



**TAGORE INTERNATIONAL SCHOOL  
EAST OF KAILASH, NEW DELHI**

**Holiday Activities  
Class V  
Session 2023-2024  
Theme - Vasudhaiva Kutumbakam  
*Let's Be Happy Together***

**"Happiness is not something readymade. It comes from your own actions."**

**~ Dalai Lama**



**Tiny laughter loads of fun  
daily joy just like the sun.**

**Happiness isn't where I need to reach  
It is like sand right on a beach.**

**Wherever I look I see each day  
butterflies, sparrows and in a stack of  
hay.**

**I choose to the simple fun  
cos that is life really well begun.**

Experiencing happiness is important for our emotional and physical health. The theme of this year is Vasudhaiva Kutumbakam, which means "The World Is One Family". By embracing this concept, we can work towards creating a better, more inclusive and harmonious world for all, which can be achieved if we stay happy and live cordially with each other.

## GUIDELINES

- ❖ Parents are requested to encourage their ward to do the activities independently.
- ❖ They can support the child if he/she needs help.
- ❖ Creativity and originality of the work will be appreciated.
- ❖ All the activities should be done neatly on A4 sheets (colour or white).
- ❖ Do any four activities from the options given and submit them to the class teacher.
- ❖ Put the activity sheets in one file/folder and submit it by Wednesday, 5th July 23.

Dear student,

As we are all aware that the theme for the year 2023-24 is Vasudhaiva Kutumbakam, the subject-wise activities are based on the same.

### **Activity-1 - Happiness Journal**



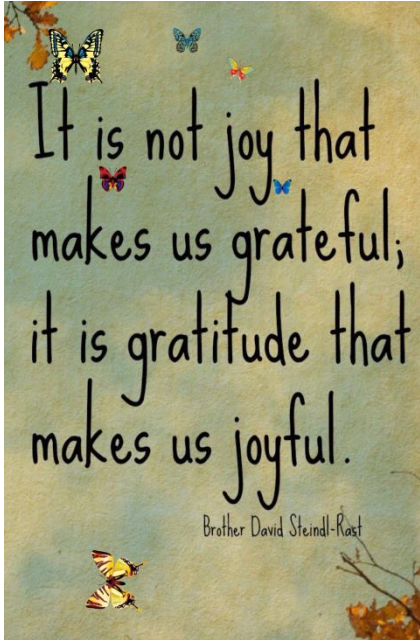
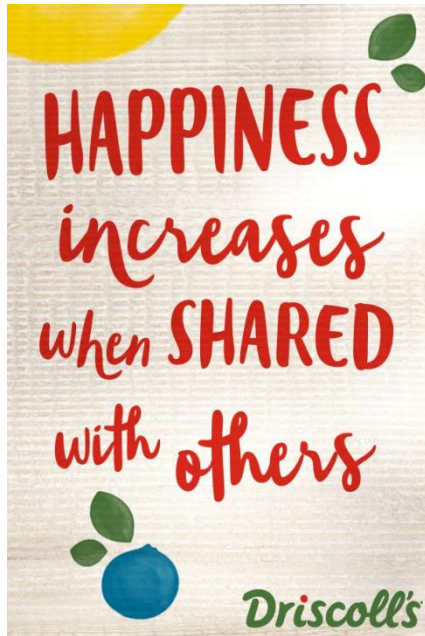
Happiness Journal is where you can record your happy moments and keep track of all the positive things you encounter in your day-to-day life. This journal also touches on gratitude, self-care, and being kind to oneself and the others around.

Create a handmade Happiness journal and record the events reflecting on things that made you happy and grateful during the week. Add pictures, labels, cards, caricatures, artwork, etc.

Reference Video for making handmade Journal - <https://www.youtube.com/watch?v=9C-JIWH6Og0&t=4s>  
How to fill the journal- <https://www.youtube.com/watch?v=Nvaa97Ku2oo>

Or

## Thank you cards



Thank you notes may seem insignificant gratitude activities for loved ones. Yet, writing a thoughtful thank you note to your friends/family/community helpers is a great way to show gratitude. Make 3 Thank you cards for any 3 people you want to thank.

Show your creativity to make a thank you card.

### Instructions-

- Use an A4 size sheet of paper and create 3 cards.
- Give thank you cards to three different people expressing your gratitude and love towards them.
- Click a picture. Paste the pictures on an A4 size sheet with a title- Thank you for being an inspiration/ Thanks for your incredible work.

## Happiness is making everyone smile.

### Activity2- Happy Country

For the sixth year in a row, Finland has been declared the world's happiest country, according to World Happiness Report rankings 2022. This is because the people in Finland enjoy simple and small pleasures like- clean air, walking around in the woods, relaxing and spending time with family and friends. There is a low rate of poverty and low levels of crime and corruption.

- Choose any one country, write its name and mark it on the world map.



- Write the ways you can make it a happier country in the world. Support your findings with relevant and colourful pictures.

Or

### Tree of Jubilation

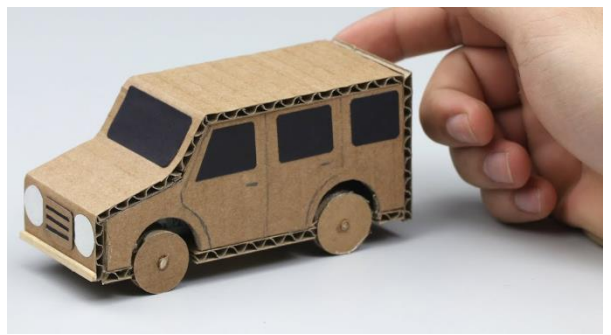
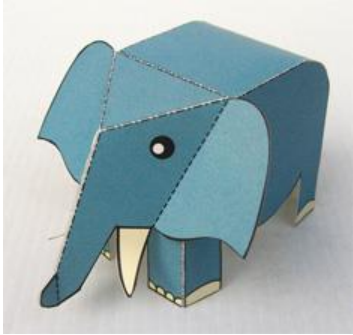
- Create a happiness tree and paste pictures of some plant and animal products, movies or TV shows, places, games, food items that make you happy.





### Activity 3- 3D Toys

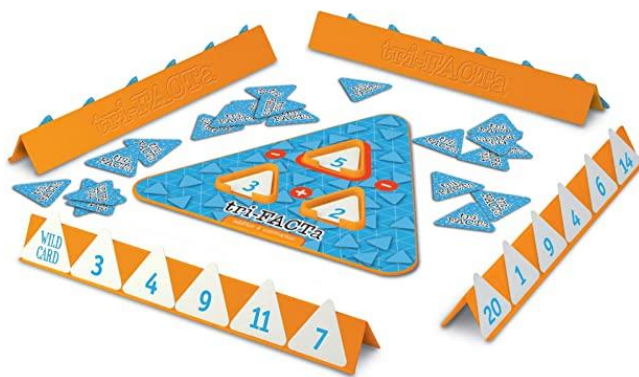
Geometrical toys are a great tool for developing creativity skills in children of any age. They provide us with a basic sense of how geometry (mathematics) is used in creating great architecture, aircraft, cars and so on. It also provides an element of fun which stimulates their motivation to create one such model themselves!



Observe the examples shown above and create a 3D toy of your choice. Also, mention at least 5 shapes (2D or 3D) used in it. The use of waste materials will be appreciated.

### Or Math Game Board

Games are an effective way of engaging ourselves in mathematics through creating positive and fun learning environment, eradicating the fear of Math, and generating mathematical discussions while playing such games.



Design a Mathematics game with shapes or numbers that can be played individually/in pair/in groups within a few minutes.

दुनिया में सबसे ज्यादा खुश व्यक्ति वो है !

जो अपनी खुशी से ज्यादा दूसरो की खुशी को बढ़ावा देता हो !!

#### गतिविधि 4. कहानी रचना

खुशियों का शब्दकोश ज्ञान बढ़ाएँ ,आओ एक कथा बनाएँ

खुशियों (Happiness) से संबंधित सभी सकारात्मक ( positive ) शब्द सोचें और उनका प्रयोग करते हुए एक कहानी का निर्माण करें | अपनी कहानी एक रंगीन A4 शीट पर लिखें |

या

#### फोटो फ्रेम निर्माण

अपने लिए तो सभी जीते हैं, जीवन वही जो दूसरों के काम आए,

सबके चेहरे की मुस्कराहट बन, खुशियों का पैगाम लाए |

कहते हैं 'sharing is caring ' इसी विचार को ध्यान में रखते हुए आप अपने आसपास के समुदाय में दूसरों को अपने छोटे- छोटे नेक कार्यों से खुशियाँ कैसे दे सकते हैं ? जैसे – एक पौधा लगाकर, किसी गरीब बच्चे को पढ़ाकर, किसी बीमार की सेवा करके, गऊशाला में चारा देकर ,पक्षियों को दाना देकर ,जल या अन्न दान द्वारा या किसी की मदद करके | अपने इस योगदान की फोटो खींच कर लेख सहित एक फोटो फ्रेम का निर्माण करें |

#### Suggested Activities

##### 1. Physical activity

Follow the links thrice in a week for your mental and physical well being.

<https://youtu.be/wAcxrNbWmVM>

<https://youtu.be/p2ggHwtb-Zg>

<https://youtu.be/DYuw4f1c4xs>

<https://youtu.be/l5uilZNoaAU>

<https://youtu.be/45KEyx5eJQ>

## **2. Books to read.**

1. Finding Happiness through mindfulness
  2. The jar of Happiness- Ailsa Burrow
  3. The Magic Finger by Roald Dhal
  4. Great Stories for Children by Ruskin Bond
  5. The Secret Island by Enid Blyton
- (Read any one book)

## **3. Movies to watch.**

1. In Pursuit of Happiness
2. Sing
3. Soul
4. Encanto
5. Jumbo

## **4. Places to visit.**

1. Red Fort (light and sound show)
2. Virtual tour of Finland. <https://www.youtube.com/watch?v=qolKmOdQwdg>
3. National science Museum.
4. Pradhanmantri Sanghralaya

## **5. Channels to watch-(Youtube)**

1. Ted-ed Kids
2. Peekaboo kids
3. National Geographic kids
4. Art for kids hub
5. Number blocks

**Happy Holidays**

