

Shri Jain Public School

Let's enjoy SUMMER with creative and fun filled activities

CLASS 4



Make a List of some points on “How you are boosting your immunity to fight with COVID-19”



Explore the world of plant and take initiative with your family members to plant a tree and click a pic and share it in your class whatsapp group on 4 June,21 between 5 to 6 pm 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.GARUDASAN:- Improves your focus
2. VRIKSASANA:- Centres your body and mind
- 3.CHAKRASANA:- Helps your calmness and focus
4. PASCHIMOTTANASANA:-Helps to relieve mental and physical stress

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.



Search and write adjectives for you and your family members which reflect positive personality. [minimum 5 for each

TEAM SJPS