

HOLIDAYS ... FUN TIME ...

Summer holidays are around the corner. Despite the hot sun, we can still have a lot of fun, so vacation is here for a sweet treat. To enhance the child's creativity and innovation for the progressive learning, we have designed a few engaging activities and holiday homework. Kindly encourage your ward to do the following activities to enhance their skills and make learning a joyful experience.

Morning Blessings- Parents can help children to inculcate good habits by doing, Surya Namaskar and encouraging them to greet all elders in the morning.

Being responsible- Spend a week with your elders. Observe their routine. Listen to their childhood memories, incidents from the past and watch their old family albums. This will strengthen the bond between you and your elders. Don't forget to capture them in the form of short videos.

Engage in Hobbies – Explore Interests, Spend time on activities you enjoy, such as sports, music or art.

Adopt a Tree - Encourage your child to adopt a tree in the park around you and make sure that you take care of it daily by watering it. Also, click a picture with it and share it with your class teacher.

Stay Active: Engage in regular exercise, whether through sports, walking, cycling, or home workouts.

Outdoor Activities: Spend time outdoors, enjoying nature through hiking, swimming, or camping.

Helping Others: Do a good deed at least once a week, fostering a sense of community.

Travel and Explore: Visit local museums, parks, or historical sites.

Trips: Plan trips, whether it's a family vacation or day trips to nearby attractions.

Stay Safe: Follow health guidelines, stay hydrated.

Parents can help their ward to memorize their home address and contact numbers

IMPORTANT: Please feel free to contact the class teacher regarding any query.



RUKMANI BIRLA MODERN HIGH SCHOOL Session 2025-26

SUMMER ASSIGNMENT CLASS VII

Agriculture and food sustainability

- Create a model farm showing Assam versus Rajasthan cropping system.
- Write down at least two traditional recipes from both the states and make a video of making these recipes at home with your family.
- Calculate the quantity of ingredients required in the above 2 recipes if prepared for 25 people. Also find
 the calories consumed in each dish in per serving. Also find the cost of the total material used in each
 dish.
- Write a report about the challenges to food sustainability in both states and suggest future strategies.

The Grain of Hope

- Hindi skit: A conversation between Rice and Millet(Dialogue Writing).
- Prepare flash cards with pictures and Sanskrit names of Millet.
- Make a nutritional value chart (millets versus rice versus wheat) in French.
- Combine water color, acrylic paint & grains (millets) to depict rural farming scenes in Assam & Rajasthan.
- Through a thematic dance drama / street play that blends the story telling movement and music, highlight the journey of Millets from the ancient grains to the heroes of the modern sustainable food systems. The performance should depict:
 - The lost wisdom
 - The shift to modern farming
 - The Awakening
 - A Sustainable future

NOTE-

- All work to be done in A4 size coloured sheets and compiled in a file.
- Support your work with drawings, data and pictures.
- Use of ecofriendly material will be appreciated.

