



Education to Excel

# New Horizon Public School

(Affiliation No.CBSE/AFF/1130086)

Plot No: 07, Sector-19, Airoli, Navi Mumbai.

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Ref: NHPS/HA/2020/COVID 19

Date: 26/03/2020

**Subject:** Home Assignment during COVID 19 lockdown period.

Dear Parents,

Greetings from New Horizon Public school and Penguin Kids. Hope you and the members of your family are fine. We are praying for your good health and for spending this time of lockdown period in a meaningful way. We have suggested a few constructive & helpful activities and created a viable timetable for your children to be followed during this period of lockdown. Some of the suggested activities are also for parents. You are requested to encourage your children to follow it effectively. If you are already following a balanced timetable you may go ahead with the same.

## 1. Waking Up:

- a. As you wake up in the morning say a short prayer asking the Lord to give you, your family and all the people in India and across the globe good health of body, mind and spirit. Pray for the district/ city administration / leaders/officials in authority, health officials, doctors, nurses, para medical staff, and all people who are responsible for providing our daily needs during this period of crisis. Pray for the planet Earth; pray for the survival and good health of all species on this planet.
- b. Say in your mind positive affirmation like I'm healthy, I'm strong, etc.
- c. Wish good morning/namaste/pranam, praise the Lord, etc to all the members of the family.
- d. Drink a warm glass of water and continue with other routine activities.

## 2. Exercise: This exercise time can be administered for the entire family.

- a. Exercise with your family for half an hour. You can do yoga or any other exercise of fitness.
- b. Do atleast 10 to 15 minutes of breathing exercise. At the end of the exercise clap your hands and laugh out loudly.

## 3. Breakfast:

- a. 10 minutes after the breathing exercise you can take your breakfast.
- b. Say a small prayer before breakfast asking the Lord to bless your food.
- c. Thank your mother/ grandmother/ father/grandfather, etc who cooked your food for breakfast.

## 4. Reading Time:

- a. Read a story book/novel/Biography or any other inspiring book
- b. Keep a bookmark do not fold the page
5. **Creative time:** You can do any one of the following
  - a. Spend your time in some creative activities
  - b. Writing poems, stories, autobiography, essay, dialogues, etc.
  - c. Drawing, craft, sketch, etc
  - d. Sorting out pulses: Mix 10 each, grains of atleast 5 to 6 pulses in a bowl and separate it.
  - e. Singing songs, etc.
6. **Academic Studies as per school curriculum:**
  - a. Make a subjectwise timetable for studies.
  - b. Do your academic studies as given in the last years Syllabus in the school website
  - c. Solve the worksheets/ Assignments shared by school in INH App.
7. **Memorizing Multiplication tables and Mental Sums:**
  - a. Grade: Grade I: 0 to 3, Grade II: 0 to 10, Grade III: 0 to 15, Grade IV: 0 to 20, Grade V: 0 to 20 Grade VI and above 12 to 25 ( Try to memorise as many as many you can. Do not strain your mind)
  - b. Mental sums on multiplication tables.
  - c. Mental sums on addition/subtraction/division, etc. (Maintain lower classes smaller digits and higher classes higher digits. Keep a timer while solving)
8. **Lunch:**
  - a. Say a small prayer before lunch asking the Lord to bless your food.
  - b. Thank your mother/ grandmother/ father/grandfather, etc who cooked your food for lunch.
9. **Recreation:** After Lunch spend your time relaxing with the members of your family.
  - a. You can play Carroms/ Ludo / Scrabble/Chess, any traditional indoor game, etc.
  - b. You can watch a serial which can be watched by entire family.
10. **Siesta:**
  - a. Take a siesta for 30 minutes
  - b. It should not be more than 1 hour.
11. **Academic studies as per school curriculum:**
  - a. Make a subjectwise Timetable for studies
  - b. Do your academic studies Make your own worksheets and solve it.
12. **Creative Time:** You can do any one of the following
  - a. Spend your time in some creative activities
  - b. Writing poems, stories, autobiography, essays, dialogues, etc.

- c. Drawing, craft, sketch, etc
- d. Sorting out pulses: Mix 10 each, grains of atleast 5 to 6 pulses in a bowl and separate it.
- e. Singing songs, dialogue delivery, etc.

**13. Exercise:** This exercise time can be administered for the entire family.

- a. Breathing Exercise
- b. Dips (Utak- bitak) . Hold your ears across while taking dips.
- c. Aerobics/ dance, etc.

**14. Personal time:**

- a. You may call up friends, relatives, etc. Enquire about the their wellbeing.
- b. You may do any other useful activity
- c. Other routine activities

**15. Family Prayer and Meditation**

- a. All members of the family are requested sit together and conduct the prayer service as followed by meditation.

**16. Dinner:**

- a. Say a small prayer before lunch asking the Lord to bless your food.
- b. Thank your mother/ grandmother/ father/grandfather, etc who cooked your food for dinner. You can share your thoughts, experience of the day, jokes, etc. with other members of the family.

**17. Reading Time**

- a. Read a story book/novel/Biography or any other inspiring book. Keep a bookmark do not fold the page

**18. Off to Bed:**

- a. Say a small prayer before going to bed. Thank the Lord for everything. Ask pardon from Lord if the day is not spent in a meaningful way, if you have hurt someone, etc.
- b. Review your day. Summarize your day. Do not feel guilty if you have failed to do something rather ask the Lord to give you strength to complete your tasks well next day. Go to bed happily.
- c. Wish good night to everyone before going to bed.



Regards

Nicholas Correa

Principal & Executive Director