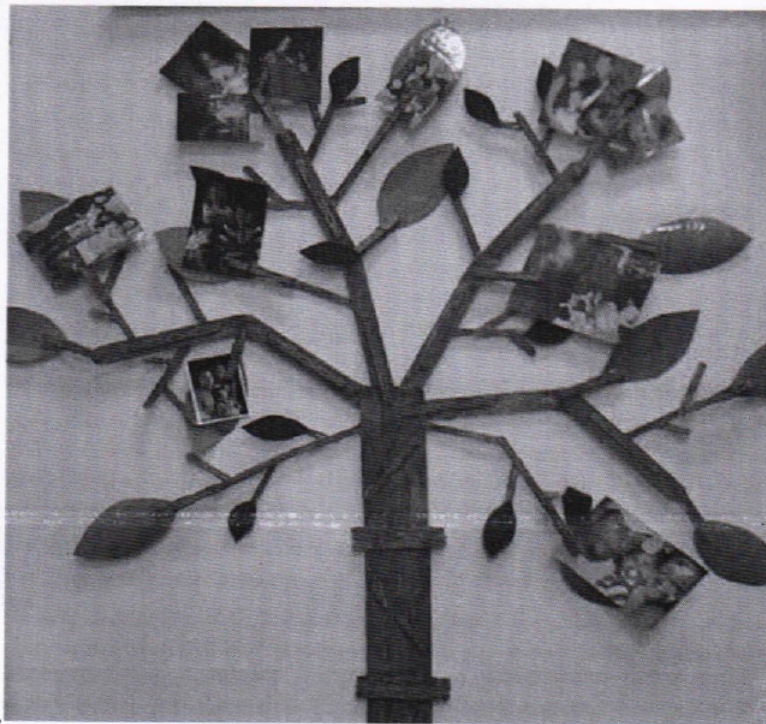
**Activity** – Tree of Values

**Materials required-**

- 1) Chart paper or cardboard for tree trunk and branches.
- 2) coloured paper for handprints.
- 3) glue, scissors, markers, crayons, decorative items.

**Instructions:**

1. Briefly talk about moral values with your child , and recite them few stories on moral values for example - sharing , respecting elders etc.
2. Then pick any 2 moral values and recreate in real life and click pictures of your child doing the same.
3. And make a Wall hanging tree in which the leaves will be your child handprints.
4. Then they have to paste the pictures on the tree leaves doing the moral values.





**Subject:** Social Skills

**Topic:** Values

**Aim:** To inculcate good values in children and to make them more independent.

**Curricular Goals:** Children make sense of the world around. (CG-7)

**Task:** Parent is requested to give one star is rewarded for any good behavior or goal achieved whereas the two stars shows something extraordinary has been accomplished. A certain number of stars adds up to a reward for your child. The method of rewarding the child will reinforce positive behavior in the child making him/her independent and responsible child.

- After completing the incentive chart, parents are requested to felicitate the child by presenting him/her the 'Certificate of Appreciation' given below.
- You can click the joyful moment while presenting the Certificate to your child and can share the same with us by pasting his/her picture.

Name: _____	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
★ Good ★★ Great job	Incentive Chart						
Brush twice a day	★ ★	★ ★	★ ★	★ ★	★ ★	★ ★	★ ★
Clean your room	★ ★	★ ★	★ ★	★ ★	★ ★	★ ★	★ ★
Wash hands before meal	★ ★	★ ★	★ ★	★ ★	★ ★	★ ★	★ ★
Set the table	★ ★	★ ★	★ ★	★ ★	★ ★	★ ★	★ ★
Keep dishes for washing	★ ★	★ ★	★ ★	★ ★	★ ★	★ ★	★ ★
Water the plants	★ ★	★ ★	★ ★	★ ★	★ ★	★ ★	★ ★
Read for 15 minutes	★ ★	★ ★	★ ★	★ ★	★ ★	★ ★	★ ★
Practice one letter	★ ★	★ ★	★ ★	★ ★	★ ★	★ ★	★ ★



**Subject:** Art & Craft

**Topic:** Making of a table mat

**Aim :** Awareness about eating etiquettes and visual recognition of numbers.

**C.G. Goal:** Children develop creative expression through art and craft, music and movement. (CG 7)

**Guidelines:** Art and Craft means a wide variety of activities involving making things with one's own hands. Both children and adults enjoy Art and Craft. So, let's look and learn some handmade crafts that can be done at home.

**YUMMY FOR TUMMY (Making Table Mat)**

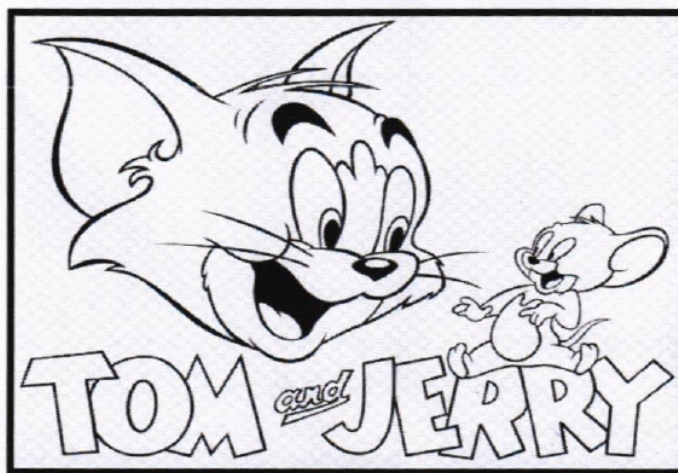
**MATERIAL REQUIRED:** A3 size pastel sheet (any colour), glue, crayons, cutout/sticker of your child's favourite cartoon character, colours.

**INSTRUCTIONS:**

**Step 1-** Make a border on both the sides of A3 pastel sheet by using vegetable printing. ( ladyfinger, potato, lotus stem, onion, etc.)

**Step 2-** Tear the cutouts/sticker of your child's favourite cartoon character and paste it on the pastel sheet as shown in the sample.

**MY FAVOURITE CARTOON CHARACTER**



**Step 3-** For another side of the mat take cut outs of numbers 1-9 and do ear bud printing using poster colours on it and then paste numbers in a sequence as shown in the sample.

1	2	3
4	5	6
7	8	9

**Step 4-** Label your mat and get it laminated.

**LEARNING OUTCOME:** Children will recapitulate the numbers.

