

Dear Parent,

It is not what you do for your children, but what you have taught them to do for themselves, that will make them successful human beings. – Anne Landers

This is precisely what **Pragathi Central Schools** emphasise on. Our children must be the exemplars of future generation in acts of responsibility, sharing, caring, humility and kindness for the family and community. It strongly believes that inculcating true sense of responsibility towards their work and the family is an essential part of the 'growing-up' years.

PROJECT – 1

TIME MANAGEMENT – HOW TO PUT YOUR TIME TO PRODUCTIVE USE

A landmark Harvard study, spanning 75 years, reveals that kids who consistently do chores are more likely to grow into successful, happy and well-adjusted adults. The research shows that teaching responsibility through age-appropriate tasks at home builds crucial life skills such as self esteem, work ethics, accountability and teamwork.

The study concluded that children who do chores from a young age are more successful later in life and happier.

Please make a time table of yours with the chores listed below:

1. Cleaning the water bottle. **(Compulsory-to be done every day)**
2. Making the bed after waking up and folding the blanket. **(Compulsory- to be done every day)**
3. Folding the clothes / cleaning the plates and tumbler / watering plants/ learn to do the dishes / sweeping – **any three to be done every day)**
4. DEAR Time (Read the stories from English Sem-1 T.B.) **(Compulsory)**
5. Nap time **(2.00 pm to 4.00 pm) (compulsory)**
6. Recreation – Playing / watching TV

BASIC COOKING SKILLS

- Children understand the essential idea of nutritional foods, kitchen cleanliness, healthy food choices, etc.
- These basic cooking ideas **MUST BE DONE UNDER CLOSE PARENTAL MONITORING AND STRICT SUPERVISION.**

Note : Children must not be allowed alone into the kitchen.

Activities :

1. Prepare beverage like-Lemonade/Buttermilk and serve family members.
(Compulsory to be done every day)
2. Veg and fruit salad / Sandwich / Sprouts salad
3. Dinner time (help your parents clear the dishes and clean the table)
4. Peeling / Grating vegetables and fruits.

PROJECT – 2

NON-DOMINANT HAND ACTIVITIES

Practising the use of the non-dominant hand has several benefits for children, both physically and cognitively. Here's why it's a great exercise during vacations and beyond:

1. Enhances Brain Development :

Using the non-dominant hand strengthens connections between the left and right hemispheres of the brain. It improves neuroplasticity, helping children develop new skills faster.

2. Improves Coordination & Motor Skills :

Helps with fine motor control (writing, cutting, buttoning shirts, etc.). Enhances eye-hand coordination needed for sports and daily tasks.

3. Boosts Creativity & Problem-Solving :

Activates different areas of the brain, leading to better thinking and creativity. Encourages children to find new ways to complete tasks and improving adaptability.

4. Strengthens Ambidexterity :

Makes children more comfortable using both hands, which is useful for activities like playing instruments, sports, and multitasking.

Helps if one hand gets injured, allowing them to continue daily tasks with ease.

5. Increases Patience & Focus :

Increases Patience & Focus the challenge of using the non-dominant hand teaches patience and persistence. Requires greater concentration, which can enhance focus in other areas of life.

6. Prepares for Real-World Applications :

Many careers and hobbies (sports, art, surgery, music, gaming) require good control of both hands.
Makes children more adaptable and capable in different situations.

Activities :

- Write one point everyday from the code of conduct. (Ref : School diary)
- Buttoning shirt
- Brushing teeth
- Eating with spoon
- Drawing and Colouring
- Turning the pages one at a time.

PROJECT – 3

LIFE SKILLS

Practising Life Skills during vacation helps children develop independence, confidence, and essential abilities for daily life.

Topics :

- (i) Stranger danger
- (ii) Mindful eating

Follow 3 'S's :

- Eat Slowly
- Eat Small bites
- Eat Silently

Follow EWWTPP :

Eat Without Watching T.V., Tab and Phone.

- (iii) Anti bullying
- (iv) How to be a good guest and a good host



Note : 1) Allow your kids teach the above Life Skills which they learnt in the school to their group of cousins / family members and friends.

2) While explaining click pictures and make a collage.

PROJECT – 4

GROW YOUR OWN KITCHEN GARDEN

To boost confidence, essential life skills, environmental responsibility and creativity.

Benefits of Children Growing Their Own Kitchen Garden:

1. **Encourages Healthy Eating** : Kids are more likely to eat fresh, homegrown vegetables.
2. **Teaches Responsibility** : Caring for plants helps build patience and accountability.
3. **Enhances Motor Skills** : Activities like planting, watering, and harvesting improve confidence & love for plants.
4. **Promotes Reuse & Recycling** : Growing methi, coriander, and onion springs/sprouts in reused containers/plastic bags/pots, etc. This teaches eco-friendly habits.
 - Do not forget to collect the everyday kitchen waste such as veg peels, rice water, used tea powder, etc.,
5. **Provides a Fun & Engaging Hobby** : Gardening reduces stress and encourages creativity.

Safety Tip : • Do not place plants on balcony walls or at a height, as it can be very risky for children when trying to water the plants.

- Place plants on the floor to avoid any risk or falls.

ONCE A WEEK ACTIVITIES

- Start from sowing the seeds to seeing the plants grow.
- Once a week click a picture and make a **collage of your kitchen garden** after 5 weeks.

PROJECT - 5

"A penny saved is a penny earned" - Benjamin Franklin

FINANCIAL LITERACY

Activity : List Your Family's Needs and Wants for May 2025

- **Task:** Identify and list down your family's **needs** and **wants** for the month of **May 2025** in the given five categories.
- **Understanding the Difference:**
 - **Needs:** Essential items or expenses necessary for daily living, like groceries, utility bills, medical expenses, loan instalments etc.

- **Wants:** Non-essential items or luxuries that bring comfort or enjoyment, like dining out, gadgets, entertainment, or shopping for non-essential products

Category	Needs (Essentials)	Wants (Non-Essential)
Groceries & Household	Monthly groceries, cleaning supplies	Special snacks, premium products
Utilities	Electricity, water, gas, internet bills	Upgraded internet plan, additional streaming services
Health and Wellness	Medicines, doctor visits, Medical Insurance premiums, Basic hygiene products, First aid kit supplies and so on	Gym memberships, Health Supplements, Spa treatment, Luxury skincare, Specialized fitness equipment
Education	School fees, books, stationery	Fancy accessories, decorative school supplies
Leisure and Entertainment	Basic TV/cable subscription	Movie outings, concerts, gaming

Instructions:

1. Discuss with your family members to get a complete list of expenses.
2. Be honest while categorizing each item into **Needs** or **Wants**.
3. At the end of the month, reflect on your spending to see if any wants could have been avoided.
4. Try to maintain a balance between spending on needs, wants, and savings.

Happy Budgeting and Conscious Spending!

ENGLISH

I. Book Review :

Read **ANY FOUR** stories from your textbook. Choose **ANY ONE** story and write a review of the same.

Follow the format given below.

SECTION	DETAILS
Title of the story	Write the title here.
Author	Author's name
Genre	(fiction, non-fiction, mystery, fantasy....)
Main Characters	List the key characters
Setting	Where and when does the story takes place
Summary (No Spoilers)	Briefly describe the story's main idea in 3-4 sentences
Themes	Ex. bravery, friendship, family, adventure
Your Opinion	What did you like or dislike about the story ?
Favorite Part	Describe the most interesting or exciting part.
Lesson Learned	What message or lesson did the story teach you?
Rating (out of 5 stars)	

II. Worksheets : Do the following worksheets in Excellence in English Book (Worksheets book)

Worksheet number	Topic	Page numbers
2	Reading comprehension - passage	5 and 6
3	Reading comprehension - poem	7 and 8
26	Paragraph writing	60
40	Informal letter writing	97
51	Short story writing	132
97	Synonyms	249 and 250
99	Antonyms	253 and 254
101	Homophones	257 and 258
104	Spellings	263 and 264

TELUGU

I. చందమామ కథలు, పంచతంత్ర కథలు, అక్బర్ బీర్బల్ కథలు, వార పత్రికలోని కథలు మొదలైన కథల పుస్తకాల నుండి కథలు చదివి, ద్విత్వ (10), సంయుక్తాక్షర (10) పదాలను వ్రాయండి.

II. క్రింది పదాలు ఉపయోగించి సాంతవాక్యాలు వ్రాయండి.

- 1) కవచం 2) హాళికులు 3) మురిసిపోవు 4) అశ్రద్ధ 5) పులకరించు
6) అనుభూతి 7) మహనీయుడు 8) అవివేకులు 9) పరధనం 10) అనుజాడు (సోదరుడు)

III. సామెతలు - వివరణ :

- 1) రెక్కాడితేగాని డొక్కాడదు. - కష్టపడితేగాని పూట గడవని పరిస్థితి
2) చిన్నపామైనా పెద్ద కర్రతో కొట్టాలి. - చిన్న సమస్యనయినా పెద్ద ఉపాయంతో పరిష్కరించాలి.
3) దీపం ఉండగానే ఇల్లు చక్కబెట్టుకున్నట్లు. - అవకాశం దొరికినప్పుడే సద్వినియోగం చేసుకోవడం.

IV. Learn the given New Words.

HINDI

I. फिल्म देखकर उसका लक्ष्य आत्मसात करके दिए गए प्रश्नों के उत्तर लिखिए।

1.I.A.S. गोविंद <https://youtu.be/mla4oQcZ8yE?si=qLUJmRcjTuXtp6Yc>

प्रश्न

1. इस कहानी में मुख्य किरदार किस कलाकार ने निभाई ?
2. आपको इस कहानी में कौन सा पात्र अच्छा लगा और क्यों ?
3. आपको फिल्म कौन से सीन ने सबसे ज्यादा प्रभावित किया और क्यों?
4. पिता ने अपने बेटे की पढ़ाई के लिए पैसे का इंतज़ाम कैसे किया?
5. I.A.S. गोविंद सिनेमा से तुम्हें कैसी प्रेरणा मिली?

II. ये मेरी जान (Ae Merijaan Song) (Emergency Movie)

<https://www.youtube.com/watch?v=V4p9wbLSmYc>

III. निम्नलिखित शब्दों का सही प्रयोग करते हुए वाक्य निर्माण कीजिए।

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|---------------|----------------|-------------|-------------|----------------|
| 1) मैं – हूँ | 2) तुम – हो | 3) आप – हैं | 4) हम – हैं | 5) बेचना/भेजना |
| 6) पिता/ पीता | 7) बाग/बाघ/भाग | 8) मैं/मैं | 9) और/ओर | 10) साथ/सात |

IV. Learn the given New Words.

MATH

I. BUDGET PLANNING :

Imagine you are planning for a vacation with your family to a popular tourist destination in India such as (Goa, Mahali, Gokarna)

Task : Create a detail budget and financial plan for the trip.

Budget Components :

- Calculate the cost to travel.
- Estimate the cost of stay.
- Determine the budget for shopping, dinning, site seeing, adventure activities and other attractions.
- Represent total expenses in H.W. book.

II. Do the given work sheets in H.W. book.

SCIENCE

I. Activity (Refer LE. 12 : BEYOND EARTH) :

Read the lesson. Make a model of any one constellation of your choice using easily available material like grains, pulses, ear buds, clay, used refills, etc. and write short note on it.

II. Learn the given New Words.

SOCIAL

"The family is the first school of human values, where love, respect, and integrity are taught by example."

- Unknown

MY FAMILY JOURNAL

"A Journey Through My Family: Memories, Traditions, and Fun": Sharing your experiences answering the given questions in the form of journal with suitable pictures. (if any)

Objective: To encourage students to reflect on their family experiences, values, and traditions through creative and thought-provoking activities.

1. What does family mean to you? Describe how your family supports and cares for you.
2. A Special Family Memory – Share a memorable moment with your family that made you happy.
3. Family Traditions – What is the special tradition or festival your family celebrates? How do you celebrate it?
4. A Family Member I Admire – Write one of your a family members who you look up to and explain why.
5. A Fun Family Activity – What is your favorite activity to do with your family? Why do you enjoy it?
6. A Day in My Family's Life – Describe a typical day in your family. What makes it special?
7. My Family's Special Recipe – Share a famous dish prepared at your home. Who makes it, and what makes it special?
8. The Funniest Family Moment – Share a funny or humorous incident that happened in your family and why it made everyone laugh.
9. Family Values – What are the most important values your family believes in? How do they guide your actions?
10. My Dream Family Vacation – If you could take your family on a dream vacation, where would you go and why?

II. Learn the given New Words.