




COLUMBIA FOUNDATION SR. SEC. SCHOOL

HOLIDAY'S HOMEWORK

Class VI






Columbia believes that one's health is at the centre of his/her life. Every part of your life relies on you having good health. Summer Vacation is the best time of the year for you all; it is time for loads of fun. This year, theme of holiday homework is "HEALTH".

"Learning at school has provided students with a plethora of activities to help the modern-day learners come at a pace with the challenges. Gone are the days when the process of learning and imparting lessons was a conventional process compressed into rigorous models. To make learning a fun and 360-degree experience for the students, we have laid down the importance of holiday homework in making learning an enriching experience.

General Instructions

- 
- All the activities have been designed to ignite the thought process of the students and to make them aware of the global concerns. Be a Green Ambassador and create your own A-3 size sheet with the help of waste paper/ cloth and decorate it well with waste material for e.g. bottle caps, refills, leftover pencils or crayons, lace, buttons, bangles, toy parts etc.
 - The whole holiday homework is to be done by using waste material or the material which is readily available at home
 - There is no need to buy anything from the market.
 - Use of Thermocol/Plastic will not be accepted (unless it is a waste material)
 - Your work should be authentic and creative.
 - Project work should be done accordingly.
 - Holiday homework is a part of subject enrichment activity and will be assessed on the basis of creativity and efforts of the students.
 - Compile all the work(A-3 Sheets) in a folder and decorate the cover beautifully with waste material

Q.1. “THE BEST THERAPIST HAS FUR AND FOUR LEGS” a pet at home is the best friend of a child. It acts as a stress buster and rejuvenates our monotonous life. Let’s pet a stray dog/cat/fish and help it to have a deserving life. This act of humanity is mutually beneficial for both the species. Let’s get to know about their eating habits and be a friend of them. Make a beautiful video (in school uniform) with your loving pet in different moods and whatsapp it to your class teacher.



Q.2. Spiritual Upliftment is the main step of getting happiness in what we have and working hard for what we want to have. It is the feeling of being contented. Let us make a habit of inculcating meditation in our daily life for 5 minutes and make our life happy, joyful and peaceful. Make a dream catcher/ hanging cards of your meditation sessions and their benefits on the other side of the cards.



Q.3. The feeling of achievement is in itself is happiness. Let's sweat it out to eradicate the negative energy in us. And take a step forward towards optimism. Optimism leads to contention and contention leads to happiness in even the worst situation. Let's go back to the memory lane of our parents and bring back that natural happiness in us.

Let's climb a tree to get mangoes/mulberries/ ber etc.

Make small toys with natural clay(mitti).

Play in soil/ water

And make your clothes dirty in order to acquire natural happiness of being heroic in life. Capture these moments in the form of a collage in a sequential manner.



Q.4. **‘All that glitter is not gold’** similarly all that tastes good is not healthy. Having a healthy body is the primary source of Happiness. Packaged food is that glitter of our food which is actually a hidden slow poison. These packaged foods which we eat contain those harmful chemicals which reduces metabolism of the body and consequently our life span. Let’s take a pledge to adopt healthy lifestyle in our life. Collect 3-4 packaged food wrappers (chips/wafers/biscuits/popcorns/beverages etc.) and paste them on an A-3 sheet and write down the harmful chemicals and preservatives they contain. Search on the internet and write their harms in front of these wrappers. What other healthy substitute you can provide yourself to replace these “monsters of food”?



Q.5. Let's give our life a meaning. A reason of happiness to us as well as to others. The people who are deprived of happiness, have all the right to have a dignified and smiling life too. In this summer vacation help the deprived people near the vicinity of your home and spend quality time with them/sing songs/play games have a meal with them and carry a surprise gift for them. Take pictures of the same and make a collage.

Q.6. Take an old sweet/shoe box and take a printout/draw picture of one author/ poet. Paste/colour the picture on the box and decorate its border using various decorative materials. Write about their anyone write up.



Q.7. Make a travelogue on 'Unity in Diversity' and compare the culture, language, festivals, food and clothes of Delhi and Andaman and Nicobar island/ Lakshadweep.



Q.8. 'Healthy mind resides in a healthy body' Prepare a diet chart to provide a balanced diet to a twelve-year-old child. The diet chart should include food items which are seasonal and easily available in your area. Make a 3-D project using molded clay and cardboard.



Q.9. Be a helping hand for your family and go for a monthly shopping with them. Check the bill given and paste the bill on an A-3 size sheet. Circle any five healthy items in them and check the divisibility of that bill for the numbers 2, 3, 4, 5, 6, 7 and 11.



Q.10. We make a living by what we get, but we make a life by what we give. "This is mine and this is yours" is not the thinking of generous persons. For them, the whole earth is like a family. Community service plays a vital role in sensitizing of students right from their childhood. At Columbia Foundation, this value is inculcated in students by organising Langar Sewa on 8th of May on Founder's Day. This value should be carried forward in these summer vacations too. We can help any group of people in need: deprived children, senior citizens, people with disabilities, and even animals or one can visit a gurudwara or temple and give their services to community.

Prepare a scrapbook using A-3 sized sheets in which you share your experience. Use relevant photographs.



Q.11. संतुलित भोजन हमें स्वस्थ रखता है संतुलित थाली में पोषक तत्व (कार्बोहाइड्रेट ,वसा ,विटामिन ,खनिज पदार्थ, प्रोटीन) को अपनाते हुए थाली सजाएं और उसकी फोटो ले और लिखें ऐसा भोजन करने से हमें क्या लाभ होते हैं।सात्विक और तामसिक बताते हुए अंतर लिखें।



Q.12. Happiness is different from pleasure. Happiness has something to do with struggling, enduring, and then accomplishing the purpose of life. Our life is full of challenges. Let's take one more. When you will come back after the vacations, temperature will soar high. Let's plan to make our classrooms a cooler one than the surroundings.

Plant a vegetable/flowering plant in any of the waste bucket/can etc. in the month of May and bring it on the first day of July along with an unsewn big jute bag.

Let's make our class a happier and cooler one along with some productiveness so that the feeling of happiness of our own production of vegetables/flowers can convert into joy. This feeling of accomplishment is what happiness is.



Q13 दादा-दादी और नाना- नानी हमारा संसार है। उनके बिना हमें कहानी कौन सुनाएगा। अपने बुजुर्गों का सम्मान करे, और उनके पास जाकर उनसे रिश्ता बनाए। उनके साथ समय बीताकर आपको कैसा लगा,अपने अनुभव बताएं और उनके साथ फोटो भी ले।



Q.14. Art in any form is an all time stressbuster and a source of happiness for us. Art is not what we see but it is what we make others see. For someone, it is a waste but for an artist it is a podium of creativity. Let's take our creativity to a new height by transforming waste bottles into a masterpiece.

So, this summer vacation channelize your inner artist and reuse the used bottles by decorating them and giving them a new name.



**HAVE A FUN FILLED
SUMMER VACATION !**

