



SALWAN MONTESSORI SCHOOL

SECTOR 5, GURUGRAM



Class: Mont 3

Eco Fit Summer

**"Sustainability begins with small hands
making big changes."**

Dear Parent

As a step towards becoming a **Green School** and fostering a culture of sustainability, we are happy to introduce this year's summer project—**Eco Fit Summer**. The project is thoughtfully designed to align with the **Sustainable Development Goals (SDGs)** and aims to engage students in meaningful, eco-friendly activities during their holidays. Through this initiative, we hope to instil responsible habits, environmental awareness, and a sense of ownership in our young learners as they contribute towards building a greener, healthier planet.

Eco Fit Summer is a fun-filled, hands-on holiday project designed to help children stay active, creative, and connected to the planet! This project encourages young minds to explore simple yet impactful ways to care for the environment, promote well-being, and practice responsible habits. Through eco-friendly challenges, mindful routines, and creative tasks, children will become little changemakers—*staying fit for themselves and the Earth!*

Each activity is designed in this year's summer project will help children connect with nature, adopt eco-friendly habits, and become more mindful of their choices. From growing their own plants and creating crafts with waste materials to practicing water conservation and mindful eating, these tasks will guide children to explore the world of sustainability in simple, joyful ways.

Activity 1

"Green & Growing"



A fun and educational activity - help your child grow a plant by sowing a seed! Take any seed like moong, rajma, mustard, coriander, or a sunflower seed. Plant it in a pot in your garden. **Make the pot using waste material, like- plastic bottles/containers/tins/cans, etc.** Let the child water it regularly and keep it in sunlight. Ask them to observe the plant every week and record the changes they see - like when it sprouts, when leaves come out, and how tall it grows. Take pictures and paste them or draw how it looks every 7 days in a Scrapbook.

Reference Link:

<https://www.youtube.com/shorts/VHo1TuOd9qU?feature=share>

Activity 2

"Eco Trekkers"

Part A

Take your child for a short visit to the Yamuna River and Damdama Lake to help them connect with nature and understand the importance of clean water.

During the visit, encourage your child to observe the water—is it clean or polluted? Are people throwing garbage, washing clothes, or doing anything that harms the river or lake? Look around carefully—are there any birds, fish, or animals near the water? What does the river or lake smell like, and how does being there make your child feel?

After the visit, ask your child to paste a few photos from the visit in the scrap book.



Part B

Plan a visit Waste to Wonder Park in Delhi with your child. It is a special park where beautiful replicas of the Seven Wonders of the World have been made using waste materials like old pipes, iron rods, and scrap metal. Ask your child to look carefully at the different structures and observe what materials have been used to build them. Motivate them to think about how waste can be reused in creative ways instead of being thrown away. After the visit, ask your child to paste a few photos from the visit in the Scrap book.

Reference Link:

<https://www.wastetowonderpark.com/>



Activity 3 "Healthy Passport"

Get ready to see your child become a Health Hero this summer by making their own Health Passport - a fun and colourful booklet where they'll record the healthy habits followed during the holidays!

In the Health Passport, include habits like:

-  Eating healthy food (especially **millet**s like ragi, bajra, and jowar)
-  Drinking plenty of water
-  Doing daily exercise
-  Practicing yoga
-  Playing outdoor games
-  Riding a bicycle
-  Sleeping on time



Make one page for each habit! Draw pictures or paste photos, and write 1-2 sentences about what you did to stay healthy. Decorate your passport with colours, stickers, stars, or smiley faces to make it exciting and personal.

Reference Link:

<https://www.youtube.com/shorts/WpwyGgjuNsM>

Activity 4

I Can Do It! - "My Life Skills Journal"

Help your child create a small booklet in which they will show the different life skills they will be learning during the holidays. These can be simple and useful tasks such as:

- Tying shoelaces
- Buttoning a shirt
- Watering plants
- Folding clothes
- Helping in the kitchen
- Cleaning their room
- Riding a bicycle
- Any other skill your child is learning



Click photos of your child while doing these activities and paste them in the booklet. The booklet can be decorated with colours, stickers, and drawings to make it creative and personal.

Activity 5

"My Eco-Bag "

Let's turn waste into wonder! Help your child turn an old T-shirt, jeans, or any sturdy cloth to create your very own eco-friendly bag. You can either sew it or use simple no-sew methods. Decorate it

with colours, buttons, patches, or drawings, stickers, or any other materials to make it unique and fun. They can draw:

- Fruits and vegetables
- Nature scenes
- Eco-messages like "Say No to Plastic" or "I Love My Earth"



Use your **Eco-Bag** for shopping, carrying books, or even as your library bag. This simple activity helps you say **no to plastic** and take one more step toward saving the planet!

Take a photo of themselves using the bag and paste it in the Scrapbook.

Reference Links: https://youtu.be/Wxm5TG_T06Y

<https://www.youtube.com/shorts/zJWxSyghCIA?feature=share>

Activity 6

"Sprouting Goodness: Learning Values for a Better



To shape the character of our children, it's important to instil core values like respect, gratitude, kindness, and generosity. These values help children grow into thoughtful, responsible, and compassionate individuals. Through small daily actions, children not only learn to appreciate others but also build a strong foundation for a better, kinder world. Let's encourage these values at home and make a lasting impact on their personal growth and development.

- 1) Greet elders with respect every day, saying "Good Morning", "Pranam"
- 2) Practice gratitude by thanking helpers like your shopkeepers, delivery person, or the cleaner, who work hard to make our community better.

3) Donate old toys and clothes to a nearby NGO or to the needy people, spreading warmth and joy.

Click photos of your child while doing these activities and paste them in the scrapbook.



Activity 7

Be a Green Hero - Take the Green Promise



Our Earth is our only home, and it's our responsibility to take care of it. Through this exciting **Green Promise Activity**, children will discover how small daily actions can create a big, positive impact on the environment when done with care and consistency.

Each day, children will complete simple and meaningful tasks such as saving water, conserving energy, caring for trees, being kind to animals, and keeping the Earth clean and green. Parents will observe their efforts and reward them with a smiley face or a star sticker on the provided checklist every week, based on the promises fulfilled.

Let's join hands to raise little Earth warriors who are kind to nature and proud to protect our planet! Paste the checklist in the scrapbook.



- Common Scrapbook to be used for activities mentioned

Green Promise Checklist

| Theme | Task | Week 1 | Week 2 | Week 3 | Week 4 |
|-------------------------------|--|-----------|-----------|-----------|-----------|
| Water Conservation | <ul style="list-style-type: none"> • Use Water bucket to wash car (instead of pipe) • Close the taps when not in use | | | | |
| Earth Conservation | <ul style="list-style-type: none"> • Separation of dry and wet waste • Do not litter on road | | | | |
| Energy Conservation | <ul style="list-style-type: none"> • Switch off lights and fans when not in use • Go on a “hunt” around the house looking for things that can be safely unplugged (like chargers, unused lamps, etc.). | | | | |
| Tree Conservation | <ul style="list-style-type: none"> • Water the plants every day at home • Adopt a tree in nearby park, water it regularly and clean around that tree | | | | |
| Be a Friend to Animals | <ul style="list-style-type: none"> • Keep food and water for birds and animals • Do not hit or harm stray animals | | | | |

Suggested Routine Building Everyday

- ✓ **Converse in English:** To develop the conversation skills of children in English ensure to converse small sentences in English only, like:
 - Mumma, I am hungry please give me something to eat.
 - Please give me a glass of water.
 - Please open the door.
 - Please trim my nails.
 - May I watch T.V.?
 - I am feeling sleepy.
 - Please change my dress.
 - Please give me a toy.
- ✓ **Read out story books** with illustrations and after finishing the story discuss it with your child. You can give them books on Indian mythology, stories of freedom fighters, and inspirational tales about the great people of India to help them understand our rich cultural heritage, values, and history. Encourage them to ask questions, express their thoughts, and even retell the story in their own words. This will boost their confidence, language skills, and appreciation for our roots.

References:

❖ The Earth Book

<https://www.youtube.com/watch?v=lpEc5nHqO2c>

❖ The girl who wastes food- Moral Story

<https://www.youtube.com/watch?v=6fIz7SKVnC4>

❖ The Boy Who Grew a Forest

<https://youtu.be/XoMXeo7E8xk>

❖ Eco Friendly Habits

<https://www.youtube.com/watch?v=PBkmOhOk8nk>

Practice work to be done in old 3 -in 1 notebook

| | |
|----------------|--|
| English | <ul style="list-style-type: none">➤ Write a-z two times➤ Write A-Z two times➤ Read and write any 3 paragraphs from Skills in English book given on page no. 9, 13, 17, 23, 26 with correct formation, punctuation and correct gap between the two words. |
| Hindi | <ul style="list-style-type: none">➤ Write क- ह two times➤ Write अ- अ: two times➤ Read and write 15 each दो और तीन अक्षर शब्द from Hindi reading book. |
| Maths | <ul style="list-style-type: none">➤ Write counting from 1-60 twice➤ Practice the given worksheets. <p>Math.pdf</p> |

Have a great



VaCaTion!