

KALKA PUBLIC SCHOOL



HOLIDAY HOMEWORK

Class - 1

SESSION:2026-27

**THEME- HEALTHY
LIFESTYLE**



THE GREATEST WEALTH IS HEALTH

PARENT'S INSTRUCTIONS



Spend some quality time with your kids. Have at least one time meal with them. Play at least one indoor or outdoor game with them.



Encourage your child to go outdoors rather than sitting in front of electronic gadgets all day.



Encourage your child to cultivate the reading habit. Get some story books of their choice to read.

THE GREATEST WEALTH IS HEALTH

STUDENT'S INSTRUCTIONS



- Get up early and do yoga to boost your immunity.
- Take care of your house plants and help in keeping the environment green.
- Help your grandparents and parents; spend time with them.



- Limit screen time- TV, computer and video game to the least.
- Explore the hidden talents in you like cooking, painting, dancing, singing and a lot more.



- Click pictures/make videos of you doing these activities and share it with us.
- All the worksheets of all subjects to be submitted in a separate folder(clear bag).

ENGLISH

Healthy food refers to food that contains the right amount of nutrients to keep our body fit. Let our young learners understand it with the help of this beautiful story.

Activity :- Make a healthy and nutritious plate of your choice.
(picture given only for reference)



Instruction :-

- Prepare a healthy plate by using disposable round shaped plate.
- You can use wrappers of food items or handmade pictures for preparing your plate.

NOTE:-Revise all the work done in the class.

'THESE' OR 'THOSE'

Look at the pictures and fill in the blanks using 'these' or 'those':

1) _____ are   _____.

2) _____ are  _____ .

3) _____ are   _____.

4) _____ are   _____.

5) _____ are  _____ .

6) _____ are   _____.

7) _____ are  _____ .

8) _____ are  _____ .

Sort and Write

Read the words. Write them in the correct columns.

sh	wh	ch	th

beach math path cheek rush chest
cash whisk push thumb when

sh sh th th ch ch

ph ph wh wh



ip



erry



at



oto



one



ale



ark

3

ree



eek

?

at

Name: _____

Read the following passage and
answer the questions :

I have a friend.

His name is Tim.

Tim has a remote control car.

We play with the car.



1. I have _____.

- a) a car.
- b) a friend.
- c) a pen.



2. His name is _____.

- a) Tim.
- b) Tom.
- c) Ben.

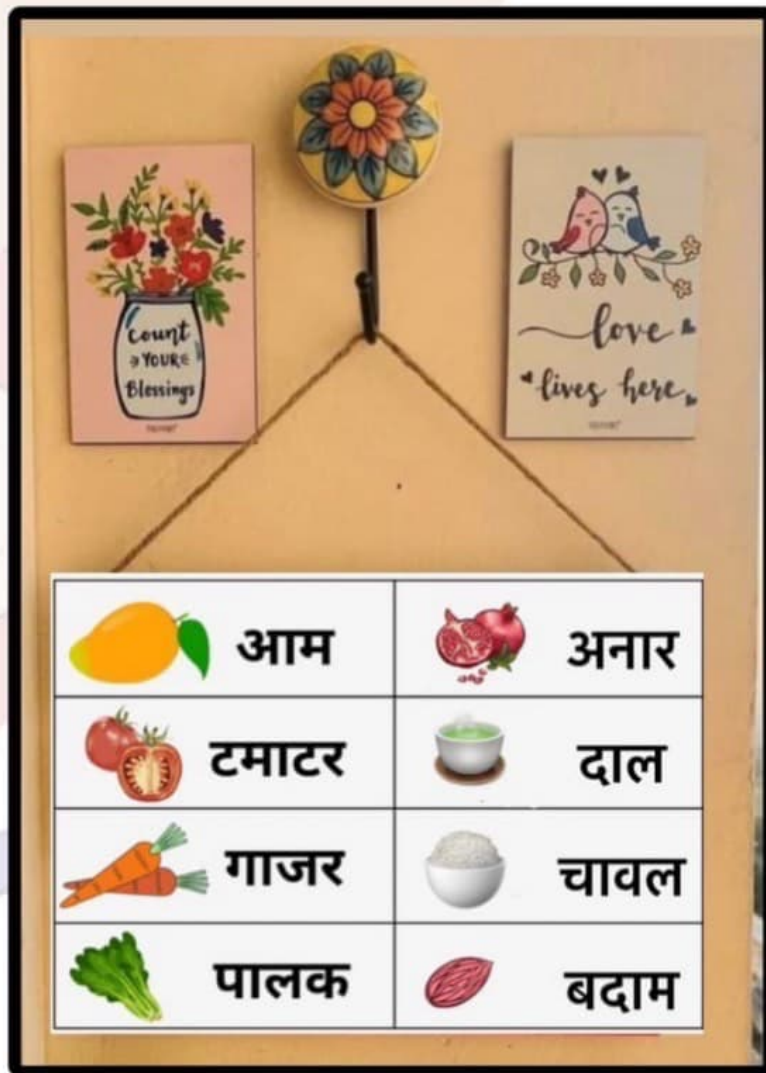
3. Tim has _____.

- a) a car.
- b) a friend.
- c) a pen.



हिन्दी

1. आ '।' की मात्रा के खाद्य पदार्थ (स्वस्थ) का हैंगिंग बनाएं और उसमें नाम लिखकर चित्र चिपकाए।

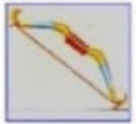


- कक्षा में किए हुए कार्य का अभ्यास करें।

1 **स्वर** – खाली स्थान में सही वर्ण भरो –

— आ, — ई, — ऊ, — ऐ — औ — अं — ।

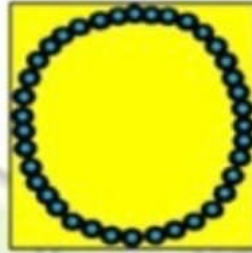
2 **व्यंजन** – खाली स्थान में चित्र देखकर सही वर्ण भरो



क	—	ग	—	ङ
—	छ	—	झ	ञ
—	ठ	ड	—	ण
त	थ	—	ध	—
प	—	ब	भ	—
य	र	—	—	
श	—	स	—	



चित्र देखकर निम्न वर्ग पहेली में उनके नाम ढूँढो और खानों में रंग भरों :-



पा	ल	क	क्ष	बा	द	ल
य	ग	ल	क	ल	अ	ड़
ल	च	म	ग	ज	र	का
न	छ	प	म	उ	च	ड
द	त	ब	ला	छ	क	इ
इ	अ	ट	ब	ता	ला	ब
ज	वा	न	ख	ला	ढ	स



MATHS

FUN WITH SHAPES - EAT WELL, GROW WELL

Mathematics becomes more interesting when we connect it with real life. Shapes are all around us in the objects we see and use everyday. This activity will help children understand geometrical shapes in a fun and creative way while preparing a healthy snack.



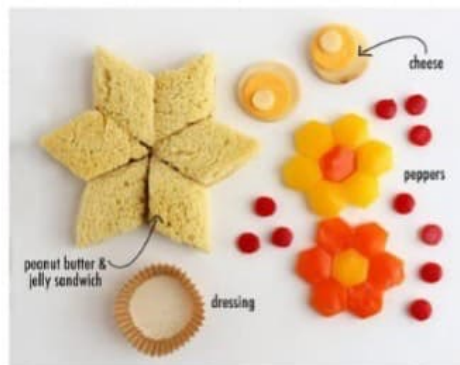
ACTIVITY: CREATE A HEALTHY SNACK USING DIFFERENT SHAPES.

INSTRUCTIONS:

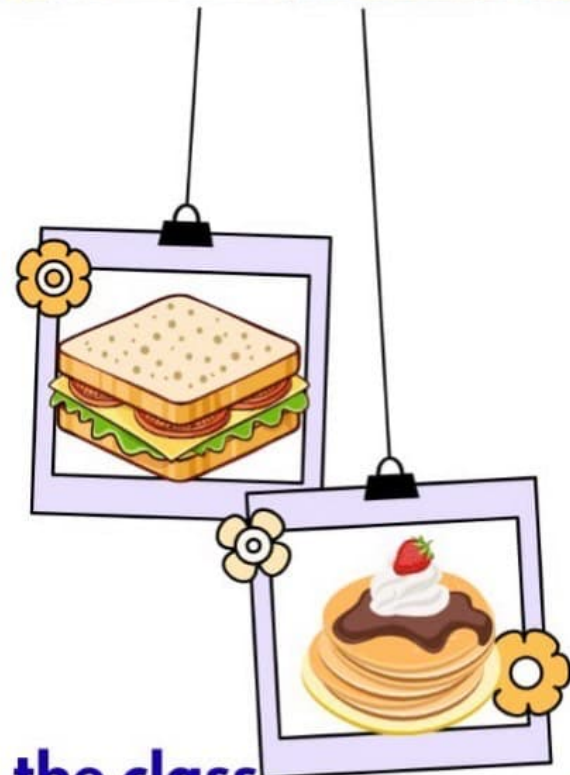
Prepare a healthy snack using fruits, vegetables or bread.

Use geometrical shapes such as:

- Circle
- Square
- Triangle
- Rectangle

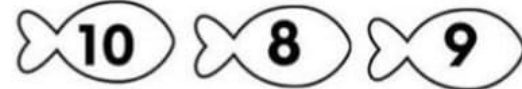
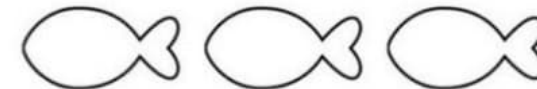
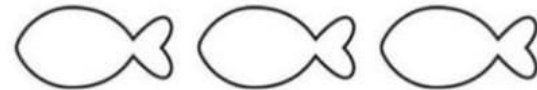
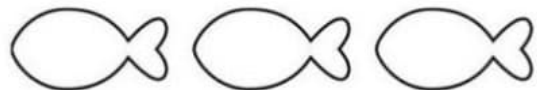


- **Click a photo of the dish you have made using the geometrical shapes and make a beautiful photo frame of it.**

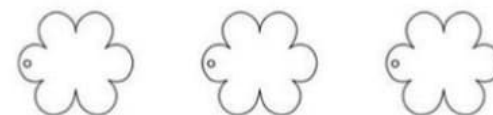
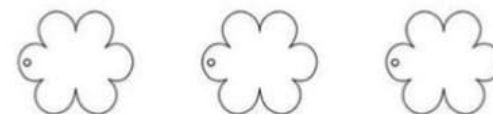
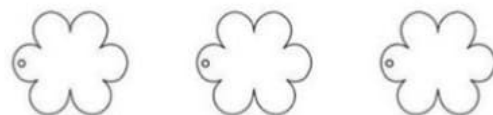
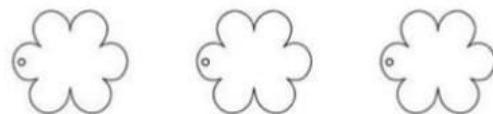


Note- Revise all the work done in the class.

Arrange in increasing order-



Arrange in decreasing order-



Let's Add

Addition - Count the objects, write the numbers and find the sum (1-10)



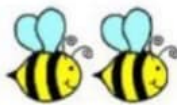
+

=



+

=



+

=



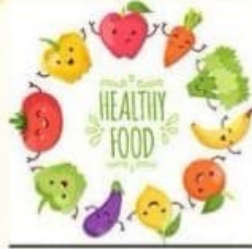
+

=



+

=



EVS



To protect the surface of a table or any other surface make a:

- Coaster set (6 pieces)of fruits cutouts(Roll no. 1-12)
- Coster set (6 pieces) of vegetables cutout (Roll no. 13-24)
- Table mat of fruits and vegetables (1 piece)(Roll no.25-36)
- Note- Laminate the coasters and table mat.



Note: Revise all work done in the class.

Complete the next sentences choosing the correct word of the key box.

see - smell - hear - touch - taste

I can _____ with my eyes.

I can _____ with my ears.

I can _____ with my hands.

I can _____ with my nose.

I can _____ with my tongue.




Look at the images and write the correct sense used.

Sight - Smell - Hearing - Touch - Taste




Body parts crossword


Across

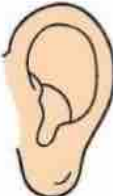
1. a _ _ 

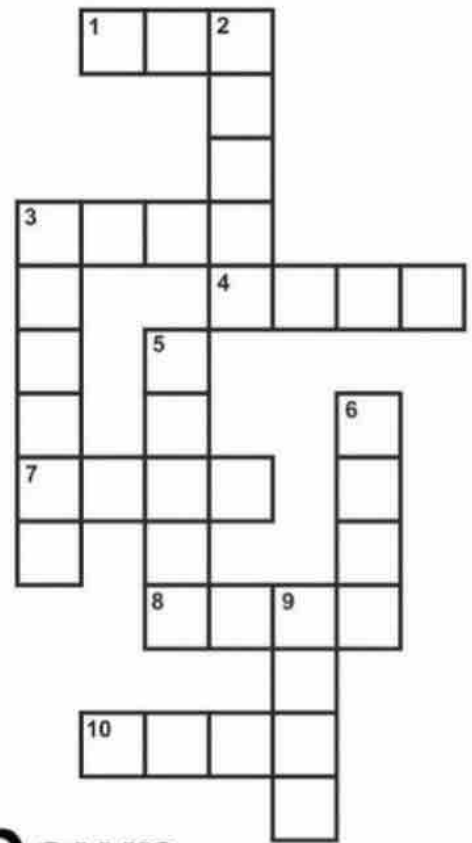
3. f _ _ t 

4. h _ i _ 


7. e _ _ s 


8. h _ _ d 


10. e _ r _ 





Down

2. m _ _ t _ 


3. f _ _ g _ r 


5. t _ _ th 


6. h _ _ d 


9. n _ s _ 


10 Questions About Body Parts


1.  1. Which body part do we use to see?


2.  2. Which body part helps us hear?


3.  3. Which body part do we use to chew our food?


4.  4. Which body part helps us to walk and run?


5.  5. Which body part do we use to hold things?

6.  6. Which body part is important for thinking?

7.  7. Which body part is necessary for breathing?

8.  8. What is the job of the heart?

9.  9. Which body part do we use to smell?

10.  10. Which body part do we use to speak?

CLASS I COMPUTER HOLIDAY HOMEWORK

ACTIVITY ZONE

- A** Guess who am I? There might be more than one correct guesses for a few.



I am used to
keep things cool.

1. R _ _ r _ _ _ r _ _ _ r

B

I am a machine.
I help to do sums.



2. C _ _ _ u _ _ r

E

Encircle the names of machines hidden in the given maze.

B	D	V	F	G	X	Z	L	U	T
G	F	Q	W	K	J	G	I	T	E
G	G	H	Y	B	N	V	M	B	L
G	U	H	K	Y	E	Q	C	G	E
T	I	P	L	B	S	E	A	D	V
C	O	M	P	U	T	E	R	G	I
Q	W	C	Z	S	X	V	N	M	S
H	K	P	O	Y	R	E	X	A	I
S	A	D	F	B	N	B	Y	G	O
B	A	S	Q	R	T	R	A	I	N

1.



2.



3.



4.



5.



C

Look at the pictures carefully and write **N** for natural things and **M** for man-made things.

1.



2.



3.



4.



5.



6.



7.



8.



D

Out of the following things, find the machines that work on electricity and tick them.

1.



Food Processor

2.



Washing Machine

3.



Cooking Gas Stove

4.



Car

5.



Kite

6.



Computer

WORLD ENVIRONMENT DAY

June 5, 2026

Best out of waste

FLORAL MOSAIC

Theme - Sustainable art/ upcycling household items.

Materials required:

- **Recycle cardboard (for base)**
- **Plastic bottle caps (for flowers)**
- **Used plastic straws (for stems)**
- **Waste paper cup**
- **Fevicol**



Kindly refer to the image and make a beautiful flower mosaic using the items given above .

Send the photo in your school uniform holding the activity in hand on 5th June, 2026 latest by 9 o' clock

Father's Day Activity

POPSICLE STICK CRAFT

21 JUNE 2026 (SUNDAY)

Father day is a day set aside for honouring once father, as well as fatherhood, parental bond and the influence of fathers in society.

Dear student, let's show our love and respect for our loving father by making a beautiful 'POPSICLE STICK' using ice cream sticks as shown in the image and give it to him on the day of Father's Day. Click the picture while giving him and send it to your class teacher by 10 o'clock.

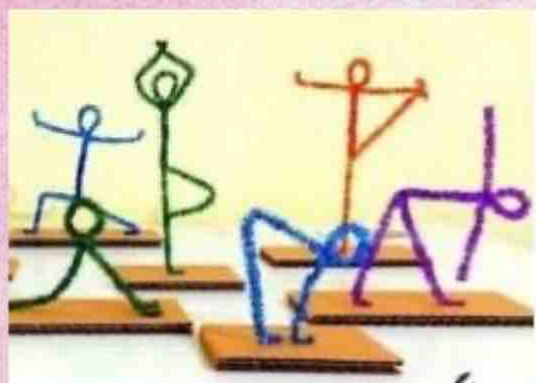


YOGA

Day

LET YOGA, AWAKEN YOUR MIND, BODY AND INNER PEACE.

- **Make a model of different yoga asanas shown in the image using pipe cleaners and send your picture to your class teacher holding the model latest by 10'0 clock.**





THANK

YOU