

**SONA MODERN PUBLIC SCHOOL
HOLIDAYS HOMEWORK (2025-26)
CLASS VII**

Fun “n” Summer

As the school closes for a long summer break from 19.05.2025 to 30.06.2025 which is the most enviable part of school life. It provides time for rest and leisure. Every child enjoys the holidays in laze around, eat, play visits and to revive the things. But duties must not be forgotten. So balance should be maintained between recreation and work. We have planned some activities and work to enhance his/her learning skill in a fun filled way. We have tried to make the work enjoyable. Help your child to do the work. All the holiday homework should be done as per instruction

- ❖ All the given works will be done in the A-4 size sheet and put in the folder made by you with eco-friendly material.
- ❖ The practice work will be done in the copy.
- ❖ Every work should be decorative.
- ❖ At the end write the activity which you like most and why.
- ❖ Students must ensure that the work should be done efficiently as the work will be marked and marks will be added in the result.
- ❖ All children have to learn and complete the work done in the class before holidays..
- ❖ **The school will reopen on 01.07.2025**

ENGLISH

1. Write a paragraph in about 200 words pasting pictures on.
 - ❖ Favourite sports star (Roll no.1 to 15)
 - ❖ Favourite English writer.(Roll no 16 to 30)
 - ❖ Favourite singer (Roll no.31 & above)
2. Create a picture book showing a dialogue between Aryan and Rohan discussing plans for future development in the city.
3. Read the newspaper daily, write the scientific news that amaze you(10 News)also write 30 new words with meaning and use them in sentence.
4. **Prepare** a Tense chart with 10 suitable examples each.
5. Write and learn 50 verb forms . Use them in sentence
6. Imagine you are Liam. Write an informal letter to a friend describing how your family helped you discovering new facts and experience.
1. **Art Integrated Learning (AIL)-Make it creative & Presentable in a separate folder:**
 - ❖ Write about 5 famous tourist places of Andaman & Nicobar Islands with pictures and write a note on it. (Roll no.1 to 15)
 - ❖ Write 20 fun facts (10 from Andaman & 10 from Lakshadweep) (Roll no 16 to 30)
 - ❖ Write 5 famous tourist places of Lakshadweep Islands with pictures and write a note on it. (Roll no. 31 &above).

(PROJECT SHOULD BE OF 5 TO 6 SHEETS)

SCIENCE

- 1) Discuss with your parents and grandparents the way to lead a healthy life based on the discussions design a diet plan for the children of your age group with tips and suggestions to lead a healthy life.
- 2) Make an informative poster explaining the concept of heat transfer add instruments used for measuring temperature in degrees Celsius scale and degree Fahrenheit scale
- 3) Make presentation showing all the steps for wastewater treatment plant to treat the wastewater for other uses
- 4) Prepare list of items which we consume or use and identify their nature as acids , base or salts. So write 3 tests to identify acids and bases

- 5) Speed limits are set for the vehicles moving on the roads. Why is it important to follow speed limits in residential areas ? Find out the speed limit in your locality and check speed limits on highways. How does measuring speed help ensure the safety of pedestrians and drivers ?.
- 6) We have seen many buildings fitted with glass on the outside. These are special reflecting glasses that reflect light and keep the building cool. Find out the composition of these glasses and also how they help save energy.

Art Integrated Learning

- 7) Make a collage showcasing the biodiversity of flora and fauna in Lakshadweep include pictures of plants animals and birds found on the island.(Roll no 1 to 20)
- 8) Discuss the importance of mangrove forests in protecting coastal areas natural disasters how can art convey the significance of preserving mangrove ecosystem in Andaman and Nicobar islands also right how to balance tourism economy and natural biodiversity (Roll no.21 and above)

SOCIAL STUDIES

(PROJECT SHOULD BE OF 3 TO 4 SHEETS) MAKE IT NEAT AND COLOURFUL

- 1) Visit the monuments built by rulers of medieval period for e.g. QUTUB MINAR, HUMAYUN TOMB ETC
- 2) Make a poster on **GANDAGI MUKT BHARAT**
- 3) On political map of India mark the states and their capital .
- 4) Paste pictures of archaeological sources of history and write few lines about each .
- 5) Express your views on current situation of healthcare in India. (50 to 100 words)

Art Integrated Learning

- 6) **PREPARE PROJECT ON CULTURE OF ANDAMAN NICOBAR ISLANDS AND ALSO PASTE PICTURES .**
 - ❖ Roll no **1 to10** Describe about vegetation of Andaman and Nicobar Islands.
 - ❖ ROLL NO **11 to 20** Detailed description of festivals of Andaman and Nicobar Islands
 - ❖ Roll no **21 to 30** life of the people of Andaman and Nicobar Islands
 - ❖ Roll no **31 to 43** life of the people of Lakshadweep

MATHS

- 1) Give the Five example of Distributive properties under addition and associative property under addition of integers in Maths Excellence notebook.
- 2) Write all Activity in your Maths Lab Manual related to Ch 1 and Ch 11.
- 3) Complete Ex 3.1, Ex 3.2 and Ex 3.3 from. Maths Excellence Book in Maths Excellence note book.

Art Integrated Learning

- 4) Draw a bar graph on Lakshadweep or Andaman and Nicobar population
- 5) Activity-Based Questions

Integers:

- a) Integer Number Line :
 - Create a large number line on chart paper. Mark and label the integers from -10 to 10.
 - Choose five integers, shade them on the number line, and write a brief explanation of how you can locate their position.
- b) Integer Operations with a Game:
 - Have a family game night where you play a board game that involves moving forward and backward as per rules. Keep track of the position using integers.
 - Write a summary of the game, including how many times you added or subtracted integers.

Exponents and Powers:

a) Powers of Numbers:

- Make a "Power Tree" chart. Start with the number 2 and branch out to show the first 5 powers of 2 (e.g., $2^1, 2^2, 2^3, \dots$).
- Next to each power, write the actual number it represents.

b) Exponent Matching Game:

- Create cards with bases and their exponents (e.g., one card says 3^2) and another card that says 9).
- Play a matching game with family or friends, finding pairs that represent the same value.

WORKSHEET

1) Calculate

a) $-8 + 5 = ?$ b) $7 - 12 = ?$ c) $-15 / 3 = ?$

2) Comparing Integers.

a) Which is greater: -7 or -5

3) Write the integers from -10 to 10 and identify the largest and smallest integers in this range.

4) The temperature in a city is -2°C in the morning and rises to 3°C by afternoon. What is the change in temperature?

5) A football team lost 4 games and won 7 games. What is the net change in their wins?

6) Evaluate the Expressions

a) $2^3 =$ b) $5^2 =$ c) $10^0 =$ d) $4^3 =$

7) Write 16 as a power of 2.

8) What is the value of 3^4

9) A population of bacteria doubles every hour. If you start with 5 bacteria, how many will there be after 3 hours? (Use powers of 2.)

10) If $2^x = 32$, what is the value of x

हिंदी

1) यदि आपको सारी सुख-सुविधाएं दी जाएँ किंतु बंधन में रखा जाए तो आपको कैसा लगेगा? अपने विचार व्यक्त करें। (वसंत पाठ-1 के आधार पर)

2) हिंदी दिवस के लिए एक शुभकामना-संदेश बनाइए।

3) ग्रीष्मावकाश में आप जहाँ भी घूमने जाएँ वहाँ का वर्णन अनौपचारिक पत्र के माध्यम से लिखें।

4) 4 हिंदी समाचार पत्र से संयुक्त व्यंजन के 20 शब्द लिखें तथा उनका वर्ण-विच्छेद करें।

5) कला समेकित क्रियाकलाप-

(क) अंडमान निकोबार और लक्षद्वीप में प्रसिद्ध पर्यटन स्थल कौन-कौन से हैं, उनमें से किन्हीं दो के बारे में लिखें। (रोल नम्बर 1 से 20)

(ख) अंडमान निकोबार की कला एवं हस्तशिल्प का वर्णन करें। (रोल नम्बर 21 से अंत तक)

COMPUTER

Theory Questions (Write Answer in your notebook):

a. Convert the following:

$(1011)_2$ to Decimal

$(29)_{10}$ to Binary

$(1101)_2$ to Octal

b. What is a cell, a row, and a column in Excel?

Practical work (To be done in Excel and paste print out in notebook):

a. Create a Marksheet table for 5 students with 5 subjects each.

b. Apply formatting:

Bold headings

Add Border to the table

Add Background color for headings

Change font colour and size

Art Integrated Learning

MAKE A COLLAGE OF MARINE ANIMALS FOUND IN ANDAMAN AND NICOBAR AND LAKSHADWEEP ISLAND.

संस्कृत

- 1) संस्कृत में देश भक्ति गीत या गीता के तीन श्लोक याद करें और अर्थ सहित कलरफुल सीट में लिखें।
- 2) स्व परिचय या अपने विद्यालय के बारे में काम से कम पांच पंक्ति लिखें।
- 3) कवि एवं मति शब्द रूप लिखें और याद करें।
- 4) भू और लिख धातु रूप पांचो लकारों में लिखे और याद करें।
- 5) अभ्यास प्रश्न पत्र एक को कॉपी में पूरा करें।

GK AND MORAL VALUE

Art Integrated Learning

- 1) Paste a India political map in GK notebook. Locate Lakshadweep and Andaman & Nicobar Island in map.
 - Write Capital of Lakshadweep and Andaman & Nicobar islands
 - Are they state or Union territory?
 - Write their famous foods with picture.
 - What is the traditional dress of Lakshadweep & Andaman and Nicobar Island?(Paste picture)
- 2) Mark the seven sisters (seven states) of India on political map with different colours and write one amazing fact about all.
- 3) Cut and paste at least 2 news weekly under the column in GK note book.
National News, International News, Sports News
- 4) Note down the maximum and minimum temperature of one month, highlight the day with maximum temperature (weekly) .In GK note book
- 5) Paste & write about 10 Indian woman who became pioneers in various fields.

DRAWING

- 1) Object study--- Draw any three still life/object drawing. (Any Medium)
- 2) Draw any two Imaginative painting based on subject from life and nature. (Water colour)
- 3) Draw any two beautiful traditional painting. (Any Medium)
- 4) Make a poster on Terrorism.
- 5) Draw a Story Board (Akbar and Birbal). (Page.no.-62)

CRAFT

Folder making-- use eco-friendly paper to make your folder, make sure you can put your things inside.

- Table lamp -- by using waste materials and put a light bulb inside.
- lippan art -- with waste materials and make it productive