




Summer Schedule



DATE: 10.4.2020

DAY: 07

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	Help your grandmother and grandfather in their regular task.
9.30 - 11.00AM	Rhyme Time	Enjoy singing your favourite rhyme
	Academic Time	Listening Skill – Download and listen to your favourite story.
		Tamil – Read and revise Colours, and Tastes from Pages 92 and 93
11.00 – 11.30AM	Exercise Practical Learning	All by Myself – Practice removing the buttons from shirt.
	Motor Skill	Fix the cloth pegs in string or rope.
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 - Recall Ascending and Descending order [Refer to page no. 59 and 61]
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.