

**3** GOOD HEALTH  
AND WELL-BEING



**Bal Bharati**  
PUBLIC SCHOOL

Sector-21, Noida, G.B. Nagar

# SUMMER FUN ACTIVITIES

SESSION 2023-24

GOOD HEALTH AND WELL-BEING

CLASSES:

PRE SCHOOL & PRE PRIMARY



*Dear Parent,*

*As a special initiative at the Pre Primary Level, and to Catch them Young, Sustainable Development Goals (UN-defined collection of global goals for the blueprint to achieve a better and more sustainable future for all) have been taken up extensively to make the students aware of the SDGs.*

*In this endeavour, we have chosen SDG 3 'Good Health and Well-Being' as the 'Summer Holiday Homework' topic. A wide range of activities and worksheets have been planned and created to keep the tiny tots engaged fruitfully during the summer break, fostering a fun-filled learning environment.*

*With the help of these activities, the child will be able to:*

- develop healthy eating habits and follow a balanced routine.*
- develop socially, emotionally, mentally and physically.*
- manage sad, worrying or angry feelings and bounce back from tough times.*

*We urge the parents to help their wards know more about SDG 3 - 'Good Health and Well-Being' and help their wards carry out the activities. Some innovative and informative worksheets, based on the topics covered in the Summer Holiday Homework, have been designed and attached along with the HHW. Parents are requested to help their wards complete the activities given in the worksheets. It is requested that parents allow the children to carry out the activities by themselves. We would appreciate and love to see the work of our tiny tots.*

*The HHW is to be submitted in a labeled folder with your child's name, class, and section written on it after the summer break. We will inform you about the submission date of the holiday homework upon school reopening.*

# EAT A RAINBOW

You are WHAT you eat.....

***It is important to encourage children to eat a variety of fruits and vegetables. They may not enjoy them all, but trying them is the key to develop for a lifetime. Motivating children to 'Eat the Rainbow' is a great way to focus on healthy eating. Eating the Rainbow refers to incorporating colourful fruits and veggies into our daily diet.***



## ACTIVITY TIME

Choose 2 of your favourite colours out of the 7 rainbow colours. Think of the fruits/ vegetables of the chosen colours and create them using coloured paper from old newspapers or magazines using the given link.

Click me to learn the 3D Paper Fruits/ Vegetables.

Want to make your classroom look attractive? Please attach a string to your fruits and veggies and hang them in your classroom after the vacation.

## TRIVIA TIME

Potatoes were the first food planted in space.



Yoga: The External and Internal Purifier

## A Healthy Start to a Healthy Living

Yoga- A way of feeling relaxed and calm!

The activity has been designed keeping in mind the 'International Yog Diwas' observed on 21<sup>st</sup> June, every year.

### Benefits of Yoga for Kids:

1. Improves flexibility and strength.
2. Enhances concentration and focus.
3. Reduces stress and anxiety.
4. Boosts self-esteem and confidence.

Let's have fun watching a few videos on yoga:

<https://www.youtube.com/watch?v=8NJwqfMOBq8>

<https://www.youtube.com/watch?v=oYIOTPJOuGk>

Children will listen to the song and recite with actions:

<https://www.youtube.com/watch?v=Url98e50Qro>



### Activity Time:

The parent will upload the video of their child performing Yoga on MS Teams.

# इंहेत के थलल

Cooking encourages critical thinking, problem-solving, estimation and creativity. Kids are picky eaters. Taking them into the kitchen to cook can help them experience new tastes. Cooking teaches toddlers a life skill while spending quality time together with the family.

Dear children, Prepare a delicious and healthy snack with the help of your parents. Don't forget to click a picture of yourself while preparing the same. Paste the picture on an A4 sheet and share your experience with your friends in the class.

## Strawberry crackers



For Pre School

Click on the picture for the recipe.

For Pre Primary

Click on the picture for the recipe.



Plenty of fruit helps the children get adequate amounts of Potassium and Vitamin C, nutrients that boost their immune system and helps prevent infection.

Strawberry is a nutritious fruit that children love. This recipe is a simple and fun way to let your children include their favorite fruit into a quick snack.

# Cleanliness and Hygiene

Good hygiene is one of the most effective ways to protect ourselves and others from many illnesses.

## ACTIVITY TIME

“There are more germs on your body than people in the United States”.

Hands come in contact with around 10 million bacteria per day.

Dear Parents,  
Kindly help your child to do the following activities, click pictures & create a flipbook.

- Indulge in any hobby as per child's interest that will keep the mind and body healthy.
- Exercise/play for a healthy heart.
- Eat nutritious food.

# MENTAL HEALTH AND WELL BEING

## PILLARS OF WELLNESS



Good mental health and well-being are essential for children's overall health and happiness. It involves feeling good, thinking positively, and behaving in a healthy way. By promoting positive emotions, healthy relationships, and coping skills, we can help our tiny tots develop into resilient and happy individuals.

So, without further ado, let's dive into the wonderful world of mental health and well-being!

- ❑ Practice Relaxation Techniques: Take deep breaths, meditate, or do yoga to help your body relax and feel calm.
- ❑ Be Kind to Yourself and Others: Treat yourself and others with kindness and respect. Show love and care to the people around you.
- ❑ Talk About Your Feelings: It is okay to feel happy, sad, or angry. Talk to someone you trust, like a family member or teacher, about how you are feeling.
- ❑ Pray or Chant Shlokas: Reciting prayers or shlokas can help you feel peaceful and grateful. Choose ones that are meaningful to you.

Remember, these instructions are just a guide to help promote mental health and well-being. Every child is unique and may have different needs. Encourage children to explore what works best for them and help them find their own ways to stay happy and healthy.

Create a video of your preferred shloka or prayer and upload it on MS Teams

Kindly refer to the YouTube links for shlokas and prayers:

- <https://www.youtube.com/watch?v=wZpxB3P4wBU>
- <https://youtu.be/pqFrXwpTI-w>
- <https://youtube.com/watch?v=XS2cyf26rKw&feature=share>
- <https://youtu.be/rBmclNp9MS0>



# MY DAILY REGIME



"Motivation is what gets you started. Habit is what keeps you going." – Jim Ryun

## "Activity Time"

### My Pictorial Timeline

Dear Parents,  
Kindly help your child in preparing his/her daily routine chart as per the daily chores performed during the day.

Please encourage the child to follow the routine every day and mark it with a star sticker or colour in the space provided in the checklist on completion of each task.



Kindly refer to the next slide.

A simple daily routine provides a basis for children to learn other essential skills such as basic hygiene, time management, self-control, and self-care. Having a routine helps to bring consistency and comfort to a child's life, as well as providing a sense of self-care and confidence.



## "Sing Along"

Dear Parents,  
Kindly help your child to learn the given rhyme while enjoying performing his/her daily routine. The child will enact the same in the classroom after the summer break.

"This is the way..."

This is the way we wash our hands,  
wash our hands.

This is the way we wash our hands  
so early in the morning.

This is the way we brush our teeth,  
brush our teeth, brush our teeth  
This is the way we brush our teeth  
so early in the morning.

This is the way we comb our hair,  
comb our hair, comb our hair,  
This is the way we comb our hair so  
early in the morning.

This is the way we go to school, go  
to school, go to school.

This is the way we go to school so  
early in the morning."



# Morning

I brush my teeth in proper way.



S M T W T F S

I take a bath daily.



S M T W T F S

I comb my hair neatly.



S M T W T F S



I do some form of exercise daily.



S M T W T F S

I eat my breakfast on time.



S M T W T F S

Let us learn to brush in the right manner. Click on the link to understand:

<https://youtu.be/YSy8FSntDiU>

# Night

I brush my teeth before going to bed.



S M T W T F S

I thank God everyday before going to the bed.



S M T W T F S

I eat dinner with my family



S M T W T F S

I arrange my things.



S M T W T F S

I listen to a bedtime story



S M T W T F S





**I SUPPORT**  
**GOAL 3**  
**GOOD HEALTH**  
**AND WELL-BEING**

The secret of health for both mind and body is not to think about the past, not to worry about the future, or not to anticipate troubles, but to live in the present moment wisely and earnestly.

The Buddha