

# Shri Jain Public School

Let's enjoy SUMMER with creative and fun filled activities

## CLASS 2



Make a short and creative video of 40-50 seconds. Give a message to "Corona Warriors" Share it in your class whatsapp group on 12 June'21 between 5:00 to 6:00 pm.



How can you contribute to make the world clean and beautiful? Follow and write any 5 simple ideas. Share a beautiful slogan on "Cleanliness, Health and Hygiene" in your class whatsapp group on 4 June'21 on the eve of World Environment Day.



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

1. **Shavasana**:- Increases energy levels
2. **Shalabhasana**:- Helps in relieving str
3. **Urdhva Hastasana**:- Increases the capacity of lungs
4. **Bhujangasana**:- Provides strength and agility

Take a family pic of 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.



Taking a break from studies once in a while is very important. It freshens up our body and mind. What is your favourite indoor hobby during lockdown? Write a few lines on your favourite hobby.

# TEAM JPS