

SEEDLING MODERN HIGH SCHOOL

WORK ASSIGNMENT FROM 23RD MARCH 2020 – 31ST MARCH 2020

CLASS VII

“When the going gets tough, the tough get going”.

Dear Parents

Warm greetings from Seedling

Good teachers don't teach pupils, but provide the conditions in which the students can learn. amidst the Covid 19 lockdown, let's all make the most of this opportunity to connect with ourselves. Homeschooling can be fun with so many interesting assignments which have been carefully planned by our experienced staff here at Seedling Modern High School where our very motto is “Grow to bloom”.

So get up, rise and shine, open your treasure box! We're always there for you to help you reach your potential with simple things to do during this lockdown period.

Here are some interesting activities for you to keep you busy and indoors.

Get up early in the morning and see the rising sun. Help your child inculcate good habits like doing “Surya Namaskar” and encourage him/her to greet all elders in the morning.

Enjoy Nature's Bounty

- ❖ Feel the fresh air- Take a deep breath and do breathing exercises.
- ❖ Hear the birds chirping.
- ❖ Water the plants and feed the birds.
- Draft a notice making an appeal to the people to Stay Safe.
- Due to the outbreak of (COVID-19) you have got a long break. Write a diary entry telling how you are utilizing your time.
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- orZeku ladV ds le; esa uojk=h ds volj ij fo'o dh eaxy dkeuk djrs gq, dksbZ izkFkZuk fyf[k,A

- Who says we can't enjoy at home Pretend to travel the world-Go on a virtual tour to the Mughal monuments. Select one such monument and find out details about its history Make a presentation on your findings.
- Imagine you have been given the charge of creating awareness in your locality about maintaining Sanitation and personal hygiene. Prepare a 'POSTER' about the importance of Sanitations and personal hygiene
- Note down the physical and chemical changes which happen while preparing different food items ((i) Try to make Chapati, dal, rice and tea (ii) Try to set the curd. Take help from elders)
- Soak a cup of whole moong dal overnight Then next day place it in a sieve or tie it in a cloth. Keep it moist. What happens next? How can you prepare it for breakfast? Is it Nutritious? Write your observations.
- Study daily status of corona virus patients in any one country for a week construct a Frequency Distribution Table and Bar Graph for the same.
- Make nets of cube, cuboids, cone, cylinder, tetrahedron and write their faces, vertices and edges. Verify Euler's formula for them.
- Measure height and weight of each member in your house and calculate BMI for them. $BMI = \frac{\text{weight (kg)}}{\text{Height (m)}^2}$
- From a squared piece of paper make tan gram pieces and construct 5 different figures from them.

You are precious! Stay Indoors



Keep safe. Keep healthy.