

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 / watering plants/ sweeping – **any two 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)**

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.
3. Dinner time help your parents clear the dishes and clean the table

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).

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, 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 :

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 :

- Stacking blocks
- Combing hair
- Crumpling activity (Old newspaper)
- Tracing and colouring
- Turning the pages one at a time.
- Tracing the numbers, letters and shapes.

PROJECT – 3

LIFE SKILLS

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

Topics :

- (i) Summer precautions
- (ii) Mindful eating

Follow 3 'S's :

- Eat **S**lowly
- Eat **S**mall bites
- Eat **S**ilently

Follow EWWTP :

Eat **W**ithout **W**atching **T.V.**, **T**ab and **P**hone.

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



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.

😊 *WISHING YOU A SAFE AND HAPPY*
SUMMER VACATION 😊