A decorative border of black silhouettes featuring swirling vines, leaves, and clusters of flowers, framing the central text.

**Me and My Environment**

*Holiday Homework*

*Class III*

*Session:2016-2017*

Dear Parent,

Holidays are here, yet another opportunity for our little ones to do something beyond the mundane routine.

It's time to EXPLORE, CREATE AND INNOVATE

Children are our lifeline. We had an excellent time with our kids since the beginning of the new session wherein they enjoyed doing various activities, playing games, listening to interesting facts and stories apart from their academics.

OVER TO YOU NOW, DEAR PARENT

Kids will be with you for the next one and a half months and let's maintain this rhythm to make each day worthwhile for them.

### **FEW TIPS TO MAKE HOLIDAYS 'FUN AND LEARN' TIME FOR KIDS**

#### **1. EMPOWER THE LITTLE ONES**

Involve kids in daily chores like doing up their bed, hanging and folding clothes, laying the table. This will make them confident responsible and teach them dignity of labour.

#### **2. CHILDREN SPELL LOVE AS TIME**

Our children need our presence more than our presents so

- Strive to have atleast two meals together. Make them aware of the hundreds of people who worked hard to provide them a meal. Let the kids understand that **to have food in our plate, we need to cultivate.**
- Read, play, sing and have lots of fun with them.
- Instead of just telling the child to read help them to select the books, read along with voice modulation which will encourage them to read more often.
- Help them to learn five new words everyday and make a constant effort to use them repeatedly.
- Teach them a few folk songs and enjoy singing along with them.

#### **3. TAKE THEM FOR OUTINGS**

- A visit to grandparents, relatives and friends will help them understand about sharing and bonding with near and dear ones.
- Take them along to the market, malls and shopping complexes. Let them be a part of purchasing groceries, checking price tags, checking bills etc. This will naturally teach them value for money.
- Plan visits to amusement parks, public parks and let the children socialize with the people out there. Let them observe the way you greet people and interact with them.

#### 4. FOCUS ON THEIR PHYSICAL ACTIVITIES AND EATING HABITS

- Under your guidance set a routine for your kids where they perform pranayama and simple stretching exercises.
- Encourage them to play outdoors in the evening instead of watching TV and playing with electronic gadgets.
- Inculcate healthy food habits. Let them enjoy fruits, juices, lassi and ensure they do not binge on junk food and aerated drinks.

Last but not the least

**Handhold your child at every step, make this journey of life, happy and a beautiful one for them that one day they create their own golden stories.**

Wishing you a wonderful time with your little ones and looking forward to sharing experiences after summer break.

PARENTS ARE THE ULTIMATE ROLE MODEL FOR CHILDREN

#### Tips to compile the Holiday Homework

- Do the written work on the sheets taken out from old notebooks, scrap books, art file etc. (LET'S SAVE PAPER)
- Compile it in a folder made from old newspapers. Use home made glue to paste the sheets.
- Decorate the cover with hand printing, thumb printing. You can use waste material also.
- Bring the banner for **GREEN MARCH** positively on 01.07.2016 and rest of the homework on 05.07.2016.

*Note : Kindly see the videos uploaded during holidays.*

If not now, when?

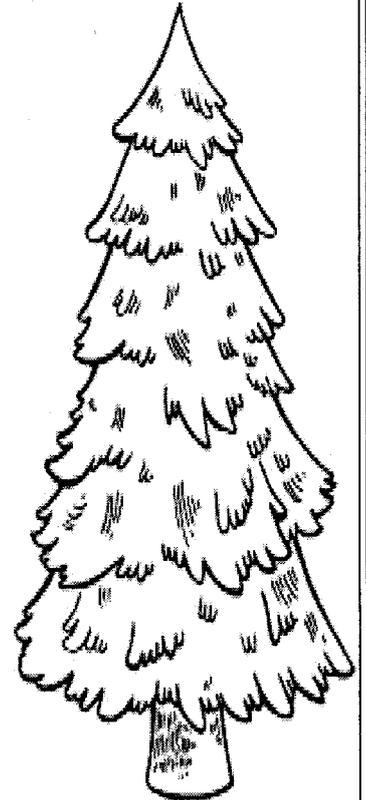
If not you, who?

If not the earth, where?



## Once Upon a Planet

A long time ago there was this planet,  
with land and water and creatures that lived on it.  
Among the many creatures, were people like you.  
As you can imagine, the number grew and they grew.....  
They built houses from trees that they could live in,  
and ate food from packages made of paper and tin.  
They made all kinds of objects that helped them go far;  
like planes, and trucks and trains, and cars.  
They built highways, and buildings, and bridges galore,  
and made gadgets, machines and so very much more!  
The planet became crowded with so little space,  
and always something new to take over each place.  
Where nature once flourished, was covered with stuff.  
Then along came the Planetpals and said "This is enough!  
Look at this planet, it's under such stress!  
If we make changes now, we will avoid a big mess.  
If you lend us a hand, we will all work together.  
We'll be Planetpals and make our world better."



\* Learn the poem Once Upon a Planet.

### \* **GREEN MARCH**

Make a banner of size (12" x 6") support it with a stick of 12". Write a slogan that conveys the message that you are a 'Planetpal.' Get ready for a green march after the holidays.

### \* **India Innovates**

- People are doing innovative things to save environment like Mr. Narayana Peesapati, the founder of Bakey's Food has invented 'edible cutlery'.
- Three IIM students have created 'Sprout Pencil'. After the pencil gets too small to write, sow it and watch it give birth to a new life.
- Read articles in magazines or newspapers and make a list of efforts put in by the people to help nature rejuvenate and paste pictures.

\* LET'S READ -

• Read any one of the following books -

- Suryamani Nature Activist awarded by Unicef
- Nature's Handy Men
- Nature's Architects
- Nature's Doctors

BY TERI

- Note -
- You can find about any 5 innovative things people have done.
  - All the books are available online.

### कविता - जैसी करनी, वैसी भरनी

नाम प्रकृति था, प्यारा सा,  
हाँ, थी वह बहुत सलोनी।  
कभी नहीं भाता था उसको,  
रखना सूरत रोनी।  
एक बार उसने मेहनत कर,  
सुंदर बाग लगाया।  
तरह-तरह के फल-फूलों से,  
था उसको महकाया।  
बहुत - बहुत था बड़ा बाग,  
था पृथ्वी उसका नाम।  
खूब सुहानी होती उसमें,  
सुबह दोपहर शाम।  
इतना सुंदर बना बगीचा,  
सोचे प्रकृति कुमारी।  
इसके सुख का भोग न हो तो,  
मेहनत व्यर्थ हमारी  
यह विचार कर प्रकट किए,  
धरती पर अनगिन प्राणी।  
सर्वश्रेष्ठ मानव था उनमें,  
ज्ञानी और विज्ञानी।

प्यार प्रकृति ने मानव पर,  
अपना भरपूर लुटाया।  
भाँति - भाँति के रंगों से  
उसका संसार सजाया।  
साफ हवा उसकी साँसों में,  
वृक्ष भरा करते थे।  
गंदी हवा स्वयं लेकर,  
वे उसे स्वस्थ रखते थे।  
रोशन हुआ बाग जब उसने,  
सूरज को चमकाया।  
चंदा भी उसकी खातिर  
शीतलता लेकर आया।  
इतनी दौलत पा मन में,  
जागा लालच अभिमान।  
हाय, ज्ञान अभिशाप बना,  
जो अब तक था वरदान।  
टूटा मानव वृक्षों पर तब,  
लेकर हाथ कुल्हाड़ी।  
ऊँचे महल बना उसने,  
उपवन की शान उजाड़ी।  
वाहन और कारखानों से,

आकाश बनाया काला।  
व्यर्थ हुए उनके पदार्थ ने,  
जल अशुद्ध कर डाला।  
फैक्ट्री में से निकल रसायन,  
मिट्टी में समा गए थे।  
उपजाऊ धरती माता को,  
बंजर बना गए थे।  
भीषण कर्कश आवाजों से,  
कान हुए शोकाकुल।  
चिड़ियों का संगीत मधुर,  
जाने कहाँ हुआ गुल।  
हुए ज़हर अब हवा और जल,  
विषमय धरा गगन थे।  
लगे तड़पने बीच उन्हीं के,  
रोगी तन और मन थे।  
जैसी करनी, वैसी भरनी,  
कथन सत्य कहलाया।  
मानव ने अपने कर्मों का,  
फल था सचमुच पाया।  
ओ मानव के बच्चो,  
पिछली गलती मत दोहराना।  
जीवन का आधार प्रकृति है,  
यह तुम भूल न जाना।

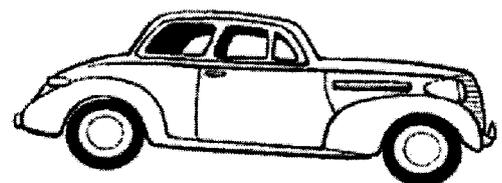
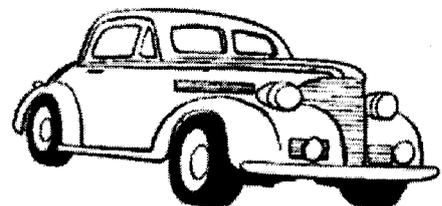
- \* कविता 'जैसी करनी वैसी भरनी' याद करें।
- \* कविता के आधार पर लिखें कि पहले और अब प्रकृति में क्या परिवर्तन हुए हैं तथा इस परिवर्तन के लिए कौन जिम्मेदार हैं ?
- \* भीषण गर्मी में मूक प्राणियों को राहत देने व उनके पीने हेतु घर की छत पर / आँगन में मिट्टी के एक कटोरे में प्रतिदिन स्वच्छ पानी रखें।
- \* आजकल बहुत से फलों का मौसम है जैसे आम, जामुन, खरबूजा, तरबूज आदि। कृपया फल खाने के पश्चात् इनके बीज मत फेंकें। उन्हें अच्छे से धोकर सुखा लें और थैली में भरकर अपनी कार में रखें। जब भी आप बाहर घूमने जाएँ तो इन बीजों को ऐसी जगह पर फेंके जहाँ आस - पास कम पेड़ - पौधे हों। आने वाले मानसून में ये शीघ्र ही अंकुरित हो जाएँगे। आपके इस प्रयास से यदि एक भी पौधा अंकुरित होता है तो यह मानव जाति के कल्याण में आपका अमूल्य योगदान होगा।

### SAVE FUEL, SAVE EARTH

- \* Visit a Petrol pump. Find out the rates of petrol, CNG, diesel? Which is the cheapest and the costliest fuel among them? Why so? And also mention the most environment friendly fuel.
- \* Delhi Govt. had launched phase 2 of Odd & Even scheme from April 15 to April 30, 2016. Write a few benefits of the scheme.

Number plates of some cars are given below -

- A = HR 29 AB 7294 (CNG Car)
- B = HR 51 AJ 6129
- C = HR 09 CL 0027 (Female driver)
- D = HR 29 AC 4426
- E = HR 19 BC 1124
- F = HR 27 BC 8431
- G = HR 51 AK 7794 (CNG Car)
- H = HR 29 AR 1153
- I = HR 29 AL 2248

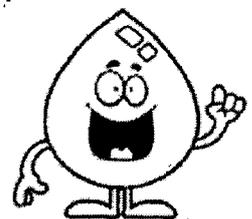


- \* Which cars can travel to Delhi on odd dates?
- \* Which car owners will have to car pool on even dates?

### SAVE WATER, SAVE THE PLANET

- \* Track the use of water at your home and complete the given table -

Activity	Water used (in litres)
a. Washing clothes	
b. Washing utensils	
c. Watering plants	
d. Taking a shower	
e. Cleaning purposes	



- \* From the data collected find out the monthly usage of water in your home?  
In which activities extra water is being utilised?  
How can you save water ?

**Pollution, Pollution,  
Find a Solution**

**To improve our relation,  
With our creator, Mother Earth.  
Let's lend our helping hand**

- \* Make a 'Green Brigade' with your friends.
  - Adopt your neighbourhood park in summer holidays .
  - Clean it. Collect all the rubbish. Water the plants regularly.
  - With the help of elders make a compost pit in the park and bury dry leaves and other green waste in it. After 2-3 months you will get natural fertilizer.
  - Click your pictures and paste them in a folder.
  - After a month, interview your neighbours and note how they found your efforts.

**Pollution Sensor Activity -**

- \* Make a pollution sensor and find out which is the maximum polluted area in / near your house.
  - Take 3 small cardboard boxes (lids are not required)
  - Cover the boxes with a transparent sheet.
  - Apply a thick layer of vaseline / glue on the sheet.
  - Keep one box inside your house, one on roof top and one in the neighbourhood park.
  - After 2 days record your observation and find out the most polluted area.



**TOGETHER  
WE  
CAN  
MAKE  
THE EARTH  
A BETTER PLACE.**



- \* Make a poster on any one of the given topics on A-3 size cartridge sheet:
  1. India of my dreams
  2. My India, My pride
  3. Green India - Surging Ahead