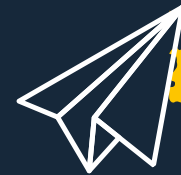




CATEGORY A: NURSERY, JKG & SKG

WEEK: 3 ACTIVITIES





WEEK: 3 ACTIVITY
THEME: 3 DAY: 1

NAME OF THE
ACTIVITY: COOK SPROUT CHAT!



Description

Tell the students that we are going to make a Chat. Ask the child to go through the video, help them to identify the vegetables, and help them cut the vegetables that are available at home add salt and chat masala as shown and squeeze lemon, make the salad as shown in the picture.

Take a picture of the Salad and submit via google form.

Material Required

- Boiled Corn
- Sprouts
- Boiled Peanuts, corriander leaves
- Cabbage
- Carrot, Lemon
- Onion Salt, Chat masala
- Tomato, promegranate
- Cucumber or any vegetables available

Resources

[Click here for Video](#)

Type of Submission

Image





WEEK: 3 ACTIVITY
THEME: 3 DAY: 2

NAME OF THE
ACTIVITY: CLEAN TEETH!



Description

Material Required

Resources

Type of Submission

Make a chart of lips and big teeth as shown in the video.
cover it with any transparent plastic cover.
color the stains on the teeth yellow as shown in the video
Now ask your child to brush and clean with the brush. Telling how its very important to clean the teeth regularly.

**Sketches,
brush,
plastic
sheet**

[Click here
for Video](#)

Image

Take a photo of it and submit via google form.





WEEK: 3 ACTIVITY
THEME: 3 DAY: 3

**NAME OF THE
ACTIVITY:**

BREATHE AND EXERCISE!



Description

**Material
Required**

Resources

**Type of
Submission**

**Ask the student to watch the video.
Do along and help the student to do it with you.
tell the child how it is very important to do the
breathing exercises daily.
Now watch the 2nd video along with the child, talk
to them about the Daily Routine , Help them to make
a daily routine ,help them to follow and acknowledge
their efforts.**

**Sketches,
Cardboard,
Chart
paper**

**[Click here
for Video](#)
[2nd Video](#)**

Image

Take a photo of it and submit via google form.





WEEK: 3 ACTIVITY
THEME: 3 DAY: 4

**NAME OF THE
 ACTIVITY:**

HEALTHY OR UNHEALTHY!



Description

**Material
 Required**

Resources

**Type of
 Submission**

Ask child to go through the video and tell them what are healthy and unhealthy foods
Tell and show them healthy foods gives us energy
Now take a chart, Divide it into two halves
Write or Draw and color healthy foods on the left
Write or Draw and color Unhealthy foods on the right

**Chart ,
 Sketches,
 crayons,
 pencil,
 eraser**

**[Click here
 for Video](#)**

Image

Take a picture and submit via google form.





WEEK: 3 ACTIVITY
THEME: 3 DAY: 5

**NAME OF THE
ACTIVITY:
SEASONAL FRUITS!**



Description

**Material
Required**

Resources

**Type of
Submission**

Discuss different fruits as per the shared image and ask them about their favourite fruit
Now about different seasons and seasonal fruits
Now ask students to color the fruits and name them.
Take a picture and submit via google form.

**Chart ,
Sketches,
crayons,
pencil,
eraser**

**Check below
for the
chart**

Image





WEEK: 3 ACTIVITY
THEME: 3 DAY: 5

**NAME OF THE
ACTIVITY:
SEASONAL FRUITS!**



Seasonal fruits in India

Summer fruits



Mango

The king of fruits

Watermelon

Juicy refreshment



Musk melon

The summer delight



Jack fruit

The all-rounder



Lychee

A bite to relish



Winter fruits

Orange

Fruity, orangey and irresistible



Fig

The pinnacle of sweetness



Dates

Healthy snack to satisfy the sweet tooth



Sweet lime

For daily dose of vitamin C



Strawberry

For the perfect indulgence



Grape

Burst of refreshment in every bite



Monsoon fruits



Pomegranate

The wonder fruit for health

Custard apple

Long for more of Cherimoya



Pear

Choose pear for powerhouse of nutrients



Blueberry

The berry-licious goodness



Peach

Sweet surprise in every bite



**OBSERVE AND
LEARN
SEASONAL
FRUITS IN INDIA**



