

# NOTRE DAME SCHOOL, NAJAFGARH

## Holiday Homework

### Class VII

#### Session 2025-26

"SUMMER IS NOT JUST A BREAK FROM SCHOOL; IT'S AN OPPORTUNITY TO LEARN AND GROW."



#### General Instructions

- *Revise all chapters completed so far to stay updated with your syllabus.*
- *Read daily—choose storybooks, newspapers, or magazines to improve vocabulary and knowledge.*
- *Follow a routine with fixed time for study, play, and rest.*
- *Limit screen time—spend more time with family or nature.*
- *Practice mindfulness—stay aware of your actions, thoughts, and surroundings.*
- *Eat healthy & stay hydrated—include fruits, vegetables, and plenty of water in your diet.*
- *Be kind and responsible—help at home, care for plants or pets, and spread positivity.*

#### English

*Theme: Explore, Imagine, Express!*

- **Daily Practice:**

Write and learn the complete spelling list.

Practice one page of cursive handwriting daily to improve your writing and speed.

- **Read & Reflect:**

Choose 1 storybook or novel to enjoy over the break. After reading:

Write the summary (100–150 words)

Describe your favourite character or part.

Be prepared for a short oral presentation in class.

- **Creative Corner:**

**Green House**

**Short Story Challenge:**

**Write a short story (300–500 words) on a theme like adventure, mystery, or friendship.**

**Use your imagination and title it creatively.**

**Red House**

**Character Scrapbook:**

**Pick your favourite book or movie character. Create a scrapbook with:**

**Drawings/pictures**

**Diary entries in the character's voice**

**Quotes & moments**

**Character sketch (traits, growth, what makes them special)**

**Yellow House**

**Mindfulness Activities**

**Create a wall hanging with step-by-step mindfulness exercises.**

**Include illustrations or photos showing the practices, like a diagram of mindful breathing.**

**Blue House**

**Mindfulness: 'The Journey Within!'**

**Introduction to Mindfulness**

☒ **Prepare a model on mindfulness**

☒ **Define mindfulness in simple terms.**

☒ **Explain its origins and how it has been practiced across different cultures (e.g., Buddhist traditions).**

☒ **Present the importance of mindfulness in today's fast-paced, often stressful world.**

## HINDI

- ब्लू हाउस - रवींद्रनाथ टैगोर के वर्षा मंगल 1928 (बारिश का त्योहार) से जोड़ते हुए जल संरक्षण आधारित 3D मॉडल तैयार करें।

1. कहानी - हार की जीत (Blue and Red House) और ईदगाह (Green and Yellow House) पढ़िए एवं इनमें से किसी एक कहानी पर आधारित अवधारणा मानचित्र (चित्रात्मक शैली में) तैयार कीजिए।
2. वर्तनी सूची से पहले पृष्ठ की सभी वर्तनियाँ कंठस्थ करें।
3. व्याकरण एवं साहित्य में अब तक कराया गया कार्य अभ्यास करें।
4. अर्थ के आधार पर शब्दों के वर्गीकरण को रचनात्मक ढंग से चित्रात्मक आकृति में प्रस्तुत करें- (बंदनवार/ फूलों की पंखुड़ियों की आकृति आदि में)
5. प्रतिदिन एक पृष्ठ सुलेख कार्य अपने हिंदी हस्तलेखन कॉपी में करें।

## MATHS

- Revise chapters thoroughly done till now.
- Complete your pending work (if any).
- Prepare a 3D presentation (chart or model) on any one topic given below for competition (to be held after summer vacation - compulsory for all)
  - a. Integers
  - b. Symmetry
  - c. Properties of Triangles
- Do the given activity on an A3 size sheet - House wise:

### Blue House

Make a creative "Maths Art" on symmetry.

### Green House

Make a poster on "Maths in daily life."

### Red House

Make a poster on "Perimeter and Area."

### Yellow House

**Make a poster on Fractions and Decimals.**

**Only for Yellow House students**

**Make a creative and innovative 3D model on Aryabhata's contribution in Maths and prepare a presentation on it for Exhibition.**

### **SCIENCE**

- **Learn the chapters done in the class.**
- **Solve the Unit test - 1 paper in your science copy**
- **Make well labelled diagram on A3 size sheet .**

**Blue House -Digestive system**

**Green House - Photosynthesis process**

**Yellow House- Respiratory system**

**Red House- Make a model on - *Health and Well Being***

### **SOCIAL SCIENCE**

**Revise all chapters completed so far**

**Green House**

**Project: Mindfulness & Equality – Inspired by Jyotirao Phule**

**Topic: “True Mindfulness means being aware of injustice and working for change.”**

**Create a mindfulness collage or visual diary that includes:**

- ✓ **Step-by-step mindfulness practices for being aware of self and society**
- ✓ **Jyotirao Phule’s contribution to education and equality**
- ✓ **A short note on “Why Jyotirao Phule’s work reflects mindful leadership”**

**Add creative elements like drawings, quotes, and your own reflections.**

**Red House**

**Live Model: Make a working active volcano model.**

**Keep it safe, creative & clear.**

**Yellow House**

**Poster (A3): Make a poster on the topic “Deforestation.”**

**Add drawings & creative slogan.**

#### **Blue House**

**Poster (A3): Make a poster on the topic “Water Conservation.”**

**Add drawings & catchy slogan.**

**Keep it informative & visually appealing.**

#### **COMPUTER**

- **Prepare a poster on A3 size sheet by cutting latest news/information regarding computer technology from newspaper/internet/magazine.**
- **Prepare a poster on A3 size sheet by cutting latest news/information regarding Mobile Phone technology from newspaper/internet/magazine.**
- **House Wise:**

**Prepare a PPT and poster on given topic according to your house.**

**Blue House: Importance of AI.**

**Green House: Cyber Security.**

**Red House: Uses of Internet.**

**Yellow House: Computer      Programming languages.**

#### **SANSKRIT**

**संस्कृत गतिविधि (मेरा विद्यालय विषय पर पंक्तियाँ)**

**मम विद्यालय:**

1. **मम विद्यालयस्य नाम नोटः डेमः विद्यालयः अस्ति।**
2. **तत्र एकः पुस्तकालयः अपि अस्ति।**
3. **विद्यालयस्य क्रीडाक्षेत्रम् अपि विशालम् अस्ति।**
4. **विद्यालये विज्ञानस्य एकः प्रयोगशाला अस्ति।**
5. **मम विद्यालयः अतिविशालम् अस्ति।**

6. तत्र छात्राः योग्याः सन्ति।
7. विद्यालये एका प्रधानाचार्या अस्ति।
8. विद्यालये पञ्चत्रिंशत् अध्यापिकाः अध्यापकाः च सन्ति।
9. विद्यालये त्रिंशत् कक्षाः सन्ति।
10. विद्यालये एका संगणकयन्त्र प्रयोगशाला अस्ति।
11. मम विद्यालयः एकः आदर्शः विद्यालयः अस्ति।

1. विद्यालयम् पाठ के श्लोकों पर चार्ट तैयार करना है।
2. सर्वनाम पद की तालिका पर चार्ट बनाना है।
3. संस्कृत गतिविधि (Activity) हाव-भाव के साथ याद करनी है।

### GENERAL KNOWLEDGE

- Create a woven table mat using wool, old clothes, or other repurposed materials from.
- 
- Use a simple weaving technique with a cardboard loom or any other base.
- Try to be creative with colors and patterns.
- Watch the reference video by clicking below for guidance:

<https://youtube.com/shorts/mbckbtgoYZY?si=mxP-nelF3VJMhf1q>

### ART

- Flower Power Craft:

Make 10 creative paper flowers using any material (origami, craft paper, tissue, etc.).

- “Words of Wisdom” Mini Posters:

Design mini posters (A5 size) with a short, powerful quote in the center and decorate around it with doodles, patterns, or theme-based borders.

### VALUE EDUCATION

- Make 6 creative and colorful bookmarks, each with an eye-catching design and a neatly written inspirational quote.
- Create 3–5 motivational quotes written neatly with beautiful, hand-drawn borders. Use bright colors and patterns to make them eye-catching and positive.

