

Activity calendar
Class 7
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 Yoga with Family- Inhale the future Exhale the past | 26 Show Gratitude- Make a thank you card for parents. | 27 Show your creativity- Best out of waste | 28 Spend time with nature- Watch the sunset. | 29 Spend time with yourself- Read a Book. | 30 Spend time with family- watch a movie together |
| 31 Learn a new Life skillactivity – Help mummy wash dishes | | | | | | |

- Learn two new words daily and read newspaper.

Activity calendar
Class 7, June 2020

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|--|--|--|--|
| | 1 Yoga with Family- Yoga add years to your life. | 2 Show Gratitude- Help your mother in cleaning the house. | 3 Show your creativity- make paper flowers and leaves. | 4 Spend time with nature- Watch the birds and listen to their chirping. | 5 World Environment day- plant a tree/sapling | 6 Spend time with family- Play some classic game like ludo. |
| 7 Learn a new Life skill activity – learn how to sew abutton. | 8 Yoga with Family- Yoga is practice of quietening the mind. | 9 Show Gratitude- Give a head and foot massage to your father. | 10 Show your creativity- Make a photo frame. | 11 Spend time with nature- Water the plants. | 12 World Day Against Child labour- Make a poster against the child labour. | 13 Spend time with family- Refresh old memories with old Photos and videos. |
| 14 Learn a new Life skill activity – Learn how to make salad. | 15 Yoga with Family- Yoga is light which once lit will never dim. | 16 Show Gratitude- Clean cupboard and book shelf. | 17 Show your creativity- Create your own puzzle. | 18 Spend time with nature- Watch the night sky, stars and moon. | 19 Spend time with yourself- Listen to your favorite and sing a song. | 20 Spend time with family- Take family photos but not selfies. (use Auto mode of camera) |
| 21 Father’s Day Do something special for Your father. | 22 Yoga with Family- Yoga is not about self-improvement It’s about self-acceptances. | 23 Show Gratitude- Give a head and foot massage to your mother. | 24 Show your creativity- Make wall hanging using old waste material. | 25 Spend time with nature- Take some nature photographs. | 26 Spend time with yourself- Do a thing which makes you most happy. | 27 Spend time with family- “Know your parents”- ask about their childhood memories. |
| 28 Learn a new Life skill activity – learn how to wash and Iron clothes. | 29 Yoga with Family- Yoga means addition of strength energy beauty mind & soul. | 30 Show Gratitude- Spend some time alone with God and Thank him for his blessings. | | | | |

- **Learn two new words daily and read newspaper.**