



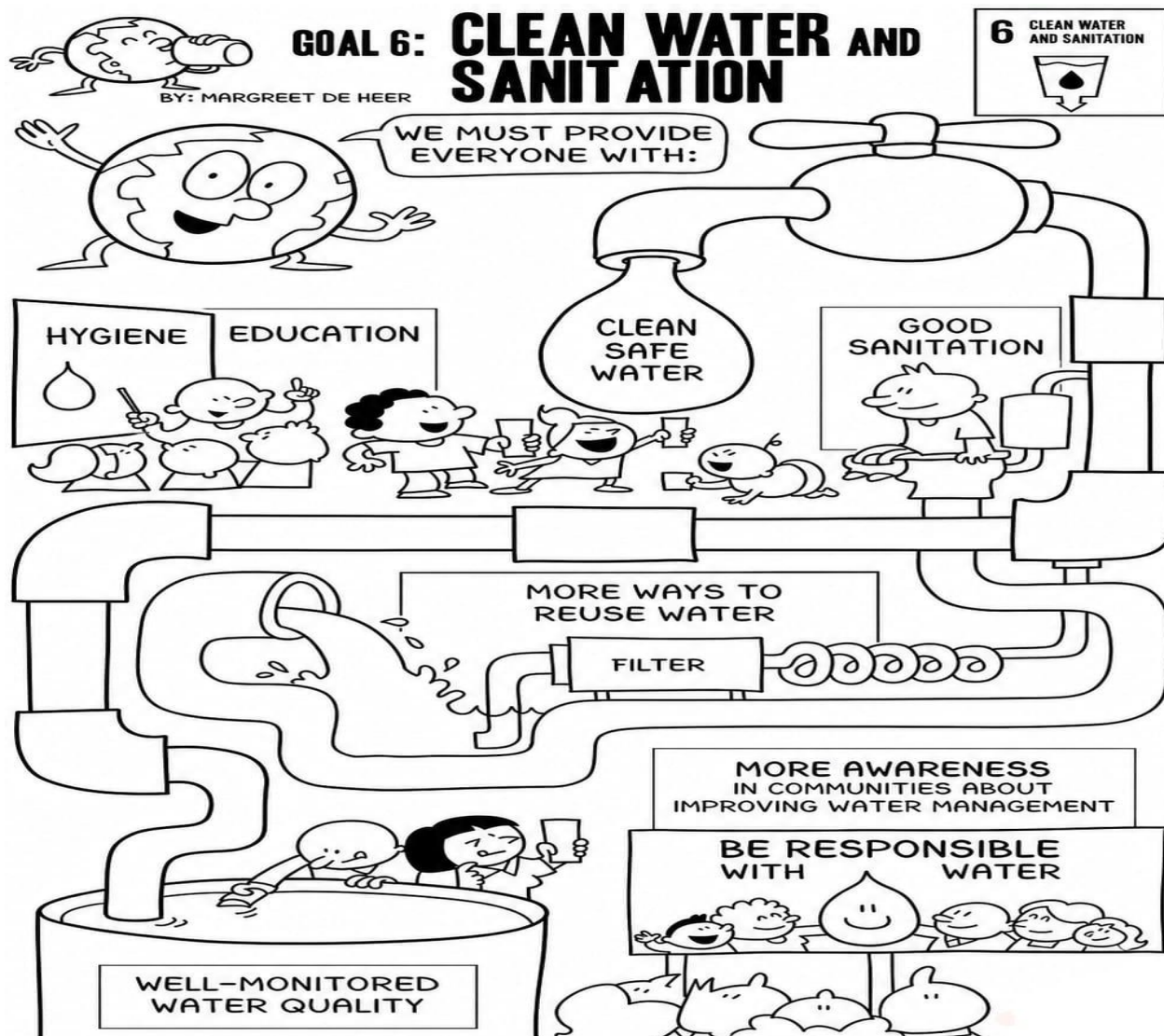
W.H. Smith Memorial School

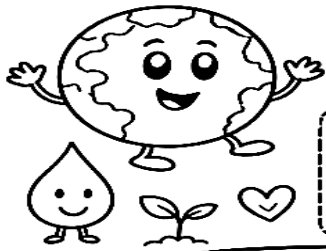
CLASS: 4 SECTION _____ (2026-27)

SUMMER HOLIDAY HOMEWORK

NAME _____

DATE _____





Dear Students!



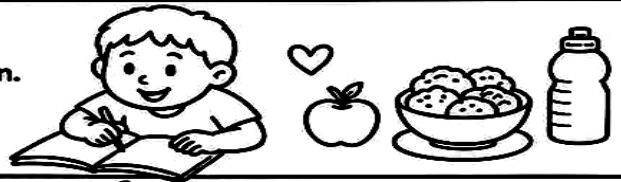
Our goal is to learn smartly, stay healthy, and care for water and nature everyday.

Our motto is to be SMART, be KIND, SAVE water every time.

★ GUIDELINE :- YOUR S.M.A.R.T HOLIDAY POWER MOVE ★ (learn, create, act and explore)

1 SMART EXPLORER :

- Finish your work regularly and on your own.
- Revise lessons daily. Eat healthy food, stay active, and build good habits.



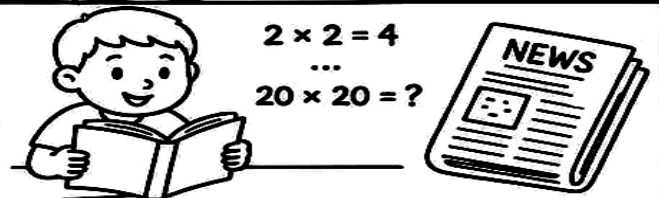
2 MAKE IT NEAT AND INTERESTING :-

- Keep your work neat, bright and meaningful.
- Use eco friendly materials (NO plastics).
- Prepare one creative chart on healthy living or saving water. Show your ideas through drawing and slogans.



3 ACT AND APPLY :-

- Put your learning into action!
- Learn times-table from 2-20, revise all the chapters taught in the class, do reading and writing practice everyday (English and Hindi newspaper).



4 RESPONSIBLE HELPER :-

- Be helpful at home.
- Take care of plants, keep your surrounding clean, and be responsible for your action.



5 TASK :-

Try! one new habit and notice how it improves your day.

MY NEW HABIT



Complete your Holiday Homework in one separate notebook (Single lines), divide the same notebook into two halves use first half portion to do English and Hindi Writing and second half to complete all subjects' homework.

- Follow instructions carefully,
- practice healthy habits and
- save water daily.

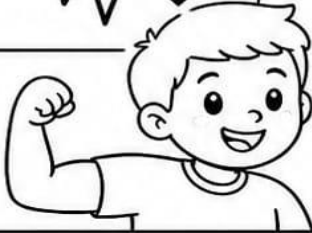


FIRST HALF	SECOND HALF
ENGLISH & HINDI WRITING	ALL SUBJECT HOMEWORK

Let's Learn, Grow and Make Everyday Better!



3 GOOD HEALTH AND WELL-BEING



SDG 3

Good Health and Well-Being

A healthy life helps us learn, play and grow every day! ♥



1 What is SDG 3?

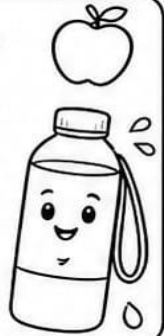
SDG 3 means Good Health and Well-Being for everyone. It teaches us to stay healthy, happy and strong!



2 Healthy Habits Challenge

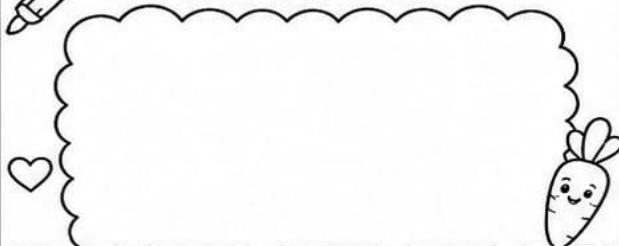
Write any 5 healthy habits you follow:

1. _____
2. _____
3. _____
4. _____
5. _____



3 Draw & Color Time

Draw a happy child doing any one healthy activity.



Running



Eating Fruits



Brushing Teeth



Cycling



Yoga



4 Tick (✓) the Healthy Habits



Eating fresh fruits



Washing hands



Playing outdoors



Eating junk food daily



Sleeping on time

5 Unscramble the Words

1. TIRUFS = _____



2. RTAEW = _____



3. PEELS = _____



4. EXCIERSE = _____



6 Create a Health Slogan

Write your own fun slogan:

“ _____ ”

Examples:

Healthy Body, Happy Mind! ☺

Eat Right, Shine Bright! ☀

7 My Promise

I promise to:

- ♥ Eat healthy food
- ♥ Exercise daily
- ♥ Keep clean
- ♥ Stay happy

I will take care of my body and mind!



Why is SDG 3 important?
Good health helps us study better,
play better and live a happy life!



SUBJECT-ENGLISH



(Note: Do it in the other second half of your holiday homework notebook.)

- 1.(a) Write the summary of lesson 1 'Suvira' in your own words and then translate it into Hindi.**
- (b) Make the list of noun and verbs used in the story and then frame sentences with 15 of those words.**
- (c) Relate the whole summary with Sustainable Development Goal 3 and 6. Stick pictures related to the story and the Sustainable Development Goals 3 and 6.**

2. Prepare a Healthy Habit Chart showing at least (10) Good Habits and Well- Being (Do it on any A4 size colourful sheet)

Physical Health		Mental Well-Being
example	1. Eat fruits	Think positive
	2. Exercise daily	Stay happy

SUBJECT-GEOGRAPHY


(Do it in the second half of the Holiday Homework Notebook)

Activity- 'My Daily Earth & Health Hour'.

What to do:- Every day during holidays, switch off all extra lights, TV, and fans for one hour. This is your 'Earth & Health Hour'. (Prefer the morning hours for this activity.)

Use this time to do something good for your health or to save water/earth.

Instructions: Make a 'Table on Daily Journal' – For each day, prepare the table using the format given below for reference.

Date & Time	What did you switch OFF?	What healthy/eco activity did you do?	 How did you feel?	Draw or paste photo
5 May, 2026 5pm to 6pm	2 Room light, TV Ceiling fan	SDG 3 - I did 15minute yoga in balcony + SDG 6- Washed 5 handkerchief in 1 bucket instead of tap.	Fresh and proud. Saved water too.	Draw or Paste photo of yourself

*** Rules- a.) Ask parents before switching off Exhaust fan, WiFi , or main lights etc. at night. Safety first.**

*** Choose morning hours (preferably 6 a.m to 8 a.m) for your Earth Hour Activity.**

***At the end of this activity, compare last month's electricity bill with this month's bill.**

(To be filled after completing Earth Hour Activity)



1. What did you learn?	
2. Will you continue Earth Hour Activity even after holidays? Why? Give two reasons.	
3. What did your family say when I did Earth Hour?	
4. What changes did you notice when lights were switched off?	
5. Did you enjoy spending time without digital devices? Why?	
6. How can you support your school for Earth Hour?	
7. What message would you give others about protecting the Earth?	

Lets Be A Reporter

Family Talk: Discover: Connect : Share



Talk to your elders and grandparents Discover how environment friendly habits have changed over the years. Write short interview focusing on saving water, electricity use and recycling.

1. What outdoor games did you play for good health when you were 10 years old?	
2. Name one health problem children face today that was not common when you were young.	
3. Was the River Ganga cleaner when you were a child?	
4. What is one piece of advice you would give children today to keep water clean and stay fit?	
5. What is one major change you have seen in Varanasi overtime? Do you think it is a good or bad change?	
6. Which old healthy habits from your childhood should we start again today?	
7. What is one health problem caused by dirty water that my grandparents told me about? How can we avoid it today?	

***Whom did you interview? Write the name of the person and paste a photograph with you.**

Orbit of Learning: Think: Explore: Write: Understand

1. Create your own mini - map showing -

- a. a hospital,
- b. a clean river,
- c. a park, dustbins, toilets.

Then explain how your map supports SDG 3 and SDG 6.

- 2. Who is SDG man of India? Paste his picture and write two lines about him.
- 3. The Earth's rotation gives us day and night. How does proper daytime and night routine help people stay healthy? Give any two reasons.
- 4. Earth's revolution, causes change in seasons every year. How can rainy seasons help in saving water.
- 5. The Earth rotates regularly every day. Why is having a regular sleep schedule important for good health and well-being?
- 6. Imagine you are an astronaut visiting a planet with no water. What challenge would you face there?
- 7. Earth moves in a fixed path around the Sun. What can humans learn from Earth about discipline and healthy habits?
- 8. Imagine Earth had no seasons. How would this affect farming, food and human health?

SUBJECT-SCIENCE

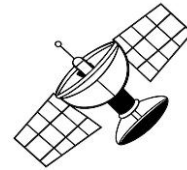
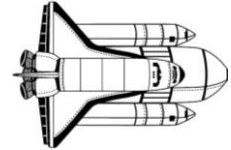
(Do it in the second half of the Holiday Homework Notebook)

A Day in the Life of an Astronaut

Imagine you are an astronaut. What would you do all day?

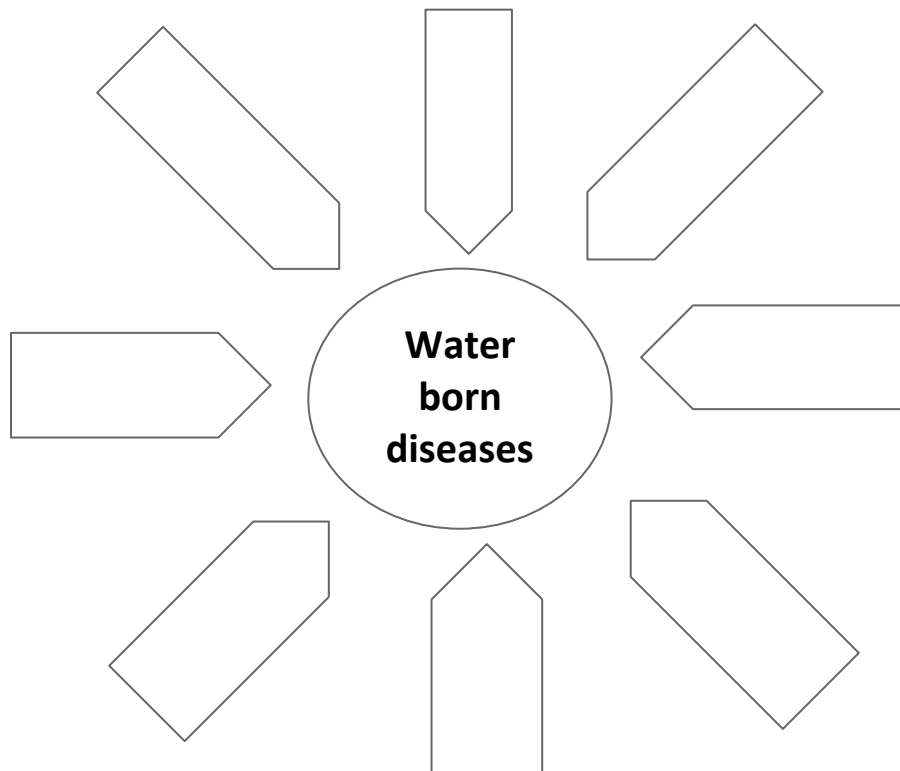
Let us find out some information about the astronaut. Paste the pictures and write a few sentences about the life of an astronaut.

1. What food is eaten in space?
2. What activities do astronauts do to keep themselves healthy?
3. How do astronauts save water in space?
4. What healthy habits can we learn from astronauts?
5. Why should we take care of our planet like astronaut do?



SDG: 6 - Clean Water and Sanitation

Various human activities like washing clothes and animals, pumping sewage into the water bodies pollute them and when we use this water it leads to various diseases / write the name of few disease.



"When we stir up a muddy mess, why does the water eventually become clear again, and where does the dirt go?"

The Experiment Steps

STEP1: Fill a clear glass jar halfway with water. Add two big scoops of soil (make sure it has some small stones, sand, and bits of leaves).

STEP2: Screw the lid on tight and shake the jar vigorously for 10 seconds until everything is a messy brown swirl.

STEP3: Place the jar on a flat table and do not touch it. Set a timer for 20 minutes and watch what happens.

STEP4: Look closely at the jar. Do you see layers? Is the water at the top clearer than it was before?

STEP5: Observe and write why the soil separates into different layers instead of staying mixed together.

SUBJECT-HISTORY/CIVICS

(Do it in the second half of the Holiday Homework Notebook)

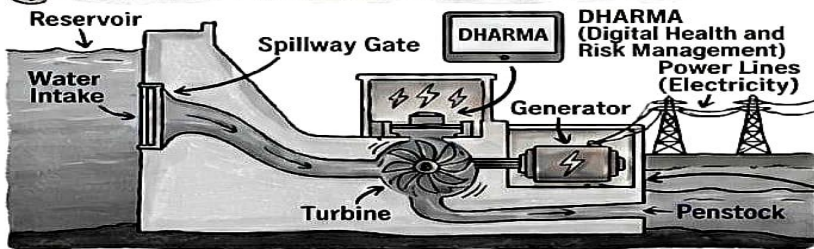


ADVENTURE TO RIHAND DAM! My Water Superhero Activity Sheet

G.B. Pant Sagar



PART 1: MEET THE HYDRO-POWER HERO!



Word Bank

RESERVOIR TURBINE
SPILLWAY GENERATOR
PENSTOCK ELECTRICITY
DHARMA EAP

EAP Emergency Action Plans (EAP)

PART 2: TRUE OR FALSE CHALLENGE!

3 fun questions:

1. Engineers check the dam for safety very often, not just once a year. ✓ ✗
2. The government uses special plans called 'DHARMA' and 'Emergency Action Plans' to keep everyone safe. ✓ ✗
3. The 'Rule Curve' is a scientific rule to manage water safely for floods and power. ✓ ✗

PART 3: DAM DETECTIVE!

Fill in the blanks:

- To check for cracks, engineers use special tools like
- To manage water
- levels based on rain forecasts, they follow "Magic Rule":

PART 4: DESIGN YOUR OWN POWER DREAMS!

Draw the Rihand Dam (it's huge like a sea!) generating power. Add trees, power lines, and villages!

CRITICAL THINKING CHALLENGE:

Why is it necessary for us to build and maintain dams and reservoirs?

Rihand Dam is one of the largest fresh reservoirs in India, making a giant artificial lake! Wow!

FUN FACT:
Sihand Dam is one of the largest reservoirs in India, making a giant artificial lake!



#SummerDiscovery

#WaterSafety

#CleanEnergy



2. How have our ways of keeping water clean and staying healthy changed from ancient time to today?"

Project Tasks for Students.

The Comparison - Draw or find a picture of ancient copper pot and a modern water filter. Write few sentences on how they are different.

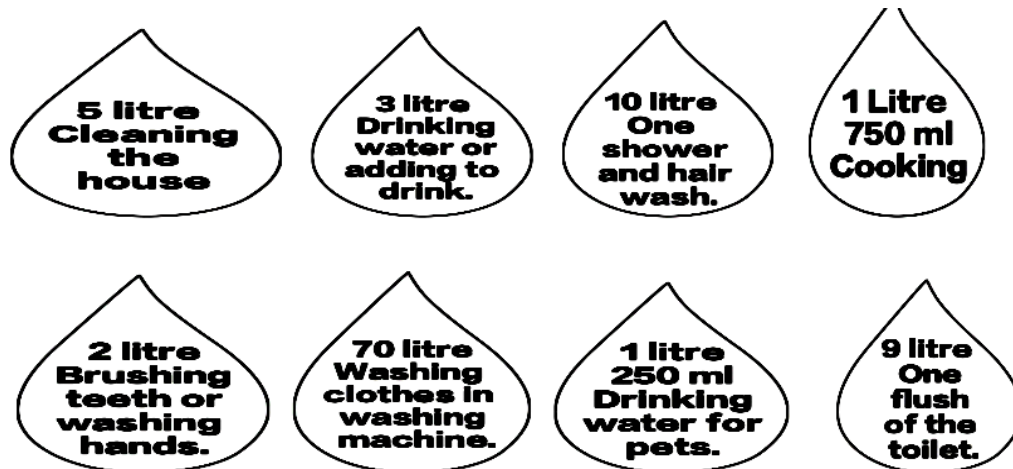
The Visual-Sketch-Sketch a Harappan clay pipe next to a modern PVC pipe to show how drainage has evolved.

The Connection - Explain and write why clean water was important 3000 years ago and why it is still important for health today.

SUBJECT-MATHS

(Do it in the second half of the Holiday Homework Notebook)

A. Access to safe water, sanitation and hygiene is the most basic human need for health. Some information regarding daily consumption of water per person per day is given below.



Based on above information answer the following questions.

1. How much water is used as 'drinking water' and 'cooking' together?	
2. Convert the amount of water used in shower and hair wash into ml.	
3. How much more amount of water is used in 'flushing of toilet' than brushing teeth?	
4. Convert the amount of water used in 'drinking water for pets' into ml.	
5. What is the difference between water used in washing clothes in washing machine and cleaning the house.	
6. In which activity very less amount of water is used?	

B. Create the MATH -INARY (The Math Dictionary). Do the collection of A to Z mathematical keywords, with definitions, example or sign arranged in alphabetical order.

SUBJECT- COMPUTER

(Do it in the second half of the Holiday Homework Notebook)

SUSTAINABLE DEVELOPMENT GOAL

STORY OF AARAV

Aarav loved his tablet. He played games for 5 hours every day. Soon his eyes started hurting, he felt anxious, and he forgot to play cricket with friends.

His grandma said, “Dear child, your mind needs a break from screens. The UN has 17 SDG goals, in the same way you must also make your own goal for healthy me time!”

Activity : Digital Detox and Design Your Own SDG Goal
NOW IT'S YOUR TURN – DESIGN YOUR SDG GOAL

1. What is the name of YOUR new SDG goal?

.....
.....

2. What problem does it solve?

.....
.....

3. Choose problem of too much screen time:

Sore eyes No time for family Angry mood

No outdoor play Bad sleep

4. How does irresponsible digital behaviour cause several health problems?

.....
.....

5. What 2 rules will YOUR SDG goal have?

Rule1:

Rule2:

6. How do YOU feel when you take a digital detox?

I feel

7. Design a logo and write slogan for your SDG goal: “The UN made 17 goals. Your brain needs goal 18: Switch Off to Switch On

2. How are ‘Shortcut Keys’ helpful? During holidays, become a Computer Detective and make your own flap book of 10 Useful Shortcut Keys to teach your family and friends!

INSTRUCTIONS TO MAKE THE FLAPBOOK

Materials Needed: A4 sheet, color paper, sketch pens, glue, scissors, 1 old file cover

STEPS -1. Take 1 A4 sheet. Fold it like a fan into 4 equal parts.

2. Write the title on first: ‘MY SHORTCUT KEYS FLAPBOOK’.

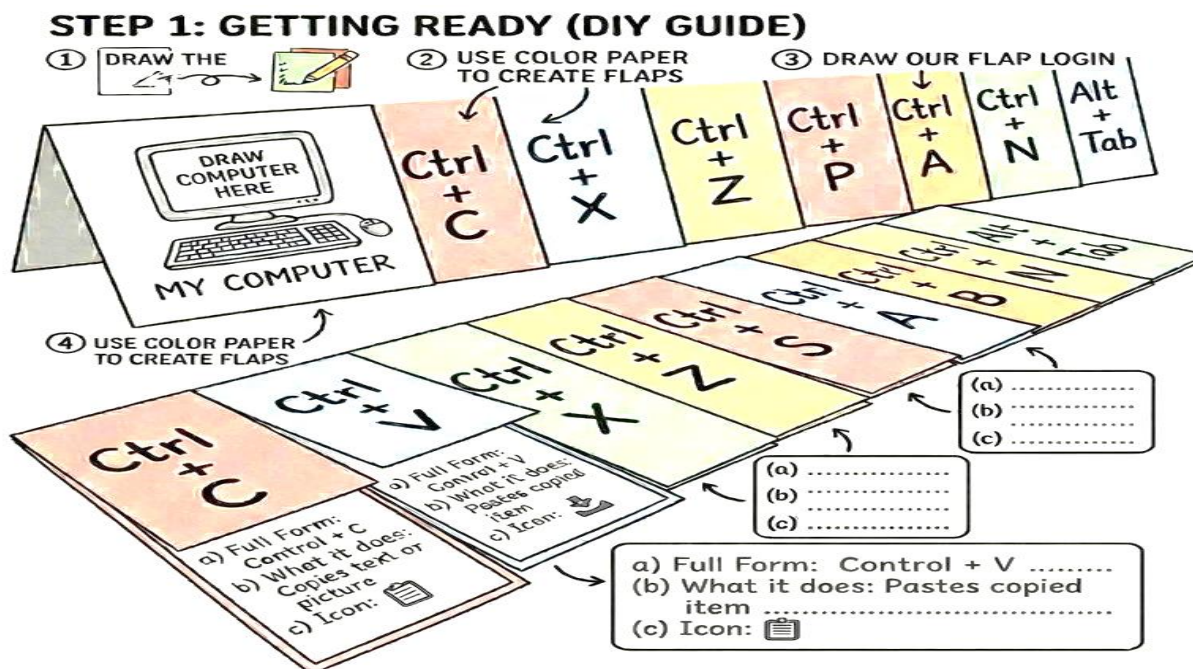
3: Make 10 Flaps of rectangular shape from colored paper, Size: (of your choice)

4. Stick them together to make flap book. On each page, write the Shortcut Keys Example:

‘Ctrl + C’ UNDER each short key, write: a) Full Form: Control + b) What it does:

Copies text or picture c) Draw 1 small icon: 📄 for Copy

5. Decorate it and draw a computer or keyboard on the cover.



हिन्दी

(Do it in the second half of the Holiday Homework Notebook)

१. प्रतिदिन एक पृष्ठ सुलेख समाचार पत्र पढ़कर लिखिए ।
२. पाठ —२ सच्ची मित्रता का सारांश लिखिए एवं उसे अंग्रेज़ी में अनुवाद करिए ।
३. दिए गए अपठित गद्यांश को पढ़कर उसका उत्तर लिखिए ।



स्वामी विवेकानंद एक महान नेता थे जो भारत से बहुत प्रेम करते थे। उनका मानना था कि एक मज़बूत राष्ट्र बनाने के लिए, सबसे पहले हमारे नागरिक मज़बूत और स्वस्थ होने चाहिए। वे अक्सर कहते थे, "कोई भी ऐसी चीज़ जो आपको कमज़ोर बनाती है—चाहे शारीरिक रूप से, बौद्धिक रूप से, या आध्यात्मिक रूप से—उसे त्याग दें।" स्वामीजी ने स्वच्छता को बहुत महत्व दिया। उनका मानना था कि अपने शरीर और आस-पास के वातावरण को साफ रखने से हम स्वस्थ और पवित्र बने रहते हैं। वे अक्सर हैज़ा और मलेरिया जैसी बीमारियों से बचने के लिए साफ पीने के पानी और अच्छी स्वच्छता की आवश्यकता के बारे में बात करते थे। उन्होंने लोगों से कहा कि वास्तव में स्वस्थ रहने के लिए, हमें अच्छा भोजन करके और अपने वातावरण को साफ-सुथरा रखकर अपने शरीर का ध्यान रखना चाहिए। उन्होंने युवाओं को मज़बूत, साहसी और अनुशासित बनने के लिए प्रोत्साहित किया। उनका मानना था कि एक स्वस्थ मन एक स्वस्थ शरीर में ही निवास करता है। उनकी शिक्षाएँ हमें याद दिलाती हैं कि हम लोगों की सेवा करके ही ईश्वर की सबसे अच्छी सेवा कर सकते हैं, जिसमें दूसरों को स्वस्थ और सुरक्षित रहने में मदद करना भी शामिल है।

प्रश्न १. सही उत्तर चुनें:

क. स्वामी विवेकानंद के अनुसार, हमें किस चीज़ को त्याग देना चाहिए?

1. अच्छा भोजन
2. कोई भी ऐसी चीज़ जो हमें कमज़ोर बनाती है
3. पढ़ाई करना
4. खेलना

ख. स्वामी जी के अनुसार बीमारियों का कारण क्या था?

1. धूप में खेलना
2. शुद्ध पानी
3. शुद्ध पानी और भोजन
4. किताबें पढ़ना

ग. एक स्वस्थ मन किसमें निवास करता है?

1. एक गंदे कमरे में
2. स्वस्थ शरीर में
3. कमज़ोर शरीर में
4. ठंडी जगह पर

२. रिक्त स्थानों की पूर्ति करें:

क. स्वामी विवेकानंद का मानना था कि एक मज़बूत राष्ट्र बनाने के लिए, हमें ___ नागरिकों की आवश्यकता है। (कमज़ोर/स्वस्थ)

ख. उनका मानना था कि ___ स्वास्थ्य का एक हिस्सा है। (स्वच्छता/लड़ाई-झगड़ा)

ग. एक शब्द या एक वाक्य में उत्तर दें: गद्यांश में बताई गई किसी एक बीमारी का नाम बताएँ।

घ. "उठो, जागो" वाक्यांश हमें क्या करने के लिए प्रेरित करता है?

उ. _____

SUBJECT-ART/CRAFT

Create a beautiful and eco friendly wall hanging

showing how we can achieve sdg goal 3 or sdg goal 6

using disposable plate and other waste material



6 CLEAN WATER AND SANITATION



SDG 6

CLEAN WATER AND SANITATION



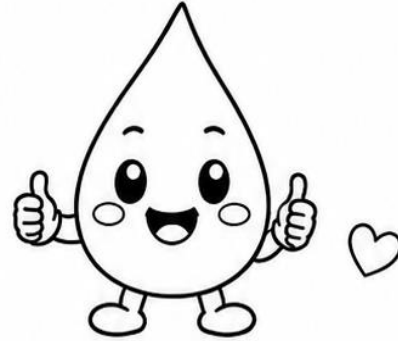
Water is life. Save it for a better tomorrow!



Every Drop Counts!

1 What is SDG 6?

SDG 6 means clean, safe water and good sanitation for everyone, everywhere. It helps us stay healthy and live better lives!



2 Why is it important?

- Water drop icon: Clean water keeps us healthy.
- Water drop icon: Good sanitation stops diseases.
- Water drop icon: Water is needed for homes, schools, farming and many other things.



3 Ways to Save Water

- Water drop icon: Turn off the tap while brushing your teeth. _____
- Water drop icon: Fix leaking taps. _____
- Water drop icon: Take short showers. _____
- Water drop icon: Use a bucket instead of a shower or hose to wash. _____
- Water drop icon: Reuse water wherever possible. _____
- Water drop icon: Water plants in the morning or evening. _____



1 Unscramble the Words

Unscramble the words below.

1. WTAER _____
2. NITASATINO _____
3. EHYIGEEN _____
4. REVIR _____
5. BUCKET _____



2 Match the Following

Match the problem with the solution.

- | | |
|-----------------------|-------------------|
| 1. Leaking tap • | a. Build toilets |
| 2. Dirty river • | b. Stop pollution |
| 3. No toilet • | c. Fix the tap |
| 4. Wasting water • | d. Save water |
| 5. Garbage in water • | e. Keep it clean |



3 True or False

Write ✓ for True and ✗ for False.

- | | ✓ | ✗ |
|-----------------------------------------|-----------------------|-----------------------|
| 1. We should waste water. | <input type="radio"/> | <input type="radio"/> |
| 2. Clean water keeps us healthy. | <input type="radio"/> | <input type="radio"/> |
| 3. We should throw garbage in rivers. | <input type="radio"/> | <input type="radio"/> |
| 4. We can use a bucket to save water. | <input type="radio"/> | <input type="radio"/> |
| 5. Everyone has a right to clean water. | <input type="radio"/> | <input type="radio"/> |



4 Word Search

Find the hidden words.

W	A	T	E	R	R	I	V	E	R	R
S	A	N	I	T	A	T	I	O	N	
C	L	E	A	N	U	C	K	E	T	
H	Y	G	I	E	N	E	T	A	P	
R	I	V	E	R	P	U	R	E	D	
S	A	V	E	L	A	K	E	W	A	
P	L	A	N	T	T	O	I	L	E	T
H	E	A	L	T	H	W	A	S	H	

WATER
SANITATION
CLEAN
HYGIENE
RIVER
BUCKET
SAVE
TOILET
HEALTHY
WASH



5 Spot the Differences

Find 5 differences between the two pictures.



6 Pledge Time

I promise to:

- Use water wisely
- Keep water sources clean
- Turn off taps when not in use
- Encourage others to save water



Signature: _____

MORAL

Every drop of water is precious. Use it wisely, do not waste it. Small steps by all of us can make a big change!

MESSAGE

Clean water is not a gift, it is our responsibility. Let's work together for a cleaner, healthier and happier world!

**Be Smart!
Save Water!
Save Life!**

Remember Children- 'Practice each day, Gain Everyday'.

→ Complete 1 to 10 worksheet in all subject from more practice book.