



St. Paul's School

Mughalpur, Po- Chargawan, Gorakhpur

ASSIGNMENT OF CLASS IV FOR APRIL WEEK 1

Instructions for the students:

Begin your day with a word of **prayer** , thanking God for His gifts and asking Him to bless you, your  family, friends and all the people who need our prayers.

7 a.m : DO YOGA  followed by simple **exercises** to add vigour to your body. Do it in the

 sun for greater benefits. **DANCING** is a good form of exercise, even the left footed can reap its benefits in the long run.

As you have a healthy **breakfast**  you can enjoy some good **music** .

8 a.m : ARITHMETIC

9 a.m : ENGLISH

10 a.m : ENJOY A BREAK as you usually do at school.

10. 30 a.m : HINDI

Work done   ENJOY your day your way.

After **lunch**, a short **nap** can be reviving.

4 p.m : Be out in the open (balconies, terrace or garden). Spend time in your garden.  Who knows, you might have a green thumb. Be an environmentalist in your own small ways.

Keep a bowl of water for our feathered friends, the birds . In this time of crisis, **avoid wasting food**.

The food scraps, if any, can be put outside in a useless container for the stray animals . They really need it.

Play some game involving physical activity...or just jog or skip.

The sky looks beautiful at dawn and dusk. Why not **capture** the scenic beauty  in your

camera  or  or paintings?

You can bring it to school when it reopens. It will be displayed on the notice board and the best ones will be awarded (provided you have taken all assignments seriously).

6 p.m: General Science

 **Make a notepad chores** that day. and write in brief how you lent a helping hand in the  house hold



Make a booklet ' QUOTES'. Divide into 5 parts as you do in Moral Science and **WRITE THOUGHT EVERYDAY** on the following topics:

DETERMINATION
GOD'S LOVE
BROTHERHOOD
PATRIOTISM
EQUALITY

Phones  and television  ruin your sleep. So take a book and read. It will take you a world of fantasy. Make sure you go to bed  on time. For early to bed and early to rise, makes a man healthy, wealthy and wise.

BE SAFE, BE STRONG.

NOTE - 10 difficult words from the assigned pages in every subject to be learnt and written on a daily basis.

Activity Calendar

Week 1	COMPOSITION	ARITH	S.ST	GSc	READING	HINDI
DAY 1	Noun. List and draw all types of Noun you see in a day	Write the numbers in Ascending and Descending order of any 10 numbers				
DAY 2	Types of Noun Write 5 examples of Collective Noun.	See the link given below and learn Addition in place value chart.	Movements of the Earth			
DAY 3	Write 5 examples of Material Noun			Parts of a plant. Write the different parts of a plant.		
DAY 4	Write 5 examples of Proper Noun.	Learn tables 2 to 20				Listen the story from the link below and write word meaning and hard words
DAY 5	Write 5 examples of Common Noun	Revise Addition in place value chart system			Listen the story from the link below and write word meaning and hard words	
DAY 6	Write 5 examples of Abstract Noun		Draw the two movements of the Earth	Draw parts of plant and Write its uses.		

LINK FOR BOOKS

<https://drive.google.com/open?id=1z2m82jpod-gqYTtzWfKKjliWeYT2Yivb>

LINKS

English

<https://youtu.be/aolmjyuViO8>

Arith

<https://youtu.be/wHD2T0qnb7o>

S.St

<https://youtu.be/SOX0xm0sgrM>

GSc

<https://youtu.be/l6FrqsvVS7k>

Reading

<https://youtu.be/52EK5Cujasc>

Hindi

<https://youtu.be/lC7lbkcsVdk>

“Important Instruction”

Dear Parents,

We all know it's a difficult time full of worry and anxiety. Please educate kids about the virus and be safe by staying home and following good hygiene practices. But do not let your fear and anxiety express upon the children to make them insecure and fearful as it can have long term psychological problems the ill effects of which we will be struggling with long time. Resort to positivity and do not fear!

Setting and following a routine is very important so make sure your child goes to sleep on time and gets up on time every day to make transitioning into school timings easy. Fresh air and morning sun should be a must for children be it the garden or terrace. It is advised to add physical exercise to the routine. Parents can do little yoga and breathing exercises with kids every morning for this. As part of safety measures, please maintain proper hygiene and wash hands regularly.

Hand Hygiene For Kids

- Wet your hands with clean water.
- Apply soap and rub your hands together to lather up for about 20 -30 seconds.
- Clean in between fingers, under the nails and up to the wrists.
- Wash away the soap completely with clean water

Note: You can staple together unused pages of old note books and give it a new look using your creative ideas, if you have no new note book to write in.



Taking Care of Yourself

Sleep

Early to bed,
early to rise.
Plenty of
sleep helps
you
concentrate.



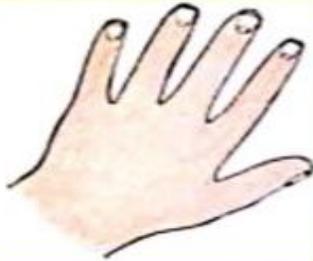
Teeth

Brush teeth every
morning and night
to keep them
shining and
bright.
Visit your
dentist
regularly.



Nails

Trim nails
weekly.
Keep nails
short and
clean.



Hair

Wash your
hair often.
Keep it neat
by styling
and brushing.



Exercise

Play outside
as much as
possible. Don't
sit and play on
the computer or
watch TV
too often.



Hygiene

Bath or shower
and change
underwear
daily. Wash
hands after
visiting the
toilet and
before eating.



Homework

Take care
with homework
and always
do it before
going out
to play.



Diet

Eat a healthy
balanced diet.
Choose healthy
snacks such as
fruit instead of
crisps and sweets.
Avoid sweet, fizzy drinks.
Drink water, milk or fresh fruit juice.

