



# KAMS CONVENT SCHOOL

122, Main Road Kushak no-2 Kadipur, Delhi - 110036

Contact no - 011-27732279, 9354014650

## Dear Parent ,

Holidays are the time when you can connect with your child in many ways. As parents are the first and the most important teacher for a child, we can encourage our child in many physical activities at home and promote his\her quest to learn. Working together will not only help your child to build , learn and develop his/her skills but also strengthen your bond with him/her.

### Physical development

1. Take the child with you for morning/ evening walk.
2. Play different games like hide and seek, football, ludo, chess, snakes and ladders, carrom board etc. with your child. This will encourage them to express freely and will make them more responsible.
3. Do not forgot to share a video in group.

Activity 1- Take help by scanning the QR code for the given activity.



1. Do yoga 2 times in a day ( early morning and in the evening ) in the park or at home through youtube .
2. Make a small clip of your 20 Hard days challenge of exercise , aerobics , or zumba and share it with your class teachers in presentable way .
3. Creat your own puzzel games ( sudoku , Bingo , Mind games ) .

