



ST. THOMAS SCHOOL INDIRAPURAM

Class-6



Holiday Homework



“Some of your best ideas come when you're on vacation.”

Summer vacation is a time when students can ease and enjoy their interim .It is a time to catch up, spend time with family, friends and range over new hobbies. Let's create some fabulous memories.

During these vacations, students also get the lucky chance to learn new things.

Let's not only play and have fun but also explore new Dimensions of your Subject in new fun ways.

As the sun sets, painting the sky with hues, summer holidays bid us adieu.

But the memories linger, like a gentle breeze, reminding us of the joys and filling our hearts with ease.

Enjoy the holidays.



ENGLISH

“Good health and well-being nourish your body, nurture your mind, and uplift your spirit.”

- Create a neat and understandable collage (on a white-coloured A4 size sheet) that represents the theme of **‘Good Health and Well Being’** demonstrating your understanding of the various components that contribute to a healthy lifestyle. Add captions or labels to them. Be prepared to explain your collage and the choices you made in a classroom discussion.
- Write or paste the two worksheets (shared through Edunext) in your English Grammar Notebook and solve them.

SOCIAL SCIENCE

Design a health and wellness report outlining daily habits that promote good health such as-

- * Drinking water
 - * Getting enough sleep
 - * Practicing mindfulness etc.
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- * Make a report using the above topics.
 - * Use A4 size sheets.
 - * Paste or draw pictures related to the topics.
 - * Put all the sheets used in a file folder.
 - * Submit the H.HW by 4th July 2024.

HINDI

1."स्वास्थ्य सबसे बड़ा धन है"- इसके लिए हर मनुष्य स्वास्थ्यप्रद जीवन शैली अपनाएँ जिससे वह अपने तन को स्वस्थ और मन को आनंदित कर सकें। - इसे चित्रों के माध्यम से प्रदर्शित करते हुए उससे संबंधित चार नारे लिखें।

2. एक पतली-सी काँपी बनाएँ और उसमें हिंदी समाचार पत्र में से किन्ही दस दिन के समाचार चिपकाकर उस समाचार को सुंदर शब्दों में सुलेख के रूप में लिखिए।
(एक पेज़ पर एक समाचार)

आवश्यक निर्देश

1. A-4 Size की white Sheet का प्रयोग करें।
2. शीट पर अपना नाम, कक्षा एवं रोल नंबर अवश्य लिखें।
3. हिंदी ग्रीष्मावकाश गृहकार्य का एक अलग से फ़ोल्डर बना कर अपनी शीट्स को उसमें सुन्दर ढंग से रखें।

SCIENCE



Dear Students of Class VI,
Summer vacation is a time to unwind, spend time with family and explore new skills. But don't forget to make most of your free time, especially during these hot summer days. Your teachers have created some fun and engaging activities for your summer homework to keep you busy and learning!

The holiday homework has been divided into two parts:

1. **Academic Project for Assessment:** This project is a part of your Term 1 Internal Assessment/ ALL Activity therefore it will be assessed. The topic for the Holiday Homework is – 'Good Health and Well Being'.
2. **Suggested Activities:** These activities have been suggested by your teachers so that you do some extra work to stay busy. These are non-evaluative activities and are purely suggestive.

Academic Projects for Assessment

1. **Meal Chart** : Make a table on an A4 size sheet and prepare a meal chart for one day (breakfast, lunch and dinner) based on the cuisine of Arunachal Pradesh and write the components of food present in each dish. Paste pictures of the dishes also.

Or

Think Green, Go Green : World Environment Day is celebrated on June 5th every year. Prepare a Science magazine on the theme 'Conserve Environment, Save Forests' in the context of Arunachal Pradesh by using coloured A4 size sheets. Use your imagination and creative drawings to design a beautiful cover. The content should be of five pages only.



2. **Yoga**: Yoga is a way of life that combines postures and asanas to improve concentration, mental and physical health, especially if practiced at a young age. Paste pictures of any four easy yoga poses on an A4 size sheet and write one benefit of each.

Or

Eat Healthy, Think Better

Eating a healthy diet and maintaining an active lifestyle by playing outdoor games help in boosting up immunity. Make a poster on an A4 size sheet creating awareness to eat healthy food, being active and maintaining hygiene.

Suggested Activities

1. Watch the following video on You tube:

Healthy Eating for children <https://youtube.com/watch?v=EhfOZMof9W4&feature=share>

2. Read any of the following books to enhance your knowledge:

Wings of Fire – Dr. A.P.J Abdul Kalam Or The Time Machine – H.G. Wells

NOTE: Complete all intext and chapter ending exercises and Lab Manual Work.

MATHEMATICS

TOPIC:GOOD HEALTH AND WELLBEING



Good health and wellbeing are essential to sustainable development.

- Design a fitness challenge for yourself and your family members that lasts for **one week**. Set specific goals such as walking or running a certain number of kilometers, doing a certain number of push-ups or sit-ups, or practicing yoga for a certain amount of time each day.
- **Keep track of your progress on A4 size sheet .**
 - (i) The total distance covered in running / walking,**
 - (ii) Total push-ups / sit-ups per day**
 - (iii) Total no. of hours practiced yoga.**
 - * Use A4 white sheet for this activity.
 - * Use your creativity and make pictographs separately for the areas mentioned here. (walking/running, sit - ups/push-ups and yoga).

SUBMISSION DATE: 04/07/2024

COMPUTER

1. Create a poster on the “BE HEALTHY BE STRONG” in Word.

- Use Relevant images and slogan, Word Art, Smart Art, Shapes and all the formatting features.
- Take the coloured printout and submit in a folder.

2. Make a table of contents in word Take a print and attach in file

S.No	Topic	Date	Signature

3. Create a PowerPoint Presentation of minimum 6 slides on the topic “HABITS OF YOUR WELLBEING”

Slide 1: Title slide with your name, class and section.

Slide 2: Index slide

Slide 3 to 5: Content slides.

Slide 6: Thank You Slide

Note:

- Use WordArt, Shapes, Images Textboxes to make your presentation attractive.
- Submit the printout in a separate folder.

FRENCH

- 1) Learn French Counting 0 to 30 from the book.
- 2) Learn your Introduction.
- 3) Write 10 nouns from chapter 2 in your Notebook in French and English both.

GERMAN

Question 1

Write numbers in words from 1 to 200, and 900 to 1000.

Question 2

Record yourself giving an introduction in German on a mobile phone.

Question 3

Write a family description and introduction in German.

SANSKRIT

- 1-‘स्वास्थ्य सबसे अनमोल धन है।’ इसके लिए हर मनुष्य को स्वस्थ-जीवन शैली अपनाना चाहिए।- इसे योगासन के चित्रों के माध्यम से प्रस्तुत करें।
(सफेद रंग के ए-4 साइज शीट पर करें।)
- 2-शरीर को स्वस्थ रखने में उपयोगी फलों के चित्र बनाकर उनके नाम संस्कृत-भाषा में लिखें। (संस्कृत नोटबुक में)
- 3-पढ़ाया हुआ याद करें।

LIBRARY

Vacation Time ! Time to rejoice and rejuvenate !. This is also the time to put on your creative hats. So let your finger dance around with ink pen, paper, colour, your mind be filled with imagination.

“Reading is essential for all those who seek to rise above the ordinary.”

- 1) Read any classic novel and Read Newspaper Daily,
- 2) Some suggested Author – **Ruskin Bond**
Sudha Murty
Enid Blyton
Premchand
William Shakespeare

ACTIVITIES:

- 1) ‘BE AN AUTHOR’ you are required to write your own story book in English and Hindi. Exhibit your creativity in making caricatures or Pictures according to your story. Decorate your book with an appealing Book Cover.
- 2) Make a ‘**WISHLIST**’ of books that you want to read. 5 Hindi books, 5 English Books.
- 3) 1 Bookmark and 1 Library Quote).

ART & CRAFT

DIY with Newspaper

Should be with minimum A3 size. Make it Colourful and bright, it’s just a reference pic, u can use your own piece of drawing using the same method.

<https://youtu.be/5kjVY7QiNWU?si=XRoFh3yPRlznmIEU>