

Rosary Sr Sec School

Primary Section

Holiday Homework (2024 – 2025)

STD – V

ENGLISH

- I. Learn 'Two-Minutes Speech' on the topic allotted to your respective roll number.
- II. Daily write four words ten times in beautiful cursive writing from the given list and learn their spellings. (In a separate single lined notebook)

1.	scamper	mystery	courage	sheepish
2.	luxury	screamed	dangerous	freedom
3.	flopped	favourite	robberies	horizon
4.	sledges	excitedly	terrified	apartheid
5.	boarded	suddenly	aeroplane	Propeller
6.	affectionately	explanation	breathlessly	expression
7.	inhabitants	suspiciously	uncertainty	sharpened
8.	opportunity	hospitality	autobiography	furniture
9.	whispered	ambulances	Johannesburg	discover
10.	pretending	detectives	reappeared	presided

PROJECT:

- ❖ Read a story book of your choice. Write the name of the story and its author. Draw your favourite character from the story and write a paragraph about it. (On A3 size sheet.)

MATHS

- I. Write and learn multiplication tables from 2 to 25. Write each table at least 3 times.
- II. Cut & paste or draw any 10 Sudoku (9x9 grid) puzzles and solve them.
- III. Draw a geometrical design using geometrical shapes (circle, square, triangle or rectangle) on A3 sheet. Colour and decorate it.
- IV. Explore the websites given below:
 - a. www.education.com
 - b. www.homeschoolmath.net

NOTE:

- ❖ Make a separate copy for holiday homework.

EVS

- I. Make a chart that diseases and what happens on an A3 sheet.
- II. Paste the picture of How plants help animals on A3 sheet.
- III. Read and Learn L – 4 How Diseases Spread.

HINDI

- I. कहानी की पुस्तक पढ़ो।
- II. 15 पेज सुलेख लिखिए (Make a new copy for holiday homework)

PROJECT:

वचन के भेदों को चित्रों के माध्यम से प्रदर्शित कीजिए। एकवचन व बहुवचन के 10-10 चित्र चिपकाकर नाम लिखिए (on A3 size sheet)

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TWO- MINUTES SPEECH

Kindly learn the speech allotted to your Roll. No.

Roll No. 1 to 3	Topic 1		Roll No. 25 to 27	Topic 9
Roll No. 4 to 6	Topic 2		Roll No. 28 to 30	Topic 10
Roll No. 7 to 9	Topic 3		Roll No. 31 to 35	Topic 11
Roll No. 10 to 12	Topic 4		Roll No. 36 to 40	Topic 12
Roll No. 13 to 15	Topic 5		Roll No. 41 to 44	Topic 13
Roll No. 16 to 18	Topic 6		Roll No. 45 to 48	Topic 14
Roll No. 19 to 21	Topic 7		Roll No. 49 to 53	Topic 15
Roll No. 22 to 24	Topic 8			

1. TOPIC: The Power of Kindness

The topic of my speech is the power of kindness. It is a powerful force that can spread positivity and warmth. When we show kindness to others, we brighten their day and contribute to a culture of compassion and understanding. A simple act of kindness, like a kind word or a small gesture of generosity, can create bridges and foster a sense of unity among individuals who may feel isolated. Kindness is not only about doing big things. Even small, compassionate actions can significantly impact someone's life. When we all embrace kindness and make it a part of our society's values, we create a world that values empathy, cooperation, and mutual respect. This, in turn, lays the foundation for a more harmonious and compassionate world.

2. TOPIC: Yoga

An ancient discipline, Yoga is a concept that comes from a Sanskrit word meaning 'union'. It combines bodily processes with breathing techniques, meditation, and mental exercises in order to bring a sense of calm and composure in life. Though it originated in the Indian subcontinent, Yoga now has spread its wings across continents. The importance of Yoga in our life is far-ranging and it helps every age group and people. Some of the vital importance of yoga in our life are enhanced brain function, reduced stress levels, increases flexibility, lowers blood pressure, improves lung capacity, improves concentration and focus to name a few. So friends let us practice yoga in our lives to bring positive changes in us.

3. TOPIC: Success in Life

Success is a journey and not a destination. Success is not achieved overnight. It's a lifelong process. It requires sacrifice, determination, and a lot of hard work. The journey to success is not always smooth. It is marked by challenges, obstacles, and moments of self-doubt. Success is intertwined with a commitment to continuous learning. We need to embrace every opportunity life offers, as it can expand our knowledge, develop new skills, and to adapt the ever-evolving world. Surround yourself with like-minded people, people who inspire you, support and challenge you to influence your mindset and shape your journey toward success.

4. TOPIC: Importance of Education

Being educated is one of the most crucial things in every individual's life. Education is not just accumulating information but gaining knowledge that would help you to think logically and make the right decisions at a time when they should be made. According to Horace Mann, 'A human being is not in any proper sense a human being till he is educated'. An educated individual always knows his manners and behaves gently. Education does not just mean learning about all the different subjects and knowing everything up to date. An individual is said to be educated when they are able to apply all that they have learnt in their personal and professional lives effectively and in the best interest of everyone around. In this world where people use education or educated people to their own advantage, let us try to be unassuming individuals who would put our education to good use, for the welfare of oneself and the whole humankind.

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5. **TOPIC:** Gratitude

Gratitude involves showing appreciation for the things in life that are meaningful or valuable to you. Taking a moment to notice and acknowledge the things you're grateful for each day can brighten your outlook, boost your mood, and help you feel more positive in the face of challenges. Even the smallest moments, such as a brief chat with a friend, a kind gesture from a stranger, a cool breeze on a hot day, or a peaceful stroll in nature, are things that we can be thankful for. When we practice gratitude, we shift our thoughts away from negative emotions and uncomfortable sensations and begin to focus on good things that we may have overlooked. So to be happy in life let us embrace gratitude and practice it in our daily lives.

6. **TOPIC:** An Ideal Student

Every child is born with some inborn qualities. No one is perfect in this world, but we can always appreciate someone's good behaviour and manners. An ideal student is one who is very humble and respectful towards their studies and respectful towards their elders.

An ideal student is important not only for family but also for society, and country as a whole. They succeed and advance in life and improve the standing of society and the country. A good student possesses many positive traits, including honesty, dedication, alertness etc. A good student always behaves nicely around all of their peers and never harbour any negative thoughts toward any other student. They are not free of flaws but they embrace those flaws and constantly work on improving them and that is how they distinguish themselves from others. These are just some of the qualities that make up an ideal student. However, it is clear that having these qualities will benefit any student in the long run. So if you are looking to become an ideal student, work on developing these qualities and you will be well on your way.

7. **TOPIC:** Pollution due to Urbanization

Urbanization is a great concept which is required to develop any country. It refers to the concept of urbanizing remote areas by building infrastructure which then brings about development. Urbanization is the process of increasing population and industrialization in urban areas. As cities continue to grow and expand, pollution caused by urbanization has become a significant environmental concern. Urbanization leads to increased pollution in many forms, including air pollution, water pollution, and noise pollution. Urbanization is a really great step forward for any country, and it is and should be the main aim of all countries. However, in the process of meeting this goal, we cannot forget that pollution due to urbanization does take place, and is very dangerous for the planet and, therefore, all species living on earth in the long run.

There are some very simple ways to reduce pollution due to urbanization.

- ✓ We can choose to walk, carpool, or use public transport instead of taking a taxi.
- ✓ Garbage should not be thrown on roads and in water bodies.
- ✓ We should also not honk on roads unnecessarily.
- ✓ Reduce or eliminate fireplace and wood stove use.

8. **TOPIC:** Importance of Reading

Reading is a very good habit that one needs to develop in life. Good books can inform you, enlighten you and lead you in the right direction. There is no better companion than a good book. Reading is important because it is good for your overall well-being. Once you start reading, you experience a whole new world.

Reading helps you develop positive thinking. Reading is important because it develops your mind and gives you excessive knowledge and lessons of life. Reading improves your vocabulary and develops your communication skills. It helps you learn how to use your language creatively. Reading takes you to the world of imagination and enhances your creativity. The habit of reading is one of the best qualities that a person can possess. Books are known to be your best friend for a reason. So it is very important to develop a good reading habit. We must all read on a daily basis for at least 30 minutes to enjoy the sweet fruits of reading. It is a great pleasure to sit in a quiet place and enjoy reading. Reading a good book is the most enjoyable experience one can have.

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9. TOPIC: Global Warming

Global warming means a rise in the earth's average temperature. The main reason contributing to global warming is the greenhouse effect. The primary effect can be seen on our glaciers, as they are melting and raising the sea level, affecting human existence. Deforestation and mindless use of our natural resources are some factors behind global warming. We are living in an age where there are many threats to the existence of our beautiful planet. But, the most crucial one is global warming. The continuous rise in the temperature of the earth is called global warming. The leading cause behind global warming is human's careless and excessive use of natural resources. The depletion of green cover and the rise in the greenhouse gases like CO₂ in the atmosphere are other factors behind global warming. The primary effect on the planet due to global warming is climate change. Many other notable changes are happening due to global warming. For example, heat waves have increased, some crucial animals have extinct, the effect on marine life is relentless, our glaciers have shrunk, and many more. Initiatives like planting trees, adopting spaces and making them sustainable are ways to improve this world.

10. TOPIC: Health and Hygiene

Health and hygiene, the two pillars of a healthy life, are often taken for granted. Maintaining good health and hygiene is not a one-time task but a way of life. It involves eating a balanced diet, exercising regularly, getting proper sleep, keeping our environment clean, and practising good personal hygiene habits. Health is a state of complete mental, spiritual, physical, and social wellbeing and not only the absence of disease. Hygiene refers to good practices and rituals that prevent diseases and leads to good health. Thus, it mainly includes proper sewage disposal, cleanliness, and safe drinking water supply. So, it includes all the activities that are done for preserving and improving as well as maintaining sound health.

Here are some essential habits to maintain better health and hygiene:

- ✓ Includes plenty of fruits, lean proteins, vegetables and whole grains in your diet to support overall health.
- ✓ Engage in regular physical exercise.
- ✓ Maintain a regular sleep schedule and ensure you get enough sleep.
- ✓ Maintain proper personal hygiene by bathing regularly, washing your hands often, and brushing and flossing your teeth daily.

11. TOPIC: BENEFITS OF MORNING WALK

Morning walk is a good exercise. An early-riser can be a regular morning walker. The benefits of morning walk are manifold. In the early morning everything looks fresh and fair. The atmosphere remains pleasant and calm. A morning walker breathes pollution-free air. He enjoys lovely sights and sounds of nature. All this soothes his soul. Regular morning walk keeps one fit. It helps form a sound health. Science says that morning walk controls blood pressure, lessens stress and strain and energizes one to work zealously. Now-a-days we are to live a very fast life. We are to work round the clock. We hardly have time to care for our health. If the habit of morning walk is formed right from our early days, we can be sure of a sound body and a sound mind. Besides the health benefits, it is an extremely delightful experience to take a walk early in the morning.

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12. TOPIC: HEALTHY LIVING

Good Health is important because a healthy man can enjoy great happiness during his life time. Without health we cannot do anything in this world. A sick man remains confined to bed. He cannot get out of doors. He cannot do anything for anybody.

Health is more valuable than wealth. Even a poor peasant with good health is happier than the rich person with poor health.

A sound mind lives in a sound body. Health is essential for all our activities of life whatever we may be – a doctor, a leader, an artist, we must possess good health by all means. To ensure a healthy life, we must follow these laws of health from our very childhood. Early rising is the first law of health, “Early to bed and early to rise makes a man healthy, wealthy and wise”. To grow strong and healthy, children must exercise daily.

Schools must encourage children to take part in sports and games such as running, swimming, football, basketball, badminton. Such games help to build strength, speed and stamina. Walking is the best and easiest form of exercise to remain healthy. A balanced and healthy diet is also very important for good health. Children should avoid junk food as they can spoil our health. Personal cleanliness as well as maintaining a clean surrounding also helps in living a healthy life.

13. TOPIC: GOOD HABITS

Habits are established customs which are followed regularly. It is a repetition of the similar action in different situations or circumstances.

People indulge in habits to fulfil their needs and wants. At times, habits are developed on one’s own and at times, they are picked up from a source.

As man is a social animal, he needs the company of other human beings. Thus, to stay together in a group, man develops certain habits. The basic good habits include respecting one’s elders, greeting people when one meets them, wishing them well when departing etc. Other than this, observing the law, serving the poor and downtrodden, helping the sick and needy, giving shelter to the homeless, assisting someone handicap are also considered noble or good habits.

To lead on a peaceful life, man develops other good habits like reading, writing, listening to music, dancing, singing etc. Going to the temple and offering prayers, giving alms to the poor, supporting the old are other such habits which fulfil the needs of one’s soul.

14. TOPIC: POLLUTION

Pollution is probably the most serious issue the world is facing today. Yet we keep on turning a blind eye to it, believing that it won't affect us. Pollution of various elements of our ecosystem like air, water, soil and sound has caused serious damage already. The fumes emanating from vehicles as well as factories have made the air in cities unfit for breathing. Sewage and other garbage from households and factories are regularly dumped into our beautiful rivers and oceans. And as if all these were not enough, excessive honking, blaring of music at loud volume, crackers etc have created serious sound pollution.

Pollution not only spoils our own health but also worsens our quality of life. People in cities who are exposed to various kinds of pollution suffer from several ailments like high blood pressure, asthma and skin diseases. Garbage strewn around leads to break out of epidemics like cholera, malaria, chikungunya etc.

However no effort would be complete unless each one of us does our bit to protect our environment. We all can contribute in our small way by saving fuel, water and electricity, disposing garbage responsibly and living simple lives. It is the responsibility of each one of us to safeguard the environment so that future generations can enjoy the beauty and bounty of Mother Nature.

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15. TOPIC: DISCIPLINE

Discipline means training of the mind and character. It is obedience to rules and an orderly behaviour. There is a need and importance of discipline in our society and in our life. In our home, in schools in the playground and everywhere in this world discipline brings order. The absence of discipline brings disorder and chaos. There are some rules that control our activities. If we do not respect these rules, our life will be like a boat without the boatman. If we do not obey our parents at home, our teachers at school and the referee or the umpire in the playground, we can imagine what will happen. So both our parents and the teachers are very anxious to make us see the need for discipline. They want us to grow up like disciplined soldiers. In the armed forces discipline is everything. Without discipline an army cannot perform its duties effectively. Like them we all must be disciplined, so that everybody can be proud of us.