

KALKA PUBLIC SCHOOL, BPTP

HOLIDAY HOMEWORK

MY SUMMER ADVENTURES



CLASS:

Nursery



We have planned a calendar of fun activities for your summer vacation .

Theme -

Health & Hygiene

The idea is to enhance kids to know about healthy lifestyle and hygiene. It builds the foundation for their physical, mental, and social well-being.

Key habits to encourage



Regular handwashing



Daily brushing and bathing



Eating fruits, vegetables, and balanced meals



Drinking clean water



Getting enough sleep



Playing outdoors and staying active



Keeping surroundings clean



A healthy lifestyle and good hygiene help children grow, learn, stay safe, and feel happy every day.



Support your child with the following fun and educational activities over the holidays.

Hope you enjoy doing the activities together and have great summer vacation !!



Wash Hands
Keep Germs Away



Brush Daily
For a Healthy Smile



Eat Healthy
Stay Strong



Drink Water
Stay Fresh



Sleep Well
Feel Rested



Be Active
Have Fun



Keep Clean
Keep Green



KALKA PUBLIC SCHOOL

— ♥ LEARN ♥ GROW ♥ BE KIND ♥ SHINE ♥ —

NURTURING MINDS • BUILDING VALUES • CREATING FUTURES

K. P. S., BPTP



DEAR PARENTS, ♥

Summer vacation is a beautiful opportunity to relax, recharge and spend quality time with your child. Along with fun and play, it is the best time to help them build important life habits that will stay with them forever.

Your encouragement, patience and positive example can help your child grow into a confident, independent and responsible individual.

Thank you for being your child's first and greatest teacher!



ESSENTIAL LIFE HABITS

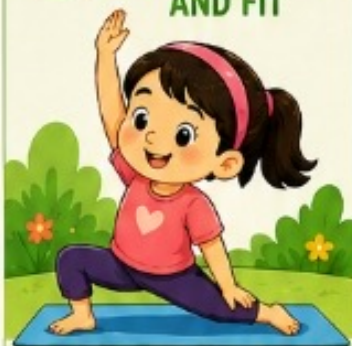
TO PRACTICE DURING SUMMER VACATION

1 TAKE CARE OF YOURSELF



Stay clean. Brush your teeth, take a bath and keep your clothes neat.

2 STAY ACTIVE AND FIT



Play outdoor games, do yoga or exercise every day. A healthy body keeps you happy!

3 READ, LEARN AND EXPLORE



Read story books, explore new things and spend time learning something new.

4 HELP AT HOME EVERY DAY



Do small chores like setting the table, watering plants or keeping your things in place.

5 MANAGE YOUR TIME WISELY



Make a daily routine for study, play, rest and hobbies. Good time management builds great habits!

6 USE SCREEN TIME THE SMART WAY



Enjoy screen time in limits. Choose quality content and use the extra time for creative activities.

7 CHOOSE HEALTHY FOOD AND DRINKS



Eat home-cooked food, fruits and drink plenty of water. Good food gives you energy to grow!

8 BE KIND, POLITE AND THANKFUL

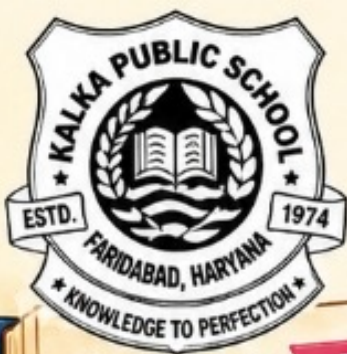


Use kind words, share, respect others and be thankful for all the good things in life.

Let's make this summer vacation joyful, meaningful and full of learning.

Together, let's build life skills for a bright future!

GOOD HABITS TODAY BRIGHT FUTURE TOMORROW!



KALKA PUBLIC SCHOOL

★ KNOWLEDGE TO PERFECTION ★



K. P. S., BPTP

DEAR PARENTS,

Summer vacation is the perfect time to slow down, spend quality time with your child and help them build habits that last a lifetime.

Old school habits may seem simple, but they build strong character, discipline and confidence.

Let's bring back these timeless habits and prepare our children for a brighter future.

Together, we shape their today for a successful tomorrow!

TIMELESS HABITS, STRONG FUTURES

GOOD OLD SCHOOL HABITS FOR A BETTER LIFE



1 WAKE UP EARLY



OLD SCHOOL HABIT

Starting the day early with a fresh mind.

WHY IT MATTERS

- ✓ Improves focus and productivity
- ✓ More time for learning and play
- ✓ Builds discipline

2 HELP AT HOME



OLD SCHOOL HABIT

Doing small household chores with responsibility.

WHY IT MATTERS

- ✓ Builds responsibility
- ✓ Creates respect for hard work
- ✓ Makes them independent

3 READ BOOKS DAILY



OLD SCHOOL HABIT

Reading story books, newspapers or anything interesting.

WHY IT MATTERS

- ✓ Improves language and imagination
- ✓ Increases knowledge
- ✓ Reduces screen time

4 WRITE BY HAND



OLD SCHOOL HABIT

Writing neatly in notebooks or a diary.

WHY IT MATTERS

- ✓ Improves concentration
- ✓ Builds patience
- ✓ Strengthens memory and expression

5 EAT TOGETHER



OLD SCHOOL HABIT

Sitting with family during meals and talking.

WHY IT MATTERS

- ✓ Strengthens family bonds
- ✓ Teaches good manners
- ✓ Encourages healthy eating habits

6 PLAY OUTDOORS



OLD SCHOOL HABIT

Playing outdoor games and being active.

WHY IT MATTERS

- ✓ Keeps body fit and mind fresh
- ✓ Builds teamwork
- ✓ Improves mood and creativity

7 BE POLITE & RESPECTFUL



OLD SCHOOL HABIT

Using kind words and respecting everyone.

WHY IT MATTERS

- ✓ Builds strong relationships
- ✓ Creates a positive attitude
- ✓ Makes them a better human being

8 SLEEP ON TIME



OLD SCHOOL HABIT

Going to bed early and getting enough sleep.

WHY IT MATTERS

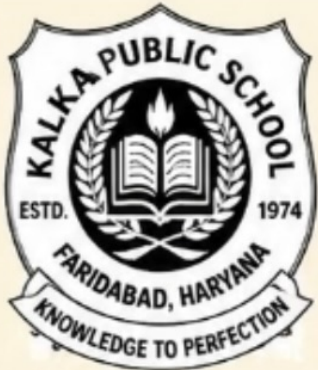
- ✓ Improves memory and mood
- ✓ Keeps body healthy
- ✓ Prepares for a productive day

Small habits today, big success tomorrow!

These simple habits build strong values and shape your child's character for life.

★ LET'S MAKE THIS SUMMER MEANINGFUL!
GOOD HABITS TODAY, GREAT FUTURE ALWAYS!

Your love, guidance and consistency make all the difference!



K. P. S., BPTP

KALKA PUBLIC SCHOOL

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★ KNOWLEDGE TO PERFECTION ★

20 SENTENCES THAT MAKE YOUR CHILD LOOK SMART



1 Please.

It shows good manners.



2 Thank you.

It shows gratitude.



3 I'm sorry.

It shows you take responsibility.



4 Excuse me.

It shows respect for others.



5 May I help you?

It shows you care.



6 I appreciate your help.

It shows you value others.



7 That's a great idea!

It shows you are positive.



8 I can do it myself.

It shows confidence.



9 I'll try my best.

It shows determination.



10 I was wrong.
I'm sorry.

It shows honesty.



11 Let's share.

It shows you are kind.



12 That was fun!

It shows you enjoy the moment.



13 I like the way you think.

It shows you respect others' ideas.



14 I have a question.

It shows curiosity.



15 I'll be careful.

It shows you are responsible.



16 I'm proud of you.

It shows encouragement.



17 It's okay, don't worry.

It shows you are supportive.



18 What can I learn from this?

It shows you want to grow.



19 You can do it!

It shows motivation.



20 I will never give up.

It shows strength and courage.



DEAR PARENTS,
Words have the power to shape your child's personality, confidence and relationships.
Encourage your child to use these sentences every day and help them become a smart, kind and successful individual.

GOOD WORDS
BUILD
BRIGHT FUTURES

★ GOOD HABITS TODAY. GREAT FUTURE ALWAYS! ★

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KIDS' SUMMER HEALTH TIPS



1 STAY HYDRATED



Drink plenty of water (not soda!). Bring a water bottle everywhere.

2 SUN PROTECTION



Wear sunscreen (SPF 30+) daily. Reapply every 2 hours and after swimming.

3 BEAT THE HEAT



Limit outdoor play during hottest hours (10 AM - 4 PM). Seek shade often.

4 EAT HEALTHY SNACKS



Enjoy fresh fruits and vegetables. They have water and vitamins.

5 STAY ACTIVE SAFELY



Play games, swim, bike, and run. Use safety gear (helmets, floaties).



05.06.2026
FRIDAY

WORLD ENVIRONMENT DAY

Let's join hands to protect our beautiful Earth. Small actions today can create a big difference for a better tomorrow.

Activity- Watering the plants



FATHER'S DAY ACTIVITY

21.06.2026 SUNDAY IS INTERNATIONAL FATHER'S DAY.

CELEBRATE FATHER'S DAY WITH THIS STUNNING HANDMADE CARD. SHOW YOUR LOVE AND APPRECIATION FOR YOUR DAD BY PREPARING A CARD FOR YOUR FATHER AS SHOWN IN THE GIVEN PICTURE.



YOGA

DAY



Lets, Celebrate Yoga Day which will uplift your mind, body, and soul...

Instructions:

On the account of Yoga Day.

Parents kindly, make a collage or a short video and share it with your class teacher on 21.06.2026 (Sunday).

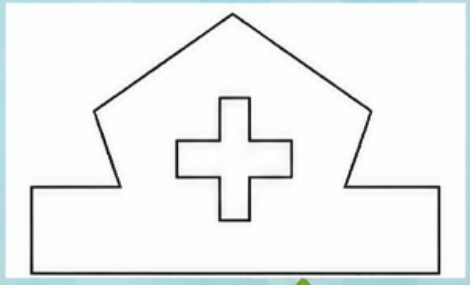




Happy Doctor's Day

01.07.2026

Doctor's Day Activity
*Role play
1. Dress up like a doctor
Example given in this poster



Screen-Free Activities That Calm Kids



ACTIVITY CLASS-NURSERY

1. Paint With Sponges



2. Make Doodles



3. Fold Simple Origami



4. Make A Family Photo Frame



5. Tear And Create Paper Collage



ACTIVITY
CLASS-NURSERY



AGES 2-3

- *Let them put coins into a piggy bank 🐷*
 - *Teach "give & take" (exchange concept)*
 - *Play simple pretend shopping 🛒*





Best out of waste

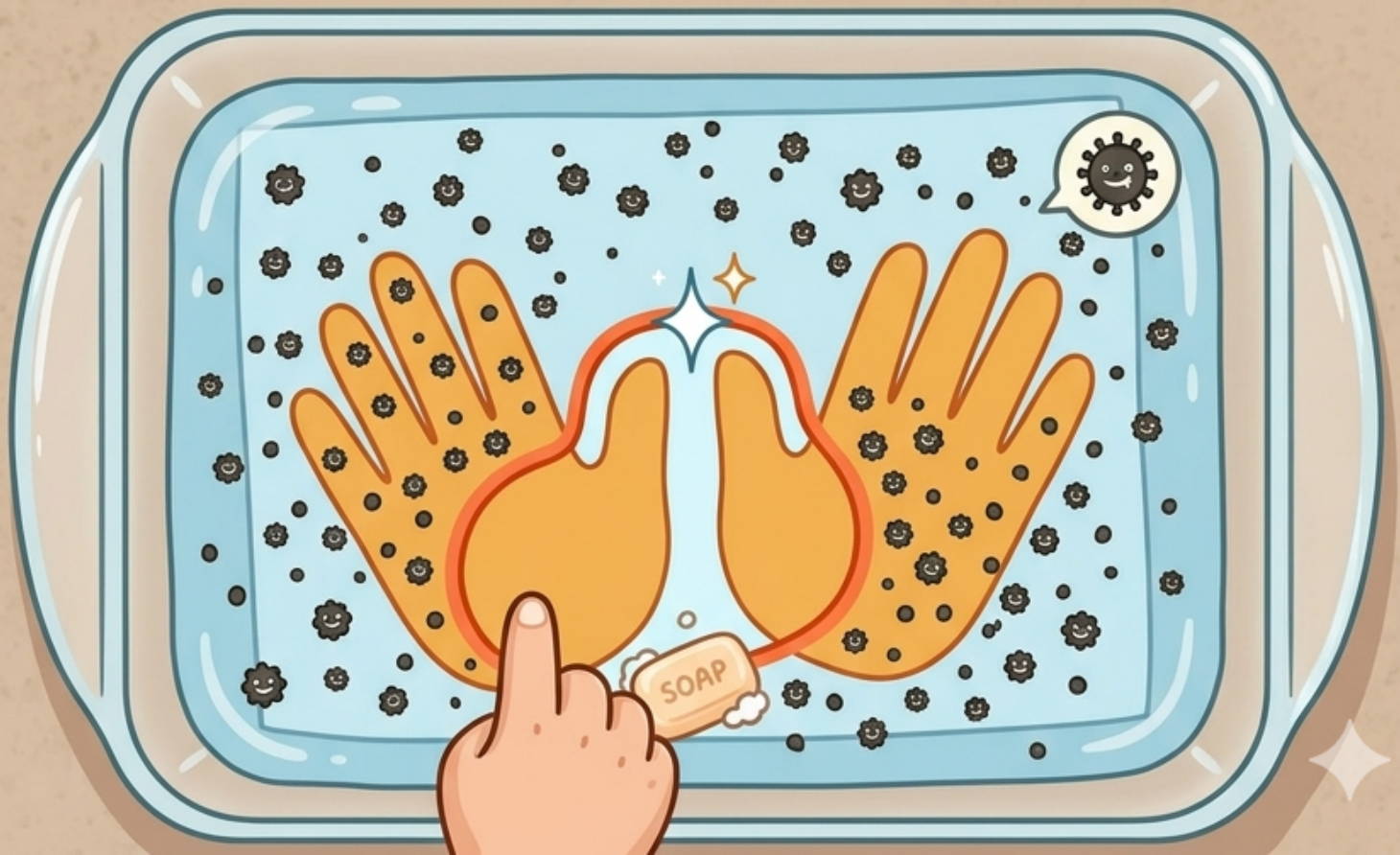
Activity

1. Take any waste box/ small jar/ bottle
2. Take cartoon pictures from newspaper cutting or use any colour paper available in house .Cover the box / small jar/ bottle with paper
3. Decorate with stars / smilies or other fancy stickers.

(small desktop dustbin ready to use)



Pepper Germ Handwashing Experiment



Bedtime Routine

A young child with curly hair, wearing striped pajamas, is looking out of an arched window. The night sky outside is visible, featuring a bright yellow moon and several yellow stars. The window frame is light brown.

Every night when the stars come out, it's time for our special bedtime routine!



First, we brush our teeth until they sparkle bright. Then we put on our softest, coziest pajamas.



Next, we pick our favorite book and snuggle up tight. Mommy or Daddy reads every page just right.



Finally, we close our eyes and dream of wonderful things. Goodnight, little one — tomorrow a new day brings!



THE THIRSTY LITTLE ELEPHANT



Once upon a time, a little elephant named Elly loved to play all day.

She often forgot to drink water.

One hot afternoon, Elly felt tired and dizzy.

Her mother gave her a big bowl of water.

After drinking water, Elly felt fresh and happy again.

She learned to drink water on time every day.

Moral: Drinking water keeps us healthy and strong.

The Sharing Little Panda



Milo was a small panda who liked to share. He found a sack of red apples in the forest. He didn't keep them all to himself, but shared them with a hungry monkey.

“Here, have one,” said Milo kindly.

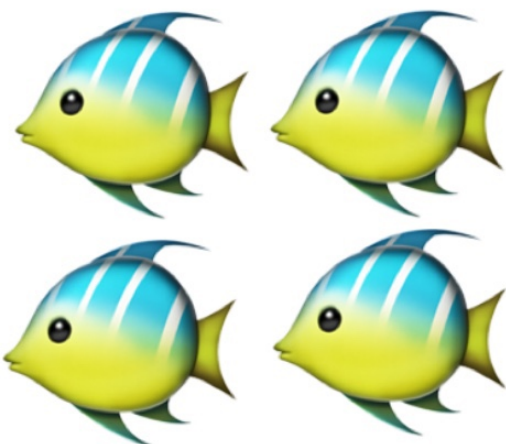
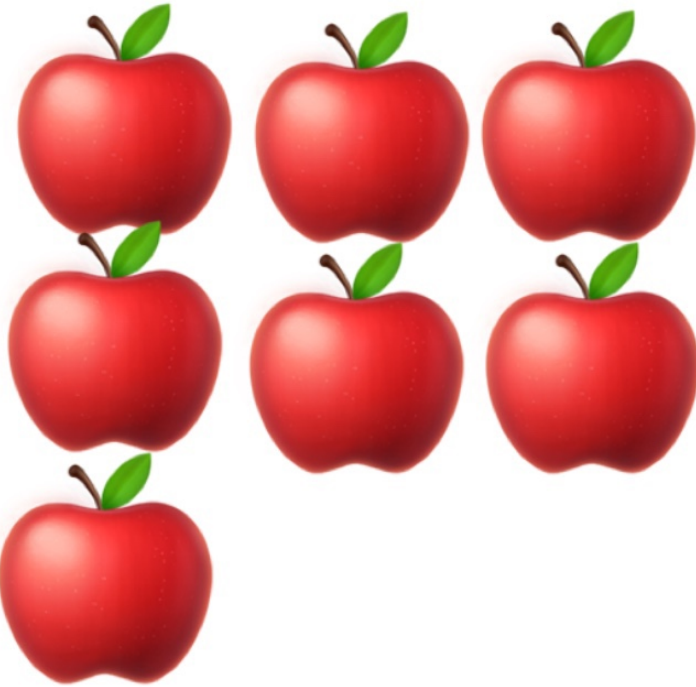
“Thank you, Milo!”
said the monkey.

Moral: Sharing makes everyone happy.



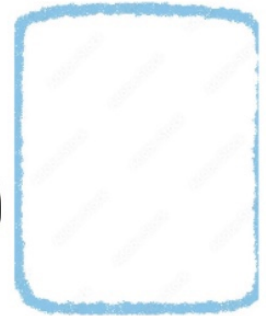
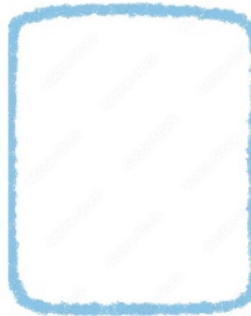
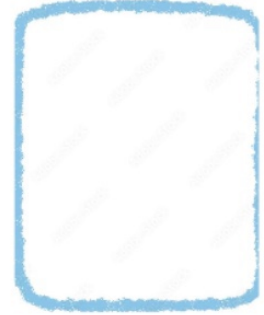
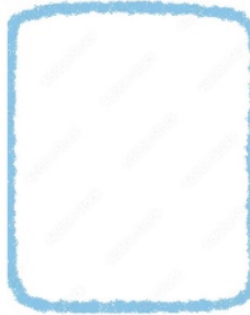
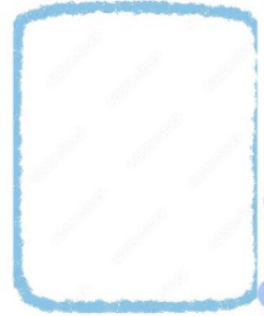
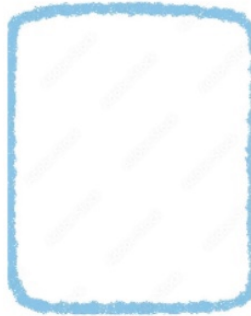
Class - Nursery
Subject - Maths

Count & write



* Note - Do practice of real object counting of numbers .

Recognise the picture and
write the correct letter .



* Note - Do reading practice of
capital letters (L , T , H , I , F , E)
from Alphabet reading book .



Thank

you