



HOLIDAY HOMEWORK

(Less Screen Time, More Reading Time!)

NURSERY (Balvatika 1)

Theme 1: Who Am I?

Dear Parents,

According to science, the early years (3–8) are the best period for habit formation, emotional development, and deep learning. With this in mind, we've designed a set of fun and meaningful activities to keep your child engaged and growing during the summer break. These activities build on what they've learned in class — our Theme 1 "Who Am I?" — while also strengthening values and daily routines at home. We have replaced book-page tasks with slate, paper and household-object activities, so nothing extra needs to be bought (except one storybook, see below).

Academic Activities

1. English (Pre-writing Strokes & Fine Motor)

- i. **Slate practice** — Practise standing lines, sleeping lines and slanting lines on the slate every day with a marker pen. Show how raindrops fall straight (standing), a pencil rests flat (sleeping), and a slide tilts (slanting).
- ii. **Paper practice** — On a plain sheet of paper, the parent draws faint dotted standing, sleeping and slanting lines. Let the child trace them with a pencil or sketch pen. Make one new sheet every couple of days; let your child colour the page once the lines are done.
- iii. **Suji / rice tray** — Pour suji or rice on a flat tray. Let your child trace the same three lines with a finger and make new patterns. Repeat every week — this is the most playful way to build the muscles needed for writing and improve fine motor skills.
- iv. **Newspaper stamping** — Scrunch old newspaper into a tight ball, dip in poster colour and stamp on a plain sheet to make a "lines and dots" picture.
- v. **Pasta threading** — Thread raw penne pasta or rings of chapati dough onto a shoelace or string. This strengthens the pincer grip needed for writing and improve fine motor skills.

2. Hindi

- i. रोज बालगीत "जिसने सूरज चाँद बनाया" अपने बच्चे के साथ गाएँ। (Sing the rhymes "Jisne Suraj Chand Banaya" every day.)
- ii. हिंदी कहानियाँ "हाथी और चींटी" और "रानी की कहानी" सुनाएँ। (Both stories are in the "Reading & Story Time" section below — the full "Hathi aur Cheenti" is printed there, and a video link is given for "Rani Ki Kahani.")

3. Maths

- i. **Number 1 hunt** — Around the house, find things that come one at a time: 1 sun, 1 nose, 1 mouth, 1 fan, 1 ceiling. Encourage the child to say aloud, "This is one ____."
- ii. **Number 1 writing** — Trace the number 1 on the slate every day with a marker pen, and on a plain sheet of paper with a pencil or sketch pen. Start by tracing dotted 1s; over time the child will write it freehand.
- iii. **Big and Small** — Collect 5 big things and 5 small things from around the house and sort them into two piles. Ask, "Which is big? Which is small?"
- iv. **Shape Hunt** — Circle: find 5 round things at home (bangle, coin, plate, button, clock face). Show one each day and trace the shape on the slate.
- v. **Colour Red Day** — Pick one day as "Red Day." Wear something red, eat something red (apple/tomato), and find 5 red things around the house.

4.EVS

- i. **Practise saying full name, age and gender** — “My name is _____. I am 3/4 years old. I am a boy/girl.” Do this in front of the mirror every morning. Make them remember one mobile number of any one family member.
- ii. **Sing “Head, Shoulders, Knees & Toes,” “Chubby Cheeks” and “One Little Finger”** — point to each body part as you sing.
- iii. **Sense Organs game** — each day pick one sense: Eyes (point at and name 3 things you see), Ears (close eyes, name 3 sounds you hear), Nose (smell soap, lemon, food and guess).
- iv. **Hygiene Habits** — brush teeth twice a day, wash hands before every meal, and take a bath every day. Make it a non-negotiable daily routine.
- v. **School Talk** — once a week ask, “What do you love most about your school?” and “Can you say the name of your school?”

Reading & Story Time

Children may not be able to read on their own yet — our goal in the holidays is to **build the habit of opening a book and being read to** every day and reduce their screen time. Aim for 10–15 minutes of book time daily.

Stories from the Book (read these together)

Four Doodle-and-Noodle stories are shared with this homework. Read each one slowly, point to the pictures, ask questions, and — most importantly — let your child re-narrate it in their own words, sometimes replacing characters with their own family or favourite things.

1. **Meet Doodle and Noodle** — After reading, ask: “Who is Doodle? Who is Noodle? What do they love doing?”
2. **My Story of Number 1** — After reading, count out loud together: 1 candy, 1 toy car. Then find one of many things at home: 1 spoon, 1 ball, 1 hairband. Talk about sharing — “Who shared with whom in the story?”
3. **Doodle Goes to School** — Ask: “Why was Doodle scared? How did he feel after making friends?”
4. **Meet My Family** — Read together, then match the names — Mummy, Papa, Dadu, Dadi, Doodle, Noodle. Then your child draws or names *their* own family members.

रानी की कहानी (Rani Ki Kahani)

Watch the story together with your child and ask afterwards: “School aane se pehle Rani ko kaisa laga? Aap school kaise aate ho?” Link: <https://www.youtube.com/watch?v=PmM5Fy3RLkc>

हाथी और चींटी (Hathi aur Cheenti)

Read this aloud to your child a few times during the holidays. Use big actions for इत्त-आ-आ बड़ा! and small actions for इत्त-ी-ी-सी छोटी — children love repeating these.

एक दिन मोटू हाथी जंगल में घूम रहा था। वह बहुत बड़ा था - इत्त-आ-आ बड़ा! (हाथ फैलाकर दिखाएँ)

तभी एक छोटी-सी चींटी आई - इत्त-ी-ी-सी! (उँगली से छोटी दिखाएँ) हाथी बोला, “मैं बड़ा हूँ! मैं सबसे ताकतवर हूँ! “चींटी बोली,” मैं छोटी हूँ, पर मैं भी जरूरी हूँ। “हाथी ज़ोर से हँसा - “हा हा हा! तुम तो बहुत छोटी हो। तुम भला क्या कर सकती हो?” तभी हाथी आगे चला। अचानक - उई माँ!! उसके पैर में एक छोटा-सा काँटा चुभ गया। हाथी ने सूँड से काँटा निकालने की कोशिश की, पर सूँड बहुत मोटी थी और काँटा बहुत छोटा। हाथी रोने लगा - “कोई मेरी मदद करो!” चींटी आगे आई - “रुको हाथी भैया, मैं मदद करूँगी।”

वह हाथी के पैर पर चढ़ गई और अपने नन्हे मुँह से वह छोटा-सा काँटा खींच कर निकाल दिया। हाथी बहुत खुश हुआ। उसने कहा, “शुक्रिया चींटी!” तुम छोटी हो पर बहुत होशियार। उस दिन से हाथी और चींटी पक्के दोस्त बन गए।

सीख: बड़े हों या छोटे, हम सब अलग होते हैं - पर सब बराबर जरूरी हैं। (Big or small, we are all different — but everyone is equally important.)

Please buy one storybook

In addition to the four stories shared above, please pick up **one age-appropriate storybook** (picture-rich, simple words, ages 3–4) for the holidays. Use it for our “Story Snuggle Time” every evening!

STEM Project for the Holidays

Materials: 1 large sheet of newspaper or chart paper; a marker pen; decoration items from home – wool/yarn, buttons, paper bits, dry leaves, bindis.

- i. Lay your child down on the paper and trace their full body outline with the marker pen.
- ii. Together, draw eyes, nose, mouth and ears on the face. Stick wool for hair, buttons for eyes, a leaf for the mouth.
- iii. As you decorate, name each body part out loud: “These are eyes. Eyes help us see. These are ears. Ears help us hear.”
- iv. Roll up the poster and send it to school after the break for a show & tell activity.

What this builds: Self-awareness, body-parts vocabulary, fine motor and creativity.

Good Habits, SEL & Daily Routines

1. **Greetings ritual:** Every morning after waking up, your child wishes every member of the house – “Good morning” / “Namaste” / “Susrabhat” / or any greeting your family prefers. Before sleeping, they say “Good night” to each family member. Small ritual, big impact – builds respect, warmth and connection.
2. **Mirror affirmation:** Each morning, look in the mirror together and say: “I am happy. I am loved. My name is _____. I am _____ years old.”
3. **Object naming:** Show 2–3 everyday objects, name them clearly, and let your child repeat and describe them.
4. **One helpful act daily:** passing a spoon, wiping a table, watering one plant, or putting toys back in the basket.
5. **Feelings Garden:** Draw one face daily – happy, sleepy, sad, excited, surprised – and let your child colour it. Stick them on a wall to make a “Feelings Garden.”
6. **Colour of the Day:** Pick a colour each day and find things in that colour. Let your child wear, draw, or play with it. Try Red first – it’s the colour for Theme 1.
7. **Sprout Buddy:** Sprout moong/chana in a plastic cup with cotton. Let your child water it and talk to it daily. Send the sprout to school after the break.
8. **Helper of the day:** Choose one family member your child will help that day. Let them share how they helped and what made the family member smile.
9. **Story Snuggle Time:** Choose one evening each week. Read the storybook you bought for the holidays together – also pick one of the four book stories or “Hathi aur Cheenti” – and ask what your child liked, who their favourite character was, and what they would change if they were in the story.

P.S.

Let’s use this holiday to reduce screen time, build healthy daily habits, revise our learning through play, and grow closer as a family.

We can’t wait to see our children return with new stories, fresh confidence, and lots of smiles!

Happy Holidays!