

## Guidelines for Classes II to VII

1. Enjoy the invigorating morning breeze, bow to the rising sun and inhale positivity.
2. Follow a healthy regime to build your stamina. Take on an exercise program, examine and modify your eating habits .
3. Clean up your living space and your computer. Clear out old folders, projects, old clothes, paperwork you no longer need.
4. Try practising meditation, yoga and other exercises to calm your mind. Learn to maintain healthy relationships with friends.
5. It's probably not your favourite job but cleaning the house is an important assignment. Take some time to learn ways to conserve water and electricity.
6. Design a dress, a dream machine, a book cover and rearrange the furniture and curios in your house to give it a new look.Keep sketches safe to show to your teachers and friends after the vacation.
7. Maintain a diary using beautiful handwriting and express your thoughts, events of the day or write about a place you have visited. Paste pictures taken by you or pictures of you clicked by someone else.
8. Devote some time each day for reading Newspaper, Magazines and Books to enhance your vocabulary and general awareness.
9. Be prepared. Carry a bottle of water, a hand towel and a first aid kit along with other necessary items whenever you go out.
10. Students of Class II will attempt the Holiday Package in the given worksheet. Students of Classes III to VII will attempt the same in a new notebook divided into four sections.