





Summer Schedule



DATE: 13.4.2020

DAY : 09

LEVEL : U.K.G

Before 9.00 AM		Wake up! Brush your teeth, Have a cup of milk,
		Do indoor exercise 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 parents and share about your likes and dislikes.
9.30 - 11.00AM	Rhyme Time	Enjoy singing your favourite rhyme
	Academic Time	Reading Skill - Read the Rhyming pairs
		G.K.- Recall National symbols [Refer to page no. 71]Term-III book.
11.00 – 11.30AM	Exercise Practical Learning	<u>All by Myself</u> – Lift the baby chair and walk from one corner to another corner.
	Motor Skill	Drop small toys/objects in water tub and fish them up with a net.
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 Subtraction [Refer to page no. 44 to 51] Term-III book.
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.