



Happy
Summer
Holidays



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A tropical beach scene with palm trees, a starfish, a towel, and sunglasses. The background is a soft-focus view of a beach with palm trees and a blue sky. In the foreground, a large, textured orange starfish lies on the sand. Next to it is a rolled-up blue towel, and a pair of red-rimmed sunglasses rests on top of the towel. The entire image is framed by a decorative border of small yellow stars.

**Here's to a summer
vacation that's a time for
making memories, trying
new things, and embracing
new experiences that
enrich your life.**



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SUMMER SAFETY



TIPS FOR KIDS



- Practice Hand Hygiene
- Stay Hydrated
- Find Shade
- Proper Clothing
- Sun Protection
- Plant Safety/Thorns
- Bug Spray
- Ride Safely
- Maintain Healthy Eating Habits
- Temperature Fluctuations
- Water Safety
- Ward off bugs and tend to bites
- Prevent Playground Mishaps
- Away from Burn Hazards



DIVINITY

- **Japji Sahib Path (1 - 6 pauries)**
- **Ten Gurus Names**
- **Chaar Sahibzaade**
- **5 Kakaars**



ਜਪੁ ਜੀ ਸਾਹਿਬ

ੴ ਸਤਿ ਨਾਮੁ ਕਰਤਾ ਪੁਰਖੁ
ਨਿਰਭਉ ਨਿਰਵੈਰੁ ਅਕਾਲ ਮੂਰਤਿ
ਅਜੂਨੀ ਸੈਭੰ ਗੁਰ ਪ੍ਰਸਾਦਿ ॥
ਜਪੁ ॥

ਆਦਿ ਸਚੁ ਜੁਗਾਦਿ ਸਚੁ ॥ ਹੈ ਭੀ
ਸਚੁ ਨਾਨਕ ਹੋਸੀ ਭੀ ਸਚੁ ॥੧॥

ਪਾਉੜੀ॥ ੧

ਸੋਚੈ ਸੋਚਿ ਨ ਹੋਵਈ ਜੇ ਸੋਚੀ ਲਖ ਵਾਰ
॥ ਚੁਪੈ ਚੁਪ ਨ ਹੋਵਈ ਜੇ ਲਾਇ ਰਹਾ
ਲਿਵ ਤਾਰ ॥ ਭੁਖਿਆ ਭੁਖ ਨ ਉਤਰੀ ਜੇ
ਬੰਨਾ ਪੁਰੀਆ ਭਾਰ ॥ ਸਹਸ ਸਿਆਣਪਾ
ਲਖ ਹੋਹਿ ਤ ਇਕ ਨ ਚਲੈ ਨਾਲਿ ॥
ਕਿਵ ਸਚਿਆਰਾ ਹੋਈਐ ਕਿਵ ਕੂੜੈ ਤੁਟੈ
ਪਾਲਿ ॥ ਹੁਕਮਿ ਰਜਾਈ ਚਲਣਾ ਨਾਨਕ
ਲਿਖਿਆ ਨਾਲਿ ॥੧॥

ਹੁਕਮੀ ਹੋਵਨਿ ਆਕਾਰ ਹੁਕਮੁ ਨ ਕਹਿਆ ਜਾਈ ॥

ਹੁਕਮੀ ਹੋਵਨਿ ਜੀਅ ਹੁਕਮਿ ਮਿਲੈ ਵਡਿਆਈ ॥

ਹੁਕਮੀ ਉਤਮੁ ਨੀਚੁ ਹੁਕਮਿ ਲਿਖਿ ਦੁਖ ਸੁਖ ਪਾਈਅਹਿ ॥

ਇਕਨਾ ਹੁਕਮੀ ਬਖਸੀਸ ਇਕਿ ਹੁਕਮੀ ਸਦਾ ਭਵਾਈਅਹਿ ॥

ਹੁਕਮੈ ਅੰਦਰਿ ਸਭੁ ਕੋ ਬਾਹਰਿ ਹੁਕਮ ਨ ਕੋਇ ॥

ਨਾਨਕ ਹੁਕਮੈ ਜੇ ਬੁਝੈ ਤ ਹਉਮੈ ਕਹੈ ਨ ਕੋਇ ॥੨॥



ਪਾਉੜੀ॥ ੩

ਗਾਵੈ ਕੇ ਤਾਣੁ ਹੋਵੈ ਕਿਸੈ ਤਾਣੁ ॥ ਗਾਵੈ ਕੇ
ਦਾਤਿ ਜਾਣੈ ਨੀਸਾਣੁ ॥ ਗਾਵੈ ਕੇ ਗੁਣ
ਵਡਿਆਈਆ ਚਾਰ ॥ ਗਾਵੈ ਕੇ ਵਿਦਿਆ
ਵਿਖਮੁ ਵੀਚਾਰੁ ॥ ਗਾਵੈ ਕੇ ਸਾਜਿ ਕਰੇ ਤਨੁ
ਖੇਹ ॥ ਗਾਵੈ ਕੇ ਜੀਅ ਲੈ ਫਿਰਿ ਦੇਹ ॥ ਗਾਵੈ
ਕੇ ਜਾਪੈ ਦਿਸੈ ਦੂਰਿ ॥ ਗਾਵੈ ਕੇ ਵੇਖੈ ਹਾਦਰਾ
ਹਦੂਰਿ ॥ ਕਥਨਾ ਕਥੀ ਨ ਆਵੈ ਤੋਟਿ ॥
ਕਥਿ ਕਥਿ ਕਥੀ ਕੋਟੀ ਕੋਟਿ ਕੋਟਿ ॥ ਦੇਦਾ ਦੇ
ਲੈਦੇ ਥਕਿ ਪਾਹਿ ॥ ਜੁਗਾ ਜੁਗੰਤਰਿ ਖਾਹੀ
ਖਾਹਿ ॥ ਹੁਕਮੀ ਹੁਕਮੁ ਚਲਾਏ ਰਾਹੁ ॥
ਨਾਨਕ ਵਿਗਸੈ ਵੇਪਰਵਾਹੁ ॥੩॥

ਸਾਚਾ ਸਾਹਿਬੁ ਸਾਚੁ ਨਾਇ ਭਾਖਿਆ ਭਾਉ ਅਪਾਰੁ ॥

ਆਖਹਿ ਮੰਗਹਿ ਦੇਹਿ ਦੇਹਿ ਦਾਤਿ ਕਰੇ ਦਾਤਾਰੁ ॥

ਫੇਰਿ ਕਿ ਅਗੈ ਰਖੀਐ ਜਿਤੁ ਦਿਸੈ ਦਰਬਾਰੁ ॥

ਮੁਹੌ ਕਿ ਬੋਲਣੁ ਬੋਲੀਐ ਜਿਤੁ ਸੁਣਿ ਧਰੇ ਪਿਆਰੁ ॥

ਅੰਮ੍ਰਿਤ ਵੇਲਾ ਸਚੁ ਨਾਉ ਵਡਿਆਈ ਵੀਚਾਰੁ ॥

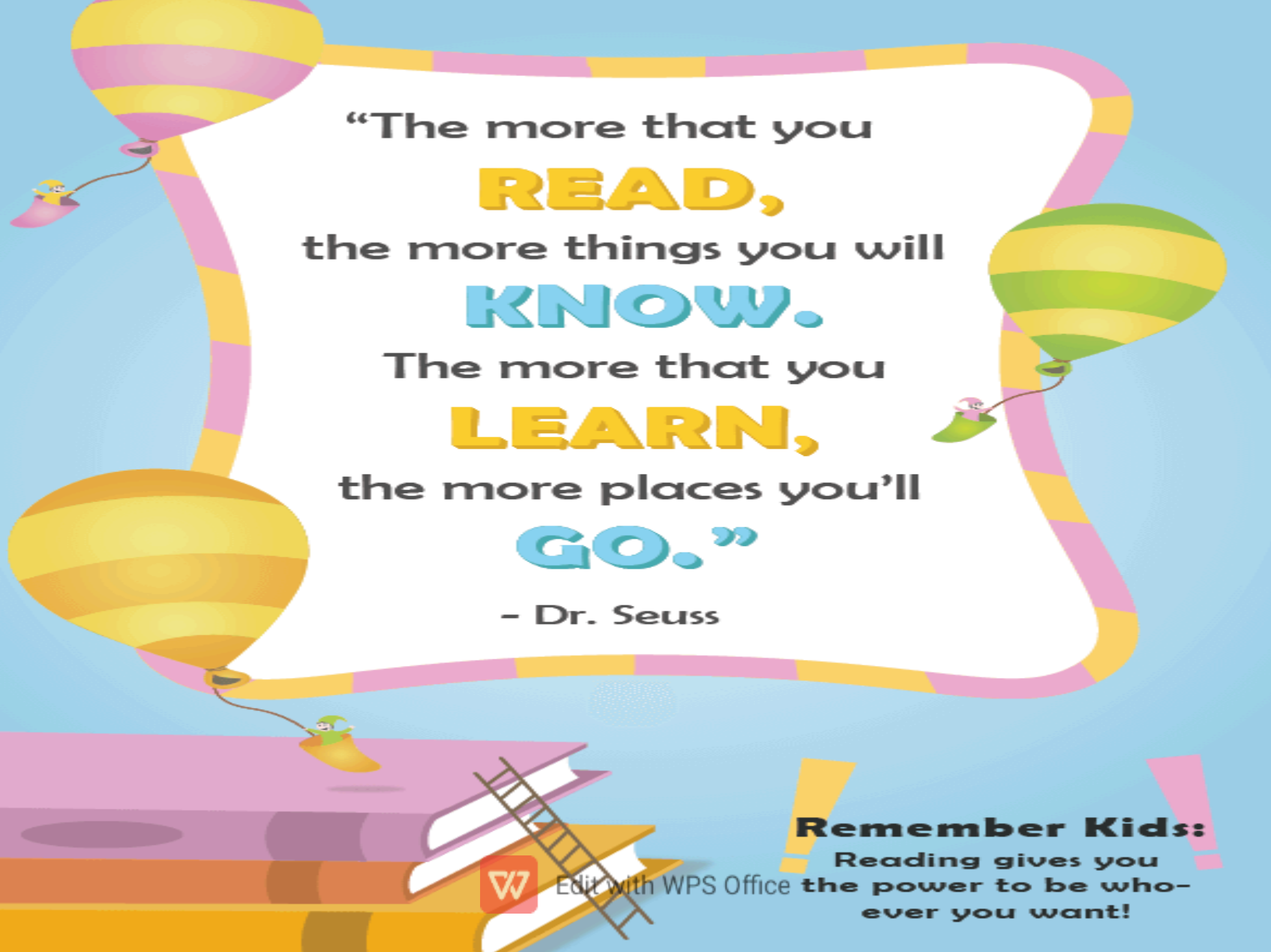
ਕਰਮੀ ਆਵੈ ਕਪੜਾ ਨਦਰੀ ਮੋਖੁ ਦੁਆਰੁ ॥

ਨਾਨਕ ਏਵੈ ਜਾਣੀਐ ਸਭੁ ਆਪੇ ਸਚਿਆਰੁ ॥੪॥



ਥਾਪਿਆ ਨ ਜਾਇ ਕੀਤਾ ਨ ਹੋਇ ॥ ਆਪੇ ਆਪਿ ਨਿਰੰਜਨੁ
 ਸੋਇ ॥ ਜਿਨਿ ਸੇਵਿਆ ਤਿਨਿ ਪਾਇਆ ਮਾਨੁ ॥ ਨਾਨਕ
 ਗਾਵੀਐ ਗੁਣੀ ਨਿਧਾਨੁ ॥ ਗਾਵੀਐ ਸੁਣੀਐ ਮਨਿ ਰਖੀਐ
 ਭਾਉ ॥ ਦੁਖੁ ਪਰਹਰਿ ਸੁਖੁ ਘਰਿ ਲੈ ਜਾਇ ॥ ਗੁਰਮੁਖਿ
 ਨਾਦੰ ਗੁਰਮੁਖਿ ਵੇਦੰ ਗੁਰਮੁਖਿ ਰਹਿਆ ਸਮਾਈ ॥ ਗੁਰੁ
 ਈਸਰੁ ਗੁਰੁ ਗੋਰਖੁ ਬਰਮਾ ਗੁਰੁ ਪਾਰਬਤੀ ਮਾਈ ॥ ਜੇ ਹਉ
 ਜਾਣਾ ਆਖਾ ਨਾਹੀ ਕਹਣਾ ਕਥਨੁ ਨ ਜਾਈ ॥ ਗੁਰਾ ਇਕ
 ਦੇਹਿ ਬੁਝਾਈ ॥ ਸਭਨਾ ਜੀਆ ਕਾ ਇਕੁ ਦਾਤਾ ਸੇ ਮੈ
 ਵਿਸਰਿ ਨ ਜਾਈ ॥ ੫ ॥

ਤੀਰਥਿ ਨਾਵਾ ਜੇ ਤਿਸੁ ਭਾਵਾ ਵਿਣੁ
ਭਾਣੇ ਕਿ ਨਾਇ ਕਰੀ ॥ ਜੇਤੀ ਸਿਰਠਿ
ਉਪਾਈ ਵੇਖਾ ਵਿਣੁ ਕਰਮਾ ਕਿ ਮਿਲੈ
ਲਈ ॥ ਮਤਿ ਵਿਚਿ ਰਤਨ ਜਵਾਹਰ
ਮਾਣਿਕ ਜੇ ਇਕ ਗੁਰ ਕੀ ਸਿਖ ਸੁਣੀ
॥ ਗੁਰਾ ਇਕ ਦੇਹਿ ਬੁਝਾਈ ॥
ਸਭਨਾ ਜੀਆ ਕਾ ਇਕੁ ਦਾਤਾ ਸੇ ਮੈ
ਵਿਸਰਿ ਨ ਜਾਈ ॥ ੬॥



“The more that you
READ,
the more things you will
KNOW.

The more that you
LEARN,
the more places you’ll
GO.”

- Dr. Seuss

Remember Kids:

Reading gives you
the power to be who-
ever you want!



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Poem Recitation

- I Wonder

Reading

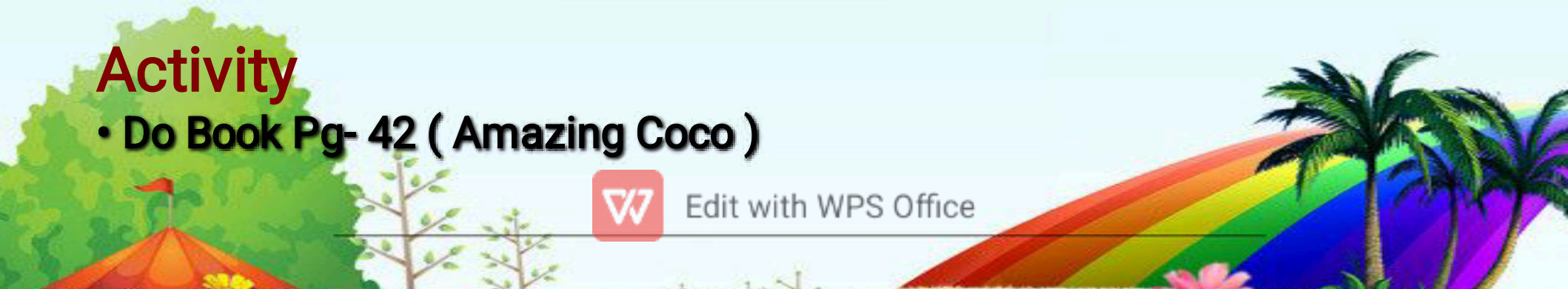
- Ls - 5 (The Colours of Nature)
- Ls- 6 (The School Picnic)

Activity

- Do Book Pg- 42 (Amazing Coco)



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Write five lines about your grandparents.

1.

2.

3.

4.

5.



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Father's Day



Daddy Daddy

Daddy, daddy let me say
I love you in every way

I love you for all you do
I love you for being you

Daddy, Daddy let me say
Have a happy Father's Day!



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ALL ABOUT MY DAD!

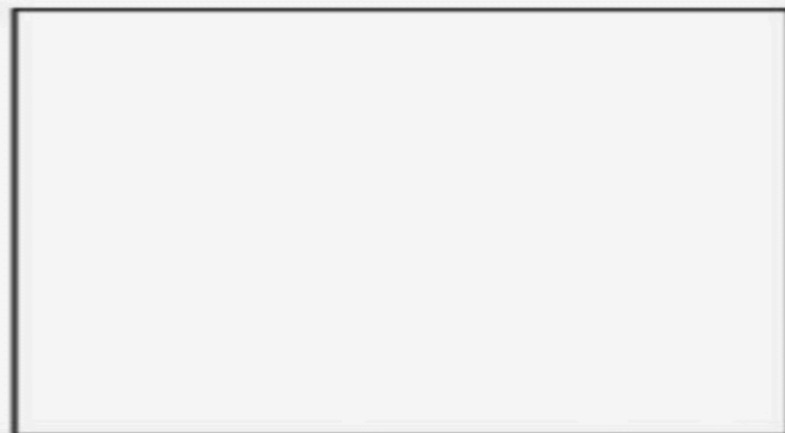
His Name is:

he is

years old.

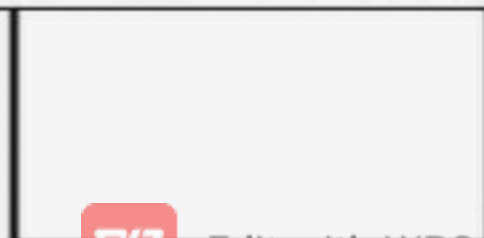
5 REASONS WHY I
Love
MY DAD

this is a picture of



me and my dad

His favorite food



My favorite memory
with my dad

My favorite thing to do



with my dad

My dad always says...



MY DAD'S
FAVORITE

HOBBY!

LOVE!

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HADLEY DESIGNS

Colour and decorate the printout of above sheet and surprise your father on the occasion of **FATHER'S DAY**.



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*Look at the pictures
and circle the
correct plural.*



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1



car

/

cars

2



boy

/

boys

3



tree

/

trees

4



snail

/

snails

5



house

/

houses

6



table

/

tables

7



bird

/

birds

8



zebra

/

zebras



Edit with Wondershare PDFElement

Special Names (Proper Nouns)

Look at the pictures and write the special names correctly.
Special names always begin with capital letters.



What is the girl's name?

Her name is _____



What is the name of the school?

The school's name is _____



What is the dog's name?

The dog's name is _____



What is the name of this place?

It is the _____



What is the name of this park?

It is _____

Help Box

Bruno

Taj Mahal

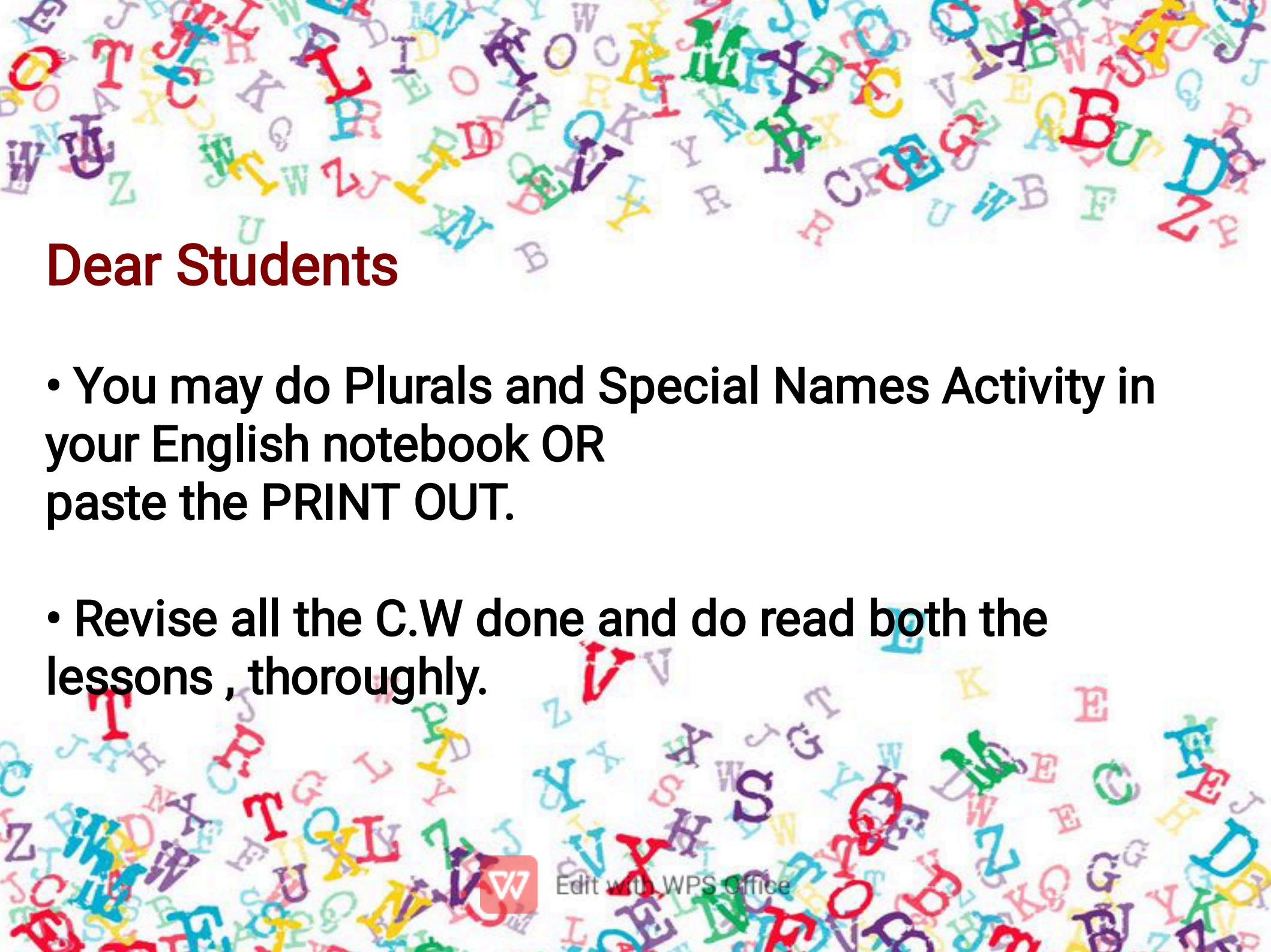
Green Valley Park

Sita

M.G.N. Public School



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The background of the slide is a dense, colorful pattern of various letters from the alphabet, scattered across the entire area. The letters are in different colors like red, blue, green, yellow, and purple, and are of various sizes and orientations, creating a vibrant, abstract texture.

Dear Students

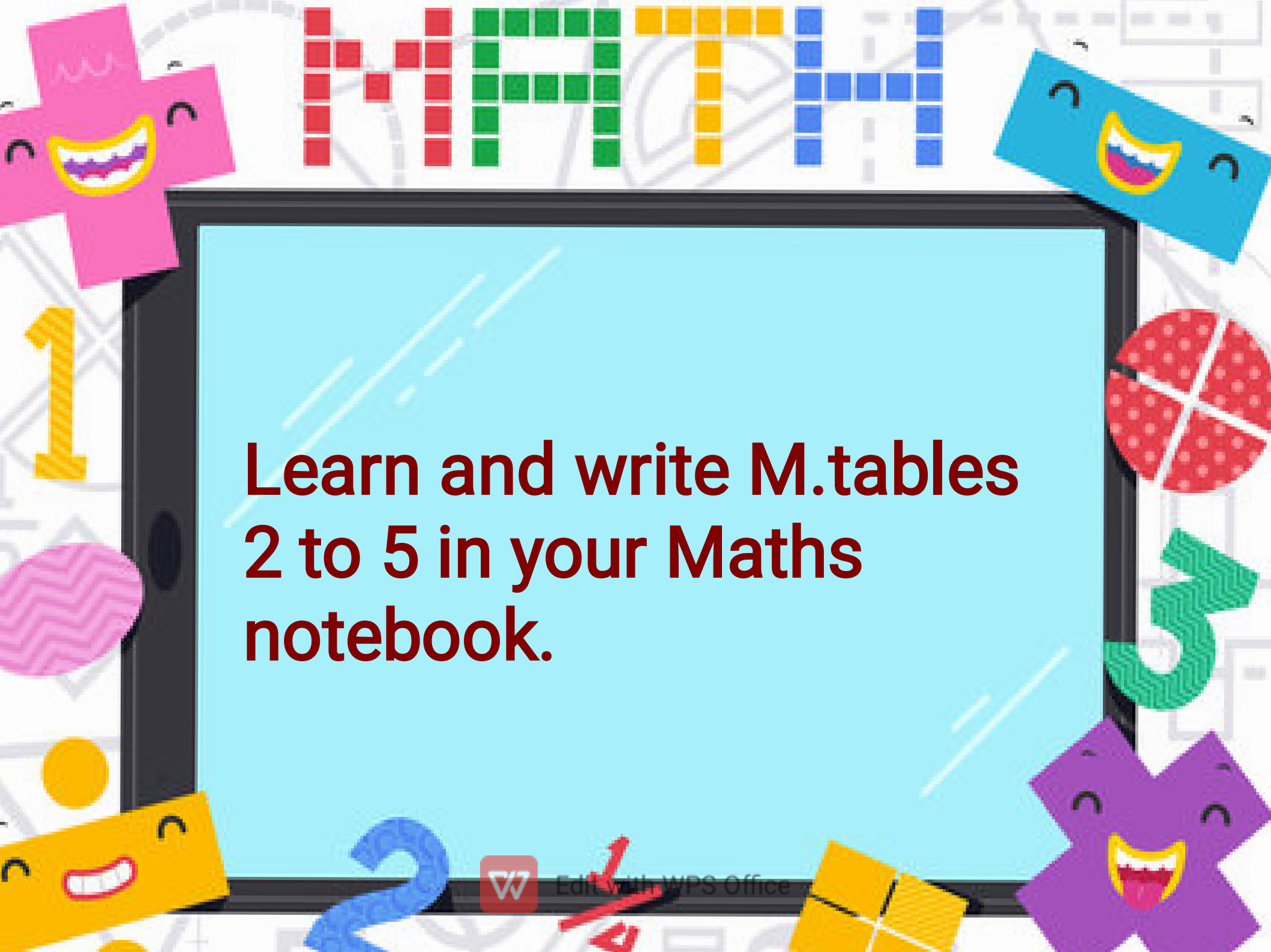
- You may do Plurals and Special Names Activity in your English notebook OR paste the PRINT OUT.
- Revise all the C.W done and do read both the lessons , thoroughly.



ਜਮਾਤ — ਪਹਿਲੀ ਵਿਸ਼ਾ — ਪੰਜਾਬੀ ਛੁੱਟੀਆਂ ਦਾ ਕੰਮ

- * 5 ਸਫ਼ੇ ਵਰਨਮਾਲਾ ਓ- ਨ ਤੱਕ ਸੁੰਦਰ ਲਿਖਾਈ ਵਿੱਚ ਲਿਖੋ ।
- * ਆਪਣੇ ਮਨਪਸੰਦ ਦੋ ਅੱਖਰਾਂ ਦੇ ਫਲੈਸ਼ ਕਾਰਡ ਬਣਾਓ ।
- * ਕਵਿਤਾ ਪੰਨਾ 80 ਯਾਦ ਕਰੋ।
- * ਅੱਖਰਾਂ ਦੀ ਪਹਿਚਾਣ ਲਈ ਦੋ ਸਫ਼ੇ ਓ- ਨ ਬੋਲ ਲਿਖਤ (dictation) ਲਿਖੋ।



A vibrant, cartoonish border surrounds the central text. At the top, the word 'MATH' is spelled out using colorful blocks: red for 'M', green for 'A', yellow for 'T', and blue for 'H'. To the left of the text is a pink cross-shaped character with a wide smile. Below it is a yellow number '1'. To the right is a blue rectangular character with a smile. Below that is a red circle divided into four quadrants. At the bottom right is a green number '3'. At the bottom left is a yellow rectangular character with a smile. In the center bottom is a blue number '2'. At the very bottom center is a red number '4'. At the bottom right is a purple star-shaped character with a wide smile. The background of the entire image is white with faint, light gray geometric patterns.

**Learn and write M.tables
2 to 5 in your Maths
notebook.**



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Learning by Doing Activity

Let's encourage children to explore, create, and learn through hands-on activity.

**#Make a chart (A4 sized) or preferably
WORKING MODEL (Easy for child to handle)**

on any one of the topics related to syllabus.

Suggested Topics

***Addition**

***Subtraction**

***Multiplication tables**

Students who prepare to show the working of the model will be given opportunity to present their project/ model on stage when the school reopens after the summer break.

This initiative aims to promote self-learning, build confidence, and inspire peers.



EV S

Reading Part
Ls - 7 (My Family)

Revision Part
Ls - 4 (The Food We Eat)

- Revise everything done in notebook.

Activity Part

Write five lines on your Family on colourful A4 size sheet.

Learning By Doing Activity

Dear students

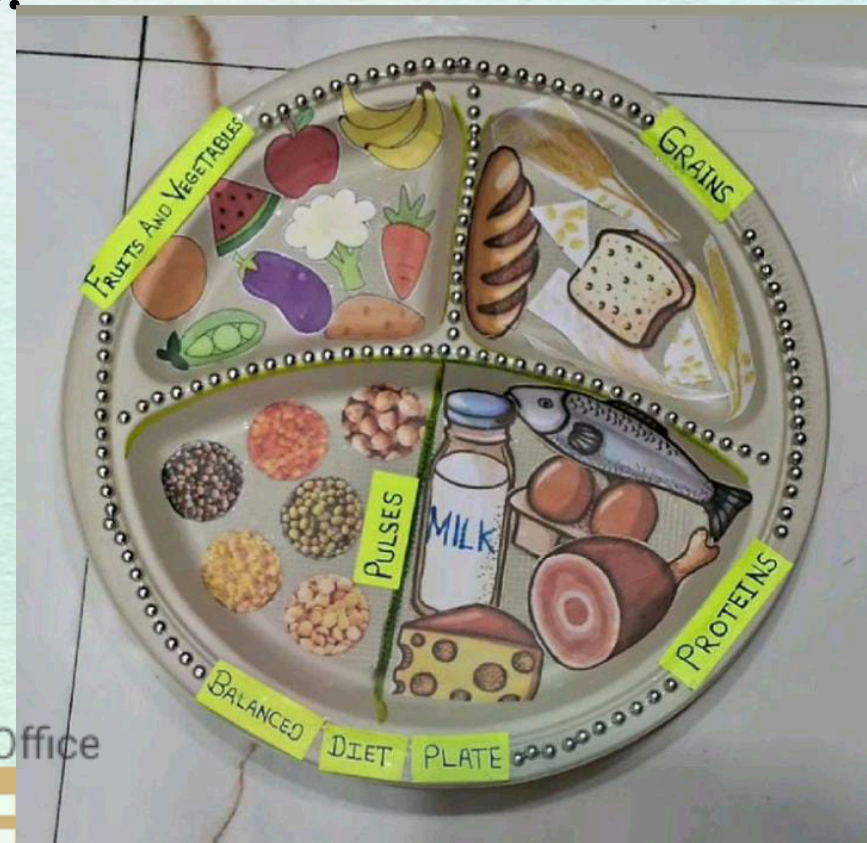
In order to remain fit and healthy during vacation, eat healthy and do exercise daily.

Make a healthy food plate (thick paper plate) with all the nutrients that are needed by our body.

For reference see the picture.

Note : You can use your creativity.

(Picture for reference)



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**Its not yours,
nor is it mine.**

**Its ours.
So lets protect the mother
who nourished us.**

HAPPY
World Environment Day
5th June,2025



PS Office

*Let's do our small bit to make the world
a cleaner and a healthier place.....*



Dear students

Plant one sapling in your garden in order to contribute
to our Mother Earth and to make it clean and green on
the occasion of **World Environment Day.**



INTERNATIONAL



DAY

21 JUNE, 2025



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YOGA POSES FOR KIDS

www.tesidea.com



TREE POSE

Stand on one leg. Bend the other knee and place the bottom of your foot on your inner thigh. If you cannot reach the thigh, place on the knee. Put your hands together on top of your head and stand tall. Balance.



WARRIOR TWO

Stand with your feet wide apart and your legs straight. Bend one knee 90 degrees. Do not move your knee past your foot. Turn your back foot out to a 45 degree angle. Stretch your arms out straight to the sides. Hold.



TRIANGLE POSE

Stand with your feet wide apart and your arms straight out. Bend forward at the waist and touch one hand to the ground or your leg and the other arm stretches into the air to make a line. Straighten arms and legs.



DOWNWARD DOG

Begin on hands and knees. Put your hands and feet firmly on the ground and push the body up and back, shifting your stomach towards your thighs. Make sure your arms and legs are straight. Breathe.



UPWARD DOG

Lay flat on the floor. Bring your hands by your chest and push your arms up perpendicular to the floor. Push your chest out and your shoulders back. Hold for a few breaths.



LOTUS POSE

Sit with your legs crossed. Make sure your back is straight and long. Pull in your stomach and engage your core. Put your hands together in "prayer pose" or hands on your knees. Bow your head slightly. Be still.



BENEFITS OF YOGA

improves attention
and focus

helps the memory

boosts
academic
performance

provides a
healthy coping
mechanism

alleviates stress
and anxiety

assists with
self-regulation

promotes
mindfulness

improves core
strength

enhances
well-being

builds resilience

develops
motor skills



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