

SACRED HEART KINDERGARTEN
BUDHANPUR PATIALA



PRACTICE EXERCISES

Name:

Class: Nursery

Summers are here in all its glory. Its time to enjoy your vacation with family . It is also time to learn new things from your surroundings. Listen to stories, try new skills, draw & colour, play indoor games & keep yourself fit. We wish you an enjoyable & fun packed Summer break.

Dear Parents

1. Encourage your child to take care of 'PERSONAL HYGIENE' by inculcating the following habits:

- a. Brushing teeth twice daily
- b. Combing hair regularly.
- c. Bathing everyday.
- d. Washing hands before and after meals.
- e. Trimming the nails and keeping them clean.

2.To enhance the 'GROSS MOTOR SKILLS' of your child, enroll them in any one of the following activities:

- a. Aerobics
- b. Dance
- c. Music
- d. Cycling
- e. Skipping etc.

3.Engage your child in the following 'FINE MOTOR ' activities:

- a. Zipping & unzipping
- b. Buckling & unbuckling
- c. Opening & closing the bottle cap/tiffin lids
- d. Picking up & holding onto small objects.
- e. Turing pages of a book.
- f. Squeezing bath sponges.
- g. Water the plants using spray bottles.

4. Inculcate good manners in your child:

- a. Using the magical words such as PLEASE, SORRY, THANK YOU, MAY I, EXCUSE ME
- b. Answer the phone calls with a polite "Hello!", Also asking" MAY I KNOW WHO IS CALLING?"
- C. Respect your elders.
- d. Go to bed early.

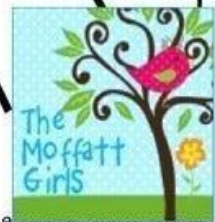
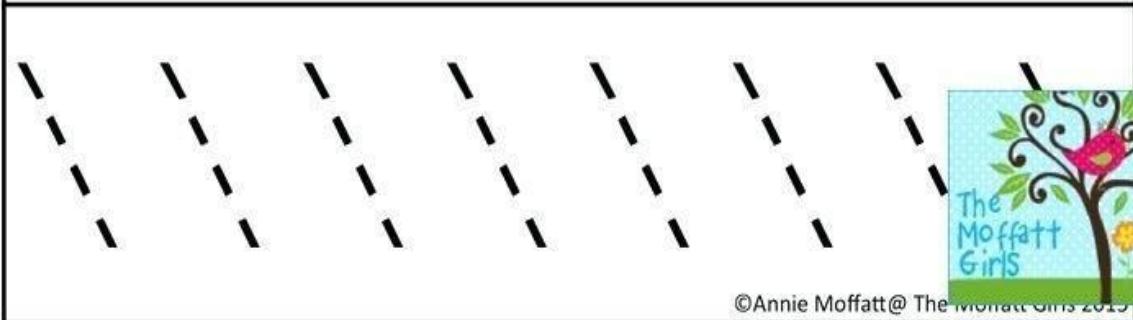
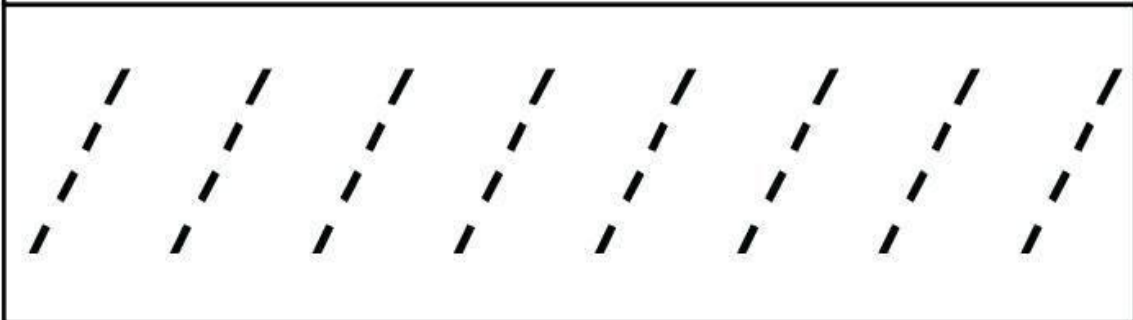
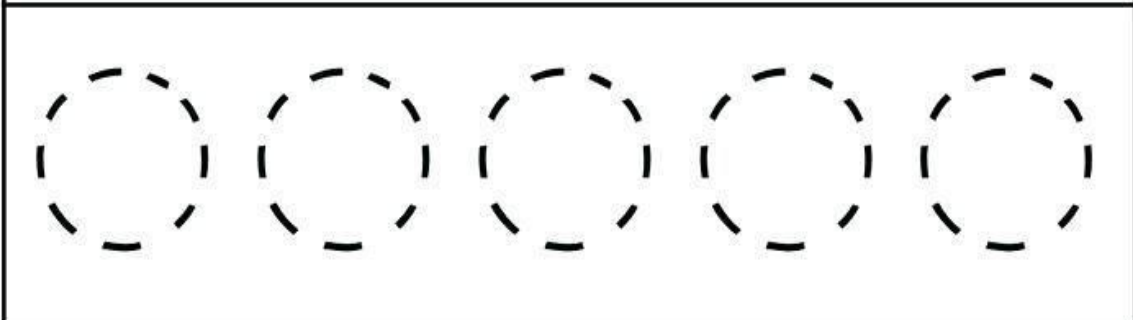
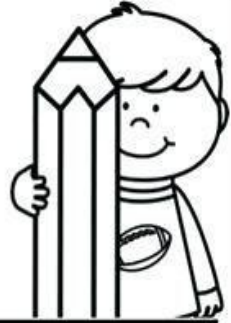
Here are specially designed tasks that promote "Happiness and Positivity" in children. Wishing you all blessed holidays and good family time

Name: _____

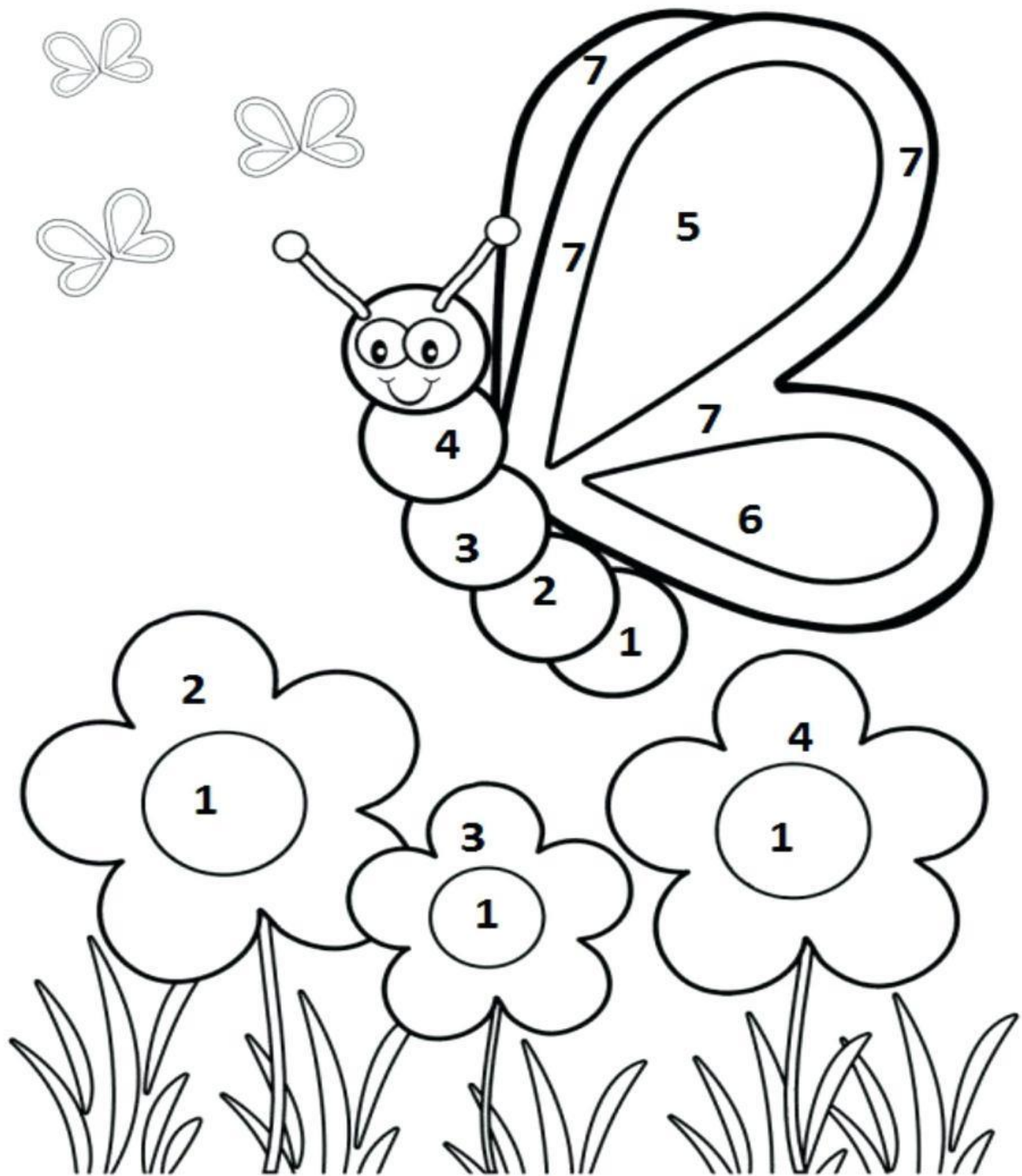


Tracing Practice II

Directions: Trace the lines in each row.



Colour the picture



1-yellow

2-blue

3-pink

4-green

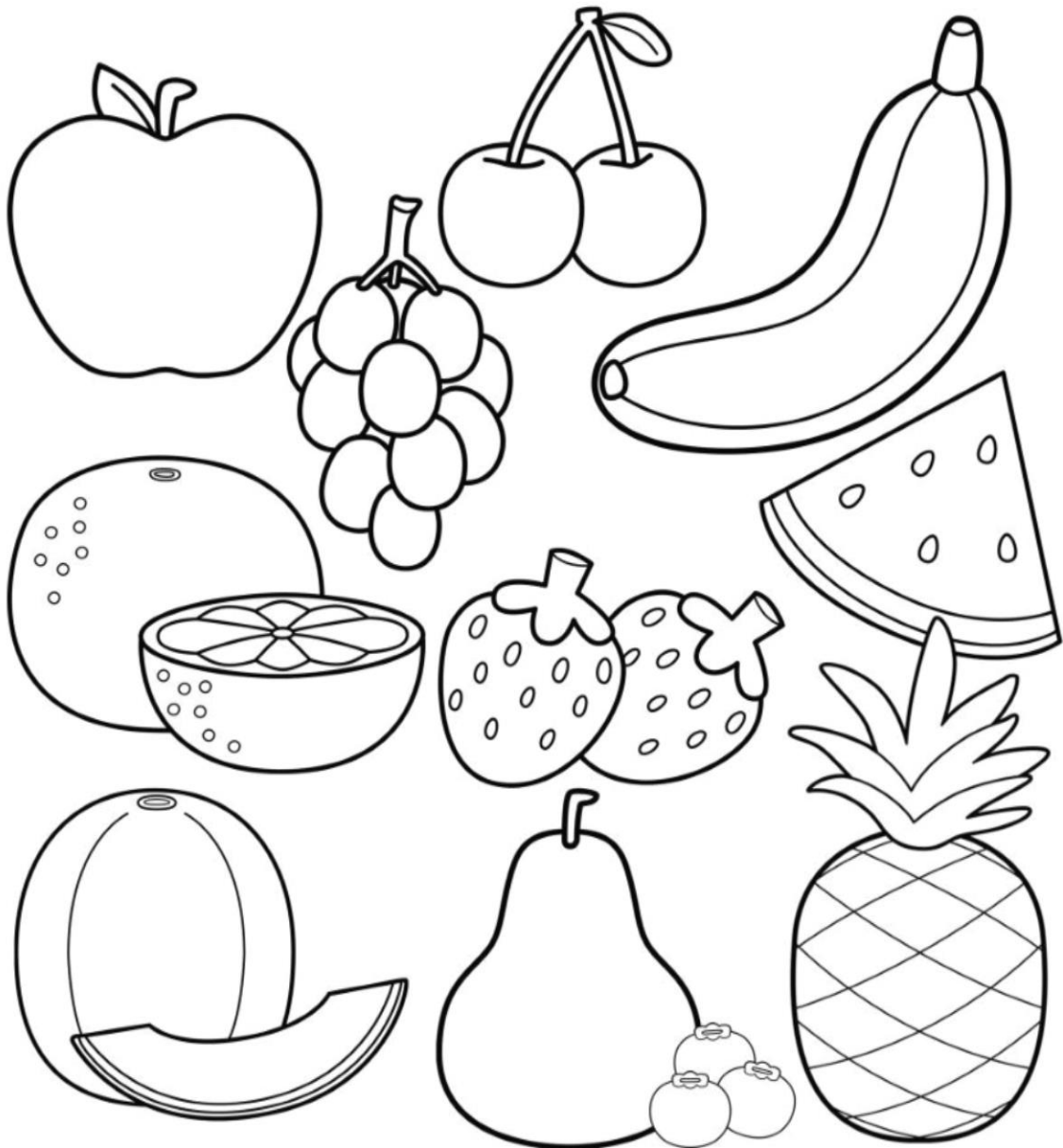
5-orange

6-red

7-purple

Colour your favourite fruit

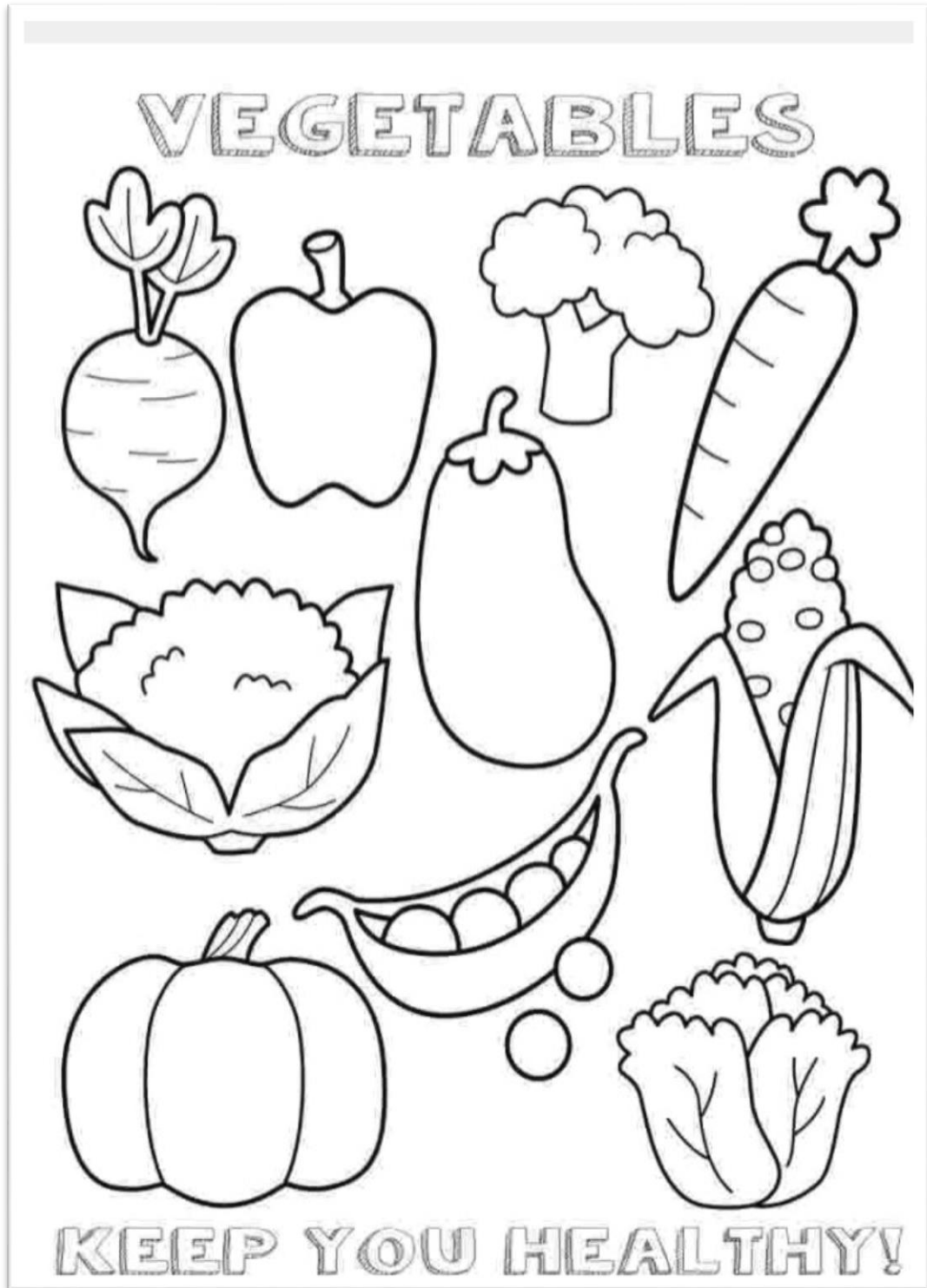
WHAT'S YOUR



FAVORITE FRUIT?

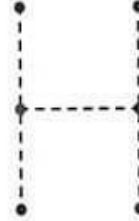
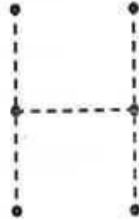
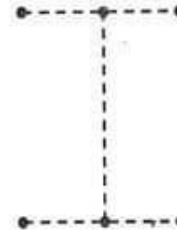
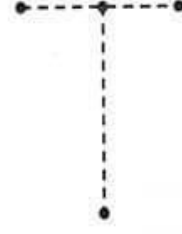
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Colour your favourite vegetable



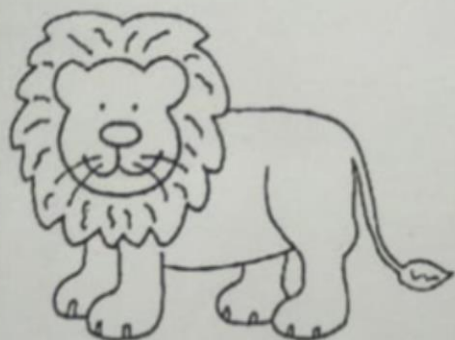


Let's make letters using standing lines & sleeping lines!

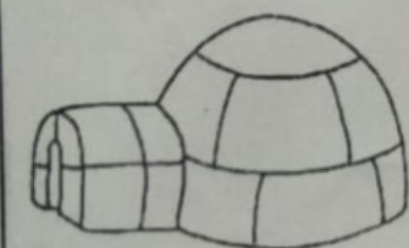


Frisky Preschoolers

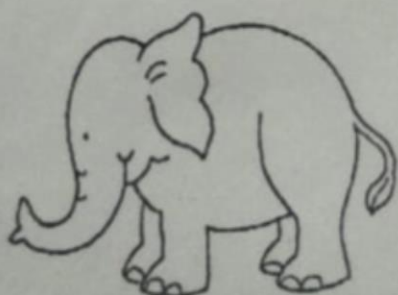
Ring the correct alphabet



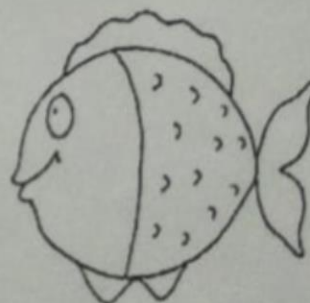
I L T P A H



K L I T K L



L E T L F N



Numbers 1-10

Printables

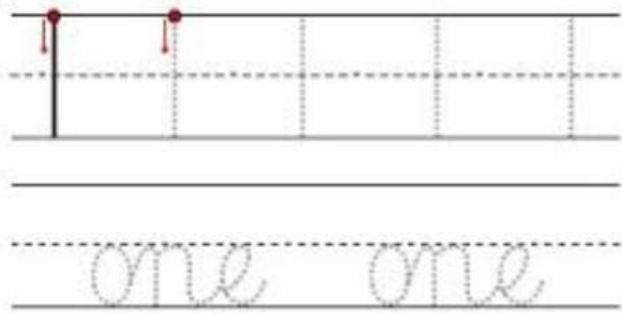


123kidsfun.com

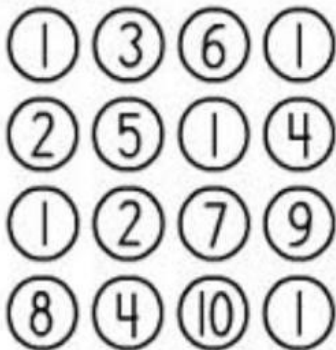
Color



Trace it



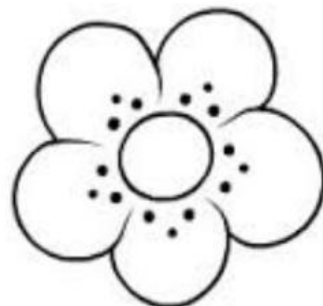
Find it



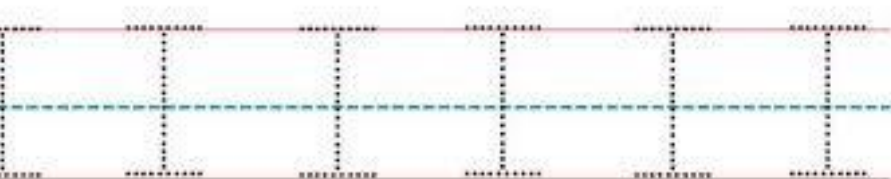
Color one star



Count and fill in the correct circle



TRACE THE ALPHABETS WITH THE HELP OF STANDING AND SLEEPING LINES



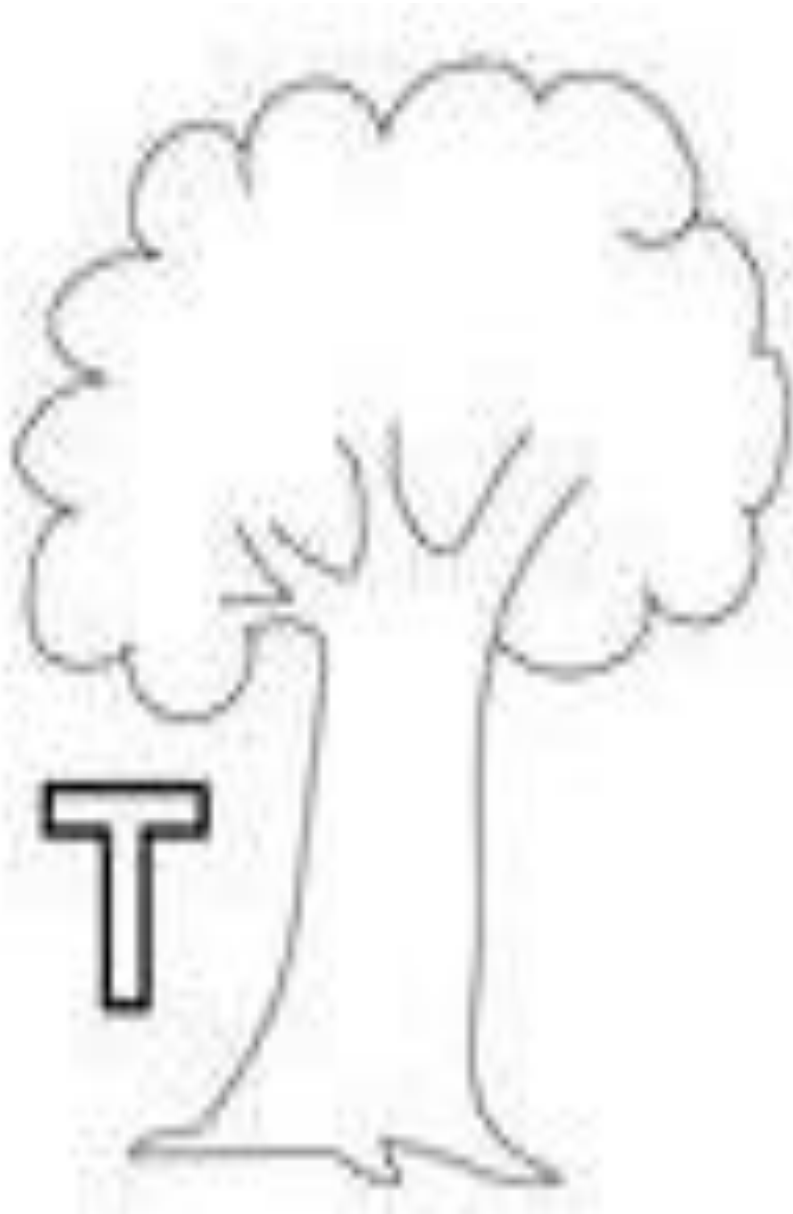
Bicycle Day 3rd June

“Life is like riding a bicycle, to stay balanced you must keep moving”.



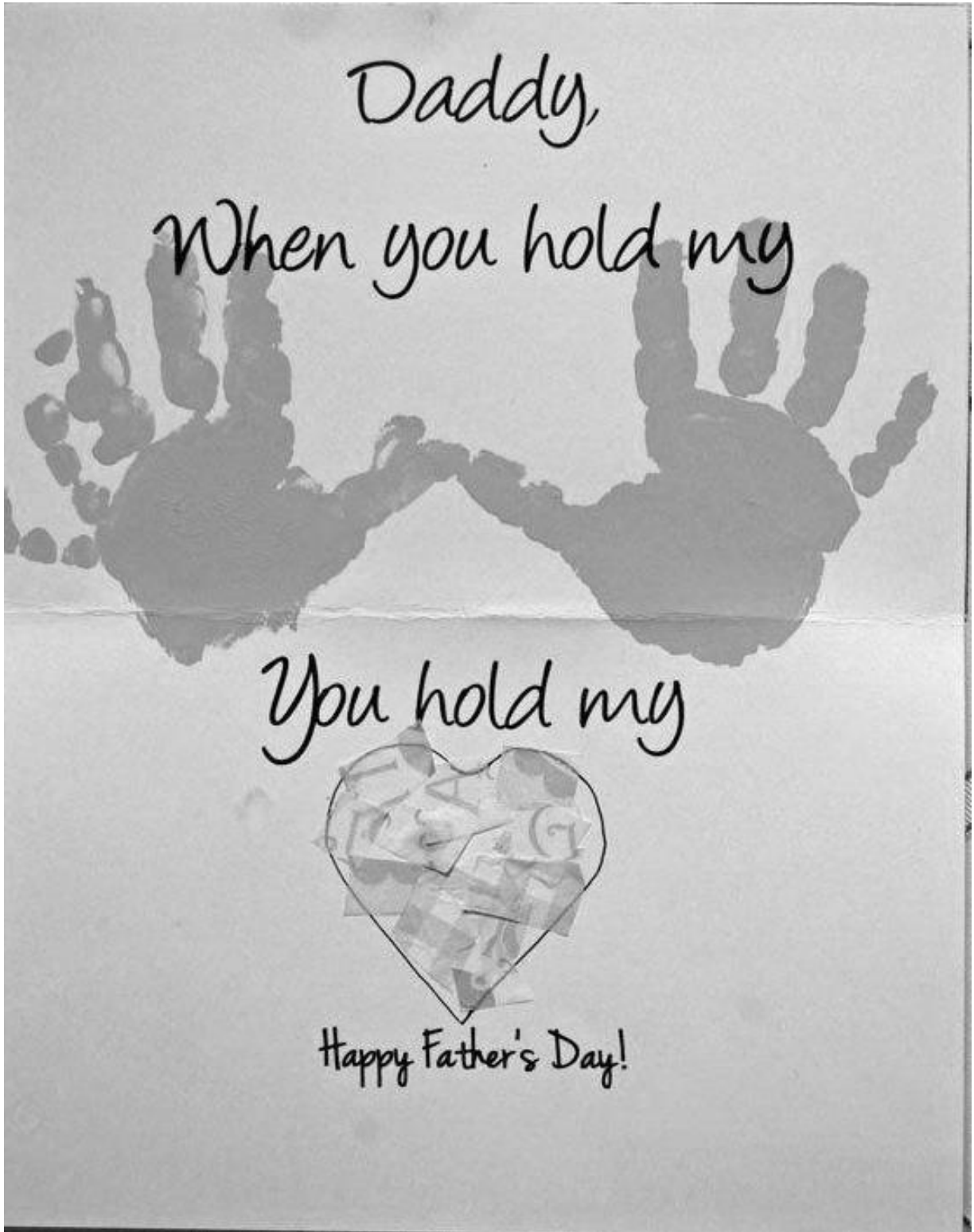
Paste straws & bottle caps.

Environment Day 5th June



Tear green paper and paste it on the tree make the tree colourful

Father's Day on 20th June



Prepare card for your dad by palm printing & finger printing in heart with water colours.

Yoga day 21st June

KIDS YOGA



TREE POSE



CAMEL POSE



LORD OF THE DANCE POSE



CHAIR POSE



BIG TOE POSE



TRIANGLE POSE



BOW POSE



BOAT POSE



SCORPION POSE



DOWN DOG POSE



WARRIOR POSE



PLANK POSE



COW POSE



SEATED SIDE POSE



WARRIOR 2 POSE



LUNGE POSE

*Do these exercises and send a collage of these yoga poses

Play a lot.
Smile even more!



HAPPY HOLIDAYS