

# W.H. Smith Memorial School

## HOLIDAY HOMEWORK

### LOWER NURSERY A & B

SESSION 2026 - 2027

**THEME : (SDG GOAL - 3) GOOD HEALTH AND WELL- BEING**



HEALTHY  
DOODLES

NAME : \_\_\_\_\_

CLASS : \_\_\_\_\_ SEC : \_\_\_\_\_

# W.A. Smith Memorial School

## HOLIDAY HOMEWORK CLASS-LOWER NURSERY

(A&B)

NAME: \_\_\_\_\_ CLASS: \_\_\_\_\_ SECTION: \_\_\_\_\_

### TIPS FOR ORALS :

Stand in front of the mirror and do practice and record the video for 30 seconds and save it.

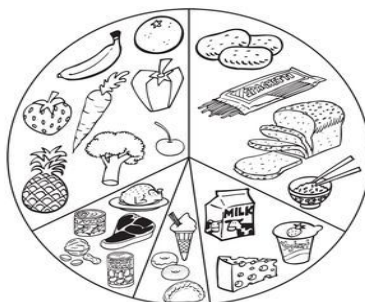
1. Close your eyes and imagine the poems and recite it with action.

### TIPS FOR WRITING :

1. Have a clean and good place to write such as a desk or table with a smooth and flat surface.
2. Hold the pencil in a triangular grasp.

### ACTIVITY TO DO.....

\*Make a healthy plate with veggies and fruits in it. Paste the picture to



make it more colourful. ( craft work ) Eg...

\*Practice Yoga everyday. Do one physical activity to keep yourself active.

\* Drink plenty of water.

**WRITTEN AND ORAL WORK**

- **Play way pg.no. 26 to 31**
- **Number book pg.no. 12 to 19**
- **अक्षर रचना book pg.no. 18 to 23**
- **Conversation: learn Pg no – 4 & 5 (Q.no 1 to 10) from syllabus.**
- **Revise English and Hindi rhymes from page 1 to 11**
- **Learn English and Hindi story.**
- **Learn the pages given in syllabus related to Interact with picture book.**

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## ACTIVITY CHART

(Fill the healthy routine chart and tick the column for the activity you did on the daily basis)

### DAILY HEALTH & WELL-BEING ROUTINE CHART

Name: \_\_\_\_\_

Class: \_\_\_\_\_

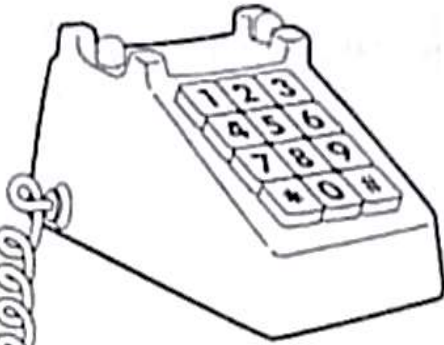
Activity	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<input type="checkbox"/> Brushed Teeth (Morning)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Brushed Teeth (Night)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Wash Hands (Before Food)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Wash Hands (After Food)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ate Healthy Food	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Drink Water (5–6 Glasses)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Physical Activity / Play	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Yoga / Exercise	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Stayed Happy / Smiled	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Slept on Time	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

#### Note for Parents:

- Ensure brushing is done twice daily (morning & night)
- Encourage washing hands before and after meals
  - Let children tick on their own

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Write your answers on the writing lines.



My phone number is

\_\_\_\_\_

-----

\_\_\_\_\_.

When I answer the phone, I say

\_\_\_\_\_

-----


\_\_\_\_\_.


Trace and write this number to call in an emergency.


\_\_\_\_\_


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\_\_\_\_\_.


 **All About Me**

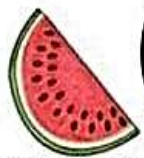
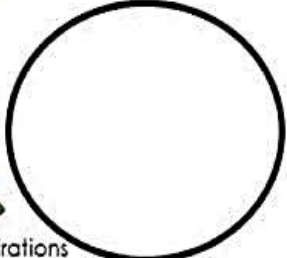
 **I am \_\_\_\_\_**  
**years old**


My Birthday is: \_\_\_\_\_ 

**Self Portrait** 

 **My Favorite**  
Color: \_\_\_\_\_

 Animal: \_\_\_\_\_

Food:  

Book: \_\_\_\_\_ 

© Preschool Inspirations

Tick ✓ for Good Habit and  
x for Bad Habit





Healthy  
FOOD

**MAKE YOUR CHILD EAT HEALTHY SUMMER FRUIT AND PASTE THE PICTURE AND THE SEED ON THE GIVEN SHEET.**


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## PHONICS

### LEARN IT

Aa says ए as in - apple, ant, axe, aeroplane, arrow, apron,  
alligator, apricot

Bb says ब as in - ball, bat, box, balloon, Bible, baby, bell,  
banana

Cc says क as in - cat, car, cap, cow, camel, coat, camera, cake

Dd says ड as in - doll, dog, duck, dentist, drum, drumstick,  
dress, desk

Ee says ऐ as in - elephant, egg, engine, eggplant, envelop,  
elbow, eyes, ears

Ff says फ as in - fox, fan, fish, flower, friend, fire, fisherman,  
fireman

Gg says ग as in - gate, goat, girl, grapes, garden, groom, gum,  
glue

Hh says ह as in - hut, hat, hen, hammer, helicopter, heat,  
head, hummingbird

Ii says इ as in - ink, igloo, inkpot, ice, ice-cream, India, iron,  
idol

Jj says ज as in - jug, joker, jam, jackfruit, jar, jackal, jacket,  
jaguar

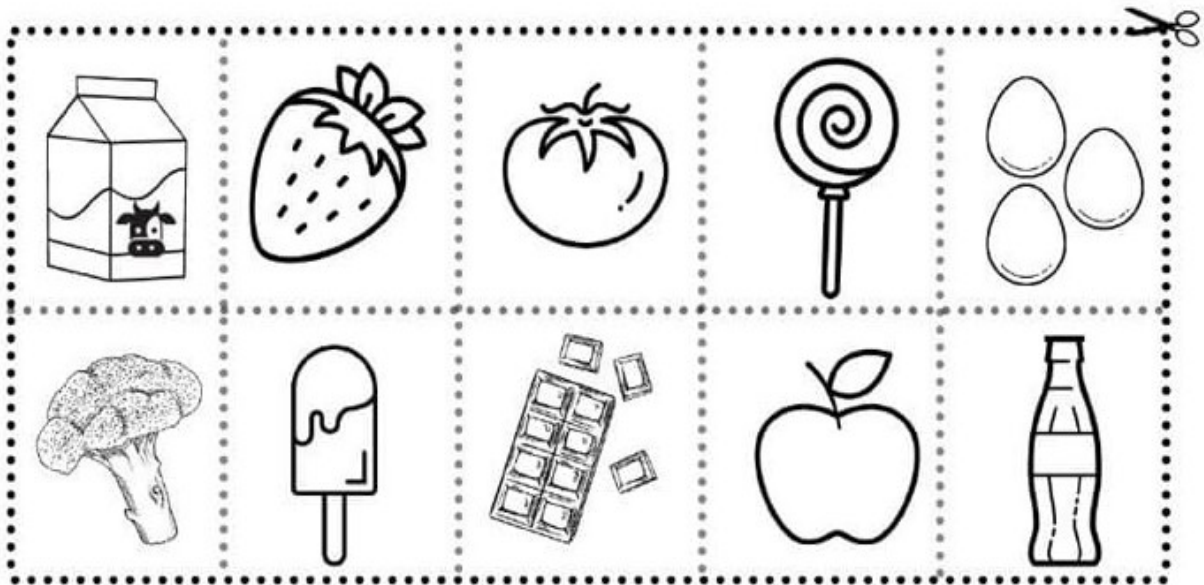
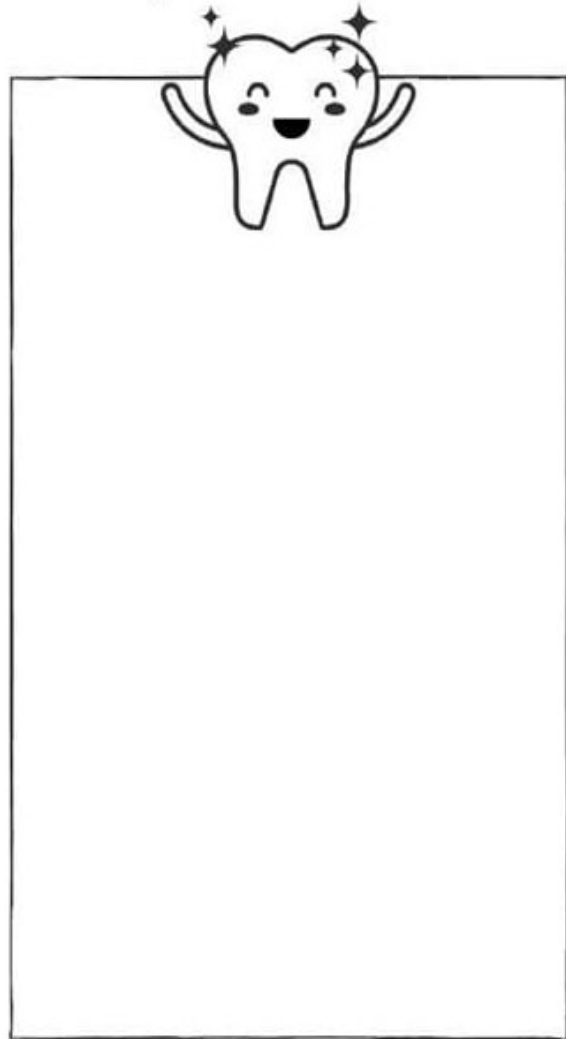
Kk says क as in - kite, king, kettle, kitten, kangaroo, kiwi,  
key, keyboard

Ll says ल as in - lamp, lion, ladder, leaf, lotus, lily, lemon,  
ladybug

Mm says म as in - mango, moon, milk, mother, muffler,  
mushroom, mask, mouse

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DRAW OR PASTE THE THINGS WHICH MAKES YOUR TEETH HAPPY AND SAD.



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TRACE THE WORDS AND COLOUR YOUR  
HEALTHY HABITS.

## Personal Hygiene



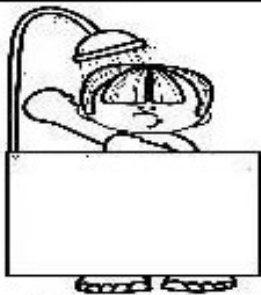
brush your  
teeth



take  
a bath



brush  
your hair



take a  
shower

# healthy habits



use tissue  
paper



wash your  
hands

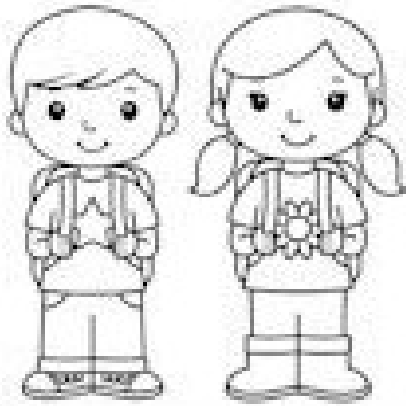


wear clean  
clothes

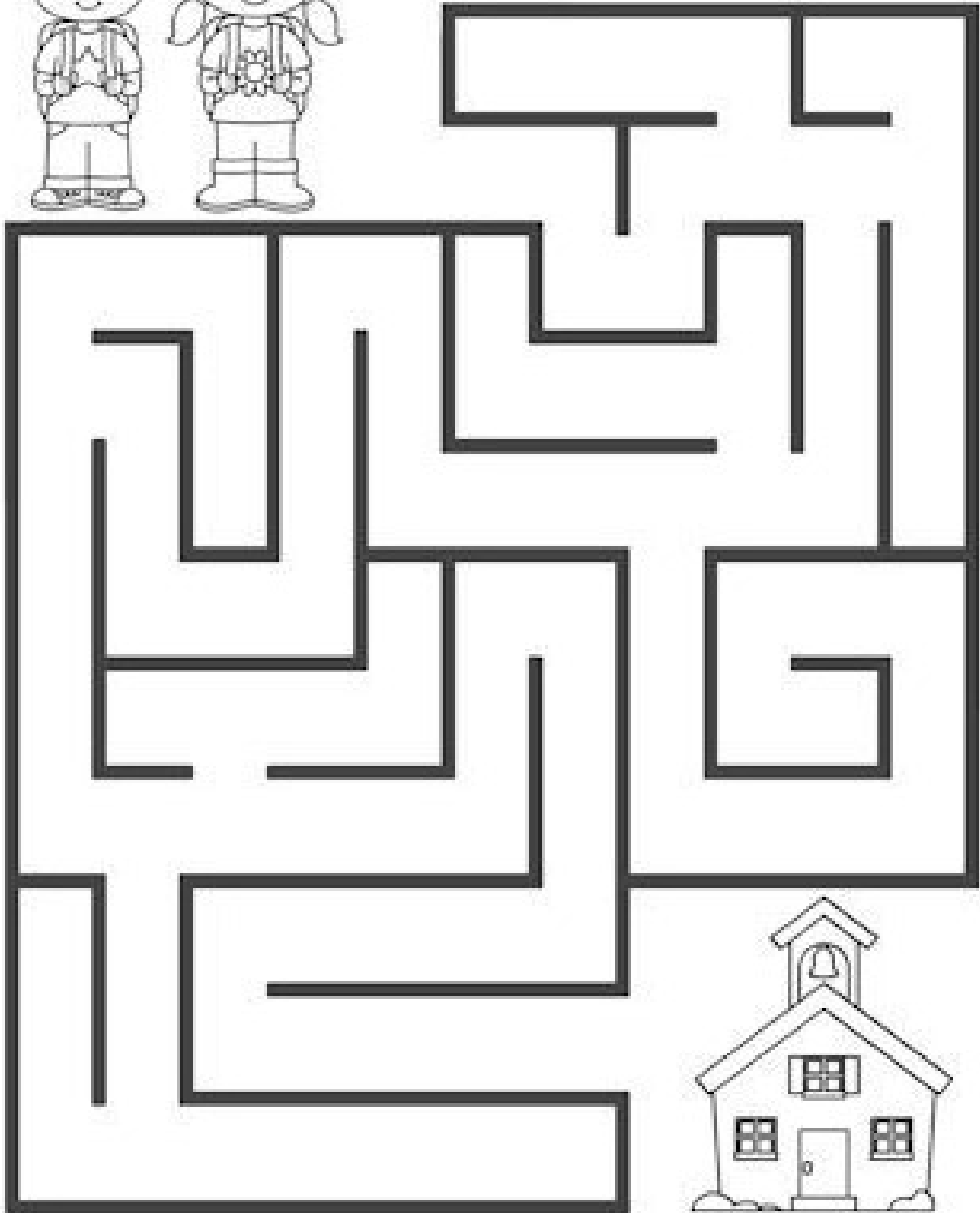


use hand  
sanitizer

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Help the children find their way to the schoolhouse.





# Spot 5 differences



W.H. Smith



# STAY SAFE: WHAT TO DO IF YOU ARE LOST

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## PART 1: MY DETAILS

- My Name: \_\_\_\_\_
- Parent's Name: \_\_\_\_\_
- Parent's Phone Number: \_\_\_\_\_
- Home Address: \_\_\_\_\_
- School Name: \_\_\_\_\_

## PART 2: IF I GET LOST, I WILL...

- Stay where I am
- Look for a safe adult (police/teacher/security)
- Tell my name and parent's phone number
- Stay calm
- Wait for help

## PART 3: I WILL NOT...

- Panic
- Run away
- Go with strangers
- Scream only "Mummy/Papa"

#### **PART 4: MAGIC SAFETY WORD**

- My family code word: \_\_\_\_\_

#### **PART 5: EMERGENCY NUMBERS**

- Police: 100
- Ambulance: 108
- Child Helpline: 1098

#### **PART 6: ROLE PLAY**

- “Hello, my name is \_\_\_\_\_. I am lost. Please help me call my parents.”

#### **PART 7: DRAW & LEARN**

- Draw a place where you got lost
- Draw a helper (police/teacher)

#### **PARENT AWARENESS**

- Teach full name and phone number
- Teach child to stay calm
- Teach safe adults
- Practice family code word
- Do role play at home.

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 Color the House



Good Safety Habits (Tick ✓ the correct ones)

- I stay where I am if I get lost
- I go with a stranger
- I ask a police officer or a teacher for help
- I scream and run away randomly
- I remember my parents' phone number

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**Short Guidelines for story video making. (English & Hindi Both)**

- Start with greeting: “Hello, I will tell a story – Golu’s Healthy Day.”
- Speak clearly and slowly
- Use actions for each line
- Show expressions (happy, sad, tired)
- Add sound words: “Yuck”, “Ouch”, “Slurp”, “Hop-hop”
- Maintain eye contact and confidence
- Use simple props
- Say the moral clearly at the end
- Finish with “Thank you”
- Keep the video around 1 minute 30 seconds

## **ENGLISH (Learn the Story)**

### **Golu’s Healthy Day**

- Golu was a little elephant who loved only sweets and chips.  
👉 (Action: Pretend to eat sweets happily)
- He never ate fruits or vegetables and said, “Yuck!”  
👉 (Action: Make a “yuck” face and shake head)
- Soon, Golu felt tired and could not run or play with friends.  
👉 (Action: Act tired, slow walking)
- His tummy hurt and he felt sad. “Ouch!”  
👉 (Action: Hold tummy and say “ouch”)
- His friend Mimi gave him a sweet mango to try. Slurp!  
👉 (Action: Pretend eating mango and licking lips)
- Next, Mimi gave him a crunchy carrot and a glass of milk.  
👉 (Action: Crunch sound and drinking milk)
- Golu started brushing his teeth and washing hands every day.  
👉 (Action: Brushing teeth and washing hands)
- He played, jumped, and drank water after playing. Hop-hop!  
👉 (Action: Jump twice and pretend drinking water)
- At night, Golu slept early and woke up fresh and happy.  
👉 (Action: Sleeping pose and stretching)
- Moral: Good food, cleanliness, play, and sleep keep us healthy and strong.  
👉 (Action: Show muscles and smile)

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## Hindi ( Learn the story )

### चिटू खरगोशकी नई आदतें

1.

चिटू एक छोटा सा खरगोश था। उसे दिन भर मोबाइल देखना और बैठे रहना बहुत पसंद था।

2. वह बाहर खेलने नहीं जाता था और समय पर खाना भी नहीं खाता था।

3. धीरे-धीरे उसकी आँखों में दर्द होने लगा और उसका शरीर कमजोर हो गया।

4. एक दिन दौड़ते-दौड़ते वह जल्दी थक गया और जमीन पर बैठ गया।

5. उसके दोस्त गोलू ने प्यार से कहा, “चिटू, चलो खेलते हैं और हेल्दी खाना खाते हैं।”

6. चिटू ने गाजर, फल और हरी सब्जियाँ खाना शुरू किया।

7. उसने रोज़ खेलना, खूब पानी पीना और समय पर सोना भी शुरू कर दिया।

8. कुछ ही दिनों में चिटू फिर से फुर्तीला, खुश और मजबूत बन गया।

9. अब वह कम मोबाइल देखता है और रोज़ दोस्तों के साथ खेलता है।

नैतिक शिक्षा (Moral):

अच्छी आदतें अपनाने से हम स्वस्थ, मजबूत और खुश रहते हैं।