

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 and mopping – **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)
- Mirror images of family member names
- 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 EWWTTP :

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. and use as manure.
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. Read the following lessons from your English Text Book New Pathways, Oxford.

- 1) **Unit-4; Section-1 – Emperors on Ice** : Design a poster on any ten fun facts about Antarctica and Penguins.
- 2) **Unit-6; Section-2 - Macbeth** : Role play will be conducted.

II. Do the following exercises in Prachi (Excellence in English) Pullout book.

Worksheet No.	Topic	Page Numbers
13	Reading Comprehension	31 to 32
19	Reading Comprehension	47 to 50
28	Paragraph writing – 9	79
34	Diary Entry – 3	96
103	Synonyms	277 - 280
105, 106	Antonyms	281 - 284
107, 108	Homophones	285 - 288
112	Spellings	295 - 296

TELUGU

I. ఉపవాచకం : ఇల్లు-ఆనందాల హరివిల్లు పాఠమును చదివి క్రింది వాటికి సమాధానములు వ్రాయుము.

- 1) మీ ఇంట్లో ఎవరెవరు ఉంటారు ?
- 2) కుటుంబం అంటే ఎలా ఉండాలి? మీ అభిప్రాయం వ్రాయుము.
- 3) క్రింది ప్రాసపదాల ఆధారంగా చక్కని కవితను తయారుచేయండి.

- 1) ఇల్లు - హరివిల్లు
- 2) లోగిలి - మజిలీ
- 3) ఆనందం - అనుబంధం

HINDI

I. निम्नलिखित शब्दों से बने मुहावरों को लिखकर उनसे कहानी लिखिए ।

आँख, नाक, मुँह, कमर, हाथ, पाँव, ऊँगली, चाँद, नमक, सिर

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

- 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

MATH

I. Rational Number Working Model :

Learn the properties of rational numbers and prepare a working model which displays all the properties by watching the below youtube link.

https://youtu.be/SqTSCVA0Rrs?si=qniqGiPd_13DhjnK

II. Solve the given worksheets.

SCIENCE

BIOLOGY

I. Red Data Book

The Red Data Book is a public document that is created for recording endangered and rare species of plants, animals, fungi as well as some local subspecies that are present in a particular region.

II. Prepare a miniature Red Data Book of any 5 endangered species of animals with a brief account and suitable pictures.

Reference : NCERT text book lesson : Conservation of plants and animals (L- 5).

PHYSICS

I. Read the lesson No.12- Some Natural Phenomena.

- Make a working model of Seismograph https://youtu.be/W_QIAPDDsJs?si=RHJaLpHFJO7wiNMG / electroscope (Pg. No. 207)
- Read the life skill activity (Pg. No. 218) and write answers.
- Write a report on recent earth quake in Myanmar and Thailand.
- Write few precautionary measures to be followed to protect ourselves from lightning.

SOCIAL SCIENCE

Snakes and Ladders Board Game on Agriculture : "Farm Quest – Grow with Good Practices!"

Make a Snakes and Ladders board game based on agriculture, where ladders represent good farming practices (helping crops grow) and snakes represent harmful practices (causing losses).

Materials Required :

Chart paper or cardboard (for the board)

Markers, sketch pens, and color

Dice and small tokens

Board Design :

100 squares like a traditional Snakes and Ladders board.

Ladders (Good Practices in Farming): Help players move ahead.

Snakes (Harmful Practices in Farming): Make players slide back.

Examples for the Board :

Ladders (Good Agricultural Practices – Move Up!)

1. Used organic manure , Planted trees to prevent soil erosion

Snakes (Bad Agricultural Practices – Slide Down!)

Eg: Used excessive chemical fertilizers.

Wasted water while irrigating fields etc.

Learning Outcomes :

To understand sustainable farming practices.

To learn how good farming methods improve crop production.

To recognize harmful agricultural activities and their effects.

