

# SHRI JAIN PUBLIC SCHOOL

Let's enjoy SUMMER with creative and fun filled activity

## CLASS 1



Make a list of fruits and vegetables. Write their names, colour and shapes under the following headings.

NAME. COLOUR. SHAPE



Inculcate good habits and social etiquettes. Use magical words whenever required .  
[Thank you, Please, Sorry, Excuse me, Welcome]



Follow fitness mantra along with your family members during this summer .The following asanas are suggested for your physical, emotional and mental well-being .

- 1.Vajrasana:- Helpful in improving concentration
  - 2.Gomukhasana:- Reduces stress and anxiety
  - 3.Parvatasana:- Helps in enhancing height
  - 4.Bhujangasana:- Provides strength and agility
- Take a family pic any of the above mentioned asana and share it in your class Whatsapp group on 19 June ,21 between 5:00 to 6:00 pm.



Grow any spice/medicinal plant/herb in a pot.You must know its healths benefits,nurture it and click a picture. Share it in your class whatsapp group on 4 June,21 between 5:00 to 6:00 pm on the eve of World Environmental Day

**TEAM JPS**