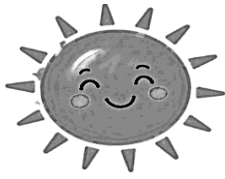


# SOMERVILLE SCHOOL, NOIDA

CLASS IV

SESSION 2026-2027



## HOLIDAY HOMEWORK



healthy  
body



healthy  
mind

+



=  
happy  
life

Summer vacations are often associated with fun and relaxation - waking up late, spending long hours playing with friends, enjoying picnics, exploring new places, and watching entertaining television shows. However, there is so much more that can be done to make this time truly enjoyable, meaningful, and memorable while still indulging in your favourite activities.

This summer, let us focus on nurturing a healthy body and a positive mind through regular physical exercise, mindful practices such as yoga and meditation, creative expression through art and play, and by spending quality time with family and friends.



### BETTER PHYSICAL HEALTH

More time for outdoor play, sports and activities boosts fitness and immunity.



### MENTAL WELL-BEING

A break from routine and academic pressure reduces stress and promotes happiness.



### ENHANCED LEARNING

Time for reading, exploring new hobbies and learning new skills sparks curiosity and creativity.



### STRONGER RELATIONSHIPS

Spending quality time with family and friends builds stronger bonds and social skills.



### DEVELOPMENT OF LIFE SKILLS

Children become more independent, responsible and confident by exploring and trying new things.

## 💧 "Freeze the Fun This Summer!" 💧

- Make Your Own Healthy Ice Popsicles

### Materials Required:

- Fresh fruits (mango, banana, watermelon, berries)
- Milk or water
- Honey or sugar (optional)
- Mixer / Blender
- Ice tray or small cups
- Sticks or spoons

STAY COOL & STAY HEALTHY!



Let's get started:

1. Wash and cut fruits into small pieces.
2. Blend fruits with a little milk or water.
3. Add honey if you like it sweet.
4. Pour mixture into cups or ice trays.
5. Insert sticks or spoons.
6. Freeze for 6–8 hours.
7. Take out and enjoy your yummy popsicles!



**“I am compassionate and sensitive. I truly care about the well-being of animals, especially those at risk.”**

- Monologue – ‘Voice of an Endangered Big Cat’

Design and paint a mask of any endangered big cat. Wear the mask, step into its world, and deliver a few lines as if you are that animal. Express its feelings, fears, and hopes using clear expressions and impactful voice modulation.

**“Where Land Meets the Sea – Exploring India’s Coasts & Islands!”** 🌍🌴

- Create a neat and colourful collage in your Activity File on the topic “Coastal Plains” or “Islands of India.” Include pictures/drawings and label key features such as beaches, ports, vegetation, and lifestyle. Add 2–3 simple facts to make your work informative. Keep it creative, well-presented, and neatly arranged.

**‘Extreme Habitats, Amazing Plants.’** 🌲🌵

- Paste pictures of two plants each that grow in mountain and desert areas and write their adaptations in the activity file.

**‘Art sparks my imagination.’** 🧠

- Draw and colour on any 2 of the given topics on A3 size sheet.
  - a) My favourite place in the whole world
  - b) A place where you want to travel
  - c) Your favourite memory
  - d) Yourself

**‘पढ़ो, बढ़ो और चमको!’**

- हिंदी - साहित्य एवं व्याकरण में पढ़ाए गए पाठों को कक्षा-परीक्षा के लिए याद करिए।

**Please note:**

- Syllabus and Date Sheet for UT-1 given.
- Revise all subjects thoroughly for UT-1.