



Dear Parents,

It is close to five weeks since the beginning of the new session. Almost all children are now well settled and some have made new friends too. It's a pleasure to see them take part in all activities done in class and now they are ready for their summer holidays. So, here are some suggestions to make this holiday a special one for both you and your child.

Bonding Time!

- Encourage your child to spend time with grandparents, uncles, aunts, cousins. Children love to be entrusted with responsibilities. Let your child be the little helper for Grandma and Grandpa. Click photographs and capture these moments forever.
- Promote family time...have meals together, play games, listen to music, go on family trips etc. (Watching TV is not one of them).
- Encourage your child to make new friends. Playing together will teach them to share, take turns, solve their own little problems and of course stay away from gadgets!

Anytime is story time

- Children love listening to stories. Stories are a great way to learn new words, develop listening skills and imagination. Here are a few suggested books with colourful pictures that we are sure your little one will enjoy both listening to and flipping through the pages.
 - Lady Bird series Volume 1
 - Clifford
 - Hitopadesh Tales
 - Usborne First Reading - Level 1
- Read stories from Hindi / Bengali books as well. The best and the most enjoyable stories for children however, are the ones about the childhood days of their parents. So, these are a must.
- Dramatization, use of puppets, dressing up etc will surely make story time interesting.
- At times switch roles...let your child be the story teller. We too would love to hear your child share his / her favourite story in class.

Outdoor Fun

The minute we say "SUMMER" first thing that comes to our mind is the hot blazing sun. But, we surely can find ways of stepping out and exploring the world outside our homes.

- Morning walks, visit to the children's park, cycling, swimming, playing tag, hide and seek or simply chasing a ball with friends are all great ways to stay active.
- **Exploration Time:** Take your child to visit at least two of the following places this summer. Ask them a lot of questions related to what they observe and experience.
 - Rabindra Sarovar Lake
 - Local fruit and vegetable market
 - Victoria Memorial
 - Eco Park
 - Children's Library or a book store
 - River Front



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Indoor Magic

Whoever said staying indoors is boring will now have to think twice.

- **Creative Hands:** Little treasures such as leaves, dry twigs, flowers, figs, pebbles etc. collected during nature walks, old newspapers, magazines, plastic bottles, spoons, ice-cream sticks etc lying around the house are great to create beautiful crafts. Here are a few suggestions. Do send your child's creations to school.



- **Eat Smart:** It is very important to stay cool during this time of the year. One way to do so is by eating right and drinking plenty of water and juices. Discourage your child from having too many sweets, fried food, cakes, chips, aerated drinks. Here is a recipe to cool off this summer. Try out with other some fruits



Refreshing Lemonade

- Cut the lemon in half
- Squeeze the lemon juice into a glass. (save the seeds)
- Add water, sugar, salt to taste, mint leaves and stir. Your drink is ready.

Along with your child plant the lemon seeds and watch your very own lemon tree grow.

For details please refer to:

<https://www.1millionwomen.com.au/blog/how-grow-your-own-lemon-tree-from-seed/>

- **Plants and animal feel thirsty** too. So encourage your child to keep a bowl of water outside for the birds and animals and water plants in your house as well. It is extremely important to nurture the value of being caring towards others from this tender age.
- **Helping Hands:** Allow your child to help you in the kitchen, set the dinner table, put pegs on clothes on the washing line, fold dry towels, and of course put away their own toys after playtime.
- Amidst all these activities children need some “**ME TIME**” as well. This is when they can spend time playing with puzzles, building blocks etc., scribbling on the chalk board, painting also doing interesting works in the activity books ...

- Join the dots
- Find a match
- Spy the odd ones out



- Mazes
- Creating different shape pictures

...And sometimes they may even choose to do “**nothing**”.

Above are just a few suggestions to take you back to your childhood days along with your dearest one. No matter what you do remember you are the biggest superstars in their lives and all they need from you is your love and valuable time.

Wishing you all a super duper vacation!

