



AGI GLOBAL SCHOOL

LEARN TODAY LEAD TOMORROW

SUMMER VACATION

HOME ENGAGEMENT ACTIVITIES

GRADE VI



ART INTEGRATED LEARNING

HEALTHY EATING, HEALTHY LIFE

SUMMER VACATION

Let's shout!

As School's Out!

It's time to have fun,

Escaping from the Sun.

Getting myself to read a book,

Going to the mall and getting a new look.

Or just hanging out with friends

And checking the new trends!

Try to create by innovation

'Cause it's a Summer Vacation.

Dear Parents

Warm greetings from the AGI GLOBAL SCHOOL family! Summer Vacation is a much awaited break, not only for the students and teachers but also for the parents, as it is the longest time of the year, you get to spend with your ward.

We have planned some meaningful activities for the students so that there is learning beyond books. Kindly assist your ward with the materials needed and ensure that all the tasks are completed.

This year we have assigned marks/grades for the Holiday Homework which shall be reflected in the progress report of the child.

We wish a very refreshing summer break and look forward to see our students, back to school on Tuesday, 1st July 2025.

Yours in Education

Harleen Mohanty

Director

DAILY REGIMES

1. **Stretch & Shine:** Start your morning with light exercises like yoga, jumping jacks, or dancing to keep your body moving and boost your energy.
2. **Hydration Boost:** Drink plenty of water and refreshing natural drinks like lemon water or coconut water. Add juicy fruits for a hydration treat.
3. **Outdoor Fun:** Go out early in the morning or in the evening, for games like badminton, cricket, or cycling to enjoy the fresh air and stay active.
4. **Create & Imagine:** Show your creativity through art and craft or express yourself with help of painting, drawing, or clay modelling.
5. **Story Time:** Read your favourite books or listen to audiobooks. Explore comics, short stories, or a cool fact book to keep your mind engaged.
6. **Smart Learning:** Try out DIY science experiments, educational games, online quizzes, or pick up a new skill like drawing or a language.
7. **Indoor Fun Zone:** Play board games, solve puzzles, or have a card game challenge with family — fun without stepping out!
8. **Movie & Munch:** Relax with a good movie or animated show. Don't forget the popcorn and lemonade for the full experience!
9. **Evening Breeze Walk:** Go for a peaceful walk with your family in the evening. Breathe in the cool air and relax before bedtime.
10. **Keeping Tidy:** Take care of your clothes, wardrobe and make your bed daily.

CREATING SOCIAL AWARENESS

Dear Parents

- 1. During holidays instead of taking kids to movies, shopping etc. please try to do the following activities:**
- 2. Go to the nearest bank and show them the functioning of the banks, how ATMs work and what is the benefit of it.**
- 3. Take time out and visit orphanage, home for the aged and make a small donation.**
- 4. Give them saplings and ask them to plant them and water them to see them grow. These can be gifted to friends and relatives.**
- 5. Take them to all the places of worship for exposing them to diversity.**
- 6. Take them to your hometown / village and let them spend time with their grandparents, uncles, aunts, cousins. Let them experience the affection and good times of being with the family. Show them what is agriculture / farming and the difficulties a farmer goes through in providing the food that we are eating and that we should not waste food.**
- 7. Take them to a restaurant and teach them how to order and table manners.**

Regards

Ms Aarti Sharma

Principal

HOLIDAY HEALTH ADVENTURE

Goals and Objectives:

1. To inspire students to maintain a healthy and active lifestyle throughout the holiday break.
2. To motivate students to participate in daily physical activities and make smart, nutritious eating choices.
3. To cultivate lasting habits of mindfulness, balanced eating, and consistent exercise.
4. To introduce students to a variety of physical activities and outdoor adventures, broadening their interests.

To encourage family participation in health and fitness routines, strengthening family bonds through shared activities.



IMPORTANT DAYS OF THE MONTH OF JUNE

WORLD BICYCLE DAY 3rd JUNE	Poster Making/design a futuristic Bicycle
WORLD ENVIRONMENT DAY 7th JUNE	Grow a herb/make an environment friendly bag
FATHER'S DAY 15th JUNE	Write a heartfelt letter/buy a gift from pocket Money
INTERNATIONAL YOGA DAY 21st JUNE	Write about origin of yoga/name 12 Aasnaas of Surya-namaskar

DIVE INTO SUMMER READING

As we embark on the summer break, we encourage all our students to cultivate the wonderful habit of reading. Reading not only enhances vocabulary and comprehension but also fosters imagination and creativity.

To make the most of this summer, we are assigning some Summer Reading Tasks.

Suggested Books for Grade VI

- **The Great Train Journey by Ruskin Bond**
- **Malgudi Adventures by R K Narayan**
- **Diary of a Wimpy Kid**
- **Harry Potter and the Sorcerer's Stone" by J.K. Rowling**
- **The Diary of a Young Girl" by Anne Frank**
- **I Am Malala by Malala Yousafzai**

Book Review

by _____

Book Title _____

Author _____

Genre _____

My Rating



Summary

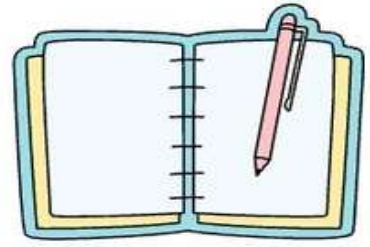
Opinion

I think

Recommendation

I would recommend this book to

STUDENT READING LOG



Book Read : _____

Author: _____

[illegible]

Self-care Checklist



To be filled Fortnightly



task activity

s

m

t

w

t

f

s

start your day with a glass of water

take a 10-minute walk outside

practice deep breathing for 5 minutes

write down three things you're grateful for



have a healthy snack

stretch for 5 minutes

turn off screens an hour before bed

enjoy a relaxing bath or shower

meditation before sleep

I'm Grateful for



My goals:



Self-care Checklist



To be filled Fortnightly



task activity

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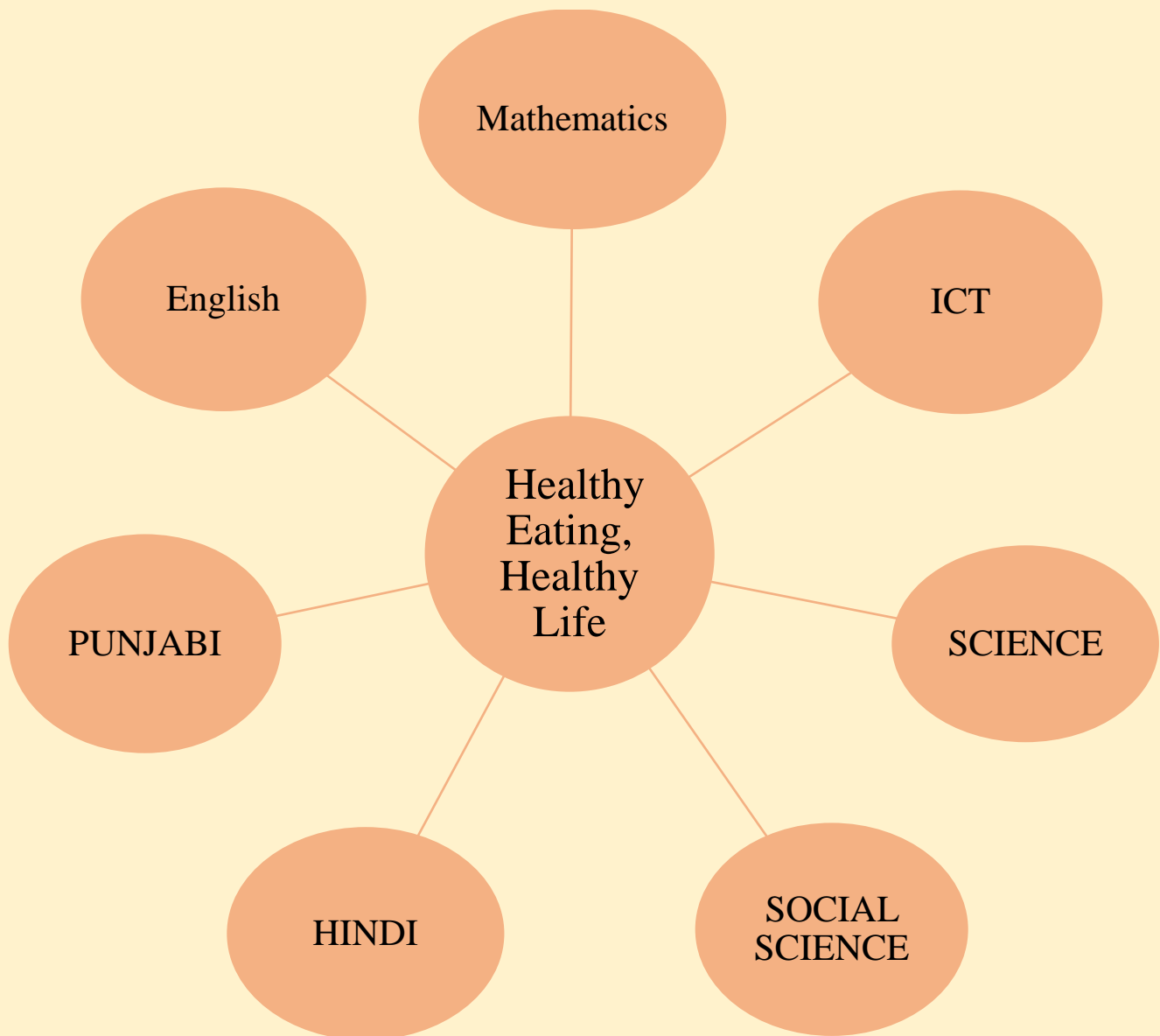
My goals:



ART INTEGRATED LEARNING

HEALTHY EATING, HEALTHY LIFE

NOTE: The entire holiday homework needs to be done in an A3 size scrapbook and handed over to the class teacher on 1st July 2025.



ENGLISH

Activity 1. Imagine your plate is a canvas, painted with vibrant colors of nutritious foods. Write a poem that brings this image to life, highlighting the benefits of healthy eating and its impact on your overall well-being.

Activity 2. Your mother has gone to market to buy grocery, fruits and vegetables. Write a message to her, telling her to buy three healthy food items.

COMPREHENSION:

Read the following passage and answer the following questions in your scrap book.

Maintaining a healthy diet is one of the most important factors for a long and healthy life. Eating a balanced diet, filled with a variety of nutrients, can help prevent numerous diseases and health problems. A healthy diet consists of eating the right amounts of different foods from all the food groups: fruits, vegetables, grains, protein-rich foods (such as meat, fish, beans, and nuts), and dairy products.

Fruits and vegetables are rich in vitamins, minerals, and fiber, which are essential for good health. These foods are also low in calories, which makes them a great choice for weight management. Eating a variety of colorful fruits and vegetables ensures that the body gets a wide range of nutrients, each of which plays a specific role in maintaining health.

Whole grains such as oats, brown rice, and whole-wheat bread are also crucial to a healthy diet. These foods are high in fiber, which helps with digestion and prevents constipation. Fiber also helps control blood sugar levels and can lower cholesterol, reducing the risk of heart disease.

Proteins are essential for building and repairing body tissues. Healthy sources of protein include fish, lean meats, eggs, beans, and nuts. Choosing lean cuts of meat and opting for fish rich in omega-3 fatty acids, such as salmon, can help improve heart health.

Dairy products provide calcium and vitamin D, which are important for strong bones and teeth. Low-fat or fat-free dairy products are recommended to reduce the intake of saturated fats, which can lead to heart disease.

Along with choosing healthy foods drinking plenty of water and limiting sugary drinks is also a key part of healthy eating. Regular physical activity, along with healthy eating, plays an essential role in achieving overall health and wellness.

- 1. What are the benefits of eating a balanced diet?**
- 2. What are the key food groups mentioned in the passage?**
- 3. Why is it important to eat a variety of fruits and vegetables?**
- 4. What role do whole grains play in maintaining good health?**
- 5. How does protein contribute to the body's function?**
- 6. What is the importance of calcium and vitamin D in the diet?**

HINDI

Activity 1. अपनी स्क्रेप बुक में एक पेज पर “स्वस्थ आहार” से संबंधित बॉर्डर बनायें। उस पर स्वस्थ व संतुलित आहार का महत्व बताते हुए लयात्मक कविता का लेखन करें।

Activity 2. रवींद्रनाथ टैगोर जी की कुछ प्रसिद्ध कहानियों में "काबुलीवाला", "पोस्टमास्टर", "चोखेर बाली", "घर वापसी" और "क्षुधित पाषाण" शामिल हैं। ये कहानियां अपने भावुक और जीवन के विभिन्न पहलुओं को दर्शाने के लिए जानी जाती हैं। इनमें से कोई दो कहानियां और उन्हें अपने शब्दों में अपनी स्क्रेप बुक में लिखो।

निम्नलिखित अपठित गद्यांश को ध्यान से पढ़कर पूछे गए प्रश्नों के उत्तर दीजिए-

पौष्टिक भोजन जीवन के लिए बहुत आवश्यक है। हमारे परंपरागत पौष्टिक भोजन का संबंध केवल जीभ और पेट से न होकर संपूर्ण शरीर व स्वास्थ्य से था। उसका स्वास्थ्य पर प्रतिकूल प्रभाव नहीं पड़ता था। किंतु वर्तमान के भागमभाग भरे जीवन में हम जिस जंक फूड का सेवन बहुतायत में कर रहे हैं, वह केवल जीप के लिए अच्छा है, उसका अधिक सेवन न तो पेट के लिए अच्छा है और न ही सेहत के लिए। इसी कारण आज का आदमी मोटापे, रक्तचाप, शुगर, कोलेस्ट्रॉल आदि से ग्रस्त दिखाई दे रहा है। अगर सच कहा जाए तो आदमी जंक फूड को नहीं, बल्कि जंक फूड आदमी को खा रहा है। जंक फूड में प्रयोग मैदा, केमिकल्स व चिकनाई पाचन तंत्र पर बुरा प्रभाव डालते हैं। इसका सेहत पर बहुत बुरा असर पड़ता है। यदि विद्यार्थी जीवन में बच्चे जंक फूड का सेवन कम करेंगे, तो उनकी बुद्धि का विकास भी अच्छी तरह हो सकेगा क्योंकि रिसर्च बताती है कि जंक फूड के अधिक सेवन से बुद्धि का विकास भी प्रभावित होता है। अतः समय रहते हमें इस बात को समझ लेना चाहिए कि अपने परंपरागत पौष्टिक भोजन द्वारा ही हम स्वस्थ और खुशहाल जीवन जी सकेंगे।

1. जंक फूड पर किया गया शोध क्या बताता है?
2. हमें समय रहते कौन-सी बात अच्छी तरह समझ लेनी चाहिए?
3. पुष्ट में इक प्रत्यय जोड़कर बना शब्द गद्यांश से छाँटकर लिखिए।
4. गद्यांश के लिए उपयुक्त शीर्षक लिखिए।
5. पौष्टिक भोजन क्यों आवश्यक होता है?
6. ऐसा क्यों कहा गया है कि आदमी जंक फूड को नहीं, बल्कि जंक फूड आदमी को खा रहा है?

PUNJABI

Activity 1. ਸੰਤੁਲਿਤ ਭੋਜਨ ਅਤੇ ਅਸੰਤੁਲਿਤ ਭੋਜਨ ਵਿਸ਼ਾ ਤੇ ਕੋਲਾਜ਼ ਬਣਾ ਕੇ ਉਹਨਾਂ ਵਿੱਚ ਲਿਖਤੀ ਤੌਰ ਤੇ ਅੰਤਰ ਸਪੱਸ਼ਟ ਕਰੋ।

Activity 2. ਆਪਣੇ ਪਰਿਵਾਰ ਨਾਲ ਕੁੱਝ ਸਮਾਂ ਬਿਤਾਉਂਦੇ ਹੋਏ ਸੈਰ ਦਾ ਆਨੰਦ ਮਾਣੋ ਅਤੇ ਸੈਰ ਦੇ ਮਹੱਤਵ ਬਾਰੇ ਆਪਣੇ ਵਿਚਾਰ ਸਕ੍ਰੈਪ ਬੁੱਕ ਵਿੱਚ ਲਿਖੋ।

ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਅਣਡਿੱਠੇ ਪੈਰੇ ਨੂੰ ਪੜ੍ਹ ਕੇ ਪ੍ਰਸ਼ਨਾਂ ਦੇ ਉੱਤਰ ਲਿਖੋ।



ਜਿਸ ਭੋਜਨ ਵਿੱਚ ਸਾਰੇ ਪੋਸ਼ਕ ਤੱਤ ਉੱਚਿਤ ਮਾਤਰਾ ਵਿੱਚ ਮੌਜੂਦ ਹੋਣ, ਉਸਨੂੰ ਸੰਤੁਲਿਤ ਭੋਜਨ ਕਹਿੰਦੇ ਹਨ। ਹਰੀਆਂ ਸਬਜ਼ੀਆਂ, ਫਲ, ਦੁੱਧ ਆਦਿ ਭੋਜਨ ਵਿੱਚ ਸ਼ਾਮਿਲ ਕਰਕੇ ਅਸੀਂ ਆਪਣੇ ਸਰੀਰ ਨੂੰ ਸਿਹਤਮੰਦ ਰੱਖ ਸਕਦੇ ਹਾਂ। ਭੋਜਨ ਸੰਬੰਧੀ ਚੰਗੀਆਂ ਆਦਤਾਂ ਸਾਡੀ ਸਰੀਰਕ ਤੰਦਰੁਸਤੀ ਵਿੱਚ ਸਹਾਇਕ ਹੁੰਦੀਆਂ ਹਨ। ਚੰਗੀ ਜੀਵਨ ਸ਼ੈਲੀ ਆਪਣਾ ਕੇ ਅਸੀਂ ਚੰਗੇ ਜੀਵਨ ਦੀ ਕਲਪਨਾ ਕਰ ਸਕਦੇ ਹਾਂ। ਸਰੀਰਕ ਅਤੇ ਮਾਨਸਿਕ ਪੱਖੋਂ ਤੰਦਰੁਸਤ ਹੋਣਾ ਅੱਜ ਦੇ ਸਮੇਂ ਵਿੱਚ ਇੱਕ ਵਰਦਾਨ ਹੈ। ਮਾਨਸਿਕ ਤਣਾਓ ਨੂੰ ਦੂਰ ਕਰਨ ਲਈ ਸਾਨੂੰ ਰੋਜ਼ਾਨਾ ਯੋਗ ਅਭਿਆਸ ਕਰਨਾ ਚਾਹੀਦਾ ਹੈ। ਸਾਨੂੰ ਆਪਣੇ ਭਵਿੱਖ ਨੂੰ ਮਾਨਣ ਲਈ ਆਪਣਾ ਅੱਜ ਸੰਵਾਰਨਾ ਪਵੇਗਾ। ਇਸ ਲਈ ਸਾਨੂੰ ਚੰਗੀ ਜੀਵਨ ਸ਼ੈਲੀ ਅਪਨਾਉਣੀ ਚਾਹੀਦੀ ਹੈ।

1. ਸੰਤੁਲਿਤ ਭੋਜਨ ਤੋਂ ਕੀ ਭਾਵ ਹੈ?
2. ਚੰਗੀ _____ ਦਾ ਹੋਣਾ ਜ਼ਰੂਰੀ ਹੈ।- ਖਾਲੀ ਸਥਾਨ ਭਰੋ।
3. ਮਾਨਸਿਕ ਤਣਾਓ ਨੂੰ ਦੂਰ ਕਰਨ ਲਈ ਕੀ ਕਰਨਾ ਚਾਹੀਦਾ?
4. ਸਾਨੂੰ ਰੋਜ਼ਾਨਾ ਕਿੰਨੇ ਲੀਟਰ ਪਾਣੀ ਪੀਣਾ ਚਾਹੀਦਾ ਹੈ?
5. ਇਸ ਪੈਰੇ ਦਾ ਢੁੱਕਵਾਂ ਸਿਰਲੇਖ ਲਿਖੋ।

MATHEMATICS

Activity 1. You're opening a healthy snack studio featuring vibrant fruits, veggies, and nutritious bites. Create a catchy name for a studio and slogan that inspires customers to indulge in wholesome goodness.

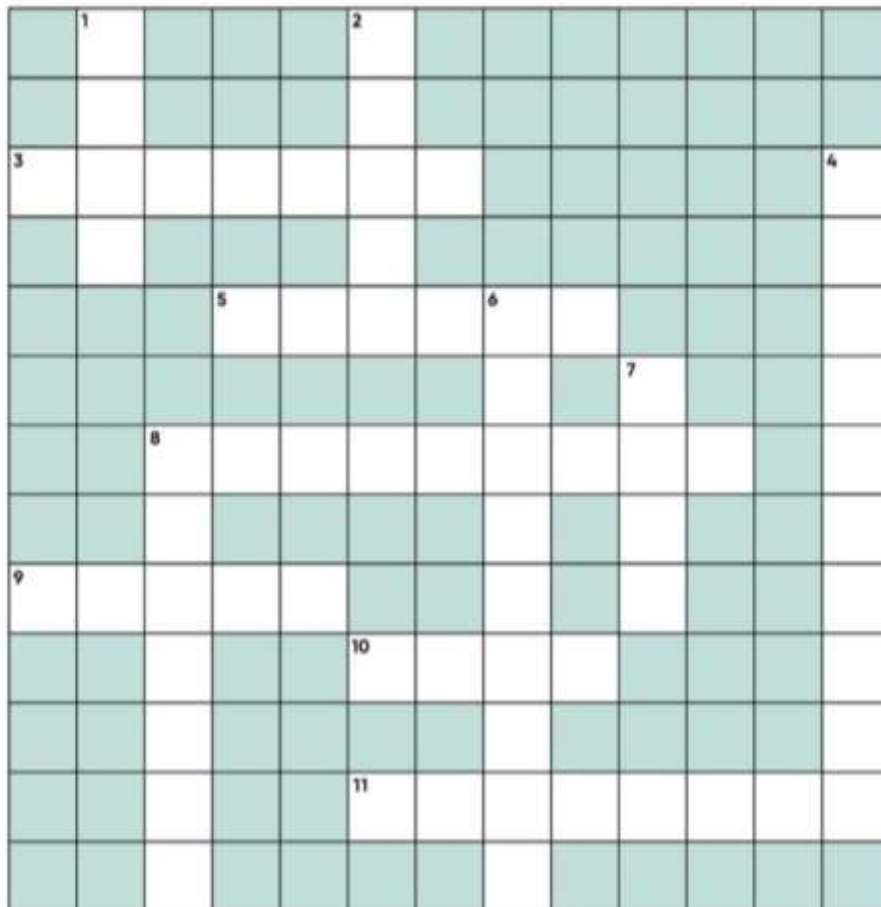
Activity 2. Design a menu featuring five healthy snack options as per the portions.

PRICE NAME OF DISH  	SMALL PORTION	MEDIUM PORTION	LARGE PORTION

SCIENCE

Activity 1 Cook a new dish/food item that is nutritious, satisfying and well balanced. Write its recipe in your scrap book and also paste the pictures of its ingredients and the final dish.

Activity 2 Complete this crossword Puzzle.



Across

- 3 A white metallic element found in milk and bone
- 5 Taking food into the body
- 8 The process of being nourished
- 9 About 453.6 grams
- 10 A person's habit of eating
- 11 Compounds necessary to good health, found in plants and animals

Down

- 1 About 1/28th of an ounce in the metric system
- 2 Ripened part of a flowering plant that contains seeds
- 4 Plant roots, leaves, stems, and flowers eaten as food
- 6 Healthy ingredients in foods
- 7 Something eaten to maintain life
- 8 To provide a person with food

SOCIAL SCIENCE

Activity 1 From locally sourced meals to global cuisine, eating habits have undergone significant transformations across centuries, reflecting shifting social values, technological innovations, and cultural exchange.

Analyze the changes in eating habits from the Ancient Era to the Modern Era. How have social values, technological advancements, and cultural exchange influenced food habits?

Activity 2 My Plate Through the Ages

Create a timeline showcasing how your diet and eating habits have changed from childhood to present, highlighting favorite foods at different ages.

ICT

Design a Power Point Presentation having at least five slides on the topic "Healthy Eating, Healthy Life" using multimedia resources, such as images, videos, and animations. It may include information such as Importance of balanced diet, benefits of healthy eating, tips for healthy eating, real life examples etc.

WORD BICYCLE DAY (3RD JUNE)



ACTIVITIES

- 1. Design and create a poster in your scrap book, highlighting the benefits of cycling (such as reduced carbon emission, air pollution, energy consumption), safety tips and ways to promote cycling in your community/area.**
- 2. Design and draw a futuristic bicycle in your scrapbook. Think about how bikes could look with new ideas like electric parts, designs, or smart features. Write few sentences explaining what's special about your bike. Make your drawing colourful and creative.**

WORLD ENVIRONMENT DAY (5TH JUNE)



ACTIVITIES

- 1. Grow vegetables, herbs, or flowers at home in pots or a small garden space. Document the growth with photos and paste them in your scrapbook.**
- 2. Create eco-friendly gifts such as cloth bags or other handmade bags (using old clothes or fabric) and gift them to your family members, friends or neighbours.**

FATHER'S DAY (15TH JUNE)

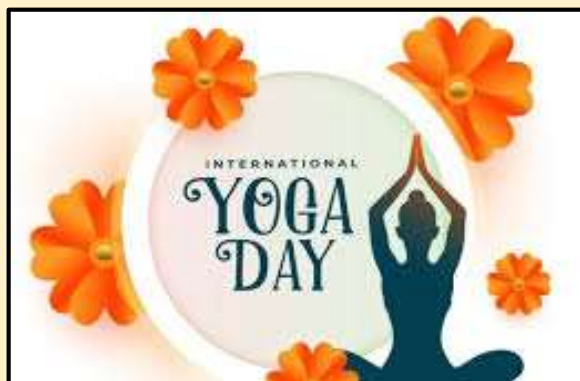


"A FATHER IS SOMEONE YOU LOOK UP TO,
NO MATTER HOW TALL YOU GROW."

Get creative and express your feelings!

- **Write a heartfelt letter to your father expressing gratitude for his love, guidance, and support, highlighting a memorable moment you shared together.**
- **Buy a gift from the market from your pocket money. Wrap it in an ecofriendly paper and gift it to your father.**

INTERNATIONAL YOGA DAY (21ST JUNE)



ACTIVITIES

1. Travel back in time to ancient India and write a brief note about the origins of yoga.
2. Observe the picture of Surya-namaskar and write the names of all twelve aasans involved.



MUSIC

Learn these songs by heart

Song no 1:- Happy Father's Day

(https://youtube.com/watch?v=SG_TvhN6fBo&feature=shared)

Song no 2:- English prayer :- Make me a channel of your peace

(<https://youtu.be/ihhvm6eLWZI?si=EPDtAZ-o8Agt5Imm>)

DANCE

Follow this link and learn the mudras

(<https://youtube.com/watch?v=bi5oVX0Sp9s&si=3gGhQqI0GBBBXDHU>)

SPORTS

Follow this link and perform these yoga exercises daily in the morning

(https://youtu.be/brjAjq4zEIE?si=Z2ktklfUiYH_M0HT)

WISHING YOU A VERY HAPPY AND SAFE SUMMER VACATION

LOOKING FORWARD TO SEE YOU
ON TUESDAY 1ST JULY 2025

