



SHRI JAIN PUBLIC SCHOOL BIKANER

SESSION 2021-22

HOLIDAY HOMEWORK

CLASS -VII

Out of difficulties grow miracles, Tough time don't last.

Dear Students

The beginning of new session might not have been with pomp and show, but the spirit of teaching learning continues with online school. We are proud the way you all transited to online classrooms and followed them earnestly. The summer vacations this time would not be ice creams, candies and cool pool, but time can be utilized in honing skills and interests.

It is easy to bloom, than to be a bud, but you are responsible young members of the nation and it's our duty to follow rules.

Here are some holiday activities designed for creative utilization of time. Give a flight to your imagination and spend time purposely.

Some pointers to remember

- ❖ Practice wearing mask, gloves and safe distancing, as this is what you all have to follow when you join school.
- ❖ Make hand washing and hygiene a part of your routine.
- ❖ Holiday Homework is a part of subject enrichment and will be assessed on the basis of creativity and efforts of the students
- ❖ It's the perfect time to enhance your speaking skills and vocabulary by conversing in English with your family and siblings.
- ❖ Reading is essential for those who seek to rise above the ordinary. Spend your quality time reading purposeful books.
- ❖ A beautiful handwriting makes a good impression. Practice one page of English and Hindi handwriting daily.
- ❖ Schedule your time for activities so that there is no piling up for the last moment.
- ❖ Holiday homework should be your authentic creative work.

- ❖ Read daily news paper and use information to write an essay on the topic – **Corona Warriors – The Heroes of Pandemic** in your **English B Notebook**.

- ❖ Perform the following yoga aasan.
- ❖ Click a picture of yourself and share it in whatsapp group on 19th June 2021 between 5:00 PM – 6:00 PM.
- ❖ Write the benefits of these yoga aasan **in your SST Note Book.**

(1) Suryanamaskar



(2) Ardhachandra-asana – The Half – moon Pose



Compost bin

Food waste can also be used to make compost. This compost can replace the chemical fertilisers, which adversely impact the environment.

Things you require:

- ❖ Used plastic bin/bucket with a lid
- ❖ Sharp object to drill holes
- ❖ Loose soil
- ❖ Fruit and vegetable peels
- ❖ Buttermilk/water
- ❖ Paper

Time taken: 1 Month

How to: Make a few holes in the base and sides of a bucket. Place in a shady area of your garden or balcony. Add fruit and vegetable peels, coffee grounds or used tea leaves. Add some shredded paper.

Layer with a little soil. Sprinkle water or a little buttermilk every 5 days to keep it moist. Keep it covered always. Turn around the pile every 4 days to aerate it.

Add kitchen waste, soil and paper every other day till the bucket is full. When it is full, top with a layer of soil, cover and leave aside for 4 weeks. At the end of the period, you will see the waste has broken down and you have crumbly soil ready.

Note: - Share the pic of this activity in whatsapp group on 30th June 2021 between 5:00 PM – 6:00 PM.

