

GRADE – VII SUMMER HOLIDAY HOMEWORK: 2024 – 25

Dear Parent,

The greatest gifts you can give your children are the roots of responsibility and the wings of independence.

– Denis Waitley

It is not what you do for your children, but what you have taught them to do for themselves, that will make them successful human beings. – Anne Landers

This is precisely what **Pragathi Central Schools** emphasise on. Our children must be the exemplars of future generation in acts of responsibility, sharing, caring, humility and kindness for the family and community. It strongly believes that inculcating true sense of responsibility towards their work and the family is an essential part of the 'growing-up' years.

PROJECT - 1

TIME MANAGEMENT – HOW TO PUT YOUR TIME TO PRODUCTIVE USE

Dear Children,

Please make a time table of yours with the chores listed below:

1. Cleaning the water bottle and filling it. **(Compulsory-to be done every day)**
2. Making the bed after waking up and folding the blanket. **(Compulsory- to be done every day)**
3. Folding the clothes / dusting the furniture / settling things and organizing them in their proper places / watering plants/ learn to do the dishes / sweeping – **any three to be done every day)**
4. Study time
5. Nap time **(compulsory)**
6. Prepare Lemonade/Buttermilk and serve family members. **(Compulsory- to be done every day)**
7. Recreation – Playing / watching TV (If all the chores are completed) / Dance (Follow the videos shared by your class teacher)
8. Dinner time (help your parents clear the dishes and clean the table)
9. Take daily responsibility in keeping your restroom clean.



PROJECT – 2

Non-dominant hand writing (using your less frequently used hand)

Learning objective: It is important to use both hands equally because it can help with cognitive and physical development. It also stimulates new neural pathways in the brain that can lead to creativity and problem solving besides improving one's memory power.



Write any 2-5 lines per day with the hand that is used less. If your child is right-handed, please make him/her write with left hand, & vice versa.

PROJECT – 3

Practice the following which were taught at school.

Life skills:

- (i) Summer precautions (Week – 1)
- (ii) Mindful eating (Week – 2)
- (iii) Stranger danger (Week – 3)
- (iv) How to be a good guest and a good host (Week –4)

➤ **Content will be broadcasted**



WEEKLY PROJECTS

WEEKLY PROJECTS TO NURTURE RESPONSIBILITY AND ACCOUNTABILITY

1. Cleaning the comb
2. Preparing vegetable or fruit salad/sandwich
3. Learning how to sew/stitch a button-an essential life skill.
4. Organize the clothes in your wardrobes.



Note: These activities should be performed strictly under parental supervision.

“When kids master skills, they build self-esteem. Never do for a child what he can do for himself. A “dependent” child is a demanding child....

Children become **irresponsible** only when we fail to give them opportunities to take on **responsibility.**” - Rudolf Dreikurs & Margaret Goldman

ENGLISH

English Vocabulary :

- **Learning Objective :** To communicate better and enhance our overall understanding.

NEW WORDS

Trembling	Siam	Thudding	Pasture
Gloomily	Racked	Sluggishly	Ambitious
Gesticulations	Crouched	Sanctuary	Bedecked
Snored	Reassuring	Timaeus	Bidhushekhar
Apparition	Agonized	Critias	Wattles
Groaned	Notorious	Heracles	Lapping
Pleaded	Mollycoddle	Strait of Gibraltar	Glimmer
Slunk	Freddy Gray	Olympians	Frederick Maurer
Vague	Catapulting	Orichalcum	Lorne Knight
Chum	Buckshot	Intoxicating	Wrangel
Dwindling	Staggered	Dismal	Profane

- **Watch the following movies and answer the questionnaire in HW book :**

Movies can be a fun and engaging way to learn, providing a break from traditional academic exercises.

Watching movies can aid language learning through exposure to colloquial speech, vocabulary, grammar and encourages critical thinking skills.

Suggested movies :

Encanto Movie Link https://youtu.be/WrGK_mhg9Zk?feature=shared

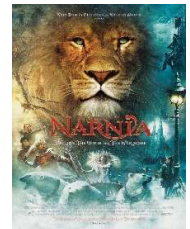
Questions:

- 1) What was your favourite magical gift showcased in the movie, and why?
- 2) What do you think about Mirabel's journey of self-discovery throughout the film?
- 3) How did you interpret the significance of the magic fading in the Encanto, and its eventual restoration?
- 4) What messages or themes did you think the movie conveyed about acceptance and embracing one's uniqueness?
- 5) Overall, what emotions did the movie evoke in you, and would you recommend it to others?



The Chronicles of Narnia <https://youtu.be/yIFvFquPHol?si=y7-lUvcrzeyhEu67>

- 1) What is the name of the magical land where the adventures in "The Chronicles of Narnia" take place?
- 2) What books does Lucy see on Tumnus's bookshelf? What do these books tell us about Narnia?
- 3) Besides Narnia, what do the children find in their new home? How do they respond to their new surroundings?
- 4) How does Edmund's conversation with the Queen of Narnia put others in danger? What causes Edmund to be so careless?
- 5) Why does Lucy refuse to pretend that she made up the story about Narnia? Why does Edmund refuse to admit it's truth?



V) Listen to the songs and learn :

Just like movies, songs can be a valuable tool for language acquisition. They expose students to authentic pronunciation, vocabulary, and grammar in a memorable and enjoyable way.

Suggested Songs:

https://youtu.be/HdD51c7nUI8?si=Bs9QZZ_Vo1FCb1DL

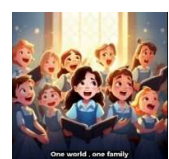
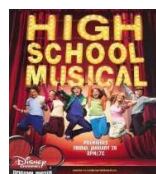
(We're all in this together-high school)

<https://youtu.be/gX43dxt099o?feature=shared>

(My own superhero – A song to empower every child)

https://youtu.be/tRW1A17_Ovl?feature=shared

(ONE WORLD International School song)



TELUGU

I. సినిమా : https://youtu.be/RQrdjT8BIU?si=wRAg2-y_F1EnSDVK

చిత్రం (సినిమా) చూసి ప్రశ్నలకు జవాబులు రాయండి.

- 1) తల్లి ఎందుకు కళ్ళు తిరిగి పడిపోయింది ?
- 2) జిహ్వాని చూస్తే నీకేమనిపించింది ?
- 3) వ్యాయామం వల్ల ఉపయోగాలు ఏమిటి ?
- 4) సంకల్పం - అనే పదానికి సొంతవాక్యం వ్రాయండి.
- 5) ప్రేమ, ఆరోగ్యం - ఈ పదాలకు వ్యతిరేకపదాలు రాయండి.
- 6) ప్రాణం - పదానికి బహువచనం వ్రాయండి.
- 7) ఈ చిత్రం నుండి నీవు గ్రహించిన మంచి విషయాలు ఏమిటి ?
- 8) నింగి-నేల-నాదే చిత్రంలో నీకు నచ్చిన పాత్ర స్వభావాన్ని వివరించండి.
- 9) నింగి-నేల-నాదే చిత్రంలోని పాత్రల పేర్లు వ్రాయండి.
- 10) చిత్రాన్ని చూసి సారాంశాన్ని క్లుప్తంగా వ్రాయండి.

II. విద్యార్థులారా ! క్రింది ఇచ్చిన పాటలు వినండి. నేర్చుకోండి. పాడండి.

https://youtu.be/VIWJ6O3_Jec?si=w9B-Qi7HaRmfGxxr

https://youtu.be/IOLsFfIYZso?si=kMz7gNjK7Q_KKT3

<https://youtu.be/irV3UyIUVOm?si=5mPYfo8KG6gOtm5e>

III. Learn new words.

చదువు	నాయనమ్మ	శతకసుధ	అమ్మజ్ఞాపకాలు
సైన్యపాలి	నాయనమ్మ	ముక్తకాలు	ప్రాంగణం
ఆత్మజుడు	దవాఖానా	నగ్నసత్యాలు	పడిపంపట్టి
సౌజన్యభావంబు	కుటుంబవ్యవస్థ	నైతిక పరిమళాలు	తెల్లకుందేళ్ళు
నీతిశాస్త్రములు	పశ్చాత్తాపం	రసానుభూతి	వరహావతారం
జడాశయుడు	ఈర్ష్యాభావం	సత్పురుషులు	పెండ్యాలం
వక్త్రము	సానుకూలవైఖరి	దుష్టసంహార	భూగోళం
సారస్వతం	సల్లగుండు బిడ్డా	జిహ్వా	కాళ్ళకడియాలు
ద్విజుడు	ఆనందభాష్యాలు	కరుణాపయోనిధి	పల్లికాయలు
పురోహితుడు	స్పృహ	విఘ్నంబు	ఆయుర్వేదం
శృంగద్వంద్యము	వృద్ధులు	విశ్వశాంతి	అమ్మజ్ఞాపకాలు

HINDI

I. निम्न गाने सुनकर, अर्थ समझकर याद कीजिए तथा गाना गाने का प्रयास कीजिए।

1. फिल्म का नाम : हिन्दी मीडियम

गाना- सूरज जैसे चमकेंगे <https://youtu.be/mZ-9JrzfIIE?si=os-0wYgKusOBfyzc>

2. फिल्म का नाम- 12th फेल

गाना - जीरो से कर रिस्टार्ट https://youtu.be/m5p2oJNAF1c?si=Gz6Yq_oZFhoLCg3A

3. फिल्म का नाम- हम है राही प्यार के

गाना - यू ही कट जाएगा सफर https://youtu.be/MIhN9r11GME?si=ZpF91IAMw_nsPFKu

II. फिल्म देखकर उसका लक्ष्य आत्मसात करके दिए गए प्रश्नो के उत्तर लिखिए।

मैं कलाम हूँ (I am Kalam) https://youtu.be/LC_soO7noc0?si=KzpRJDLZ5rJDxugu

प्रश्न- 1. कलामजी किस पद पर आसीन थे?

2. बच्चों को बड़े लोगों से कैसे बातचीत करनी चाहिए?

3. लडके को किस विषय का शौक था?
4. छोटू ने ऊँटनी का इलाज कैसे किया?
5. छोटू किसके साथ रहने लगा?
6. लूसी छोटू को किस नाम से पुकारती थी?
7. छोटू का दोस्त कुंवर स्कूल में किस प्रतियोगिता में भाग लेना चाहता था?
8. सच्ची मित्रता के कारण छोटू का जीवन कैसे बदल गया?
9. इस सिनेमा से क्या सीख मिलती है?
10. आप बालक कलाम के जीवन से क्या प्रेरणा प्राप्त करते हैं?

MATH

1) Imagine you are planning for vacation with your family for a popular tourist destination in India such as (Ex. Goa, Manali, Jaipur)

Task : Create a detailed budget and financial plan for the trip.

Budget Components :

- Calculate the cost to travel.
- Estimate the cost of staying.
- Determine the budget for dinning, shopping, site seeing, adventure activities and other attractions.

2) Calculation of total expenses on a chart :

- Use the ratio to compare the planned budget with actual expenses and make adjustment accordingly.
- Identify any challenges encountered during the budgeting exercise and strategies to overcome them.
- Application of mathematical concepts in real life scenario and real significance in managing personal finance.

3) Do the given work sheets.

SCIENCE

Le : 12 : Forest : Our Lifeline

- 1) Read the complete lesson and draw a concept map in HW Book.
- 2) Read page no. 234 and make a model of layers of forest.

link for reference

https://youtu.be/VpejXx2FYHc?si=nB_vd86UPzmOj0S

Le 13 :- Wastewater Story

- 1) Read the complete lesson and draw a concept map in HW Book.
- 2) Read page number 251 and 252 and Write the steps involved in **wastewater plant treatment** in a flow chart on an A4 paper and stick in HW book.

SOCIAL SCIENCE

Le -1 Environment (Geography)

Activity: Board Game (Snakes and Ladders)

Materials Required : An A4 size card board , pencil ,ruler , sketch pens/ colour pencils

Procedure : Make an interesting board game on save environment including eco-friendly actions (e.g. walking or cycling for short distances, turning off fans and lights when not in use, planting trees, Recycling etc. (* Pros - The aspects that help in the conservation of Environment have to be depicted as ladders in the game.) and environmental challenges (e.g. air pollution, wasting food, water pollution. carbon foot print etc. (* Cons - The aspects or activities that lead to cause harm to the environment have to be depicted as snakes in the game.).

Students should prepare a board game on their own related to the given topic and play with their family members.

Learning Objective : Students will identify the threats of the environment and suggest simple steps to be taken by individuals to protect the environment.

Real Life Application : To create awareness among children and sensitize towards environment. Incorporating these eco-friendly actions into the game play reinforces important environmental lessons and encourages players to make positive changes in their own communities.