

Fun Activity Calendar
Class 10
May 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
	Fitness Goes a Long Way- Connect with yourself ,do meditation	Balanced Diet- Make a healthy fruit salad	Master Linguistic Skills- Read a good biography/e - book	Quality Time with Family- watch old album/childhood photos with family.	Love and Protect the Nature- Plant a sapling	Let's Develop Different Skills- Learn to wash and iron your own clothes.
31						
Relax and Unwind Paint /colour your creative ideas						

- Write a weekly journal- Write the special moments of the week .Use different phrases to express your feelings .

Fun Activity Calendar
Class 10
June 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Fitness Goes a Long Way- Do Prayanam/Breathing exercise	2 Balanced Diet- Learn to make "Vegetable Soup"	3 Master Linguistic Skills- Find-out 10 popular idioms and proverbs	4 Quality Time with Family- Watch a good family movie together	5 Love and Protect the Nature- Get up early and listen to chirping of birds	6 Let's Develop Different Skills- Help Mom in washing dishes and cleaning
7 Relax and Unwind Listen to some old melodies/songs	8 Fitness Goes a Long Way- Practice "Surya Namaskar"	9 Balanced Diet- Cook and enjoy the aroma of "Vegetable Biryani"	10 Master Linguistic Skills- Compose a short poem	11 Quality time with Family- Enjoy indoor games	12 Love and Protect the Nature- Water the plants	13 Let's Develop Different Skills- De-clutter/arrange bookshelf and cupboard
14 Relax and Unwind Best out of waste/make a homemade mask	15 Fitness Goes a Long Way- Practice Yoga Asanas	16 Balanced Diet- Learn to knead the dough and roll chapatis	17 Master Linguistic Skills- Develop a comic strip	18 Quality time with Family- Discuss future plans/career options with Parents	19 Love and Protect the Nature- Watch and paint - Sunrise/Sunset	20 Let's Develop Different Skills- Learn needle work from Mom
21 Relax and Unwind Celebrate "Father's Day"- show gratitude to your Father by making a card/thank you note	22 Fitness Goes a Long Way- Dance to the tune of music (Aerobics)	23 Balanced Diet- Treat yourself – bake an atta cake with Mom and list the uses of Baking powder and baking soda	24 Master Linguistic Skills- Write a fictional story	25 Quality Time with Family- Listen to childhood experiences of your parents	26 Love and Protect the nature- Keep a bird feeder in balcony	27 Let's Develop Different Skills- Learn budgeting from parents
28 Relax and Unwind Play a video game that you enjoy.	29 Fitness Goes a Long Way- Practice "Surya Namaskar"	30 Balanced Diet- Learn to make "Vegetable Sandwich"				

- Write a weekly journal- Write the special moments of the week .Use different phrases to express your feelings .

