

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. Do the below worksheets from "Excellence in Grammar" book.

1. Reading :

- Worksheet-1 (Page No 3 and 4)
- Worksheet-3 (Page No 7 and 8)

2. Writing :

- Worksheet-30 (Page No 75)
- Worksheet-40 (Page No 105)
- Worksheet-51 (Page No 139)

3. Synonyms :

- Worksheet-100 (Page No 263 and 264)

4. Antonyms :

- Worksheet-102 (Page No 267 and 268)

5. Homophones :

- Worksheet-104 (Page No 271 and 272)

6. Spellings :

- Worksheet-108 (Page No 279 and 280) H.W.

TELUGU

- I. వేసవి సెలవులకు మీ నాయనమ్మని గాని, అమ్మమ్మని గాని (తల్లిదండ్రులు) కలిసి వారి బాల్యం గురించి ముఖాముఖి (ఇంటర్వ్యూ) తెలుసుకుని వ్రాయండి. వారితో ఫోటోను తీసుకొని H.W. లో అంటించండి.

ప్రశ్నలు :

- 1) మీ బాల్యంలో మీరు ఆడిన ఆటలు ఏవి ?
- 2) మీరు ఉపాహారంగా (breakfast) ఏమి తినేవారు ?
- 3) టి.వి.లు, సెల్ ఫోన్ లు లేనప్పుడు మీ కాలక్షేపం ఏమిటి ?
- 4) మీరు ఎంతవరకు చదువుకున్నారు. మీకు బాగా ఇష్టమైన ఉపాధ్యాయులు ఎవరు ?

- II. క్రింది పదాలు ఉపయోగించి సాంతవాక్యాలు వ్రాయండి.

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|----------------|---------------|-------------------|
| 1) వృద్ధుభాషలు | 2) సల్లగుండడం | 3) మతిమరుపు |
| 4) విఘ్నము | 5) దాత | 6) అనురాగమూర్తి |
| 7) ప్రాంగణం | 8) పద్మాకరాలు | 9) మార్గదర్శి |
| | | 10) చిరస్మరణీయుడు |

- III. సామెతలు - వివరణ :

- 1) రెక్కాడితేగాని డొక్కాడదు. - కష్టపడితేగాని పూట గడవని పరిస్థితి.
- 2) చిన్నపాపైనా పెద్ద కర్రతో కొట్టాలి. - చిన్న సమస్యనయినా పెద్ద ఉపాయంతో పరిష్కరించాలి.
- 3) దీపం ఉండగానే ఇల్లు చక్కబెట్టుకున్నట్లు. - అవకాశం దొరికినప్పుడే సద్వినియోగం చేసుకోవడం.
- 4) అత్తమీద కోపం దుత్తమీద చూపినట్లు. - ఒకరి మీద కోపం మరొకరి మీద చూపించడం.
- 5) గోరు చుట్టు మీద రోకటిపోటు. - కష్టం మీద కష్టం రావడం.

- IV. Learn the given New Words.

HINDI

I. निम्न गाने सुनकर, अर्थ समझकर याद कीजिए तथा गाना गाने का प्रयास कीजिए।

फिल्म का नाम - धर्म-कर्म

गाना - एक दिन बिक जाएगा माटी का मोल : https://youtu.be/r_O-TemaAR0?si=q08ZKZHXEOo3u_vE

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

12th Fail Movie : <https://www.youtube.com/watch?v=-6ZZPtBUrvk>

प्रश्न

1. इस फिल्म का मुख्य उद्देश्य क्या है ?
2. मनोज ने IAS परीक्षा की तैयारी किस तरह से किया ?
3. मनोज का जीवन लक्ष्य क्या था ?
4. मनोज की जीवन से आपको क्या प्रेरणा मिली ?
5. मनोज की IAS इंटरव्यू किस तरह से हुआ ?

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 |

III. Learn the given New Words.

MATH

I. A “Trip Expenses” data handling project.

- Students will plan a trip, track the estimated or actual expenses and then use this data to construct a bar graph.

Note : Students can use five different categories of expenses like food, transportation, hotel stay etc.

II. Family time activity :

- 1) Preparation of fruit custard / Behl puri / cooking rice with the help of parents (In connection to the topic – “Ratio and Proportion”)

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

SCIENCE

I. Activity (Refer LE. 12 : FORESTS: OUR LIFELINE) :

- Make a concept map.
- Do given activities from TB Page numbers 224, 225 and 226.
- Make an interesting model of a food chain or create a diorama of forest layers as suggested in page number 227.

II. Learn the given New Words.

SOCIAL SCIENCE

Eco Quest: Climb for a Greener Tomorrow!

I. Activity : Create a Snakes and Ladders board game based on the theme – Our Environment.

- **Objective** : This game helps students learn how to care for the environment by showing good actions (ladders) that help and bad actions (snakes) that harm nature. By playing, they will understand how their choices can make the planet better or worse.

Board Design :

- The board will have 100 squares like a traditional Snakes and Ladders game.
- Ladders represent positive environmental actions, helping players move ahead. (Ex. planting trees, saving water etc.,)
- Snakes represent harmful environmental activities, causing players to slide back. (Ex. cutting trees, wasting water etc.,)
- Make the board colourful and include short descriptions for each action. Be ready to share and discuss your game in class!
- **Materials Required :**
 1. Chart Paper or Cardboard
 2. Markers, Sketch Pens, , Ruler/Scale
 3. Dice – For rolling and moving forward in the game.

III. Learn the given New Words.