

W.H. Smith Memorial School

HOLIDAY HOMEWORK

CLASS – UPPER NURSERY A & B

SESSION 2026-2027

THEME – SUSTAINABLE DEVELOPMENT GOAL – 3

GOOD HEALTH AND WELL BEING

“A HEALTHY OUTSIDE STARTS FROM THE INSIDE”



General Instructions

- Take printouts of the holiday homework, including all the pages. Prepare all the work on A4 size sheet only.
- Use crayons / pencil colours for colouring.
- After completing all the pages of the holiday homework, place all the sheets in one A4-size envelope with your name, class and section on it.

ENGLISH

- Learn Rhymes-Page 8,14,18,19. Stand in front of the mirror and recite loudly.
- Read aloud Chapter 1 and 2.
- Write upto page 6 in your pattern writing book.

MATHS

- Learn number names 1 to 20.
- Practice backward counting from 20 to 1 in your practice notebook.
- Walk forward and count 1 to 20 . Walk backward and count 20 to 1.
- Practice number counting from 101 to 200.
- Maths number fun book -Page no. 10-15.
- Learn your parents phone number and make a fun song on it.

HINDI

- स्वर और व्यंजन का अभ्यास करें।
- कविताओं का मौखिक अभ्यास करें। पृष्ठ संख्या 10 , 15 ,16
- पढ़ाए गए पाठों का मौखिक अभ्यास करें ।
- दो, तीन और चार अक्षर वाले शब्द हिंदी स्वर ज्ञान पुस्तिका से पढ़ें ।

NATURE STUDY

- Revise all the lessons mentioned here - My family, Parts of my body and Sense organs from the notebook and book.
- Make a family tree in your notebook.

LANGUAGE DEVELOPMENT

- Use these sentences regularly
 1. My name is _____
 2. I live in _____
 3. My school's name is William Henry Smith Memorial School
 4. How are you ? I am good. Thank you
 5. Please give me water. I am thirsty.
 6. Please, open / close my tiffin / bottle.
 7. Please give me food. I am hungry

8. I have finished my work / food.

9. May I wash my hands?

10. May I drink water?

11. Please give me my crayons.

12. May I go to washroom?

Inculcate Life skills

- Buttoning his/her shirt.
- Packing his/her school bag.
- Tying his/her shoe laces.
- Keeping his/her belonging back in place.
- Eating on their own.
- Using fork and spoon.

Project

1. Use your creativity to make one fruit of your choice an A4 size sheet. Write and learn 2 lines on it with introduction.



























2. Make a chart of your personal hygiene.



3. Make a food pyramid which contain balanced diet.



PHONIC SOUNDS

Alphabate	Phonic sound	Vocabulary	Alphabate	Phonic sound	Vocabulary
Aa	says ऐ	 Apple	Nn	says न	 Nest
Bb	says ब	 Ball	Oo	says ओ	 Owl
Cc	says क	 Cat	Pp	says प	 Parrot
Dd	says ड	 Dog	Qq	says क्व	 Quilt
Ee	says ए	 Egg	Rr	says र	 Rose
Ff	says फ	 Fish	Ss	says स	 Sun
Gg	says ग	 Goat	Tt	says ट	 Tiger
Hh	says ह	 Horse	Uu	says अ	 Unicorn
Ii	says इ	 Ink	Vv	says व	 Van
Jj	says ज	 Joker	Ww	says वै	 Watch
Kk	says क	 Kite	Xx	says एक्स	 X-mas tree
Ll	says ल	 Lion	Yy	says य	 Yak
Mm	says म	 Mango	Zz	says ज़	 Zebra

STORY
STAY CLEAN, STAY HAPPY
LEARN IT

1. Riya was a little girl who loved to play.
2. She played outside every day with her friends.
3. But she forgot to wash her hands before eating.
4. One day, she fell sick with a stomach ache.
5. The doctor told her to keep herself clean.
6. He said, "Wash your hands and brush your teeth daily."
7. Riya started washing her hands before meals.
8. She also took a bath and wore clean clothes.
9. Soon, she became healthy and happy again.
10. Riya learned that hygiene keeps us safe and strong.

Moral: Stay clean, stay healthy! 🍷 ✨

कहानी: साफ-सुथरा सोनू शेर

याद करें।

एक छोटा शेर था, उसका नाम सोनू था।

सोनू को जंगल में खेलना बहुत अच्छा लगता था।

खेलते समय वह अक्सर गंदा हो जाता था।

उसकी माँ उसे साफ रहने की अच्छी आदत सिखाती थीं।

सोनू ने खाना खाने से पहले हाथ धोना शुरू किया।

वह रोज़ सुबह और रात को दाँत साफ करता था।

मोरल: अच्छी स्वच्छता की आदतें हमें स्वस्थ और खुश बनाती हैं।





वह रोज़ नहाकर ताजगी महसूस करता था।

वह हमेशा साफ कपड़े पहनता था।

























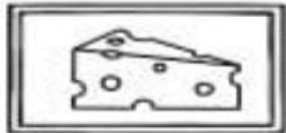


अब सोनू कम बीमार पड़ता था और स्वस्थ रहता था।

सोनू खुश और आत्मविश्वासी बन गया।

Write the missing numbers:

	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
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Tick and colour the tooth which is healthy

Search the hygiene words

GERMS

DISEASE

SOAP

WASH HANDS

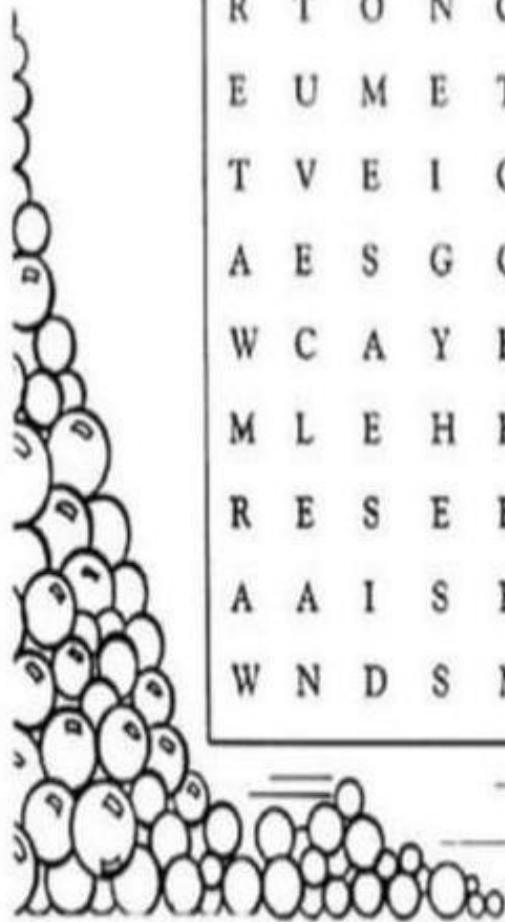
WARM WATER

HYGIENE

CLEAN

HEALTH

O	Z	S	E	I	M	J	K	I
R	T	O	N	C	P	A	O	S
E	U	M	E	T	X	B	D	T
T	V	E	I	G	Q	N	I	V
A	E	S	G	O	A	F	C	H
W	C	A	Y	H	B	P	X	R
M	L	E	H	E	A	L	T	H
R	E	S	E	B	U	R	K	O
A	A	I	S	F	F	B	L	M
W	N	D	S	M	R	E	G	N



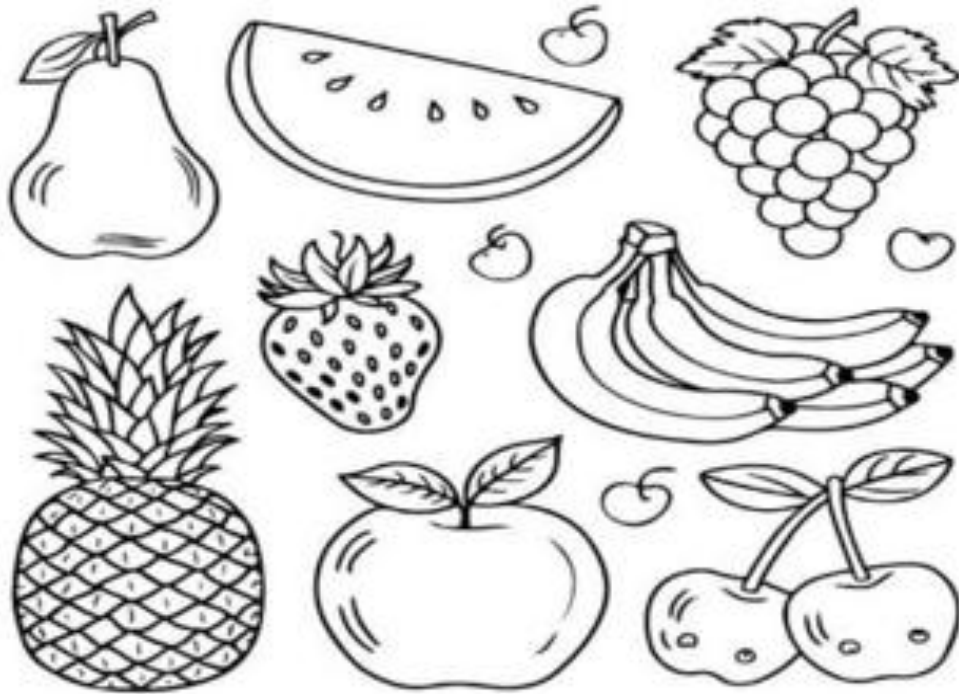




Spot 5 differences



FRUIT QUIZ:



1. How many fruits are there in the picture ?

2. Which two fruits are of RED colour ?

3. Name two fruits which has seeds in it ?

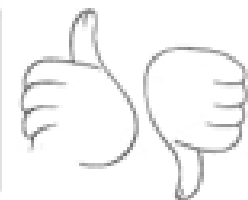
4. Write the names of the fruits ?

5. What does fruits give us ?

HEALTH WORKSHEET:



Color the correct hand for each image.



Put the 5 steps to wash your hands the right way in the correct order: Write the number from 1 to 5 inside each square

Lather
Put soap on your hands and rub your hands together:

Wet
Wet your hands with clean water:

Dry
Dry your hands with a clean towel.

Rinse
Rinse the soap off of your hands.

Scrub
Scrub your hand for 20 seconds.

Unscramble the letters and write the correct word

1. PSAO _____
2. DYIRT _____
3. EGMR _____
4. LNEAC _____
5. GIDWSAHHANN _____
6. EDARTDONO _____
7. HTEET _____
8. BTHUORHOTS _____
9. LENAC _____
10. HASOOPM _____
11. TOTH SPAET _____
12. MELSL _____
13. DTETSNI _____
14. HNDA NYHIEGE _____
15. IDTR _____

Word Bank

deodorant

clean

shampoo

handwashing

dirty

hand hygiene

dentist

smell

toothbrush

teeth

tooth paste

dirt

germ

soap

clean

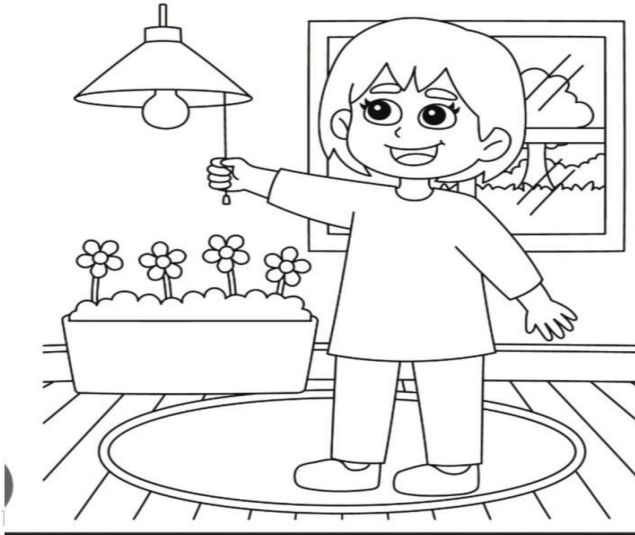
निम्नलिखित शब्दों के अर्थ लिखिए:

- **Pineapple :-** _____
- **Health :-** _____
- **Germs :-** _____
- **Infection :-** _____
- **Earth :-** _____
- **Planet :-** _____
- **Dirty :-** _____
- **Clean :-** _____

COLOUR THE PICTURE:

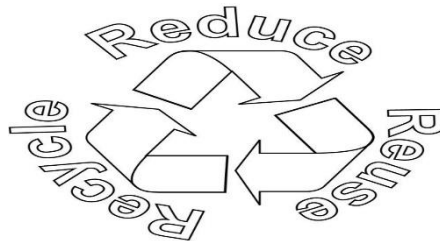
REDUCE

Electricity usage by turning off lights.



REUSE

Use leftover food to compost and grow new vegetables.



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RECYCLE

Items at home, school, and in your neighborhood.

