

"Always remember what you have learned. Your education is your life - Guard it well" .  
Proverbs 4:13



**MOUNT CARMEL SCHOOL, CHANDIGARH**  
**SESSION 2024-2025**  
**CLASS - NURSERY**

**SUMMER VACATIONS FUN ACTIVITIES**

Dear Parents.

Summer Vacations have started and it is considered a welcome break for our Tiny Tots. It is the time when we love spending our time with our loved ones.

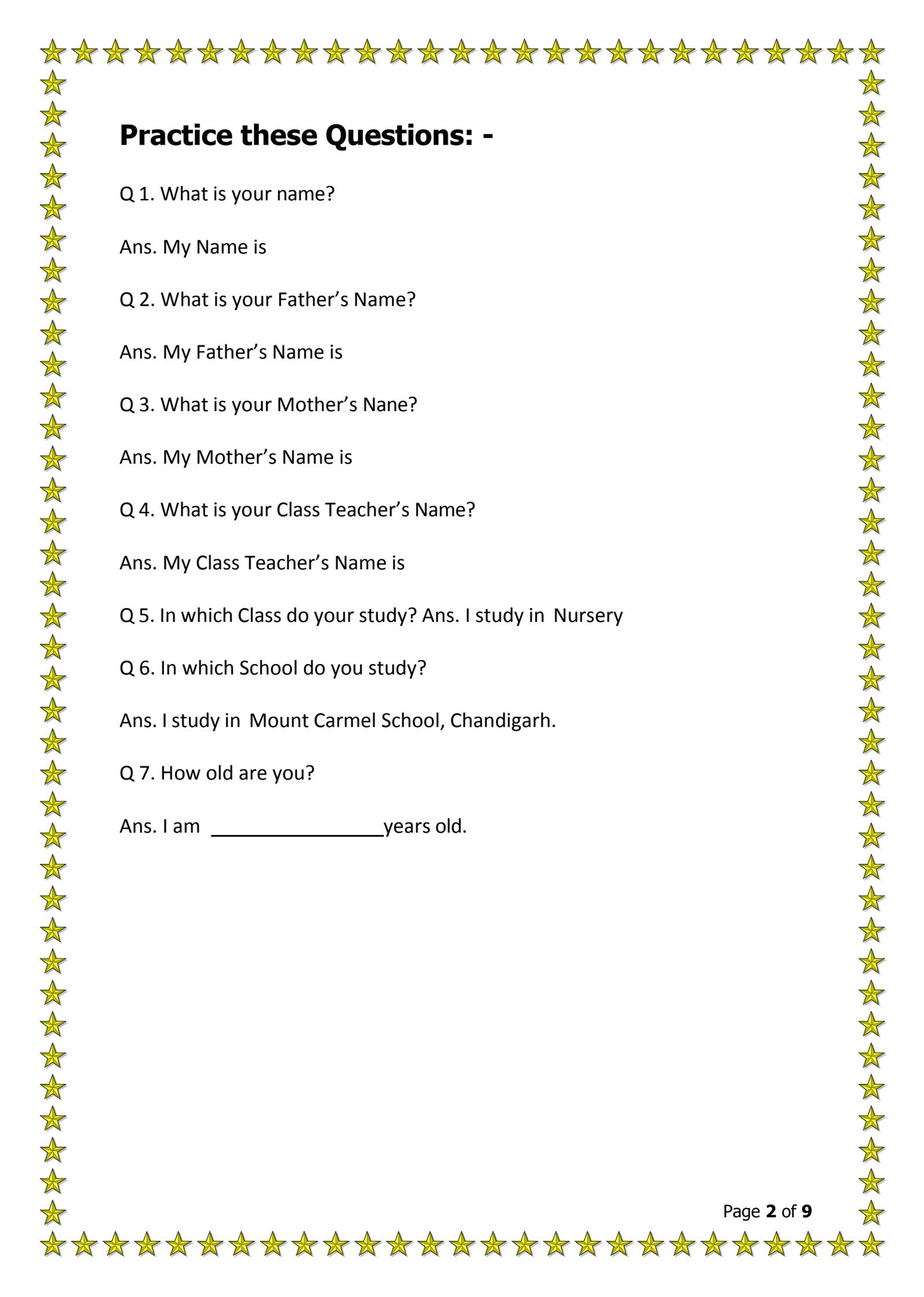
As it is rightly said:

"A life without love is like a year without summer" Summer Tips: -

1. Dress your children in loose, light-colored clothes.
2. Take them for outdoor activities in the morning and evening hours.
3. Keep your children hydrated. Make them drink lots of water.
4. Help your children learn new things through exploring their interests.
5. Books are the children's best friend. Create your child's interest in different colourful books.
6. Motivate your children to speak golden words.
7. Have a Bed-time story session with your kids.

→ Motivate little ones to converse in English





**Practice these Questions: -**

Q 1. What is your name?

Ans. My Name is

Q 2. What is your Father's Name?

Ans. My Father's Name is

Q 3. What is your Mother's Name?

Ans. My Mother's Name is

Q 4. What is your Class Teacher's Name?

Ans. My Class Teacher's Name is

Q 5. In which Class do you study? Ans. I study in Nursery

Q 6. In which School do you study?

Ans. I study in Mount Carmel School, Chandigarh.

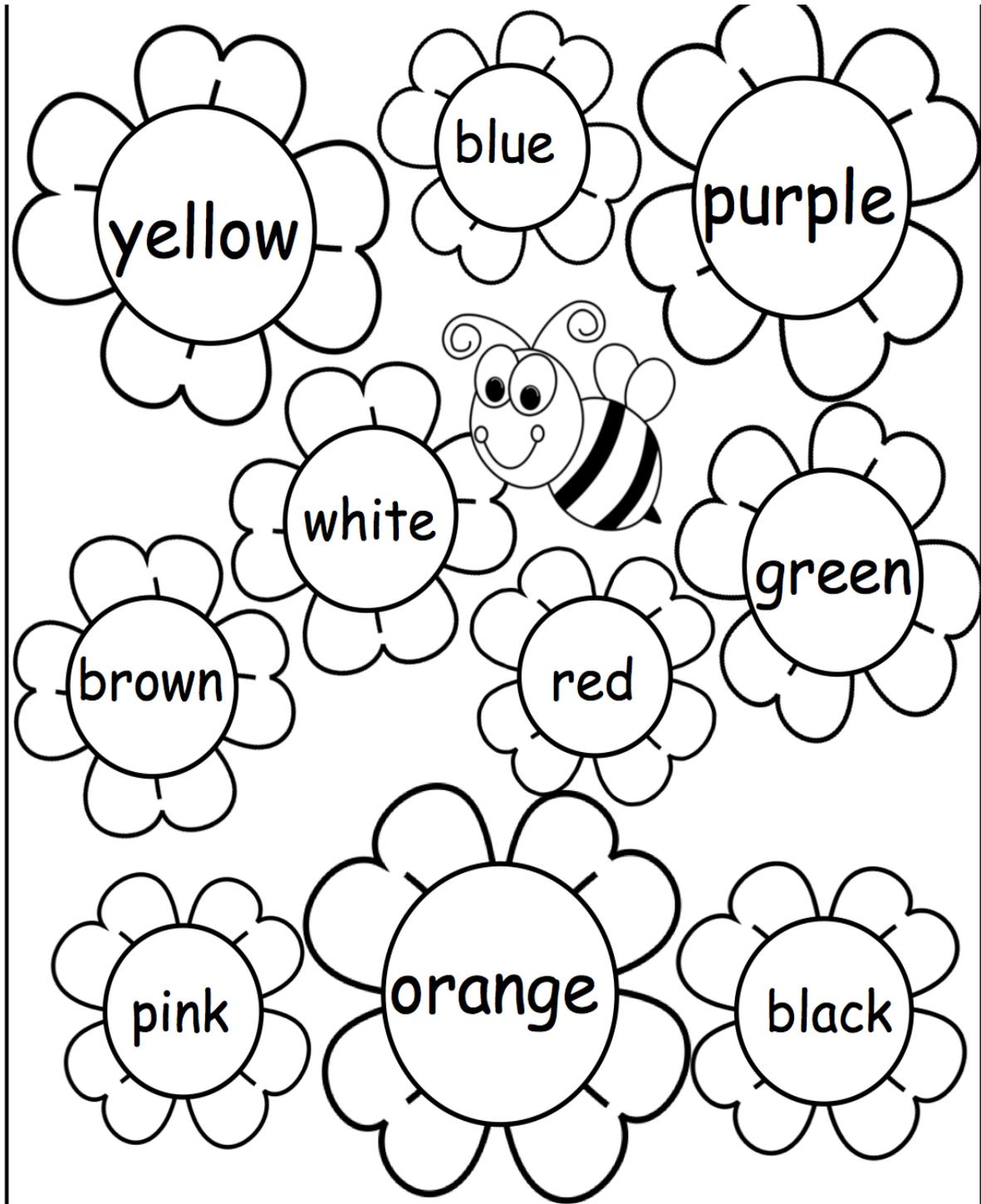
Q 7. How old are you?

Ans. I am \_\_\_\_\_ years old.

Learning Colours is Fun

Name \_\_\_\_\_

Colour the circle with given colours and colour the petals with any colour.

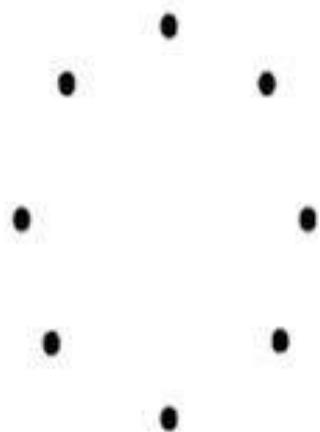
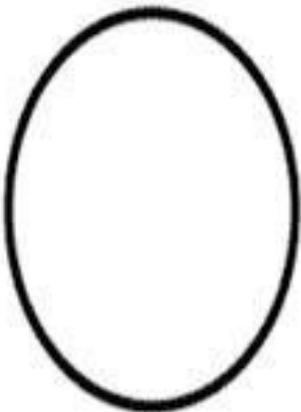
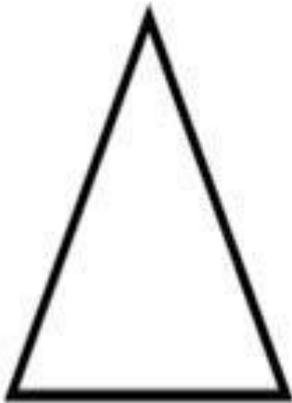


SHAPES

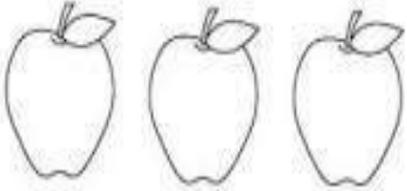
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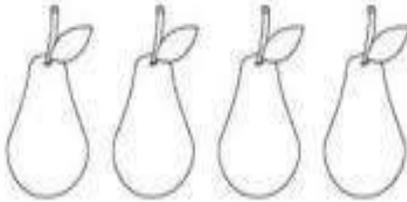
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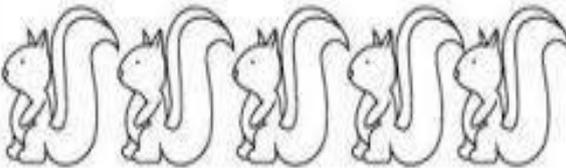
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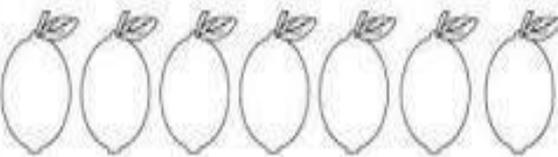


Circle the correct number of images.

	2    3    5
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	4    6    7
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	2    4    5
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	4    6    7
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	6    8    9
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Let's learn to make a Musical Instrument from best out of waste:

**Instructions:**

1. Start by cutting the coconut shell in half using a saw. ...
2. Use sandpaper to smooth the coconut shell's edges and create a level surface.
3. Flip the coconut shell over so that the concave side is facing up. ...
4. Use a spoon to scoop out the flesh and any remaining fibers inside the coconut shell.
5. Cut the cardboard and paste at the top and decorate it.



## Fun with Letters: -

With the help of your parents, go through all newspapers or magazines cut out one picture beginning with each letter from A to H.

Prepare an alphabet booklet by pasting these pictures on A4 coloured sheet with one letter on one page. Please use both sides of the sheet together with a ribbon.

## Paper Plate Lion

Paint. Paint paper plate yellow. ·

Cut the Lion's Mane · Glue the

Lion's Mane · Cut the ears and

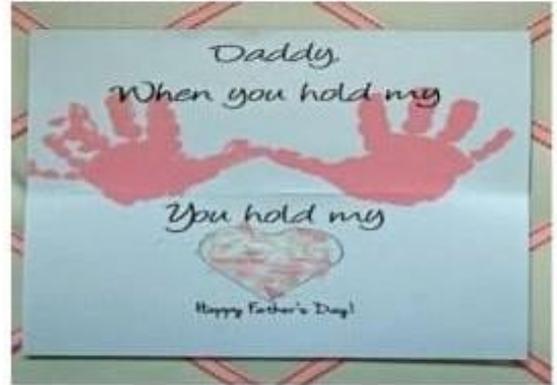
nose · Glue ears nose and eyes ·

Draw the mouth starting at the ...



**ACTIVITY**

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



**21 June - International Yoga Day (Practice Yoga under the observation of your Parents)**

"Yoga is the journey of the self, through the self, to the self."

**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**

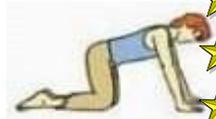
Stand tall with your feet slightly apart. Bring your hands to prayer position.

Inhale and push your hands to the sky. Exhale and move your hands to the side and then back to the centre.



**Cat Pose -**

Get down on hands and knees. Reach spine towards ceiling as high possible so that the back is arched like a cat. Make meow - meow noise



# STAY PROTECTED



Disinfect surfaces around your home and work.



Wash your hands for at least 20 seconds.



Sneeze or cough? Cover your mouth.

# STAY SAFE

