



DOON PUBLIC SCHOOL, PASCHIM VIHAR, NEW DELHI

CLASS 6

INTEGRATED HOLIDAY HOMEWORK

“To be ready for tomorrow’s opportunities, do your homework today.”

TOPIC: MENTAL HEALTH AND FITNESS DURING COVID-19

General instructions-

1. It is mandatory to do the holiday homework of all the subjects; however there may be internal choices.
2. The child will be assessed for the neat handwriting, creativity and originality. There are no marks for beautification of the file/folder. There is no need of using coloured /designer sheets, you can work on plain A4 size sheets or register sheets. Only black / blue pen should be used.
3. All the students are required to revise the syllabus covered so far of all the subjects thoroughly.
4. The child should do his / her holiday homework independently.
5. Worksheets of each subject are given along with their respective Holiday Homework. The students should take its printout / handout and submit it to the concerned subject teacher on the reopening day of the school. If the student is unable to take out a print, he /she can use plain sheets / register sheets and copy down the questions/answers.

ENGLISH

1. Recently, you celebrated your birthday in the Lockdown. Write a **diary entry** expressing your feelings about your birthday party.
2. Draft a **poster** highlighting the **“Importance of staying inside our houses during the Lockdown”**.

MATHEMATICS

Conduct a survey on mental health and fitness during covid-19 by taking 10 quantitative questions. Minimum 20 people should be surveyed. Present the information gathered per question by a bar graph.

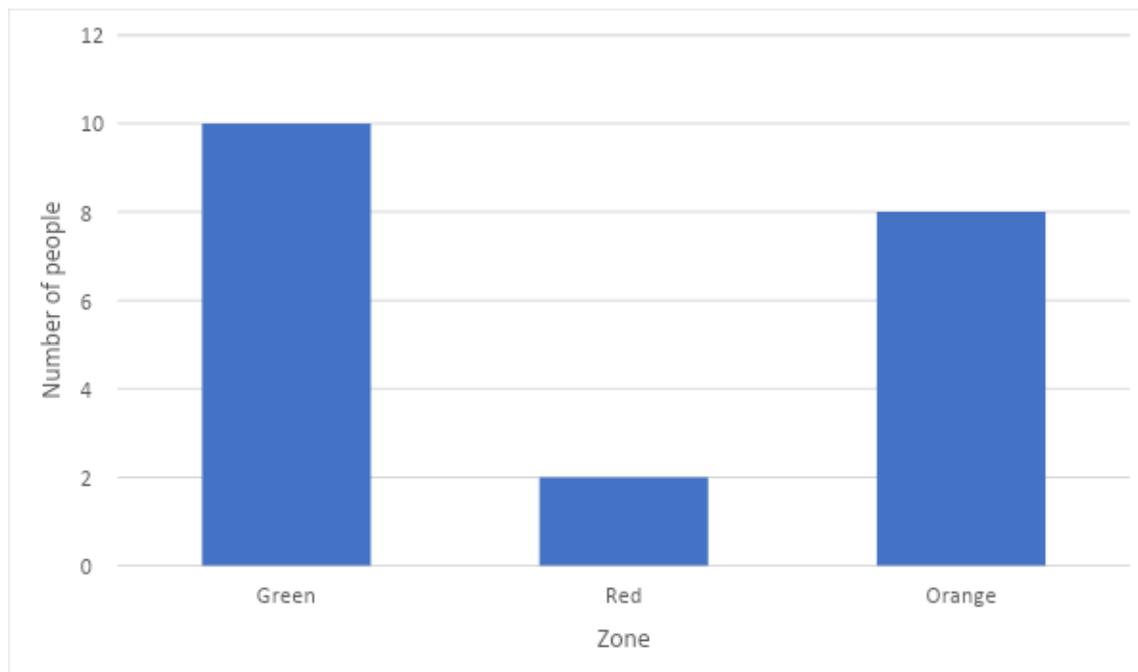
Instructions:

1. Make the questions on your own.
2. Each and every question should be written separately on an A4 size sheet.

Example

Q1. Are you living in the Green, Orange or Red zone?

Zone	Number of people
Green	10
Red	2
Orange	8



SCIENCE

Activity: Eat healthy, stay fit: beat COVID-19

Most of the health advice can boil down to simple behaviour like eating a balanced diet, exercising etc. Keeping in mind the above line.

Prepare a report on the basis of various types of food eaten in different regions of our country. Categorize them according to the nutrients present in them. Prepare a balanced diet menu with the help of your elders, magazines, internet etc. and also share the menu with your friends and relatives.

To increase your awareness about the ill effects of COVID -19, do the following research work using the e- newspaper, internet, magazines considering the following points:

1. Why is COVID -19 called as pandemic?
2. The name of the virus responsible for this disease.
3. What can you do to have a good mental and physical health during this tough time?

Record your research work on a paper and share it with other family members too.

SOCIAL SCIENCE

Activity 1

Covid-19 pandemic has affected the whole world in a number of ways, from changing our lifestyle to the way we think. This virus has definitely locked us down but has given us ample amount of time to think and nourish our mindsets.

With the help of the Questionnaire conduct a survey with the people belonging to different age structures and different backgrounds. Make a report and analyze from their responses -- how Covid – 19 has brought some positive changes in our Physical and Mental Health.

1. Are you happy, as now you are spending a lot of time with your family members during the lockdown?
 - a. Yes
 - b. No
 - c. Sometimes
2. Have you been able to bring any change in the mental health of any family members?
 - a. Yes
 - b. No
 - c. Sometimes
3. Have you developed new healthy eating habits?
 - a. Yes
 - b. No
 - c. Sometimes
4. Do you feel that being at work you tend to ignore yourself and your health but now you are having your 'Me time'?
 - a. Yes
 - b. No
 - c. Sometimes/ Maybe
5. By spending a lot of time with your family members these days, do you feel more close to them now?
 - a. Yes
 - b. No
 - c. Sometimes
6. Have you adopted any new healthy habits in your daily routine to improve your health and wellness?
 - a. Yes
 - b. No
 - c. Sometimes /Maybe
7. Do you meditate or perform Yoga to improve your mental health?
 - a. Yes
 - b. No
 - c. Sometimes /Maybe

8. Do you agree that the lockdown has enabled you to communicate with your close ones as compared to your previous busy routine?
 - a. Yes
 - b. No
 - c. Sometimes
9. Do you feel that Mental health is as important as the physical health and we should equally pay attention to it
 - a. Yes
 - b. No
 - c. Sometimes
10. Do you agree that watching spiritual shows improves the health status of our minds?
 - a. Yes
 - b. No
 - c. Sometimes

Activity 2

Resources are rare, yet very important.

During Covid-19 lockdown you must have noticed that only essential items are bought by you and your family. List down the goods which are luxurious and were bought by you and your family before lockdown but not during the lockdown.

Divide the items into 2 categories: Necessities and Luxuries

Make an analysis why it is important to spend money rationally on the resources.

COMPUTER SCIENCE

Activity 1

Search and make a small file in MS Word including the information about different fitness exercises along with the pictures that can be performed within the limited area.

Activity 2

Create a collage of different yoga asanas that will help to reduce stress during the quarantine using either MS Word or MS Paint.

Mail both the activities at vandanashishodia30@gmail.com

HOLIDAY HOMEWORK OF LANGUAGES

ENGLISH:

1. Create a **Vade Mecum** (A Personal Handbook). Take a spiral bound scrap book or you can take a thin notebook, whichever is available to you. Make your own personal collection.

NOTE:

1. Vade Mecum can have:

- * Acronyms (15-20),
- * Anecdotes (4-5),
- * Idioms (15-20 with meaning and used in a sentence),
- * Limericks (8-10),
- * Examples of Famous Poems (4-5) (by renowned poets) wherein Literary Devices have been used (Metaphors, Similes, Oxymoron, etc),
- * Palindromes (20),
- * Phrasal Verbs (10-15),
- * Proverbs (10-15) with meaning and used in a sentence),
- * Quotations (10),
- * Riddles(5),
- * Scientific terms (8-10)
- * Tongue twisters, (8-10)
- * Self composed short poems (2-3)
- * Paragraphs (2-4) describing your own saddest or happiest experience during the Lockdown etc. You can also display your experiences with the help of pictures.

2. *Best Original, Self-written compositions* (poems, paragraphs, articles, Limericks) *will be selected to be published in the school magazine/ school newsletter*

(No plagiarism. Only the best ORIGINAL /SELF-COMPOSED content will be published.)

शीष्मकालीन गृह कार्य

कक्षा 6

विषय हिंदी

प्रश्न 1. पिटारा कहानियों का नामक पुस्तक से पाठ 1 संगति का प्रभाव तथा पाठ 4 गुस्से की दवा कहानियों को पढ़िए। इनको A4 साइज शीट पर अपने शब्दों में लिखिए।

प्रश्न 2. A-4 साइज शीट पर 60 शब्दों का कोई एक अनुच्छेद लिखिए-

1. व्यायाम का महत्त्व
2. किसी महामारी का वर्णन
3. जब मैंने पहली बार चाय बनाई

प्रश्न 3. हिंदी के 5 कवियों के चित्र सहित नाम तथा दो-दो रचनाओं के नाम A4 साइज की शीट पर लिखिए।

ग्रीष्मावकाशकालीन गृहकार्य

कक्षा : 6

विषय : संस्कृत

अतिरिक्त उत्तरपुस्तिका में निम्न कार्य करिए –

- (1) पठ् धातु – लट् और लृट् लकार में लिखिए और कण्ठस्थ करिए।
- (2) राम और बालक शब्दरूप लिखिए और कण्ठस्थ करिए।
- (3) कोई पाँच अकारान्त पुल्लिङ्ग संस्कृत शब्द चित्र सहित लिखिए।
- (4) दो संस्कृत श्लोक लिखिए।

Le devoir de vacances d'été

Sujet :Français

1. Décrivez votre famille.
2. Faites des phrases en utilisant 10 couleurs différentes.
3. Traduisez les phrases en anglais.
 - i. Marc a les cheveux bruns.
 - ii. La petite fille parle français.
 - iii. J'aime ma mère.
 - iv. Nous sommes américains.
 - v. Elles ont des ballons rouges.
 - vi. La famille dîne ensemble.
 - vii. Il a mal aux jambes.
 - viii. Vous avez une robe rose.

Q4- Traduisez les phrases en français.

- i. I love my country.
- ii. We go to school on Monday.
- iii. December is the last month of the year.
- iv. They have their French books.
- v. He is a tall and handsome boy.
- vi. The children are eating apples.
- vii. She is traveling to France.
- viii. You all are dancing.

GENERAL KNOWLEDGE

Activity 1

Complete the Worksheet on the Amazing Information: Russia – Biggest yet scantily Populated country.

1. Which is the largest country in the world?
2. Russia extends into two continent. Name them.
3. How many time zones are there in the Russia
A. 9 B. 11 C. 12 D. 7
4. Russia is having the largest /longest railway in the world. Choose the correct Option.
5. Pyongyang is a part of :
A. North America

Europe

B. North Korea
C. Russia
6. Russian federation was established on Dec 24, 1990. True/false
7. From the North-west, Russia shares boundaries with _____ countries.
8. Choose the synonym of the word 'merge' from the Chapter?
9. Russia is a Continent. True or false
10. Russia shares boundaries with India. True or false

Activity – 2

Complete the Worksheet on the Current Affairs.

1. Agriculture accounts for ____% in India's Gross domestic Product
A. 15 B. 13 C. 11 D. 7
2. On April 25, 2020 Chief Minister _____ declared Tripura virus Free.
3. Ladakh was separated from _____ and Kashmir and was made into A Union Territory in August 2019.
4. The _____ is the principal academic and administrative offices of the University.
5. _____ app is introduced by the Indian government to keep a track Of the Covid Patients in the area.

6. Rishi Kapoor had won the National Award for best Child artist for the film _____.
7. B. S Yediyurappa is serving as the 19th and current Chief Minister of Karnataka
True or false
8. Who is the Chief Justice of India?
9. Shastri Bhawan is a government building named after Lal Bahadur Shastri.
True
Or false.
10. The Non Aligned Movement Nam comprises ____ developing countries, the Biggest alliance of countries outside the United Nations.

Activity 3

Make a Collage on Covid-19

Give a brief description of the virus, healthy diet which should be consumed to increase the

Immunity, precautions to be taken and the regions of spread in India and international regions etc.

Important Note- Open the TUK application, click on the Amazing Information read and learn the

Following articles :

- An Octopus that resembles a Glowing Coconut
- The Elephant – Gifted with an amazing memory
- The mystery of the missing teeth in Cows!
- The beautifully Delicious photo cake
- The mixed Alphabets on the keyboard
- The Non-breathing underwater Alligator
- Flying Fish not bird

Instructions :

1. Work can be done on register pages as well as on A4 sheets.
2. No decoration to be done.
3. Marks will purely be on the basis of the content.

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