



# W.A. Smith Memorial School

CLASS: 3 SECTION \_\_\_\_\_

## SUMMER HOLIDAY HOMEWORK

NAME \_\_\_\_\_

DATE \_\_\_\_\_

### THEME: HEALTH AND HYGIENE HEROES

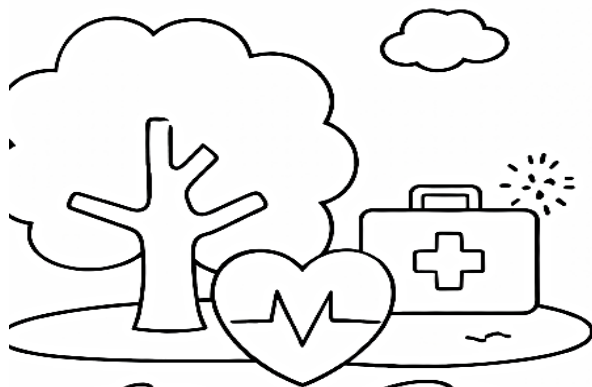
3 SUSTAINABLE DEVELOPMENT

3 & 6

6 GOALRYING DEVELOPMENT



“HEALTHY PEOPLE, HEALTHY PLANET:  
CLEAN WATER, STRONG HEARTS –  
A BETTER WORLD STARTS WITH YOU!”



Spread colors of care and creativity! 

DEAR STUDENTS,

OUR GOAL IS TO UNDERSTAND THAT WATER IS THE FUEL FOR A HEALTHY BODY.

OUR MOTTO IS TO KEEP IT CLEAN AND CONSERVE IT FOR OUR FUTURE.

GUIDELINES – “YOUR 5 POWER MOVES! *“Small eco-friendly steps today create a healthier tomorrow!”*

- **Learn Smart:** Complete your work daily and independently. Build healthy habits – eat well, stay hydrated stay active. Revise topics taught in class regularly.
- **Create Smart:** Keep your work neat, colorful & meaningful. Use eco-friendly materials (no plastic!) Present your work in a decorated folder. Make creative charts / projects on: Healthy living or Saving water. Show your ideas with drawings, slogans and creativity.

OR

- Make a chart or a poster on anyone topic of Science from TERM1
- **Think Smart:** Make one Science project (eco-friendly concept) Be creative: Make the Cut-outs of flowers, birds, butterflies, leaves (6 each). Use colorful papers and innovative ideas to show your creativity.
- **Act Smart:** Kindly make
  - A thin four-line notebook - English
  - A thin two-line notebook –Hindi
  - A scrapbook -English, Science and Social Studies.Complete and submit the work on time. Follow the instructions carefully. Practice clean habits & save water daily.
- **Explore daily:** Learn English and Hindi poems. Revise the times tables :2 to 15 along with the key words of Mathematics given in the notebook. Learn all the definitions from the taught chapters of English Grammar, Science, Social Studies.

## SUBJECT: ENGLISH

- ❖ **MY HEALTHY DAY DIARY**: Create a flip book diary Write 5 sentences about your healthy routine. Draw and label the picture of your routine.
- ❖ **WATER STORY TIME**: Create a short story on the topic: Journey Drop of Water. Draw pictures related to it. Translate your story in Hindi.
- ❖ **WORD POWER FUN(A TO Z)**: Make a Mini Dictionary with the words related to good health and wellbeing, clean water and sanitation. Example: Hygiene, Clean, germs, filter, healthy.  
Note: Remember to write the words with their meanings in alphabetical order.
- ❖ **SLOGAN WRITING**: Write 5 slogans in the scrapbook on the given theme “HEALTHAND HYGIENE HEROES” and decorate your page.

## SUBJECT-SCIENCE

- ❖ **WATER HEROES**:
  - Interview your parents or your grandparents. Ask them the type of food they ate when they were at your age and how they use to clean or save water earlier.
  - Imagine you are a Water Superhero. Create a simple flow chart showing the steps or rules you will follow to save water.
- ❖ **WEATHER WATCH :A WEEK IN MY CITY**:  
Observe and record the maximum and minimum temperature of your city for one week. Present your observations neatly in a chart and identify the hottest and coolest day.
- ❖ **DROPS OF HOPE**:  
Make a 3D Project/working model/poster/chart on any one topic given below:
  - Journey of Water: from cloud to cup (water cycle)
  - Choose any five rare or endangered animals according to their eating habit (five herbivores, five carnivores, five omnivore)
    1. What they eat?
    2. Two interesting facts about them/Example: Giant PANDA- Eata bamboo- Herbivore found mainly in China.

## SUBJECT: SOCIAL STUDIES

### **A.Sensitivity towards life on land COMPOST JAR**

**Compost is a mixture of kitchen waste and fallen leaves. It is used to fertilize and improve the soil. It is commonly prepared by digging a pit and putting the mixture of kitchen waste and dried leaves with some moist soil. Students are required to make a compost jar using waste and contribute to the school nutritional garden.**

#### **Compost bin**

#### **Material**

**Green Material: Kitchen scraps, vegetable peels**

**Brown Material:**

**Dry newspapers**

#### **Steps to make a Compost Jar:**

- 1. Take an old glass jar and fill with one layer of soil.**
- 2. Fill the jar with fruits and vegetables peels, egg shells, and waste paper and top the jar with another layer of soil.**
- 3. Sprinkle some water to make the soil moist (preferably rain water). Cover the jar with aluminium foil and prick holes in it for air to pass.**
- 4. Leave the jar in a place neither too sunny nor shady for a two weeks.**
- 5. Observe your jar for two weeks, after two week, click your picture along with composite jar. Don't forget to write your observation in your scrapbook**

### **B. The "Healthy Me"**

**Objective:1. To track how physical activity and hydration affect your energy levels.**

- 2. 7-Day Tracker: Create a table to track your "Vital Signs":**
- 3. Water Intake: How many glasses of water did you drink? (Aim for 5-6).**
- 4. Activity: How many minutes did you move? (Cycling, dancing, or running).**
- 5. Rate your energy level from 1 to 10.**
- 6. Find and write how water helps our blood carry nutrients to our brain. Write few sentences on why "Hydration = Brain Power."**

### **C. "Before and After" Environmental Makeover**

**Activity: Draw a split page in your scrapbook.**

**Topic: On the left, draw a polluted river or street. On the right, draw the same place clean, green, and filled with trees.**

**Write your observation for the causes of rivers and street polluted and also mention ways for clean and green environment.**

## SUBJECT: COMPUTER

**Q1. Ruhaan saw the video of a dirty river on YouTube. Fishes were sad. He told Mother, “My computer can help! If I share a video, all my friends will know we must save water.”**

**Mother smiled, “ That’s a very good Idea but don’t share the video.Make a picture to show your class how a computer connects the world.”**

**Ruhaan said, “Yes! My computer will send ‘Save Water’ messages to the whole Earth!”**

**Activity- Help Ruhaan build his picture.**

**MATERIALS REQUIRED-** Colored paper, sketch pens, glue, ice-cream sticks, Earth picture, printout of app logos, scissors, thread.

**STEP 1: Make a Computer , It must have 3 parts: CPU, Screen, Keyboard.**

**STEP 2: a. Add Social Media Apps , Draw or paste logos of apps: (eg YouTube, WhatsApp, Facebook, Instagram, Google.)**

**b. Stick each logo on an ice-cream stick.**

**c. Put the sticks around the computer screen.**

**STEP 3: Show Global Connection**

**a. Cut or draw a small picture of Earth.**

**b. Paste it in the center, in front of the screen.**

**c. Use thread to connect each app stick to the Earth. This shows “Apps send messages to the whole world.”**

**STEP 4: Label all parts clearly (eg Screen, Keyboard, CPU, YouTube, WhatsApp, Facebook, Instagram, Google, Earth.**

**STEP 5: Add Your SDG 6 Message**

**On the computer screen, write ONE big message:**

**“Save Water, Save Life”**



**SUBJECT: MATHEMATICS**

**HEALTHY HABITS ACTIVITY – STAY FIT , STAY HAPPY**

Five friends — Trisha, Alice, Harminder, Lalita and Amir — decided to become healthier during their vacation. Every morning they met in the park and chose different activities: Yoga, Jogging, Meditation, Skipping and Cycling.

- Harminder, who practiced Meditation, exercised for 5 minutes less than 40 minutes.
- Amir’s cycling time was 10 minutes more than Harminder’s time.
- Trisha, who did Yoga, exercised 3 minutes less than Amir.
- Alice jogged for 7 minutes more than Trisha.
- Lalita loved challenges and skipped for 3 minutes more than Alice.

1. Who worked harder – Trisha doing Yoga or Amir cycling?

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2. Did Alice jog longer than Trisha practiced Yoga?

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3. Find a friend who exercised more than 40 minutes but less than 50 minutes.

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4. Who exercised less than Amir but more than Harminder?

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5. Name one activity that lasted longer than Yoga but shorter than Skipping?

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6. Lalita says she is the most active friend. Do you agree? Give a reason.

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7. Arrange the friends from least active to most active.

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8. Why is daily exercise important for children?

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### **THE WATER SAVER HERO**

#### **MISSION: SAVE WATER**

Riya turns off the tap while brushing. Earlier, 3 mugs of water were wasted every day. Now she saves them.



1. How many mugs of water does Riya save in 1 day?

2. How many mugs of water will she save in a week?

3. If 5 of her friends also save 3 mugs of water daily, how many mugs will be saved together in one day?



In what ways you can save water?

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## A Maze of hundreds digit

Direction- The tunnel is blocked. Only the numbers whose hundreds digit is 3 are safe to help the water reach the village.

	370	315	27	511	350	170	832	200	68
312	59	344	356	499	130	47	400	79	351
320	125	326	340	45	345	380	94	513	8
500	300	422	317	303	125	355	70	7	380
350	30	99	320	310	312	340	765	80	74
53	389	785	366	421	555	351	378	490	432
374	231	56	71	333	876	342	309	321	88
67	31	444	322	734	366	131	246	313	

Write any 5 numbers with Hundreds digit as 3 that you found:

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## SUDOKU FUN TIME

Meera's village has 6 water wells (numbered 1- 6). Each row, column and  $2 \times 3$  box must have each well exactly once, so every part of the village gets clean water equally.

### RULES --6×6 SUDOKU

- Fill the grid with numbers 1 to 6.
- Each row must contain 1 to 6—no repeats!
- Each column must contain 1 to 6—no repeats!
- Each  $2 \times 3$  box must contain 1 to 6—no repeats

<b>1</b>		<b>3</b>		<b>5</b>	
	<b>5</b>		<b>1</b>		<b>3</b>
<b>2</b>			<b>5</b>	<b>6</b>	
	<b>6</b>	<b>4</b>			<b>1</b>
<b>3</b>		<b>2</b>		<b>4</b>	
	<b>4</b>		<b>3</b>		<b>2</b>

## हिन्दी

१. प्रतिदिन एक पृष्ठ समाचार पत्र पढ़िए ।

२. समाचार पत्र से पढ़े गए पृष्ठों से चार नए शब्द प्रतिदिन लिखकर एक शब्दकोश बनाइए ।

3. अपठित गद्यांश: राजा भगीरथ और स्वच्छ जल का महत्व

बहुत पुराने समय में राजा भगीरथ नाम के एक राजा थे। उनके राज्य में बहुत सूखा पड़ा था। नदियाँ सूख गई थीं, कुएँ खाली थे और लोग प्यासे थे। गंदा पानी पीने से बच्चे बीमार पड़ रहे थे।

राजा भगीरथ ने सोचा – "पानी के बिना जीवन नहीं है।" उन्होंने कठोर तपस्या की और स्वर्ग से माँ गंगा को धरती पर लाए। गंगा के साफ पानी से खेत हरे-भरे हो गए, तालाब भर गए और लोगों को पीने के लिए शुद्ध जल मिला।

राजा भगीरथ ने नियम बनाया – "नदियों में कचरा मत फेंको। घाट साफ रखो। हर घर में पानी पहुँचे।" उनके कारण आज भी हम कहते हैं – "गंगा माँ है, इसे साफ रखना हमारा धर्म है।"

यह कहानी हमें SDG 6 – स्वच्छ जल और स्वच्छता का लक्ष्य याद दिलाती है। जैसे भगीरथ ने सबके लिए जल लाया, वैसे ही आज 'हर घर जल' योजना से गाँव-गाँव में नल से साफ पानी पहुँच रहा है।

सीख: जल बचाओ, नदियाँ बचाओ, कल बचाओ। 💧

1. प्रश्न: राजा भगीरथ के राज्य में लोग बीमार क्यों पड़ रहे थे?

2. प्रश्न: राजा भगीरथ धरती पर किसे लाए थे?

3. प्रश्न: राजा भगीरथ ने नदियों के लिए कौन सा नियम बनाया?

4. प्रश्न: यह कहानी SDG के किस लक्ष्य से जुड़ी है?

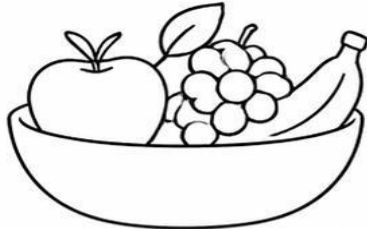
5. प्रश्न: आज 'हर घर जल' योजना का उद्देश्य क्या है? अपनी उत्तर पुस्तिका में लिखिए ।



# SUSTAINABLE TODAY, BETTER TOMORROW!

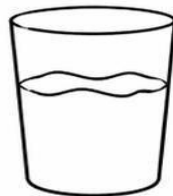


**3** GOOD HEALTH  
AND  
WELL-BEING



Good health helps us learn, play and grow!

**6** CLEAN WATER  
AND  
SANITATION



Save water today for a better tomorrow!



Small actions, big change.  
Let's build a better world together!

