

# G. D. GOENKA PUBLIC SCHOOL, SILIGURI

## SUMMER 2018

## CLASS II

Dear Parents,

Greetings from G.D. Goenka Public School, Siliguri!

Take time over the holidays to disconnect with technology and reconnect with people, family and nature. Give your mind a rest. Go for a walk, enjoy some silence. Go outside, breathe in fresh air, look at the sky, and take in the beauty of the world. Be more concerned about your real life, than your online status. Make a difference, smile at others. Laugh. Talk. Have fun. Disconnect to reconnect to life.

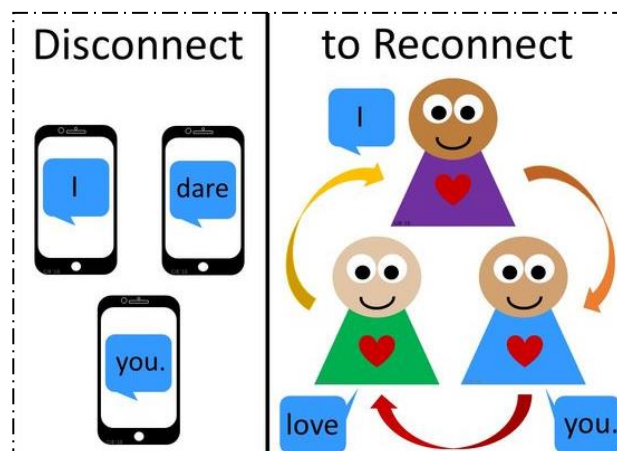
### A Note for Parents, Make this summer special!

- Have at least two meals together with your children.
- Let them help you in daily household work.
- Take them to your work place and let them understand that you work hard to support your family.
- Try to share some stories with them and tell them about your childhood.
- As much as possible keep them away from TV, and other electronic gadgets.

This Summer Holidays let's make memories with our families and loved ones not by sitting indoors glued to our electronics but by meeting them, saying 'Hello' and spending time with them. Let us make our bond stronger with each one of them and tell them how much we love them.

We have prepared some fun activities for you to do with your family. These activities are to be recorded in your scrap book, design your cover and dedicate this homework for your loved ones.

Your homework is to be submitted on 3<sup>rd</sup> July, 2018 to your class teacher. The best project will be rewarded.



# Happy Holidays

# 2018

# English

## Activity 1: Family Time

Make breakfast for your family with the help of family members and record each one's contribution. Attach pictures to make your scrap book colourful. Enjoy the meal together and then as a family go through an old album of your family. Ask your grandparents to narrate stories on some of the pictures saved in the album. If you don't have one, then make one with your family.



YES



NO



YES



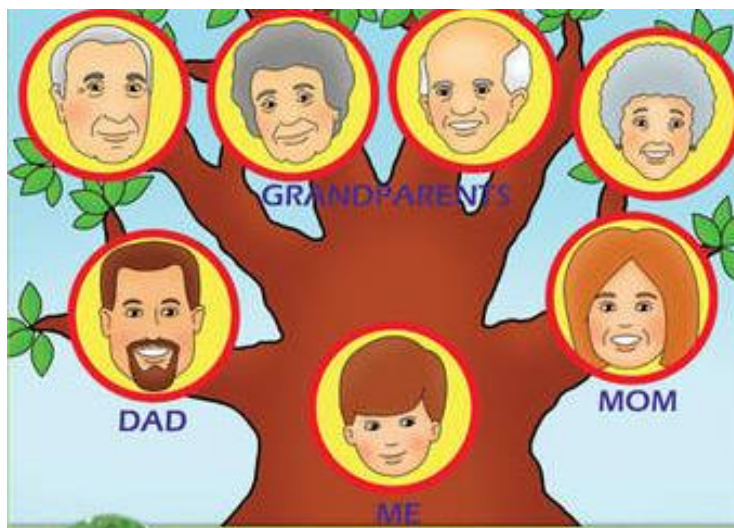
## Acts of kindness – Make someone Smile

Let a sibling go first Name: _____	Say something nice to someone Name: _____	Share Name: _____	Play with someone new Name: _____	Pick up trash without being asked Date: _____
Say sorry if you do something wrong Name: _____	Smile at someone Name: _____	Hold the door for someone Name: _____	Say 'good job' Name: _____	Say 'Hi' to someone Name: _____
Water a plant Date: _____	Give a hug to your parents Name: _____	Say 'Thank you' Name: _____	Clean up without being asked Date: _____	Give a compliment Name: _____
Build a bird feeder Date: _____	Let someone go first Name: _____	Say 'I love You' to your parents Date: _____	Keep water for the birds outside Date: _____	Help your mother Date: _____



# हिंदी

1. फाइल या रंगीन कागज पर परिवार के विभिन्न सदस्यों के चित्र चिपकाकर एक एल्बम तैयार कीजिये एवं उनके बारे में आठ से दस पंक्तियाँ लिखिए ।



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# Maths

## Place value party with your family members.

- Make two teams including your family members.
- Roll a dice three times and make a three digit number.
- Mention the place values for each number.
- Expand the number.
- Points to be given on giving correct answer.
- Make a chart of the same.
- Example given for your ready reference.

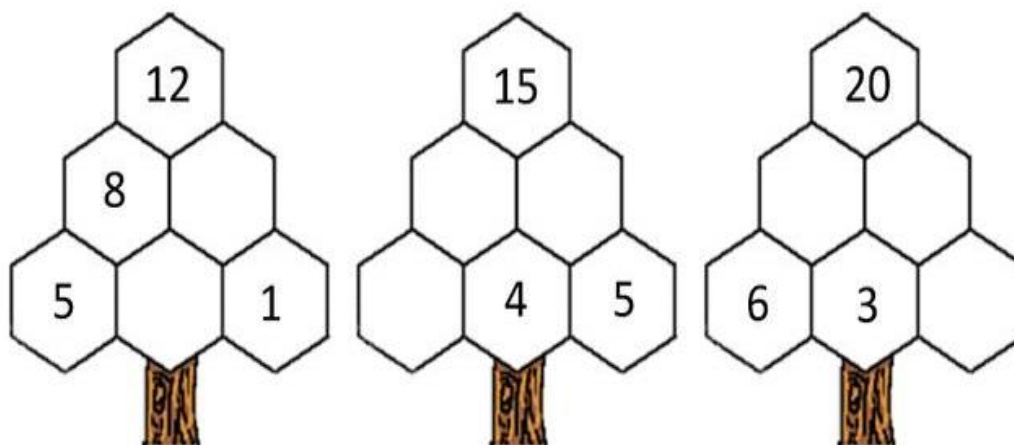
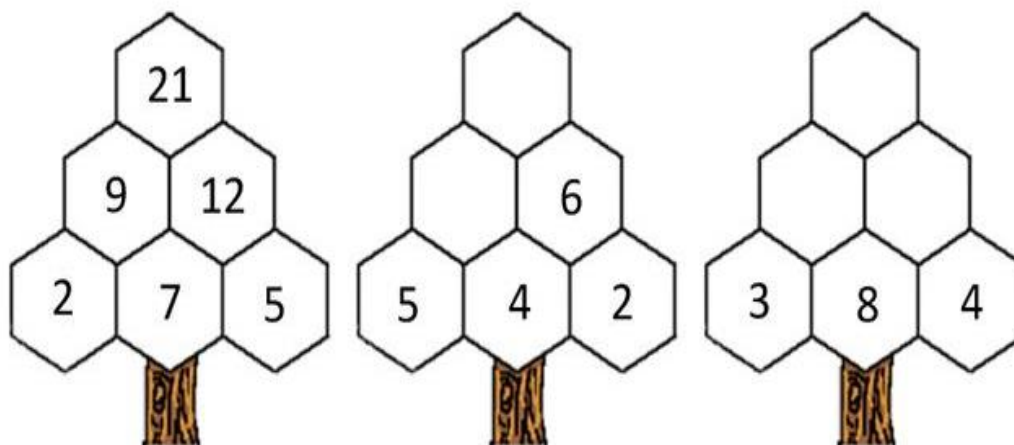


Roll it				Make it	Expand it
2	3	6			$200 + 30 + 6$



## Tree adding puzzle

- Each number is the total of the two numbers below it.
- Find a solution for each of the trees below! There are many possibilities!
- The first tree has been completed for you.



## HOW WELL DO YOU KNOW YOUR NEIGHBOURS!! ITS TIME TO KNOW THEM BETTER!!

**Project 1. Take a survey of the families in your neighbourhood, collect the data and answer the following questions:**

**a) How many families are there in your neighbourhood?**

**Ans:** \_\_\_\_\_

**b) Name at least 3 families in the neighbourhood.**

**Ans: Family 1:** \_\_\_\_\_

**Family 2:** \_\_\_\_\_

**Family 3 :** \_\_\_\_\_

**c) How many members are there in each family?**

**Ans: Family 1:** \_\_\_\_\_

**Family 2:** \_\_\_\_\_

**Family 3:** \_\_\_\_\_

**d) How many male members are there in the each family?**

**Ans: Family 1:** \_\_\_\_\_

**Family 2:** \_\_\_\_\_

**Family 3:** \_\_\_\_\_

**e) How many female members are there in the each family?**

**Ans: Family 1:** \_\_\_\_\_

**Family 2:** \_\_\_\_\_

**Family 3:** \_\_\_\_\_

**f) How many children are there in each family?**

**Ans: Family 1:** \_\_\_\_\_

**Family 2:** \_\_\_\_\_

**Family 3 :** \_\_\_\_\_

**g) How do you take care of your mother nature?**

**Ans:** \_\_\_\_\_





The Johnson family in the picture likes doing things together.

**1. Colour the picture.**



**2. Plant any one fruit sapling of your choice with your family.**

Write five lines about your experience. Take a picture of your family helping you in doing this activity and paste it in the box given below.

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# 8 Habits of Healthy Kids

Healthy kids:



Spend at least 1 hour a day being physically active

Spend less than 2 hours a day watching TV and playing video and computer games



Eat at least a total of 5 fruits and vegetables everyday

Snack on healthy foods and less junk food and sweets



Drink or eat at least 3 low fat dairy foods a day

Drink at least 2 glasses or bottles of water a day instead of soda



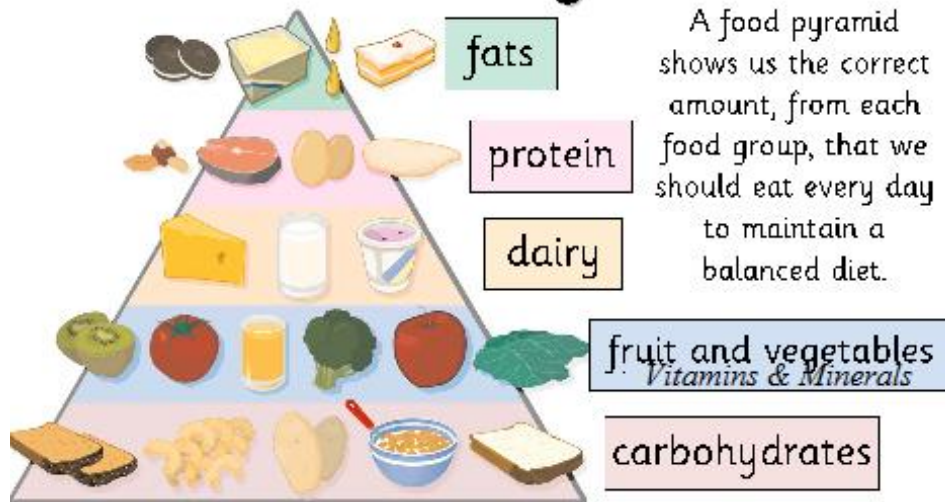
Eat less fast food and make healthier fast food choices

Eat smaller amounts - bigger is not better

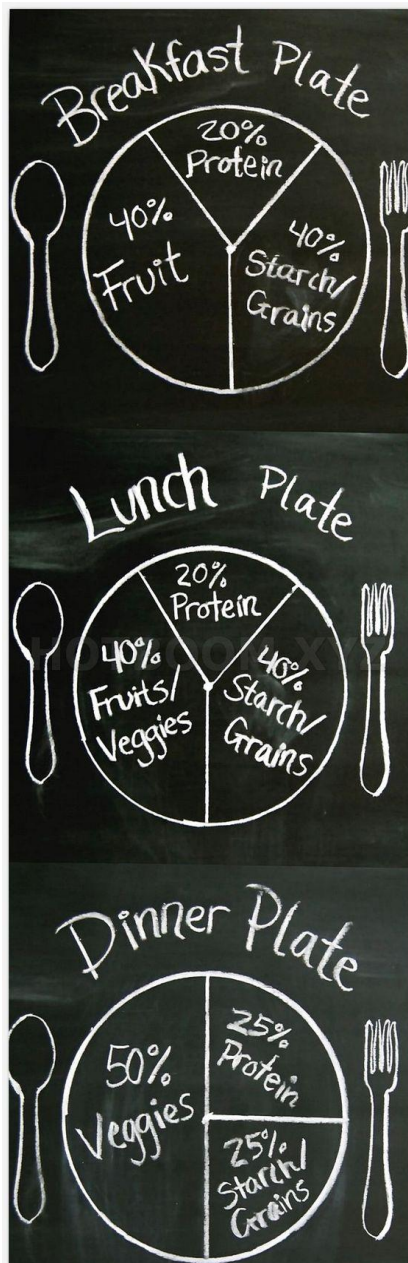




# The Food Pyramid



A food pyramid shows us the correct amount, from each food group, that we should eat every day to maintain a balanced diet.



Design a meal for lunch that includes a food from each of the different food groups.

My Menu

Just to check it's balanced split your meal into the different foods into the different groups.

Protein	Carbohydrates	Fat	Vitamins & Minerals