



GURU AMAR DASS PUBLIC SCHOOL

SUMMER HOLIDAYS' HOMEWORK

GRADE - VII (2025-26)



S

Sharing is caring

U

Use polite words

M

Meditate daily

M

Minimize use of

E

Enjoy your holidays

R

Regular Exercising

V

Value your Time

A

Admire good work

C

Clean your hands

A

Always help others

T

Take care of health

I

Inspire others

O

Offer help to other

N

Nurture good values

S

Spread happiness

Happy
Summer
Holidays



IMPORTANT INSTRUCTIONS

- Take the print out and do the work on of the worksheets
- Neatness and presentation are common parameters for most of the activities assigned. Please maintain the quality of work done.
- Holidays' homework will be assessed on certain parameters and marks/grade will be awarded accordingly.
- To score well in your upcoming exams strike a balance between your leisure time and studies.
- Marks of Holidays Homework will be added in your Mid-Term Examination.

BE A WONDERFUL HUMAN BEING: KEEP IN MIND TO

- Do the homework independently, only ask for assistance from your parents or guardians
- Remember to have a wide mouth container filled with water outside your house for the birds to get respite from the scorching heat.
- Pray to almighty daily and thank for the blissful life that you enjoy.
- Be a helping hand to your parents and learn the skill of shared responsibility.
- Do the work by following the guidelines given with each work or activity
- Spend time with your parents and grandparents, their rich experience will help you overcome challenges with ease.

HEALTHY LIFESTYLE BE YOUR PRIORITY

- Give prime importance to your health. Eat lots of fruits, do exercise and get into yoga
- Pledge for "Eat Right -Less Sugar, Less Oil and Less Salt"
- Wash hands frequently, especially before and after meal.
- Avoid sharing of towel, handkerchief, brush with others.
- Drink plenty of water.

REQUEST TO PARENTS

- Summer vacation time is an opportunity to spend the quality time with your child and make him/her feel special of his unique identity.

So just spare sometime and do the following:

- Talk about Omni presence of **God** and humility being developed with regular prayers and doing good deeds as to offer best prayer to the God. Take them some religious places.
- Let them feed the poor and share things with needy people with love, let them enjoy the **Art of Giving**.
- Talk about the importance of parents and elders.



ENGLISH

- ✚ Read lesson 6, 7 and 8 from your main course book and write 20 new words from each chapter with meanings.
- ✚ Write an article on 'Save Environment', 'Benefits of Healthy Food'.
- ✚ Revise the grammar topic from grammar book mentioned in PT – I and Term – I.
- ✚ Prepare a Tense Table.

FINGER LICKING GOODS!

Visit your favourite restaurant, enjoy a hearty meal and write a review in 100 words emphasising on its ambience, service quality and the delicacies it serves. Paste a picture of the dish/dishes you had ordered.

MATHEMATICS

- ★ Make the following model according to your Roll Nos. and solve the following worksheets.

Sr. No.	Topics	Roll No
1.	Integers	1 – 4
2.	Types of triangle	5 – 7
3.	Symmetry	8 – 10
4.	Perimeter and area	11 – 13
5.	Fractions	14 – 16
6.	Types of angles	17 – 20
7.	Complementary Angles	21 – 24
8.	Algebra	25 – 28
9.	Decimals	29 – 31
10.	Polygon Working Model	32 – 39

Revise : Chapter 1 – Integers

Chapter 2 – Fractions

- ✚ Solve worksheets of fractions and decimals Chapter – 2 (Worksheet No. 3, 4)

MATHEMATICS : Worksheet – 1

Add the below mixed fractions

$$3\frac{3}{4} + 2\frac{1}{4} =$$

$$4\frac{1}{8} + 3\frac{2}{4} =$$

$$1\frac{4}{8} + 2\frac{1}{8} =$$

$$3\frac{7}{10} + 2\frac{1}{10} =$$

$$5\frac{6}{7} + 4\frac{1}{2} =$$

$$4\frac{4}{9} + 1\frac{2}{9} =$$

$$2\frac{3}{5} + 4\frac{2}{5} =$$

$$\frac{4}{5} + 1\frac{2}{5} =$$

$$1\frac{5}{9} + 3\frac{1}{9} =$$

$$\frac{3}{7} + 1\frac{1}{7} =$$

$$4\frac{1}{6} + 3\frac{4}{6} =$$

$$2\frac{1}{3} + 3\frac{2}{3} =$$

$$3\frac{1}{4} + 2\frac{4}{6} =$$

$$5\frac{1}{7} + \frac{2}{7} =$$

$$5\frac{2}{9} + 1\frac{1}{9} =$$

$$\frac{3}{10} + 2\frac{3}{10} =$$

MATHEMATICS : Worksheet - 2

$$\frac{2}{5} - \frac{1}{5} =$$

$$\frac{4}{9} - \frac{1}{9} =$$

$$\frac{5}{7} + \frac{1}{7} =$$

$$\frac{2}{4} + \frac{1}{4} =$$

$$\frac{7}{10} - \frac{4}{10} =$$

$$\frac{4}{6} - \frac{1}{6} =$$

$$\frac{2}{4} + \frac{1}{4} =$$

$$\frac{2}{11} + \frac{1}{11} =$$

$$\frac{1}{3} + \frac{1}{3} =$$

$$\frac{2}{3} - \frac{1}{3} =$$

$$\frac{3}{8} - \frac{1}{8} =$$

$$\frac{4}{12} - \frac{1}{12} =$$

$$\frac{3}{6} + \frac{1}{6} =$$

$$\frac{3}{5} - \frac{2}{5} =$$

MATHEMATICS : Worksheet - 3

Solve the sums(Add/Subtract with parenthesis)

1) $10 + 31 + 40 - (31 + 6 - 9) = \underline{\hspace{2cm}}$

2) $25 + 11 + 4 + 30 - (19 + 27) = \underline{\hspace{2cm}}$

3) $1 + 6 + 38 + 30 + (13 + 13) = \underline{\hspace{2cm}}$

4) $1 + 6 + 38 + 30 - (13 + 13) = \underline{\hspace{2cm}}$

5) $(29 - 14 + 33) - (29 - 14 + 33) = \underline{\hspace{2cm}}$

6) $(29 - 14 + 33) - (29 - 14) + 33 = \underline{\hspace{2cm}}$

7) $(29 - 14 + 33) - (29 - 14) - 33 = \underline{\hspace{2cm}}$

8) $16 + 28 + (23 + 35) - (16 + 28) = \underline{\hspace{2cm}}$

9) $33 + 11 + 14 + 2 - (21 + 33) = \underline{\hspace{2cm}}$

10) $54 - (37 + 15) + (37 + 14) - 1 = \underline{\hspace{2cm}}$

11) $50 + 10 - 10 + 5 - 5 - 20 = \underline{\hspace{2cm}}$

12) $50 + 10 - (10 + 5) - 5 - 20 = \underline{\hspace{2cm}}$

MATHEMATICS : Worksheet - 4

Multiplication of Decimals

$$\begin{array}{r} 45.9 \\ \times 0.5 \\ \hline \end{array}$$

$$\begin{array}{r} 60.23 \\ \times 12.25 \\ \hline \end{array}$$

$$\begin{array}{r} 45.25 \\ \times 1.56 \\ \hline \end{array}$$

$$\begin{array}{r} 5.39 \\ \times 2.5 \\ \hline \end{array}$$

$$\begin{array}{r} 56.28 \\ \times 20 \\ \hline \end{array}$$

$$\begin{array}{r} 54.23 \\ \times 5 \\ \hline \end{array}$$

$$\begin{array}{r} 25.25 \\ \times 100 \\ \hline \end{array}$$

$$\begin{array}{r} 45.15 \\ \times 5.25 \\ \hline \end{array}$$

$$\begin{array}{r} 15.26 \\ \times 4.06 \\ \hline \end{array}$$

$$\begin{array}{r} 42.26 \\ \times 0.001 \\ \hline \end{array}$$

$$\begin{array}{r} 38.09 \\ \times 2.25 \\ \hline \end{array}$$

$$\begin{array}{r} 32.16 \\ \times 12.05 \\ \hline \end{array}$$

HINDI

1. पाठ 4 से 7 तक पढ़ो और पुस्तक अभ्यास हल करो।
अमोली हिंदी व्याकरण:
2. पन्ना नं: 120, 121 पर अशुद्ध-शुद्ध से संबंधित गतिविधि (1 – 30 वाक्य) हल करो।
3. पन्ना नं: 38 पर भिन्नार्थक शब्द से संबंधित गतिविधि भाग 1 और 4 हल करो।
4. पन्ना नं: 129 पर मुहावरे से संबंधित गतिविधि भाग 2, 3 और 4 हल करो।
5. अनुच्छेद: “संघर्ष ही जीवन है” लिखो और याद करो।
6. नोट: व्याकरण संबंधित सभी गतिविधियाँ उत्तर पुस्तिका (कॉपी) पर हल करो।

PUNJABI

- ✚ ਪੰਜਾਬ ਦੇ ਪੰਜ ਪ੍ਰਸਿੱਧ ਖਿਡਾਰੀਆਂ ਬਾਰੇ ਜਾਣਕਾਰੀ ਇਕੱਠੀ ਕਰਕੇ ਸਕ੍ਰੈਪ ਬੁੱਕ ਤਿਆਰ ਕਰੋ ਜਿਨ੍ਹਾਂ ਨੇ ਪੰਜਾਬ ਦਾ ਨਾਂ ਰੋਸ਼ਨ ਕੀਤਾ ਹੈ।
- ✚ ਪਾਠ 4 ਤੋਂ 7 ਪੜ੍ਹੋ ਅਤੇ ਅਭਿਆਸ ਹੱਲ ਕਰੋ।
- ✚ ਵਿਆਕਰਨ: ਗਤੀਵਿਧੀ ਹੱਲ ਕਰੋ ਪੰਨਾਂ – 118
- ✚ ਬਹੁਅਰਥਕ (1-12) ਲਿਖੋ ਅਤੇ ਯਾਦ ਕਰੋ।
- ✚ ਲੇਖ ਲਿਖੋ ਅਤੇ ਯਾਦ ਕਰੋ: ਮੇਰਾ ਪੰਜਾਬ, ਵਿਦਿਆਰਥੀ ਅਤੇ ਅਨੁਸ਼ਾਸਨ।

COMPUTER

- ✚ Solve & learn bookwork of chapter 3, 4
- ✚ Write any five areas where mail merge could reduce the workload of people.
- ✚ Write any five shortcut keys of MS-Word and write their function.

GENERAL KNOWLEDGE

- + Make a colourful collage of Holy cities.
- + Write ten current affairs based questions/ Answers. (Related to Punjab)

SOCIAL SCIENCE

- + Make a poster on major domains of the Earth.

or

- + Make a well labelled poster on three layers of Earth (Page No. 16.G)
- + Read Chapter 2 and 3 of Geography Book Work.
- + Learn keywords of chapter 2.
- + **Scrap File Work:**

a) Map work:-

- Locate all 28 Indian States on Indian Political Map.
- Diagram of Rock cycle on scrap file (Page No. 20.G).
- Perform the experiment (given on Page No. 27.G) and write its steps as well as observation.
- Mark and label the areas of
(i) Black soil (ii) Red soil (iii) Desert soil

SCIENCE

Lab activity – Write following activities on assignment sheets:

1. Light gets reflected from a plane mirror (Page No. 151)
2. To show that seven colours combine to form white light (pg. no. 162)
3. To determine time period of a pendulum and the factors upon which it depends (P No. 130)
4. To determine the nature of the given solutions (acidic, basic and neutral) using yellow, turmeric paper (pg. no. 49)

NOTE : - Write Aim, Things needed, Method, Conclusion (On Line Page)

- Aim, Diagram (if any), things needed, observation (on Plain Page)

A decorative border of colorful handprints in various colors (purple, pink, green, blue, red, orange, yellow) surrounds the central text.

Activity Time

- 1. Fitness:** "A good health is the best wealth!" Encourage children to meditate and do yoga daily.
- 2. Reading:** "Today a reader, tomorrow a leader!" Inculcate the habit of reading aloud any favorite story for the tiny tots. Encourage them to read after you.
- 3. Writing:** To develop beautiful handwriting, motivate children to practice one page of handwriting of all three languages daily.

DRAWING IS A VISION ON PAPER

- ★ **Make innovative Flowers Bouquet with paper.**
- ★ **Click on the following link to get an idea for given activity :**

https://youtu.be/eE0hzAGTBx4?si=yUyNy_Ry-fPWQ6tz

World Environment Day Activity

Let's nurture the nature so that we can have a better future. Hurray! its time to celebrate the World Environment Day on 5th June. Even a small change can make a huge difference to our world. Are you up for the change challenge? Let's colour the given picture and make this world a beautiful place to live in and protect our environment by following the three R's – Reduce, Reuse and Recycle.



Happy Father's Day

"A father's love is eternal, unconditional, and irreplaceable".

✚ Color this picture or make a card and gift it to your father on Father's Day i.e.
15.06.2025 (Sunday)



INTERNATIONAL YOGA DAY

Yoga brings the body and mind together and is built on three main elements – movement, breathing and meditation.

We celebrate Yoga Day on 21st June every year, so to keep you and your family members fit it's important to do Yoga Daily.

CALM DOWN YOGA



I am strong.

WARRIOR 2 POSE



I am kind.

TREE POSE



I am wise.

HERO POSE



I am brave.

CHAIR POSE



I am friendly.

DOWNWARD-FACING DOG POSE