



Lady Florence
CONVENT SCHOOL

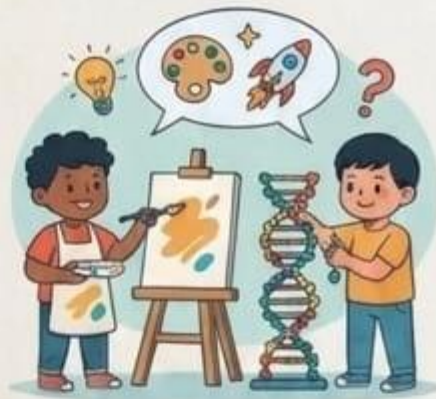
HOLIDAY HOMEWORK

Session: 2026-27

Grade: VII

Student's Name: _____

Roll Number: _____



Curiosity is the key that opens the door to discovery.



Dear Students and Parents,

The summer break is a time to rejuvenate, explore, and grow. While rest and recreation are essential, it is equally important to stay mentally active and engaged through meaningful academic enrichment. To make learning joyful and productive, we have designed holiday homework that promotes critical thinking, creativity, and hands-on learning across all subjects.

Instructions for Completing Holiday Homework-

1. All holiday homework must be submitted on the first day after the school reopens.
2. Revise P.T.2 syllabus completed in class.
3. All the written assignments must be completed in the respective subject notebooks.
4. All work should be neat, well-organized, and clearly labeled with the student's name and subject.
5. Holiday homework will be evaluated on the basis of content accuracy, presentation, creativity, and timely submission.
6. Students are encouraged to use hand-drawn illustrations, neatly handwriting, and creative elements to enhance presentation of their work.
7. Parents are encouraged to guide and motivate children but are requested not to complete the homework on their behalf.
8. Help your child maintain a balance between fun and learning.

□

Make the Most of Your Holidays!

Let these assignments become an opportunity to explore, imagine, and learn in a relaxed and enjoyable way. We look forward to seeing your efforts and creativity after the vacation.

Warm wishes for a joyful, safe, and productive summer break

ENGLISH

Task 1: Reading Log & Book Review (Roll no. 1-16)

Read any one age-appropriate storybook or novel during the holidays.

After reading, prepare a Book Review in your English notebook:

- Name of the book
- Name of the author
- Main characters
- Short summary of the story
- What lesson did you learn from the book?

(Add a drawing related to the story.)

Objective: To develop reading habits, comprehension skills, critical thinking, and the ability to express personal opinions creatively.

Task 2: Creative Writing “A Day Without Mobile Phones” (Roll no. 17 Onwards)

Write a paragraph in about 120–150 words describing:

- What happened
- Problems faced
- Fun experiences
- What you learned

Use proper grammar, punctuation, and creative ideas.

Objective: To enhance imagination, creative writing skills, and awareness about balancing technology with real-life experiences.

Revision Worksheet

Q1. Read the passage and answer the following questions:

Trees are one of the most valuable gifts of nature. They play an important role in maintaining life on Earth. Trees provide us with oxygen, which is necessary for breathing. They also give us fruits, medicines, wood, rubber, paper, and shade. Many birds build their nests on trees, while animals use forests as their homes and shelters.

Trees help in keeping the environment clean and healthy. They absorb harmful gases and reduce pollution from the air. They also help in controlling soil erosion and maintaining the water cycle.

Nowadays, many forests are being cut down for roads, buildings, and industries. This leads to global warming, less rainfall, and loss of wildlife. Therefore, it is our duty to protect trees and plant more saplings around us. A world full of trees is healthier, greener, and more beautiful.

I. Multiple Choice Questions:

1. Trees provide us with:

- a) Plastic b) Oxygen c) Glass d) Petrol

2. Animals use forests as:

- a) Schools b) Markets c) Shelters d) Factories

3. Cutting down forests leads to:

- a) More rainfall b) Global warming c) Clean air d) Cooler climate

4. Trees make the environment:

- a) Dirty b) Noisy c) Healthy and green d) Harmful

II. Answer the following questions:

1. Why are trees important for life on Earth?
2. Name any four things that trees give us.

3. How do trees help in reducing pollution?
4. What problems are caused due to cutting down forests?
5. Why should we plant more trees?

Q2. Fill in the blanks with suitable Pronouns:

1. Riya and Meera are best friends. _____ study together.
2. The dog is wagging _____ tail happily.
3. I saw Rahul yesterday and spoke to _____.
4. This book belongs to Ananya. It is _____.
5. _____ is your favourite subject?

Q3. Underline the Pronouns and identify their type:

1. She helped herself to some cake.
2. Those are beautiful paintings.
3. Someone is knocking at the door.
4. This is my notebook.
5. We enjoyed the movie yesterday.

Q4. Fill in the blanks with suitable Quantifiers:

1. I have _____ water left in the bottle.
2. We do not have _____ sugar at home.
3. Only _____ people knew the answer.
4. Is there _____ milk in the fridge?
5. I need _____ information about the project.

Q5. Choose the correct Quantifier:

1. We have _____ chairs in the hall. (much / many)
2. There is _____ juice in the jug. (little / few)
3. _____ students were absent today. (A few / A little)
4. I don't have _____ money right now. (many / much)
5. She added _____ sugar to the tea. (a little / a few)

Q6. Fill in the blanks with suitable Articles:

1. I saw _____ elephant near the river.
2. _____ Earth revolves around the Sun.
3. He bought _____ new umbrella yesterday.
4. She wants to become _____ engineer.
5. My father is _____ honest man.

Q7. Identify the Nouns and write their kinds:

1. Delhi is the capital of India.
2. Honesty is the best policy.
3. The team won the match yesterday.
4. My mother bought a bunch of grapes.
5. Riya loves reading storybooks.

Q8. Vocabulary Enrichment

Collect 25 new English words from newspapers or magazines and write:

- Meaning
- Sentence formation
- Part of speech

HINDI

प्रश्न-1 दिए गए गद्यांश को पढ़कर पूछे गए प्रश्नों के उत्तर दीजिए -

रवि एक मेहनती छात्र था। वह प्रतिदिन समय पर विद्यालय जाता और मन लगाकर पढ़ाई करता था। उसे पुस्तकें पढ़ने का बहुत शौक था। खली समय में वह पुस्तकालय जाकर नई-नई कहानियाँ पढ़ता। उसके शिक्षक भी उसकी लगन से बहुत प्रसन्न रहते थे। एक दिन विद्यालय में भाषण प्रतियोगिता हुई। रवि ने उसमें भाग लिया और प्रथम स्थान प्राप्त किया। सभी ने उसकी प्रशंसा की।

(क) रवि कैसा छात्र था?

- (i) आलसी (ii) मेहनती (iii) शरारती (iv) कमजोर

(ख) रवि खाली समय में कहाँ जाता था?

- (i) बाजार (ii) खेल के मैदान (iii) पुस्तकालय (iv) पार्क

(ग) विद्यालय में कौन-सी प्रतियोगिता हुई?

- (i) चित्रकला प्रतियोगिता (ii) दौड़ प्रतियोगिता (iii) भाषण प्रतियोगिता (iv) गायन प्रतियोगिता

(घ) रवि ने प्रतियोगिता में कौन-सा स्थान प्राप्त किया?

- (i) द्वितीय (ii) तृतीय (iii) प्रथम (iv) अंतिम

(ङ.) शिक्षक रवि से क्यों प्रसन्न थे?

- (i) उसकी लगन के कारण (ii) उसके खेल के कारण
(iii) उसके धन के कारण (iv) उसकी शरारतों के कारण

प्रश्न-2 नीचे दिए गए शब्दों में संधि कीजिए -

- (क) तथा + एव
(ख) इति + आदि
(ग) सत्य + आग्रह
(घ) दिक् + अंबर
(ङ.) यदि + अपि
(च) भानु + उदय

प्रश्न-3 दिए गए वाक्यों में उचित शब्द लिखकर रिक्त स्थान भरिए -

- (क) 'शरणागत' शब्द ----- संधि का उदाहरण है।
(ख) मनोबल शब्द का संधि-विच्छेद -----संधि का उदाहरण होगा।
(ग) व्यंजन संधि में व्यंजन और ----- के आमने-सामने आने पर विकार होता है।
(घ) दो ----- के मेल से जो परिवर्तन होता है, उसे संधि कहते हैं।
(ङ.) 'रामचरितमानस' की भाषा ----- है।
(च) ----- के प्रयोग से भाषा शुद्ध होती है।
(छ) दो या दो से अधिक व्यंजन का संयोग ----- व्यंजन कहलाता है।
(ज) शब्द वाक्य में प्रयुक्त होने पर ----- बन जाते हैं।
(झ) जो शब्द परंपरा से विशेष अर्थ के लिए ही प्रयुक्त होते हैं, उन्हें ----- शब्द कहते हैं।

प्रश्न-4 दिए गए तत्सम शब्दों का तदभव रूप लिखिए।

- (i) कोकिल (ii) दिवस (iii) भ्रमर (iv) दुग्ध (v) निद्रा (vi) ग्राम (vii) नव

प्रश्न-5 नीचे दिए गए शब्द किस भाषा से लिए गए हैं? लिखिए।

- (i) कमीशन (ii) उम्मीद (iii) ड्राइवर (iv) अखबार (v) कनस्तर (vi) रेडियो (vii) दुकान

प्रश्न-6 सही कथन के आगे सही और गलत कथन के आगे गलत का चिह्न लगाइए -

- (क) भाषा की सबसे छोटी इकाई वर्ण कहलाती है।

- (ख) वर्णों को अलग करने की विधि को संधि विच्छेद कहते हैं।
 (ग) वर्णों के समूह को वर्णमाला कहते हैं।
 (घ) निश्चित अर्थ प्रकट करने वाले सार्थक वर्ण-समूह को व्याकरण कहते हैं।
 (ङ.) गुब्बारा विदेशी शब्द है।
 (च) स्वर संधि के पाँच भेद होते हैं।

प्रश्न-7 नीचे दिए गए शब्दों का संधि-विच्छेद कीजिए -

- (i) हिमालय (ii) पर्यावरण (iii) धर्मात्मा (iv) रोगाणु (v) गुरूपदेश (vi) कृष्णावतार

प्रश्न-8 बहुविकल्पीय प्रश्न

- 1) 'विद्यालय' शब्द में कौन-सी संधि है?
 (क) स्वर संधि (ख) व्यंजन संधि (ग) विसर्ग संधि (घ) इनमें से कोई नहीं
- 2) 'महेश' शब्द का सही संधि-विच्छेद क्या है?
 (क) महा + ईश (ख) मह + ईश (ग) महा + अश (घ) मह + अश
- 3) 'सदाचार' शब्द किस संधि से बना है?
 (क) विसर्ग संधि (ख) स्वर संधि (ग) व्यंजन संधि (घ) इनमें से कोई नहीं
- 4) 'रामायण' का सही संधि-विच्छेद चुनिए।
 (क) राम + अयन (ख) रामा + अयन (ग) राम + आयन (घ) रा + मायण
- 5) 'नमस्कार' शब्द में कौन-सी संधि है?
 (क) स्वर संधि (ख) व्यंजन संधि (ग) विसर्ग संधि (घ) इनमें से कोई नहीं
- 6) निम्नलिखित में से तत्सम शब्द कौन-सा है?
 (क) दूध (ख) अग्नि (ग) गाँव (घ) सूरज
- 7) 'आँख' शब्द का तत्सम रूप क्या है?
 (क) अक्षि (ख) नयन (ग) नेत्र (घ) लोचन
- 8) निम्नलिखित में से देशज शब्द कौन-सा है?
 (क) विद्यालय (ख) कमरा (ग) पगड़ी (घ) अग्नि
- 9) 'रेल' किस प्रकार का शब्द है?
 (क) तत्सम (ख) तद्भव (ग) विदेशी (घ) देशज
- 10) 'पुस्तकालय' किस प्रकार का शब्द है?
 (क) रूढ़ (ख) यौगिक (ग) योगरूढ़ (घ) विदेशी

प्रश्न-9 रिक्त स्थान भरिए

1. 'गिरीश' = गिरि + _____
2. 'लोकाचार' = लोक + _____
3. 'महोत्सव' = महा + _____
4. 'परोपकार' = पर + _____
5. 'सूरज' शब्द का तत्सम रूप _____ है।
6. 'दन्त' का तद्भव शब्द _____ है।

प्रश्न-10 मिलान कीजिए

1. अग्नि (क) विदेशी
2. दाँत (ख) तद्भव
3. डॉक्टर (ग) तत्सम
4. पुस्तकालय (घ) यौगिक

अभिव्यक्ति और रंग" (Expression & Colors)

विज्ञापन डिज़ाइनर (Ad Designer)

गतिविधि: छात्र अपनी कोई पसंदीदा चीज़ (जैसे: कोई खिलौना, हिंदी की कहानी की किताब, या कोई घरेलू पकवान) चुनेंगे। एक चार्ट पेपर पर वे उस उत्पाद के लिए एक आकर्षक, रंगीन विज्ञापन (Advertisement) बनाएंगे। इसमें एक मजेदार स्लोगन (जैसे: "स्वाद में नंबर वन, खाकर खुश हो जाए मन!") और आकर्षक चित्र होना चाहिए।

कला रूप: पोस्टर मेकिंग और सुलेख (Calligraphy)।

सीख: विज्ञापन लेखन (Advertisement Writing) और संक्षिप्त व प्रभावी भाषा का प्रयोग।

कविता की पेंटिंग (Poem Illustration)

➤ " यात्रा-वृत्तांत स्कैपबुक (Travelogue Scrapbook Page)

गतिविधि: छात्र अपने जीवन की किसी भी यादगार यात्रा (या किसी काल्पनिक यात्रा) का विवरण एक पन्ने पर लिखेंगे। उस पन्ने को वे पुरानी टिकटों, यात्रा की जगह के छोटे चित्रों, या सूखी पत्तियों/फूलों से सजाकर एक 'यात्रा-वृत्तांत' का रूप देंगे।

कला रूप: स्कैपबुकिंग और कोलाज (Collage)।

सीख: संस्मरण और यात्रा-वृत्तांत लेखन की शैली को समझना।

SUBJECT- FRENCH

1. Draw the picture of a face with all the parts and features being labeled in french on one side and write the points civilization and adding more information on France on other side [Refer Leçon-0]
2. Make a chart on group of verbs and write 10 verbs of each group ['er' and 'ir'] [Refer leçon-02]
3. Make a chart of food and drinks at the cafétéria [Refer leçon- 02]
4. Présent yourself on A-4 sheet.

Revise all the work done.

SANSKRIT

1. धातु रूप लिखिए – "गम्", "भू", – लट्, लृट्, लङ् और लोटलकार में लिखिए तथा याद कीजिए।
2. लङ्लकार धातु क्रिया द्वारा वाक्य बनाइए
3. शब्द रूप लिखिए – "कवि", "मति"
4. संस्कृत में अनुच्छेद लिखिए – "वृक्षाणां महत्वम्" (8-10 sentences)।
5. चित्रवर्णनम् – नीचे दिए गए चित्र का वर्णन संस्कृत में कीजिए।(5-6 पंक्तियां)



1. श्लोक लेखन एवं सजावट (A4 Sheet)

- कोई एक प्रसिद्ध संस्कृत श्लोक (जैसे – विद्यां ददाति विनयं...) चुनिए।
- उसे सुंदर ढंग से लिखकर सजाइए और उसका हिंदी अनुवाद भी लिखिए।
- रंगीन चित्र या बॉर्डर बनाकर प्रस्तुति को आकर्षक बनाइए।

2. इकाई परीक्षा -2 का पाठ्यक्रम याद कीजिए

MATHEMATICS

Q1. Multiple Choice Questions:-

- (i) In the expression $5x + 3$, x is called
(a) Constant (b) variable (c) number (d) operation
- (ii) Which of the following is an algebraic expression?
(a) $7 + 5$ (b) $3a + 4$ (c) 15 (d) $9 \div 3$
- (iii) The expanded form of 4.56 is
(a) $4+5+6$ (b) $4+5/10 + 6/100$ (c) $45+6$ (d) $400 + 50 + 6$
- (iv) The value of $7m$ when $m = 5$ is
(a) 35 (b) 45 (c) 75 (d) 12

Q2. Fill in the blanks:-

- (i) Letters used in algebra are called _____.
- (ii) $8x + 5x =$ _____
- (iii) In 6.78, digit 7 is in the _____ place.
- (iv) 0.25 expanded form is _____

Q3. Write True or False for the following statements:-

- (i) $4a + 2b$ are like terms.
- (ii) 0.9 is greater than 0.89.
- (iii) Decimal number can be represented on a number line.
- (iv) A constant changes its value.

Q4. Which decimal is greater 3.45 or 3.405?

Q5. Convert into fraction:-

- (i) 1.235 (ii) 52.36

Q6. Arrange in ascending order:- 3.5, 3.05, 3.15, 3.50

Q7. Subtract :- $45.8 - 17.96$

Q9. A notebook costs Rs. 45.50 and a pen costs Rs. 12.75. Find the total cost of 3 notebooks and 2 pens

Q10. Simplify :- $5x + 7 - 2x + 9$

ACTIVITY

Activity:- Fitness Tracker Activity

Aim :- To understand the use of decimals by recording daily walking or running distances.

Instructions :- Record the distance walked or run every day for one week using decimals

A. Record your daily walking / running distance for seven days in decimal form.

B. Prepare a neat table of the distance covered .

C. Find the total and average distance

Prepare observation tables by testing different household substances using natural indicators prepared at home.

Instructions: Prepare the following natural indicators at home, China rose indicator, Rose petal indicator, Turmeric indicator, Use these indicators to test different household substances, Observe the colour changes carefully.

Record your observations neatly in the observation table.

Identify whether the substance is acidic, basic, or neutral.

2. Metals and Non-Metals

Prepare an observation table to compare the physical properties of metals and non-metals found at home.

Instructions: Observe different objects carefully,.

Check the physical properties such as: Lustre (shiny or dull), Hardness (hard or soft), Conductivity (conducts heat/electricity or not), Record your observations neatly in the table.

Identify whether the substance is a metal or non-metal.

General Instructions:

Draw neat observation tables in the science notebook.

Write observations and conclusions properly.

SOCIAL STUDIES

SECTION -A

A. Multiple Choice Questions (MCQs)

(Worksheet must be completed neatly in a separate thin notebook)

- i) **Weather refers to the condition of the atmosphere for a:**
a) Long period b) Short period c) Whole year d) Century
- ii) **Which instrument is used to measure temperature?**
a) Barometer b) Thermometer c) Rain gauge d) Wind vane
- iii) **Humidity means the amount of _____ in the air.**
a) Dust b) Water vapour c) Oxygen d) Smoke
- iv) **Which ruler founded the Mauryan Empire?**
a) Ashoka b) Chandragupta Maurya c) Harshavardhana d) Akbar
- v) **Ashoka became famous after the:**
a) Battle of Panipat b) Battle of Kalinga c) Battle of Plassey d) First World War
- vi) **The movement of air is called:**
a) Humidity b) Rainfall c) Wind d) Climate
- vii) **Which season in India is known for heavy rainfall?**
a) Winter season b) Summer season c) Monsoon season d) Spring season
- viii) **The capital of the Mauryan Empire was:**
a) Delhi b) Pataliputra c) Agra d) Ujjain
- ix) **Climate is the average weather condition of a place over a:**
a) Day b) Week c) Long period of time d) Month
- x) **Ashoka spread the message of:**
a) War and violence b) Peace and non-violence c) Expansion only d) Trade only

B. Fill in the Blanks

- i) _____ is the amount of water vapour present in the air.
- ii) A _____ measures rainfall.
- iii) The Mauryan Empire was one of the largest empires in _____ history.
- iv) Ashoka embraced Buddhism after the _____ War.
- v) Strong moving air is called a _____.
- vi) _____ helps us know the daily weather conditions.
- vii) The Mauryan rulers maintained a large _____.
- viii) The average weather condition of a place is called _____.

- ix) Chandragupta Maurya was guided by _____.
x) Ashoka's teachings are found in rock and pillar _____.

C. True or False

- i) Weather and climate mean the same thing. _____
ii) Humidity increases during the rainy season. _____
iii) Chandragupta Maurya founded the Gupta Empire. _____
iv) Ashoka fought the Kalinga War. _____
v) Climate affects the lifestyle of people. _____
vi) Wind vane measures wind direction. _____
vii) The Mauryan Empire had efficient administration. _____
viii) The weather remains the same throughout the year. _____
ix) Ashoka encouraged peace and kindness. _____
x) Rainfall is measured using a thermometer. _____

D. Very Short Answer Questions




- i) Define weather?
ii) Name any two elements of weather.
iii) Who founded the Mauryan Empire?
iv) What is the climate?
v) What was the capital of the Mauryan Empire?

E. Short Answer Questions





- i) Differentiate between weather and climate.
ii) How does weather affect human life?
iii) Why is Ashoka known as a great ruler?
iv) What were the main features of the Mauryan administration?
v) Why is rainfall important?

SECTION -B Map Work

On the map of India, mark:

-  Pataliputra
-  Kalinga
-  River Ganga





Prepare a one-week weather chart of your city including:

-  Temperature
-  Rainfall
-  Wind condition
-  Draw and label any two weather instruments.

Section C – Project Work

Topic: “Save Environment, Save Future”

Prepare a creative chart/booklet on environmental conservation. Include:

-  Causes of environmental pollution
-  Ways to conserve water and forests
-  Importance of sustainable development
-  Slogans/posters related to environment

 Students may add newspaper cuttings or photographs.

Section D – Research & Creativity Activity




 Interview any elder family member and ask:

- ✦ How villages/towns have changed over time
- ✦ Changes in transport, markets, or communication

 Write the interview in question-answer format and conclude with your observations.

Section E – Current Affairs Corner

✦ Collect and paste any 5 recent news headlines related to:

-  Environment
-  Government schemes
-  Heritage conservation

 Write 2–3 lines explaining each headline.

COMPUTER

Q1. Fill in the Blanks

- i) _____ is used to arrange data in a particular order.
- ii) _____ helps to display only selected data.
- iii) A group of cells is called a _____.

Q2. Very Short Answer Questions

- i) What is a number system?
- ii) Name any two types of number systems.
- iii) What is the base of the binary number system?
- iv) How many digits are used in the hexadecimal system?

Q3. Short Answer Questions

- i) What is sorting? Explain its types.
- ii) What is filtering? Why is it useful?
- iii) Define conditional formatting with an example.

❖ Practical Work

- Create an Excel sheet of 10 students' marks in 3 subjects.
 - Apply:
 - Sorting (ascending order by marks)
 - Filter (show students scoring above 70)
 - Conditional Formatting (highlight marks above 80)

Values & Life Skills Assignment

1. Dignity of Labour – “Helping The Help”

Case Study:

During a school cleanup drive, Riya noticed the school gardener, Mr. Ramesh, working alone in the sun. Most students avoided him and focused only on their assigned area. Riya walked over, offered him water, and asked if she could help with the heavier pots. Mr. Ramesh smiled and said, “Thank you. People rarely stop to ask.” Later, the principal appreciated the whole class, but Riya felt the real reward was seeing Mr. Ramesh's smile. She realized that every job, big or small, deserves respect.

Tick the correct answer:

1. Why did Riya approach Mr. Ramesh?
 - a) She was told to do so by the teacher
 - b) She needed help with her task
 - c) She saw he was working alone and wanted to help
2. What did Mr. Ramesh say about people's behavior?
 - a) They always help him
 - b) They rarely stop to ask about his work
 - c) They complain about his work
3. What did Riya learn from this experience?
 - a) Cleaning is easy work
 - b) She should avoid physical work
 - c) Every job deserves respect and dignity
4. What is the main message of "Dignity of Labour"?
 - a) Only skilled jobs matter
 - b) Students should not do physical work
 - c) All honest work contributes to society and deserves respect

Short Answer & Reflection:

1. Write 6 sentences: Why do you think some people look down on certain jobs? How can we change that attitude?
2. Activity: Spend 30 minutes helping someone who does manual work at home or in your neighbourhood. Write a paragraph on what you learned.

2. Simplicity – "Joy of Simplicity"

Case Study:

Aarav's birthday was coming up, and his friends planned expensive parties with decorations and gifts. Aarav's family had a tradition of celebrating simply at home with homemade food and time with close family. Aarav felt embarrassed at first, but his grandfather said, "Simplicity brings people closer. Fancy things fade, but memories last." On his birthday, Aarav enjoyed playing games with his cousins and sharing stories. He later told his friends, "I had more fun this year than any expensive party."

Tick the correct answer:

1. Why did Aarav feel embarrassed initially?
 - a) His celebration was simpler than his friends' parties
 - b) He had no friends
 - c) He forgot his birthday
2. What did his grandfather say about simplicity?
 - a) It saves money only
 - b) It is old-fashioned
 - c) It brings people closer and creates lasting memories
3. How did Aarav feel after the celebration?
 - a) Happy and satisfied
 - b) Disappointed
 - c) Jealous of his friends
4. What is a benefit of living simply?
 - a) More stress about spending

- b) Stronger relationships and less pressure
- c) Less time with family

Short Answer & Activity:

1. Write 6 sentences: How does “simplicity” differ from “being cheap”? Give one example.
2. Activity: Plan one simple activity you can do with family or friends that doesn’t involve spending money. Write what you did and how it felt.

3. Anxiety Management – “Facing The Exam Fear”

Case Study:

Meera was good at studies but froze before every exam. Her heart raced, and she forgot answers she knew well. Her counsellor taught her a 3-step method: Pause and breathe deeply, replace negative thoughts with “I have prepared,” and focus on one question at a time. Meera practiced this for two weeks. In her next exam, she felt nervous but used the method and completed the paper calmly. She didn’t score full marks, but she felt proud for managing her fear.

Tick the correct answer:

1. What happened to Meera before exams?
 - a) She got anxious and forgot answers
 - b) She felt overconfident
 - c) She skipped exams
2. What was the first step in her method?
 - a) Start writing immediately
 - b) Pause and breathe deeply
 - c) Ask the teacher for help
3. What changed after she practiced the method?
 - a) She managed her fear and completed the exam calmly
 - b) She stopped studying
 - c) She got full marks
4. What does this story show about anxiety?
 - a) It cannot be managed
 - b) Only toppers feel anxious
 - c) It can be managed with practice and the right techniques

Short Answer & Activity:

1. Write 6 sentences: What triggers exam anxiety for you? What is one strategy you can try to manage it?
2. Activity: Before your next test or presentation, try the 3-step method: Breathe, positive self-talk, focus on one step. Write a short reflection on how it went. (to be done in the month of August.)

Note for Parents:

Encourage open discussion. Students benefit from connecting values to real-life choices and peer situations. **Students are instructed to complete the Holiday Homework neatly in their Moral Education Notebook and in the given worksheet only.**

KAUSHAL BODH

The Young Nursery Managers

Activity Focus: Plant Nursery Through Stem Propagation

Objective: Students will learn how new plants can grow from small cuttings without buying expensive plants.

The Practical Task

Students will:

Take a stem cutting from:

Money Plant

Jade Plant

Mint (Pudina)

Ensure the cutting has a visible node

Place it in:

Water bottle OR

Cup with loose soil

Observe root growth over time

Creative Presentation

“Nursery ID Card”

Students will create a colorful A4 activity sheet including:

Required Component

Details

Plant Name

Local/Common name

Parent Plant Drawing

Sketch or image

Root Growth Observation

Number of days taken

Picture/Description

Final propagated plant

Reflection Writing (5–6 Lines)

Reflection Area

Guiding Thought

What I Did

Describe propagating a new plant

What I Observed

Explain root growth from nodes

What I Learned

Understanding plant regeneration

Daily Life Connection

Creating greenery naturally

Environmental Awareness

Air-purifying benefits of plants

Time Duration Segment

Activity

Suggested Time

Day 1 – Finding Cutting & Setup

40 Minutes

Weekly Root Inspection

5 Minutes Every Sunday (~20 Minutes Total)

Week 4 – Nursery ID Card & Reflection

60 Minutes

Total Time

~3.5 Hours (Across 4 Weeks)