



Summer Schedule

DATE: 9.4.2020

DAY: 06

LEVEL : U.K.G

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	Place a bowl of water and rice grains/seeds for birds in your balcony.
9.30 - 11.00AM	Rhyme Time	Enjoy singing your favourite rhyme
	Academic Time	Reading Skill – Refer Term –III book, Pages – 6,8,10, read and revise the given sentences. Recall States and Capital
11.00 – 11.30AM	Exercise Practical Learning	All by Myself – Arrange the books and place it inside the school bag.
	Motor Skill	Roll the chapatti dough
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	Tamil – Refer Term – III book, pages – 85,86, read and write 20 three letter words neatly.
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.