

Dear Parent,

Children are born with natural curiosity and inquisitiveness about the world around them. It is important for us to help them keep this spark alive and to make learning fun.

Summer Vacation is just round the corner, let every moment of this vacation be a time to unite, connect and enjoy beautiful moments with your child.

Here are some activities given to help your child become independent and confident:-

Independent Me

- Buttoning and Unbuttoning
- · Put on your Socks and Shoes
- · Keeping belongings back in their place
- · Filling the water bottles
- · Keeping room clean and well-organized
- · Tear a Chapati and eat your Meal on your own

Alone we can do so little; together we can do so much. (Social Skills)

- · Wish your elders with a smile
- · Go outdoors and play with your friends
- Use magical words: Sorry, Please, Excuse Me, Thank You

One, who maintains cleanliness, keeps away diseases. (Personal Hygiene)

- Brushing teeth twice a day.
- · Combing hair regularly
- · Bathing everyday
- · Washing hands before and after meals.

Reading is Fun

Children are made readers on the laps of their parents.

- Make reading a regular practice with pictures and large text.
- · Make bed-time stories a part of your child's daily routine.

Its time for activities

WORLD ENVIRONMENT DAY

On the occasion of World Environment Day in on 5th June, make a TABLE MAT. Use leaves or do leaf vegetable printing on it. After drying, write your name and class on it and also paste passport size photograph and get it laminated. Bring to school every day to use it during the lunch time.

Father's Day

There's an eternal bond that a child shares with his father The way kids express their gratitude, love and affection towards their father is an important gesture. They feel this almost every day and by celebrating. Father's Day they can convey these feelings in the purest form and expression To help the little ones express their love on Father's Day (**15**th June SUNDAY)

ACTIVITY

To show love and gratitude for your father make a beautiful card.





International yoga day

Celebrated on June 21, International Yoga Day celebrates the physical and spiritual prowess that yoga has brought to the world stage. While it is an important since of exercise and beady activity millions join in and practice on a daily basis. Kindly make your wand do some yoga poses and don't forget to click the pictures and share with us.

ACTIVITY Let's Do Yoga

Mountain Pose

Stand straight and Spread the legs and toes few inches apart. Keep the arms alongside the body.

The shoulders must be relaxed and not stiff. Raise the arms above your head. Hold the posture and breathe slowly. Retain as long as comfortable.

Volcano Pose

Stand tall with your feet slightly apart. Bring your hands to prayer position. Inhale and push your hands to the sky. Exhale and move your hands to the side and then back to the centre.













