



St. Albans School
Sector - 15, Faridabad
Foundation 1 (Session 2024-2025)
Holidays Home Work

Dear Parents

Summer vacations are finally here and it's time for fun and adventure. This is also an excellent opportunity for you to make this time fruitful by helping them to cultivate some good habits.

- Wake them up early and have them greet each member of the family.
- Take out time to do some exercise or yoga with them regularly.
- Develop in them the habit of praying daily.
- Try to speak to them using small English words and phrases.
- Use the five golden words (please, thank you, sorry, excuse me and may I) as often as possible.



- Teach them to give respect to their elders.
- Let them help in simple household chores.
- Ask them to put out food and water for the animals/birds in the shade.
- Let them water the plants around them daily early in the morning or evening.
- Teach them a few life skills like:



- Washing hands in a proper manner.
- Opening and closing their lunch boxes and water bottles.
- Hanging their bags on their shoulders.
- Learning to tuck in a chair, in a proper manner.
- Walking on a straight line and around a large mat.
- Outlining shapes with kidney beans.
- Using a spoon to transfer objects.

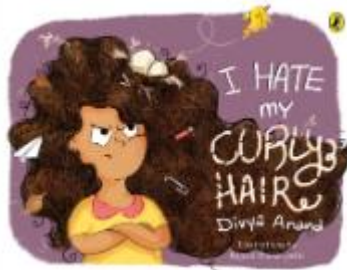
You can also make this time interesting by indulging in some fun activities or creative ideas to enhance their skills under your supervision. Here are a few you can choose from:

- Doodle Art - Take some paper and drawing materials (markers, pencil crayons, crayons). Let the children draw some lines with a marker on paper and then fill in the blank spaces with colours. Doodling is a great fun activity as you never know what your children will come up with.
- Making Bubbles - Fill a container with some soap solution. Use a straw to blow out and make bubbles in the container (blow out only!). Encourage the children to touch and pop the bubbles.



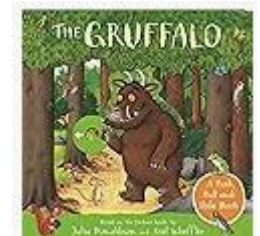
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- Clay Molding - Take some clay/dough and give it to your children to mould and create what they will. Let them use their imagination to tell you what their creation is.
- Planting - Plant a small sapling on World Environment Day (05.06.2024) and take care of it during the hot summers.
- Summer Cooler - Take some water, a few lemons, some salt and sugar. Guide the children to squeeze the lemon in the water and mix the salt and sugar in the right proportion to make tasty lemonade for daddy on Fathers' Day. Chill and let the children serve it to their father on Fathers' Day (third Sunday of June).
- On World Yoga Day, take the time out to teach your children some simple aasans. (Link for your reference: <https://youtu.be/oYIOTPJOUgk?feature=shared>). Make a video of your children doing yoga and post it by 22.06.2024 on the Padlet link: <https://padlet.com/gsujatakriszna/foundation-1-daisy-and-lily-93ca1jyvsp28ts2>
- Narrate Stories - Take a book (age-appropriate) and read out a story to the children. Books with big colourful pictures on every page and just a little bit of text or even books with songs and repetitive verses are a good choice for this age. Let your children cuddle up or sit on your lap while you read if they so wish Follow their cues. Talk about the characters and events in the story, relating them to your children's own experiences. Pause when you read aloud to let the children fill in a word or phrase. This works great with rhyming and repetitive books.



Here is a suggestion for a few books you can enjoy with your children:

- Books by CBT (Children's Book Trust)
- Books by Pratham Books
- Panchatantra Tales
- Books by Penguin Random House
- Books by Macmillan Children's Books



Put a name slip, label and send one of the story books in your children's zipper pouch when the school reopens. This book will be kept in the class library and will be given back to the children at the end of the session in March, 2025.

Do the attached revision work, and revise all work covered in April and May. Have a fantastic summer vacation and come back refreshed to school on 2nd July, 2024 (Tuesday).





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Sample for English Pattern Writing Practice

	•	•	•
—	•		
↘	• •	•	•
↙	•	•	•
C	•	•	•
U	•		
U	•	•	•
n	•	•	•

Note: Practise one page as given in the above sample sheet daily in the given practice notebook for at least 15 days towards the end of the holidays. Make the patterns near the left margin but without touching it. Give the children the concept of lines. Let them repeat the phrase 'first line to third line' every time they draw a pattern.



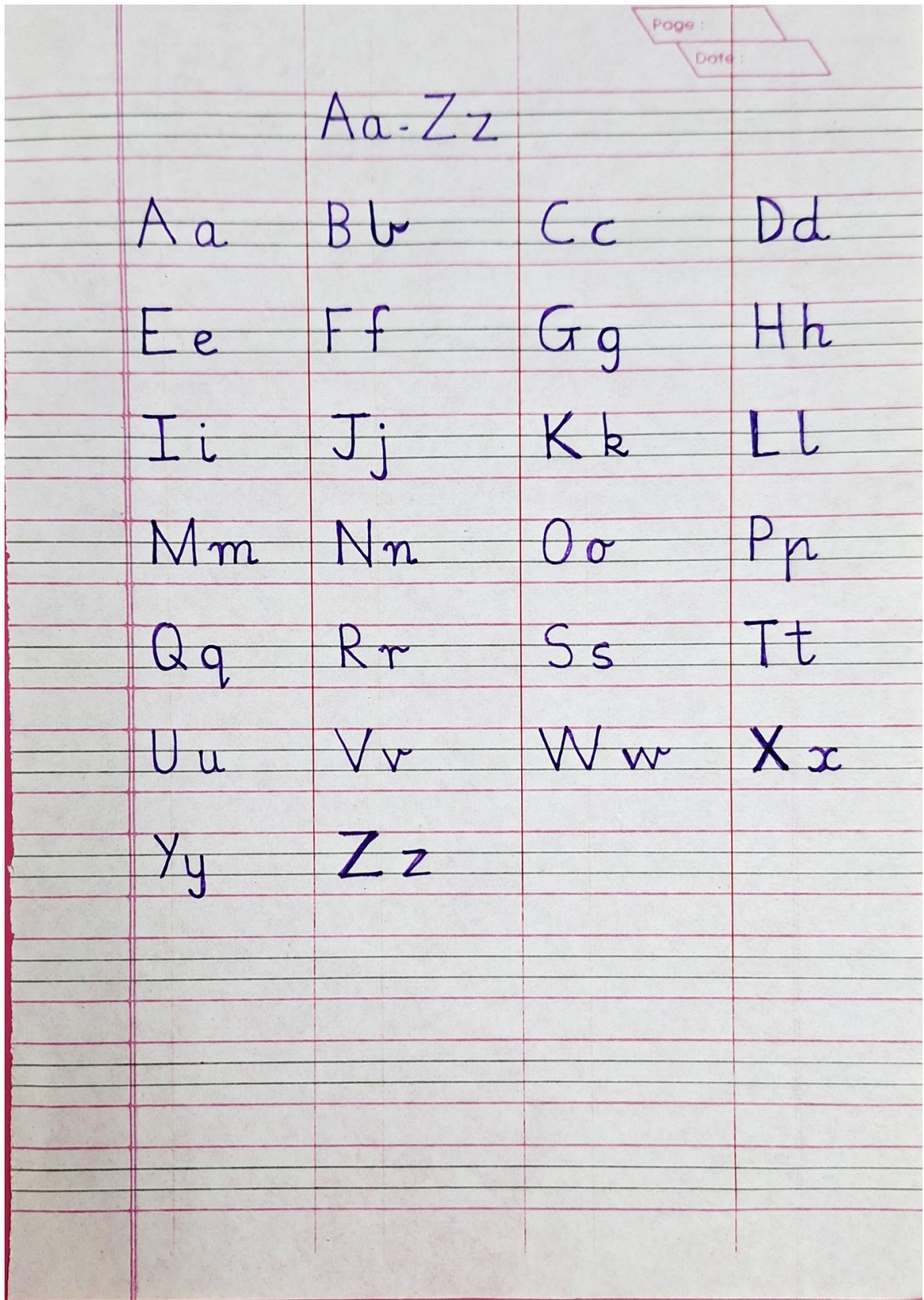
St. Albans School
Sector - 15, Faridabad
Foundation 1 (Session 2024-2025)
Number Formations

	1									
	2									
	3									
	4									
	5									
	6									
	7									
	8									
	9									
	10									

Note: Numbers 3 onwards will be taken up in class after the summer vacation. Have the child practise writing numbers 1 and 2 during the holidays.



St. Albans School
Sector - 15, Faridabad
Foundation 1 (Session 2024-2025)
Letter Formations



Note: Letters of alphabet (only capital) will be taken up in class after the summer vacation.

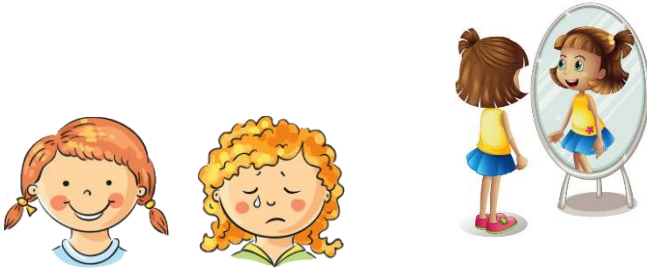


ST. ALBANS SCHOOL
SECTOR-15, FARIDABAD
RHYME FUN

SING

LOOK IN THE MIRROR

I look in the mirror and what do I see?
 I see a happy face smiling at me.
 I look in the mirror and what do I see?
 I see a surprised face smiling at me.



PORTRAY

IN THE MIRROR AT HOME

Take a look at your face in the mirror at home and tell what feeling is showing on your face.
 Try to portray different emotions: happy, sad, surprised, anxious or any other you feel like.

(Build upon the rhyme in the first part as you change your expression.)



THINK

ANSWER THESE

Take your fingers to your face and touch it to feel various features on your face while making different faces.

1. How many different faces could you make?
2. Which face did you like the best?
3. Which face do others in the family like the best?
4. How did it make you feel?



EXPERIMENT

SMILE AND FROWN

Talk to your family and friends with a smile and note their reaction.
 Next talk to them with a frown on your face. Is there any change in your voice or mannerism? Is there a change in the reaction of others?
 Is there a change in how you feel?



SPIN A YARN

MAKE-UP A STORY

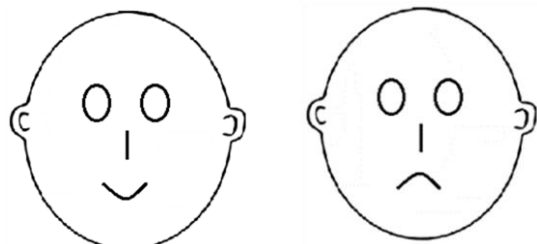
Take the help of your parents to give you a start and add your thoughts and ideas to make-up a small story about people/ friend/animals based on expressions and emotions.



DRAW

A HAPPY AND A SAD FACE

On the attached worksheet, draw the eyes, nose and mouth inside the given outline of the faces to portray a happy and a sad face.

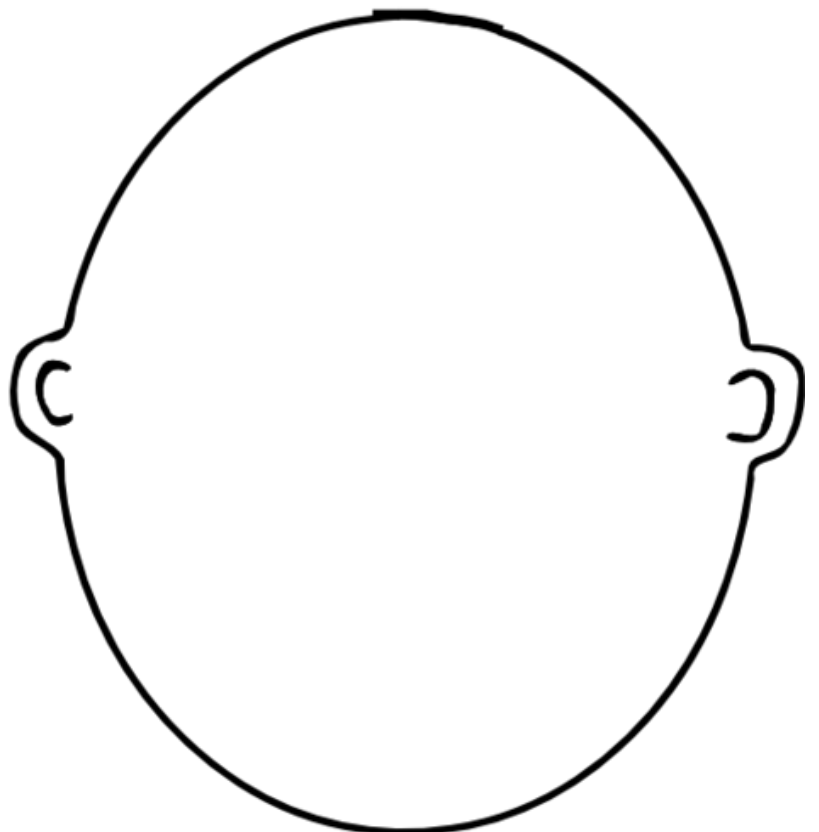
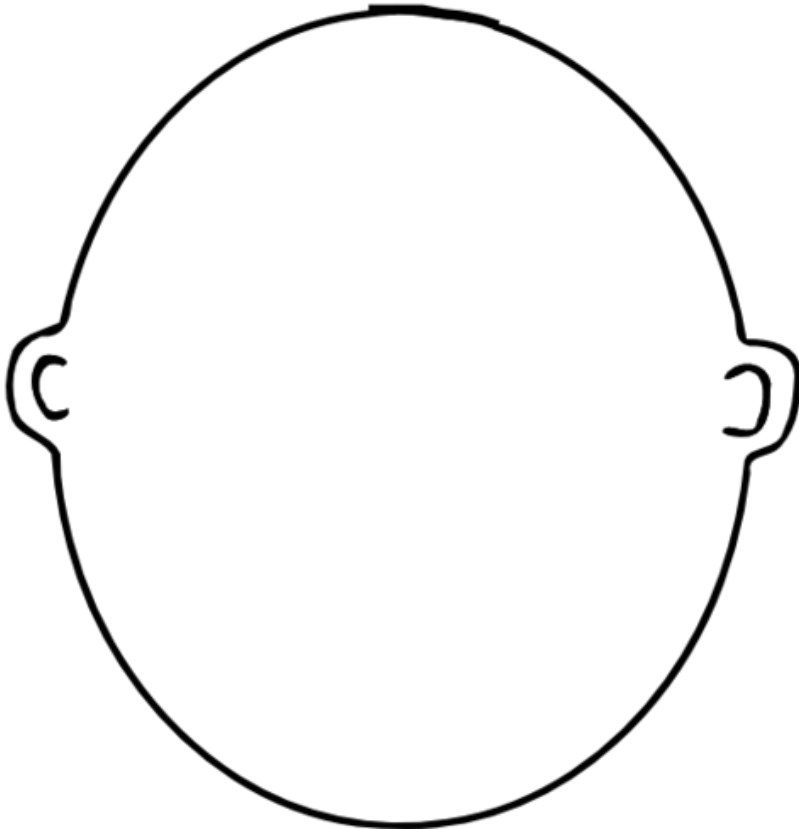




St. Albans School
Sector - 15, Faridabad
Foundation 1 (Session 2024-2025)
H.H.W. Worksheet - 1

Name: _____

Date: _____





ST. ALBANS SCHOOL
SECTOR-15, FARIDABAD
RHYME FUN

WATCH

THE FIVE SENSES

I have two eyes so I can see
And a nose to smell.
I have ten fingers that can touch
They do it very well.
I have two ears so I can hear
The birds up in the tree.
I have tongue inside my mouth
To taste the food I eat.

<https://www.youtube.com/watch?v=vXXiyIGqliE>

TOUCH

FEEL AND TELL

Help your parent to fill a tub/container with water and put different toys/objects in it. Now dip your hands in the water, feel the different things in it and try to identify them while keeping your eyes closed.



LISTEN

HEAR & IDENTIFY

Sit in your balcony/verandah in the morning or evening. Feel the gentle breeze on your face. Listen carefully to the different sounds around you and try to identify them. E.g. the song of the birds, the honk of a horn, the bark of dog and so on.



TASTE

SPROUTS SALAD

Help your parents to prepare a delicious salad of home-grown sprouts for you. You may add fruits or vegetables of your choice to it along with a dash of lemon. Relish it together.



SMELL

CAN YOU DETECT?

Go to different parts of your house and tell

- Do they smell the same?
- Is the smell pleasant?
- Can you say where the smell is coming from?
- Which part of the house smells has the strongest smell?
- Which smell do you like the most?



HUNT

GO FOR A NATURE WALK

Go for an early morning walk in a nearby park or garden. Take a picture of the things you see there. On the attached worksheet, paste some of the pictures of things you find there like:

- a) something rough
- b) something smooth
- c) something prickly
- d) something bumpy
- e) something you liked



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H.H.W. Worksheet - 2

Name: _____

Date: _____

NATURE WALK PICTURES



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SECTOR-15, FARIDABAD
RHYME FUN

ENJOY

MY HOME HAS ROOMS

In my bedroom, there is a bed,
A sheet to cover, a pillow for my head.
In the kitchen, grab a spoon and plate,
Mummy's cooked food. Hmmm! It smells great!
In the living room, you can watch T.V.
Read the newspaper or have some tea.
Have a bath, brush your teeth, wash your face;
To do all this, bathroom is the place.

https://www.youtube.com/watch?v=D_rwVAn692Q

IDENTIFY

THE ROOMS IN THE HOUSE



DABBLE

BUD PRINTING

Take a cotton bud, dab its cotton head into **red water colour** and then on the attached sheet, to make the roof and house front **red**.



THINK

ANSWER THESE

1. How many rooms does your house have? Name them.
2. Where do you have your lunch?
3. How many people live in your house?
4. Name them.
5. Who cooks food for you?
6. Who tells you stories?
7. Who helps you with school work?
8. Who loves you the most?
9. Do you have a pet?

HELP

SET THE TABLE

Help your elders in small household chores like setting the table. Ask them the correct way to lay the plates, spoons & glasses.



BUILD

BLOCK PLAY

Arrange blocks horizontally and/or vertically to make a simple, small house.





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H.H.W. Worksheet - 3

Name: _____

Date: _____

Do bud printing in the given house front using red poster colour.

