

# BIRLA PUBLIC SCHOOL GANGANAGAR

(A UNIT OF BIRLA EDUCATION TRUST PILANI)



CBSE AFFILIATION NO.1730974

Class- UKG

## SUMMER BREAK BONANZA

*An Array of Virtual Events*

Art Activity (Poster Making)

Foodista (Food Platter)

Dance Activity

Poem Recitation

Thursday

May 27,  
2021



 (via Microsoft Teams)

10:00 AM to 11:00 AM



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## CLASS: UKG SUMMER BREAK ACTIVITIES

*Engagement of child in several activities plays an integral part in the holistic development of a child during Summer break. BPSG is coming up with an initiative where child can explore to the fullest. Learning with fun is what the main motive of ours and to continue the chain during summer vacations for our little kids, following are the attractions or the activities in which a children can participate and enhance their skills.*

*"Your diet is a bank account. Good food choices are good investments." Nowadays being healthy is important because our life is precious and we get it once.*

So, to know about the right place of the food in our diet it is very important for our children to know about the importance of balanced diet and some exercises .To inculcate the good food habits among our children, BPSG is going to organise an event i.e. "My Healthy Food Platter". We have come with a chain of activities.

Below mentioned are some attractions/activities:

**1. Foodista (Food platter):**

*Prepare a healthy platter of salad or fruits and then explain about its benefits.*

**2. Poem recitation:**

*Choose any one topic from the below mentioned topics and prepare a poem-*

*My Healthy Platter OR Vegetables OR Fruits.*

**3. Art Activity (Poster Making):**

*Healthy food Vs Junk Food (prepare a short message with the poster).*

**4. Dance Activity:**

*Aerobics OR Zhumba- Choose any one of the activity and perform it.*

You can showcase your talent by participating in any one of the activities as per your interest during the online class on 27<sup>th</sup> May, 2021 (Thursday). You are requested to send your videos for the same. Videos should not be of more than 1 minute. Please send your videos by 26<sup>th</sup> May,2021 by 12 noon in the general channel of MS Teams. We will appreciate if the presentation is in English.  
*We wish you a good luck!*

Regards  
BPSG

