



Summer Schedule



DATE: 13.4.2020

DAY : 09

LEVEL : L.K.G

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| Before 9.00 AM |  | Wake up! Brush your teeth, Have a cup of milk. |
| | | Do indoor exercises or yoga to keep the body fit. |
| | | Wash your hands for at least 20 secs. |
| | | Have a shower and start the day with prayer. |
| | | Have a healthy breakfast |
| 9.00 – 9.30 AM | Social Skill | Play with your grandmother and grandfather. |
| 9.30 - 11.00AM | Rhyme Time | Enjoy singing your favourite rhyme |
| | Academic Time | Listening Skill – Download and listen to the story “The Ginger Bread Man” G.K – Recall the oceans of the world, Inventions and Inventors. |
| 11.00 – 11.30AM | Exercise Practical Learning | All by Myself -Self Grooming [Dress and Undress/ Comb your hair / Wear your shoes] |
| | Motor Skill | Stacking cups – arrange the cups / tumblers one above the other in a triangle or pyramid shape and enjoy doing it as many times as you can. |
| 12.00 NOON | Lunch Time | A healthy meal along with vegetables |
| 1.00 – 4.00PM | Nap Time | Take a nap |
| 5.00 – 6.00PM | Play Time | Puzzle / Building blocks/ Free play |
| 6.00 – 7.00 PM | Academic Time | Math - Write number names one-1 to ten-10 |
| 7.00 – 7.30PM | Family Time | Spend time with family members |
| 8.00 – 8.30PM |  | Dinner |
| 9.00 PM | | Bed Time -Brush your teeth and hear to a bedtime story. |