





Summer Schedule

DATE: 11.4.2020

DAY: 08

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	Good manners – Use the magic words please, thank you and sorry for the entire day.
9.30 - 11.00AM	Rhyme Time	Enjoy singing your favourite rhyme
	Academic Time	Speaking Skill – Self Introduction - My name is I am years old. I am a boy/ girl. I am studying in U.K.G. I am student of S.K.P (to be practiced regularly)
		Tamil – Recite any 1 Bharathiyar Kavithaigal
		E.V.S - Recall Community Helpers [Refer Term-III book, page no. 68 and 69]
11.00 – 11.30AM	Exercise Practical Learning	All by Myself – Zip the school bag and open it. [try doing it 3 to 4 times]
	Motor Skill	Opening and closing plastic containers of different size.
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 - Count backward from 100 – 1
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.