

## **Bal Bharati Public School, Pitampura**

### **Let's Explore and Learn**

#### **Activities to engage your child during the holidays.**

1. The following activities are to be done in a notebook.(one notebook for all subjects)
2. **Reading Activity - Read the supplementary readers prescribed in your English Syllabus and design 'comic strip' for any one.**

## **TED TALKS**

**TASK** – Students must watch the TED Talks carefully and write three takeaways that they learnt from the same. (Word Limit – 80-100 words)

### **Class VI –**

1. The Mindset of a Champion – Carson Byblow - <https://www.youtube.com/watch?v=px9CzSZsa0Y>

2. We Are All Different – and THAT’S AWESOME! – Cole Blakeway -  
<https://www.youtube.com/watch?v=sQuM5e0QGLg>

### **Class VII –**

1. You Don’t Find Happiness, You Create It – Katarina Blom -  
<https://www.youtube.com/watch?v=9DtcSCFwDdw>

2. The Power of Reading – April Qu - <https://www.youtube.com/watch?v=9fLlkOMrMq4>

### **Class VIII –**

1. The Psychology of Self – Motivation – Scott Geller -  
<https://www.youtube.com/watch?v=7sxpKhIbr0E>

2. Being Happy and Living at the Moment – Aisha Chaudhari -  
<https://www.youtube.com/watch?v=ENTf10L1jt0>

### **Class IX –**

1. Why I Live a Zero Waste Life? – Lauren Singer -  
<https://www.youtube.com/watch?v=pF72px2R3Hg>

2. JK Rowling on The Benefits of Failure - <https://www.youtube.com/watch?v=kM8HJPbFnJg>

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## Developing an Attitude of Gratitude

Gratitude is the quality of being thankful, readiness to show appreciation for and to return kindness. We have innumerable blessings in our lives which we often take for granted. Through this exercise, let us learn to count our blessings and develop an attitude of gratitude, one day at a time.

*These activities are to be done [one activity per day]*

### DAY 1 - Gratitude Jar

For this exercise you can use any available jar at home and use available materials at home to decorate it. Think of at least three things throughout your day that you're grateful for. It can be something as benign as a coffee at your favourite place or as grand as the love of your dear friend. Do this every day. Write down what you are grateful for on little slips of paper and fill the jar. Over time, you will have a jar full of myriad of reasons to be thankful for.

### DAY 2 - Gratitude Tree

- Leaf cutouts to write on
- Punch a hole at the top of each leaf
- Put a string/ribbon through each
- Put stones in a vase, stick the tree branch or twig in the middle
- Draw/write things that you are grateful for
- Hang the leaves from the branches and behold your gratitude tree.

### DAY 3 - Fill in the Blanks

Identify three things in each category that you're thankful for -

S. No	I'm grateful for these three things	List your choices here -
1.	I hear	
2.	I see	
3.	I smell	
4.	I touch/feel	
5.	I taste	
6.	Three Blue Things	
7.	Three Animals/Birds	
8.	Three Friends	
9.	Three Teachers	
10.	Three Family Members	
11.	Things at my Home	
12.	Three Holidays	

13.	Three Books I love	
14.	Things I love to wear	
15.	Technological Gadgets	
16.	Three Simple Pleasures	
17.	Things from Last Week	
18.	Life Lessons I've Learned	
19.	Things I'm Good at	
20.	Things I Take for Granted	

#### **DAY 4 – A Letter to God**

Write a letter to God thanking him for all the blessings in your life. Describe what you're doing in life now and how frequently you remember his acts of kindness and generosity. (*Word Limit – 150 Words*)

#### **DAY 5 – Gratitude Journal**

Take out a few minutes every day to write down five good things about your day. The entries don't have to be major events – they can be as simple as a good meal, talking to a friend, or getting through a difficult challenge.

#### **DAY 6 – Thank You Postcards**

Design 2 small postcards for your friends/family members/teachers/anyone you want to thank. Mention the reason why. The card doesn't have to be too fancy. Focus more on the content.

#### **DAY 7 – 'What Would You Feel Without It'**

Write the names of five of your favourite things/people on a small post card or a sticky note. Describe how you would feel if that thing/person were to go missing from your life.

#### **DAY 8 – 'What Went Well?'**

Write down three things that went well in your day/week and explain why. The items can be everyday – your co-worker made coffee for you, your husband picked up a treat for you, or something extraordinary like you got a promotion, you topped the class etc. Next to each positive event, answer the question, 'Why did this happen?'

Reflect on the good things and feel the gratitude for them.

### **DAY 9 – Draw Gratitude**

Gratitude is a powerful practice that has received a lot of attention. There are some real benefits associated with cultivating gratitude. If gratitude was a person, how would it look like? Draw your interpretation of gratitude. You can sketch, paint, colour or convert it to a cartoon.

### **DAY 10 – Self Gratitude**

Identify three things that you appreciate about yourself. Pick things that are meaningful. These can involve your personality, your qualities, your actions or anything else directly related to yourself.

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## CREATIVE AND ENGAGING ACTIVITIES FOR STUDENTS

- From Chemistry to Biology to Physics and much more, these men and women have helped us learn more about the world around us, the universe, and why things work the way they do! Find the names of any 5 famous scientists and collect information about their discovery. (Word Limit- 50 words)
- Transform a fictional book character into a hand puppet. Students have to read a book in order to know how the book character looks like. They can create a short video of 2 min to tell about the book with their hand puppet.
- Create your own water clock.( refer to website : [steampoweredfamily.com](http://steampoweredfamily.com))
- Virtual field trip: explore the world without leaving your home with the help of virtual field trips and write a brief report in 100 words. Boston children's museum.
- A first-person diary describing a day in the life of your favorite animal—with information about habitat, predator-prey interactions, and survival strategies.
- A first-person account of a major volcanic eruption, such as Mount St. Helens, including all relevant scientific details, the type of volcano, the nature of the eruption, the damage done.
- A story describing the journey of a bite of food from the mouth on downward, with details showing all the steps along the way (this makes a great comic strip or first-person account).
- With due credit to H.G. Wells, a story about a trip back in time to the Jurassic or any other era, describing the plants, animals, and topography of the time.
- And with a nod to Jules Verne, a scientifically accurate journey to the center of the earth, describing the characteristics of each layer one would encounter.

- Do it yourself activity:

Does an Orange Float or Sink?

- Does an orange float or sink when placed in water? Seems like a fairly straight forward question, but is it? Give this fun density science experiment for kids a try and answer the question while learning a unique characteristic of oranges

What you'll need:

- An orange
- A deep bowl or container
- Water

Instructions:

1. Fill the bowl with water.
2. Put the orange in the water and watch what happens.
3. Peel the rind from the orange and try the experiment again, what happens this time?

What's happening?

The first time you put the orange in the bowl of water it probably floated on the surface, after you removed the rind however, it probably sunk to the bottom, why?

The rind of an orange is full of tiny air pockets which help give it a lower density than water, making it float to the surface. Removing the rind (and all the air pockets) from the orange increases its density higher than that of water, making it sink.

Density is the mass of an object relative to its volume. Objects with a lot of matter in a certain volume have a high density, while objects with a small amount of matter in the same volume have a low density.

Name \_\_\_\_\_

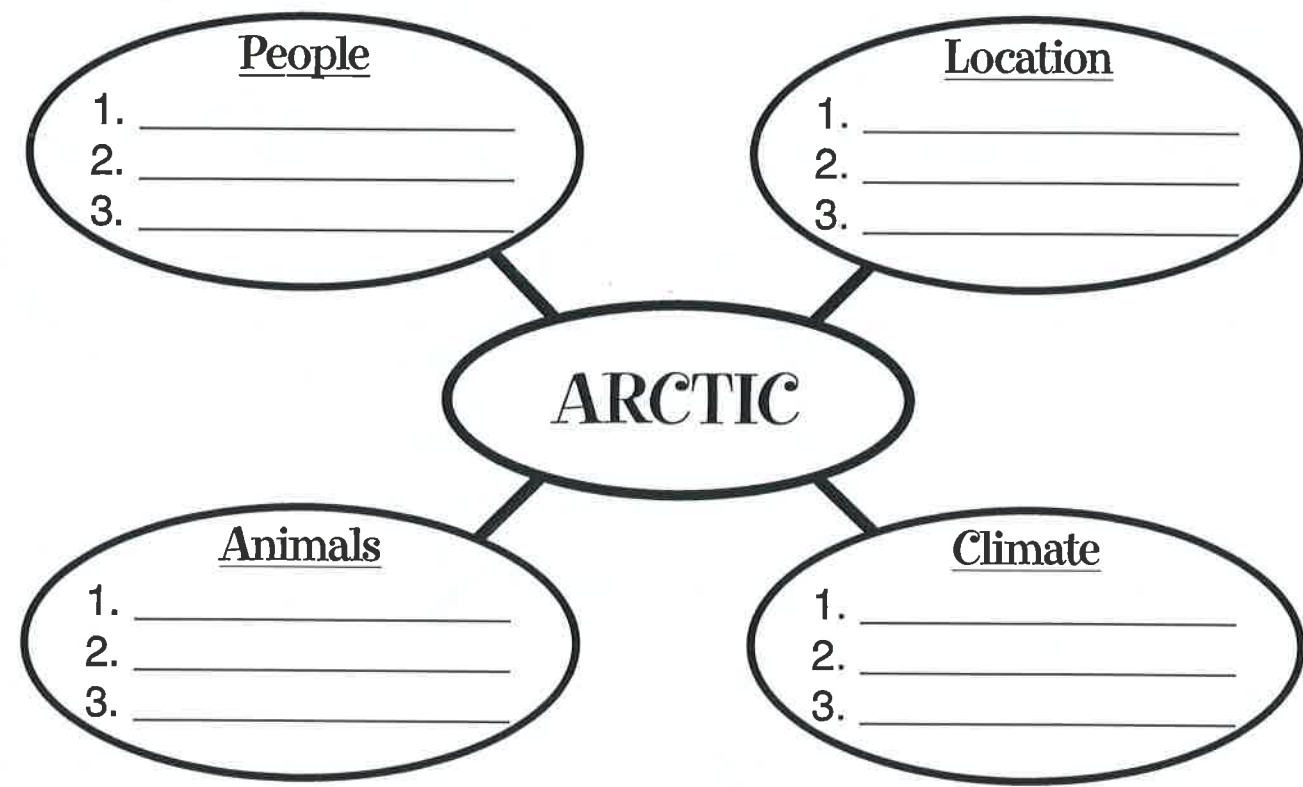
### Arctic Facts

Read the passage about the Arctic. Then fill in the web with facts from the passage. Include at least three facts for each heading.

The Arctic is a large region of the earth around the North Pole. This region includes the Arctic Ocean, Greenland, Iceland, thousands of smaller islands, and the northern parts of three continents: North America, Europe, and Asia. Many of the inhabitants are Eskimos, people native to the region. Still others are Lapps, Yakuts, and Chukchi.

Wildlife in the Arctic includes wolves, polar bears, foxes, many birds, caribou, lemmings, voles, walrus, and Arctic hares. The most common Arctic fish is the char, a kind of trout.

The Arctic climate is harsh. Temperatures can reach 70 degrees below freezing in the winter. Blustering winds make the weather even more bitter. Summers are short and cool.





## ASSIGNMENT-2

CLASS-7

Name \_\_\_\_\_

### Amazing Analogies .....

Analogies show relationships between pairs of words.

Analogies look like this: yolk : egg :: pit : cherry.

You read this analogy by saying: "Yolk is to egg as pit is to cherry."  
In this example, the relationship is part to whole: a yolk is part of an egg, and a pit is part of a cherry.

Complete the analogies below. Then write the analogy statement.  
The first one has been done for you.

1. dry : desert :: wet : ocean     Dry is to desert as wet is to ocean.
2. palm : hand :: sole : \_\_\_\_\_
3. three : triangle :: four : \_\_\_\_\_
4. Venus : planet :: poodle : \_\_\_\_\_
5. pears : trees :: pumpkins: \_\_\_\_\_
6. turkey : Thanksgiving :: witch : \_\_\_\_\_
7. shades : windows :: rugs : \_\_\_\_\_
8. swimming : water :: sledding : \_\_\_\_\_
9. grapes : cluster :: bananas : \_\_\_\_\_
10. teacher : chalk :: artist : \_\_\_\_\_
11. book : read :: television : \_\_\_\_\_
12. sugar : sweet :: lemon : \_\_\_\_\_

ASSIGNMENT - 3 - CLASS - 7

## WHAT WOULD HAPPEN?

This exercise is designed to help you think laterally and discover new ways of looking at the world. Answer these questions using creative and constructive thinking. You can use as much detail as you like. For fun, try to think of your own "What Would Happen?" questions!

What would happen if ...

... there were suddenly no computers, tablets, or phones of any kind anywhere on Earth?

... we had to live in a world without electricity?

... you woke up one morning to discover you had changed into a cartoon character?

... all the animals in the world could suddenly communicate with us in our own language?

... you discovered your best friend was a superhero?

ASSIGNMENT- 4  
CLASS - 7

Name \_\_\_\_\_

## Recycled Words

.....

You probably recycle cans and newspapers, but did you know that you can recycle words too? You can use the same word to make many different words and phrases. For example, you might use the word ice to make the words ice skate, iceberg or ice water.

For each row, add the same word on the lines to make new words.

Example: coat check      coat room      coat of arms

1. \_\_\_\_\_ lash      \_\_\_\_\_ brow      \_\_\_\_\_ sight
2. \_\_\_\_\_ mark      \_\_\_\_\_ mine      \_\_\_\_\_ scape
3. \_\_\_\_\_ born      \_\_\_\_\_ England      \_\_\_\_\_ Year's Day
4. \_\_\_\_\_ work      \_\_\_\_\_ fest      \_\_\_\_\_ block
5. \_\_\_\_\_ around      \_\_\_\_\_ away      \_\_\_\_\_ off
6. \_\_\_\_\_ shape      \_\_\_\_\_ wreck      \_\_\_\_\_ yard
7. \_\_\_\_\_ bow      \_\_\_\_\_ coat      \_\_\_\_\_ dance
8. \_\_\_\_\_ storm      \_\_\_\_\_ plow      \_\_\_\_\_ shoe
9. \_\_\_\_\_ pen      \_\_\_\_\_ house      \_\_\_\_\_ room
10. \_\_\_\_\_ roll      \_\_\_\_\_ shell      \_\_\_\_\_ nog

# ASSIGNMENT - 5

CLASS - 7

Name \_\_\_\_\_

## **Scavenger Hunt** .....

**Guess what! You're going on a scavenger hunt, and you don't even have to leave your desk. Think of something that fits each of the descriptions below and write it in the blank.**

1. Something you toss: \_\_\_\_\_
2. Something that is messy: \_\_\_\_\_
3. Something that changes shape: \_\_\_\_\_
4. Something that you should not walk on: \_\_\_\_\_
5. Something that you shake: \_\_\_\_\_
6. Something that smells fantastic: \_\_\_\_\_
7. Something that you heat: \_\_\_\_\_
8. Something that changes color: \_\_\_\_\_
9. Something that you freeze: \_\_\_\_\_
10. Something that you stir: \_\_\_\_\_
11. Something that is loud: \_\_\_\_\_
12. Something that grows: \_\_\_\_\_
13. Something that opens:  
\_\_\_\_\_
14. Something that you carry: \_\_\_\_\_

## Thinking Skills Worksheet for Class 7 (Part 1)

Worksheet- 6

[WORD LIMIT- 50-60 WORDS]

1. If there were three things in your life you considered harmful and that you could give up, what would you give up and why?

2. How does being healthy affect our relationships with others?

3. What is the difference between "surviving" and "living"?

4. If someone had a very good reason for asking you to lie for them, would you do it? Why or why not?

## Thinking Skills Worksheet for Class 7 (Part 2)

Worksheet- 7

[WORD LIMIT- 50-60 WORDS]

1. Do we have a moral obligation to help those less fortunate than we are? Why or why not?

2. What do you believe should be the laws that govern social media? Why and how would you enforce these laws for the good of all?

3. What harsh truths about life do you prefer to consciously ignore, and why?

4. Do you consider math a language we could use for communication? How could we use it in this manner?

सातवीं  
प्रश्न<sup>1</sup> बचपन जीवन का सबसे सुहावना समय है। जब यह बीत जाता है सब इसे याद धरके सोचते हैं कि यह न बीतता तो कितना ही अच्छा होता। आप बचपन के किन क्षणों को आज भी याद धरते हैं?

प्रश्न<sup>2</sup> किसी ऐसी घटना को वर्णन करें जब आपने किसी को बचाया हो या आपने किसी की सहायता की हो।

प्रश्न<sup>3</sup> पैड़ों से ही मनुष्य को जीवन संभव है अगर धरती पर पैड़ न होते तो — — —

प्रश्न<sup>4</sup> 'अमर चित्र कथा' से कोई कहानी पढ़कर उसे संवाद रूप में लिखिए।

प्रश्न<sup>5</sup> आपका जन्मदिन खुशियाँ लेकर आया। इस अवसर पर आपने अपने मित्रों को पार्टी देने का निर्णय लिया। तभी आपको पता चला कि आपके यहाँ काम धरने वाली आँटी की बेटी को भी जन्मदिन है और वह उदास है, ऐसे में आप उसके लिए क्या करना चाहेंगे।

प्रश्न<sup>6</sup> आसमान में बाले-बाले बादल धिर आए थे हम स्कूल से धर लौट रहे थे कि — — —

प्रश्न<sup>7</sup> त्योहार खुशियाँ बाँटने का साधन है। अगर इस खुशी के मोर्के पर हम पराखों द्वारा प्रदूषण फैलाते हैं तो क्या यह उचित है तर्क सहित लिखें।

प्रश्न<sup>8</sup> कदा दूरी में आपने 'पिटारा' की कहानियाँ पढ़ी। अपनी मनपसंद कहानी को कविता रूप में लिखिए।

## DAY :1

### UNITS AROUND ME

UNIT	APPROXIMATE SIZE
1 Millimeter (mL)	Capacity of an eyedropper
1 liter (L)	Capacity of a juice carton
1 kiloliter(KL)	Capacity of 4 bathtubs

Choose the more reasonable estimate to capacity.

- |                           |        |         |
|---------------------------|--------|---------|
| 1. A Frooti               | A 250L | B 25KL  |
| 2. A pot for cooking      | G 2KL  | K 2L    |
| 3. A tablespoon           | M 15L  | F 15ML  |
| 4. An automobile gas tank | N 50L  | P 50KL  |
| 5. A swimming pool        | Z 80L  | O 80KL  |
| 6. A water cooler jug     | H 20L  | R 2L    |
| 7. A drinking glass       | W 25ML | B 250ML |

### COMPLETE EACH STATEMENT

- |     |          |          |
|-----|----------|----------|
| 8.  | 0.5L     | =.....ML |
| 9.  | 10,000ML | =.....KL |
| 10. | 25000ML  | =.....L  |
| 11. | 1.75KL   | =.....L  |
| 12. | 40KL     | =.....ML |
| 13. | 750L     | =.....KL |
| 14. | 8.5KL    | =.....L  |
| 15. | 1KL      | =.....L  |
| 16. | 1500ML   | =.....L  |
| 17. | 500ML    | =.....KL |



## DAY :2

### LETS PLAY WITH OPERATIONS

**MISSING SYMBOLS :** Add symbols + , - ,  $\times$  ,  $\div$  to make following statements correct

1.      8          2          6          3          = 14 .....
2.      3          2          6          4          = 32 .....
3.      16        4          6          1          = 10 .....
4.      9          8          3          2          = 7 .....
5.      3          3          2          3          = 1 .....
6.      12        3          2          2          = 0 .....
7.      7          4          1          3          = 9 .....
8.      1          8          6          3          = 1 .....
9.      15        5          3          7          = 2 .....
10.    15        3          4          8          = 11.....

## DAY :3

### Vedic Maths Sutra

Search any one Vedic math Sutra and show its application through three examples.

## DAY :4

### Construction

Construct all angles that are multiple of  $15^\circ$  using compass (upto  $180^\circ$  )

## DAY :5

### TANGRAMS

Create a garden scenery using Tangrams .

## Day :6

Lets Solve Soduku

5	3			7				
6			1	9	5			
	9	8					6	
8				6				3
4			8		3			1
7				2				6
	6					2	8	
			4	1	9			5
				8			7	9

5				1				4
2	7	4				6		
	8		9		4			
8	1		4	6		3		2
		2		3		1		
7		6		9	1		5	8
			5		3		1	
		5				9	2	7
1				2				3

## Day :7

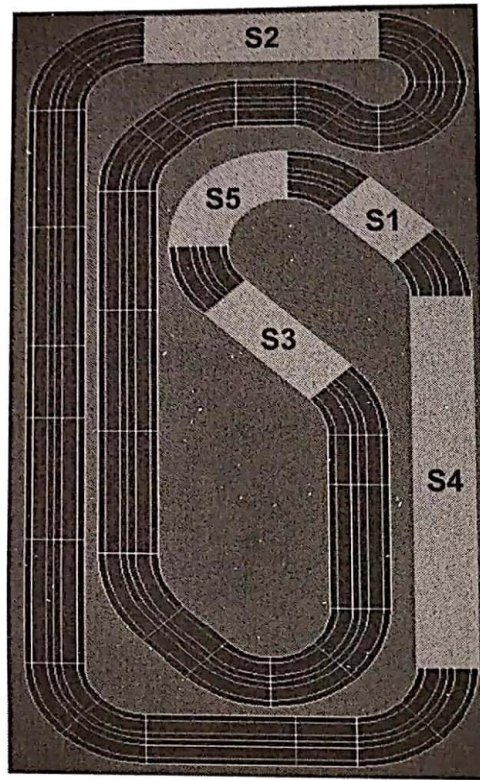
Lets have fun with Khan Academy Assignments and Modules (topics mentioned below)

Congruence of triangles, exponents and power, comparing quantities, symmetry, triangles and its properties

## Day 8

Let's practice

- 1** Shown below is a race track. Some sections are highlighted in grey.



Which of these sections is parallel to S1?

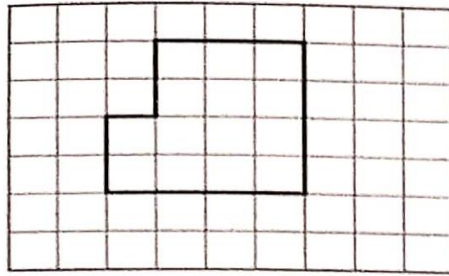
- A. S2
- B. S3
- C. S4
- D. S5

- 
- 2** A restaurant has  $y$  chairs which are either red or brown.  $\frac{1}{4}$  quarter of the chairs are red.

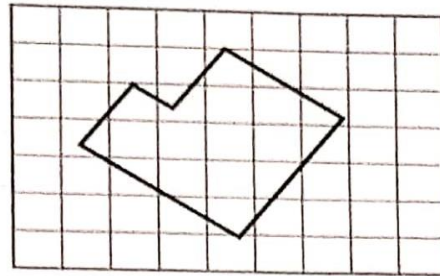
Which expression represents the number of BROWN chairs in the restaurant?

- A.  $\frac{3y}{4}$
- B.  $\frac{y}{4}$
- C.  $\frac{3}{4}$
- D.  $\frac{1}{4}$

- 3** Praveen placed the same shape on identical grids but in different orientations as shown below.



Case 1



Case 2

In which case does the shape occupy more area on the grid?

- A. Case 1
  - B. Case 2
  - C. (The shape occupies the same area in both cases.)
  - D. (Cannot say without knowing the actual area of each square on the grid.)
- 
- 4** Which of these numbers lie between (-25) and 55?
- (i) 0
  - (ii) 15
  - (iii) (-45)
- A. only (iii)
  - B. only (i) and (ii)
  - C. only (i) and (iii)
  - D. all - (i), (ii) and (iii)

- 
- 5** Look at the equation below.

$$247 \times \square = 7821$$

Which of these is CLOSEST to the number in the box?

- A.  $8000 \div 250$
  - B.  $8000 \div 200$
  - C.  $250 \div 8000$
  - D.  $250 \times 8000$
- 
- 6** 50 is a multiple of a number and 2 is a factor of the same number.

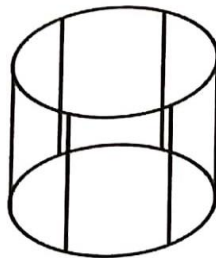
Which of these could be the number?

- A. 100
- B. 25
- C. 10
- D. 1

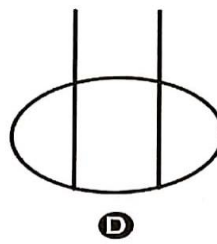
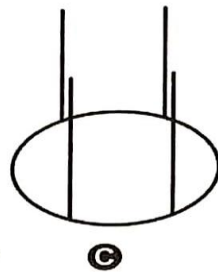
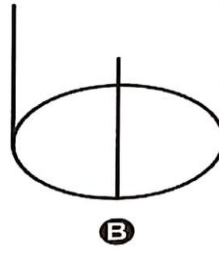
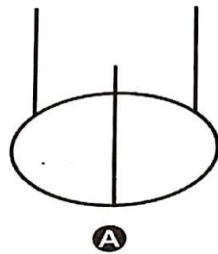
**7** Which of these is closest to  $5\frac{10}{11}$ ?

- A. 6
- B. 5
- C. 4
- D. 1

**8** The structure below is made by combining TWO IDENTICAL shapes.



Which of these could be one of the identical shapes?



**9** Tim plays a game in which he has to toss a coin four times.

For each toss, if he gets tails(T) he scores 3 points and if he gets heads(H), he loses 1 point.

His score after four coin tosses is 4.

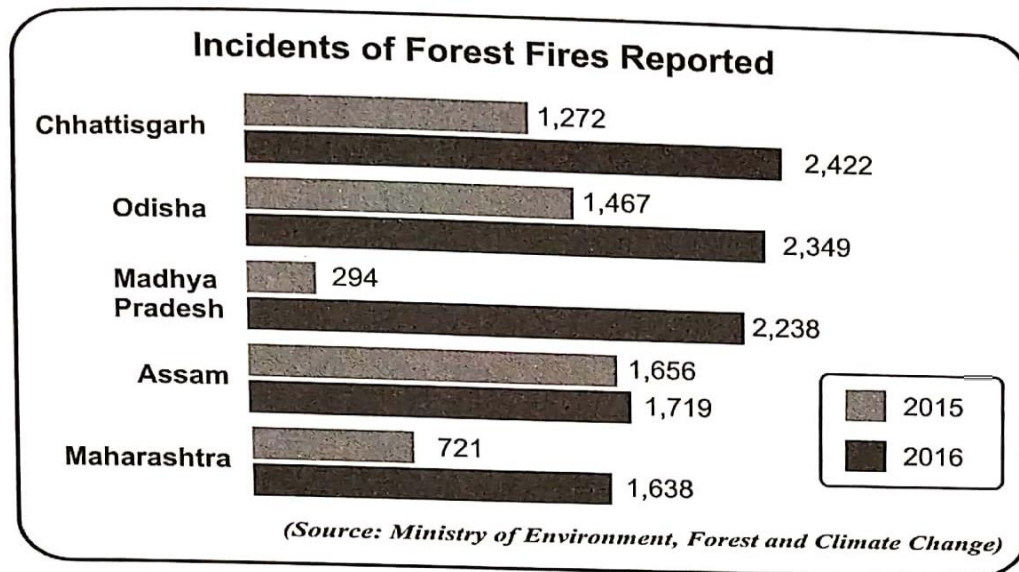
Which of the following could be the outcome of his tosses?

- A. TTTT
- B. HHHH
- C. HTHT
- D. HHHT



Answer questions 10 and 11 based on the given information.

The graph below shows the incidents of forest fire reported in five states in the years 2015 and 2016.



**10** In which state did the number of incidents reported change the least from 2015 to 2016?

- A. Odisha
- B. Madhya Pradesh
- C. Assam
- D. Maharashtra

**11** About how many incidents of forest fires were reported in all these five states together in 2016?

- A. 5000
- B. 10000
- C. 15000
- D. 20000

**12** There are 50 boxes of marbles marked 1 to 50. Each box has 66 marbles.

One marble is taken from the 1st box and put in the 2nd box. Then, 2 marbles are taken from the 2nd box and put in the 3rd box. This continues till 49 marbles are put in the 50th box.

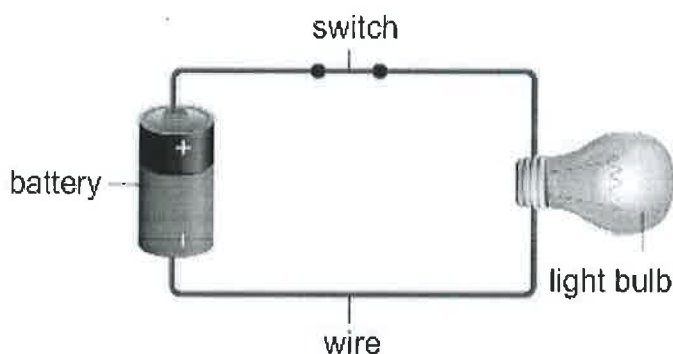
Now, how many marbles are there in the 35th box?

- A. 100
- B. 66
- C. 65
- D. 31

## Electromagnets

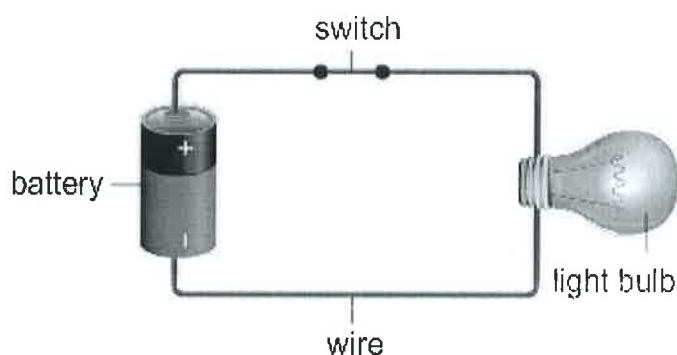
**Choose the correct answer.**

1. When electricity flows through a wire which of the following appears?



- ☐ Gravitational field
- ☐ Magnetic field

2. Which of the following will happen to the wire as it is connected to each end of the battery as shown in the image?



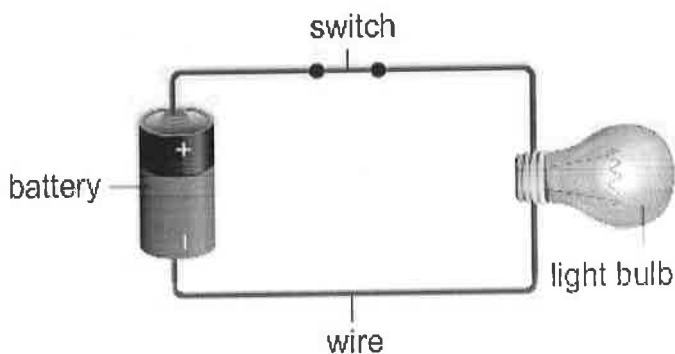
- ☐ The wire will break apart.
- ☐ The wire will get hot.

3. Which of the following is used to describe a force of nature between particles such as electrons and protons?

- ☐ Hurricanes
- ☐ Electromagnetism

**State whether the following statement is true or false.**

4. A magnetic field can be produced when an electric current flows through a wire.



- ☐ True
- ☐ False

**Choose the correct answer.**

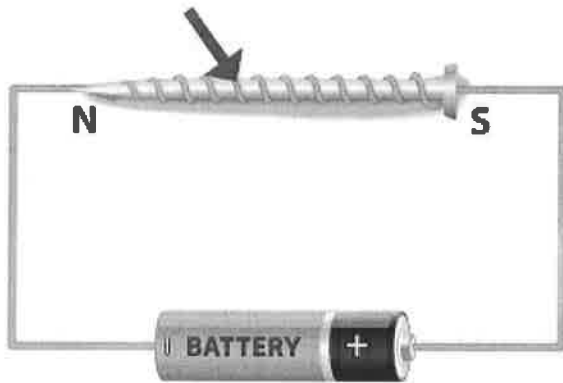
5. An electromagnet is which of the following?



- ☐ Temporary magnet
- ☐ Permanent magnet



6. Which of the following is the arrow pointing to in the image of the electromagnet?



- ☐ Solenoid
- ☐ Android

7. Which of the following will result in a stronger electromagnet if all other variables stayed the same?

- ☐ 12-volt battery
- ☐ 6-volt battery

8. Which of the following will result in a stronger electromagnet if all other variables stayed the same?

- ☐ 25 turns of wire on a core
- ☐ 50 turns of wire on a core

9. Which of the following is shown in the image?



- ☐ Electromagnet
- ☐ Generator

10. Which of the following is the coil of wire that produces an electromagnet?

- ☐ Android
- ☐ Solenoid

**State whether the following statement is true or false.**

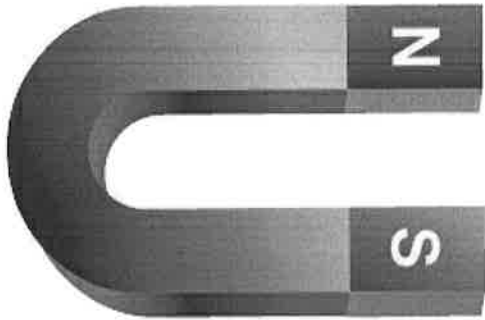
11. An electromagnet has North and South poles just like a regular permanent magnet.



- ☐ True
- ☐ False

**Choose the correct answer.**

12. The image shown below is which of the following types of magnets?



Horseshoe magnet

- ☐ Permanent magnet
- ☐ Temporary magnet

13. \_\_\_\_\_ can be created by a person turning a hand crank or by using a bicycle.

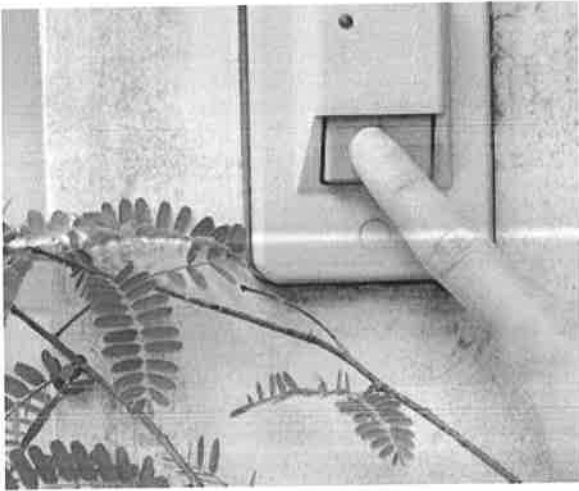
- ☐ Electricity
- ☐ Matter

14. Which of the following persons built the first electromagnetic motor?

- ☐ Hans Oersted
- ☐ Joseph Henry

**State whether the following statement is true or false.**

15. A doorbell uses an electromagnet for its operation.



- ☐ True
- ☐ False