

Activity

Sacred Heart Convent International School
Sarabha Nagar, Ludhiana

SUMMER HOLIDAYS HOMEWORK

Name: _____

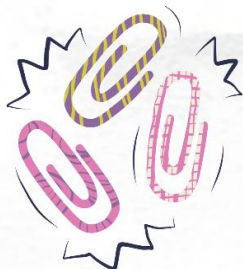
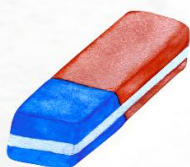


Happy

Summer

Holiday

#SummerTimeFun







MESSAGE

Dear Students,

Congratulations! Another amazing term is complete, and now it's officially time for sunshine, snacks, naps, adventures, and all the summer fun! You've worked incredibly hard, learned so much, and made us super proud. Now it's your turn to relax, recharge, and enjoy your well-deserved break.

But wait... before you disappear into vacation mode completely, we've packed a little Holiday Homework for you! Don't worry – it's not here to spoil the fun. It's full of creative, interesting, and meaningful activities to keep your brilliant minds buzzing while you enjoy the holidays.

 Summer Survival Tips:

-  Read something fun – storybooks, comics, magazines, or anything that sparks your imagination!
-  Stay curious – ask questions, try new things, and explore the world around you.
-  Play, laugh, and rest – summer is also about making happy memories with family and friends.
-  Be a smart planner – finish your work little by little so there's no last-minute panic monster!

Most importantly, enjoy every moment, stay safe, drink lots of water, and come back with exciting stories, happy smiles, and lots of energy!

Happy Holidays & Have a Fantastic Summer! 🌴🌟

#SummerTimeFun

GRADE 7

Holiday Homework

ENGLISH

BASED ON

PRIDE AND PREJUDICE

by Jane Austen



1 PROJECT WORK

Create an **INSTAGRAM PROFILE** for any one character from *Pride and Prejudice*.



CHOOSE ANY CHARACTER:

- Elizabeth Bennet • Mr Darcy • Jane Bennet
- Lydia Bennet • Mrs Bennet • Mr Collins
- Wickham • or any other character

YOUR INSTAGRAM PROFILE MUST INCLUDE:

- ♥ Profile picture
- ♥ Username and bio
- ♥ Followers / Following
- ♥ 3-5 creative posts with captions
- ♥ Comments from other characters
- ♥ Hashtags related to the character
- ♥ Highlights or stories (optional)



★ Do your project work neatly and creatively on an **A4 SIZE SHEET**.

SPEAKING ASSESSMENT

Apart from the project work, you will also be asked to speak about the **same character** whose Instagram profile you have created.

You will roll a dice.

Whatever aspect comes up, you have to speak for **ONE MINUTE** on that aspect of your character.

Therefore, you must be well versed with the complete description and understanding of your character.

ASPECTS ON THE DICE

- 1 Physical Appearance
- 2 Personality
- 3 Behaviour and Mannerisms
- 4 Relationships with Other Characters
- 5 Strengths and Weaknesses
- 6 Important Actions / Role in the Story



★ Be creative, expressive and original!
★ Bring the characters of *Pride and Prejudice* to life! ★



HOMWORK

MATHS

Create a miniature model of a modern bedroom using the concept of ratio, proportion, and scale drawing. Design the room with furniture such as a bed, cupboards, study table, shoe rack, bookshelf, etc., using 3D shapes like cubes and cuboids.

Choose an appropriate scale (for example: 1 cm = 20 cm) and prepare a labelled scale drawing of the room and furniture before constructing the model.

Measure the dimensions of each item and calculate:

- * The actual and scaled dimensions
- * Volume of each piece of furniture
- * Total floor area of the room
- * Space occupied by the furniture

The model may be made using cardboard, recycled materials, or digital tools such as Floor planner or Minecraft.

Add a short note explaining how ratio, proportion, and scale drawing are useful in architecture and interior designing.

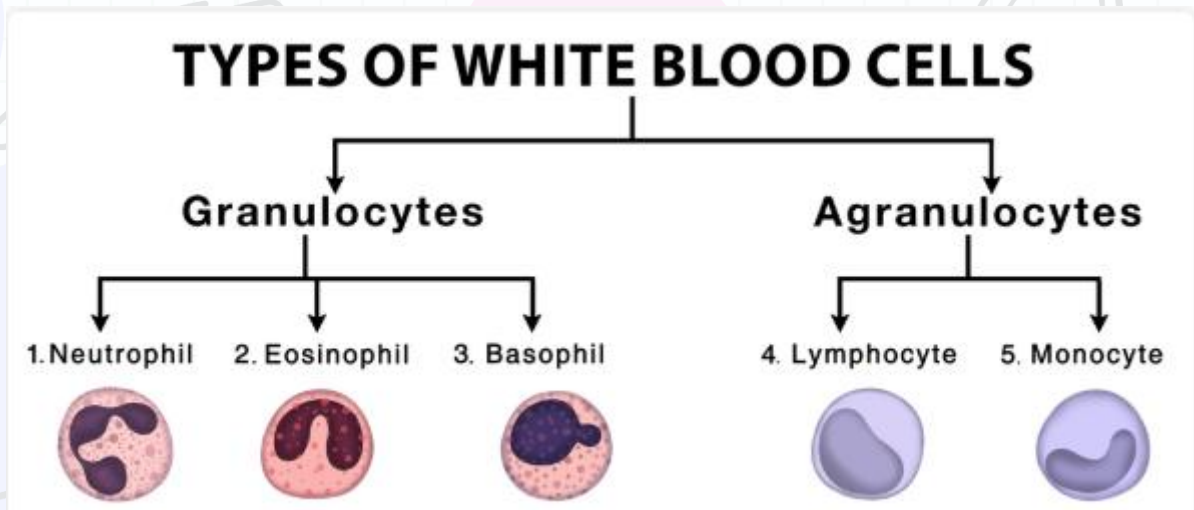
A. COMPONENTS OF BLOOD

Blood is a specialized body fluid. It has four main components: plasma, red blood cells, white blood cells, and platelets. The blood that runs through the veins, arteries, and capillaries is known as whole blood—a mixture of about 55% plasma and 45% blood cells-RBC, WBC, PLATELETS.

About 7% to 8% of your total body weight is blood. An average-sized man has about

5-6 liters of blood in his body, and an average-sized woman has about 4-5 liters of blood .

A flowchart regarding white bloods cells found in human blood is provided .



Research about the formation and role of each type of white blood cell and record your data in the below given table (shared on next page)12.

HOMEWORK SCIENCE

Take a printout of this table and write with blue pen .

TYPE OF WBC	PLACE OF FORMATION	ROLE IN THE BODY
Neutrophil		
Eosinophil		
Basophil		
Lymphocyte		
Monocyte		

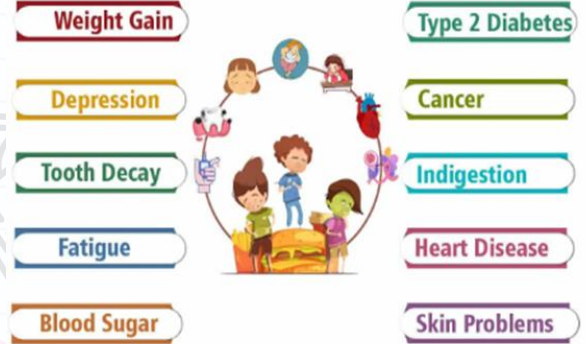
HOMEWORK SCIENCE

HIDDEN TRUTH REGARDING JUNK FOOD IS THAT THEY SILENTLY CAUSE DEFICIENCY DISEASES.

In recent times, it has been observed that among school-going children, unhealthy dietary patterns - particularly the increasing consumption of junk and fast food - have led to a rise in deficiency-related diseases. These conditions adversely affect the normal functioning of both the body and the mind.

In certain cases, based on specific symptoms, medical professionals may recommend blood tests to diagnose such deficiencies. Deficiency diseases are medical conditions that arise due to the prolonged lack of essential nutrients, including vitamins, minerals, proteins, or overall caloric intake, in an individual's diet. These disorders, a form of malnutrition, prevent the body from functioning properly, leading to symptoms like fatigue, weak immunity, or specific illnesses. Common examples include scurvy (Vitamin C), rickets (Vitamin D), anemia (Iron), and goiter (Iodine).

SIDE EFFECTS OF JUNK FOOD



STREET FOOD AND JUNK FOOD MAY TASTE DELICIOUS, BUT THEY CAN BE DANGEROUS FOR YOUR HEALTH



Excess oil, spices, contaminated water, and repeatedly fried food increase the risk of serious diseases like cancer.

TO STAY HEALTHY:

- ✓ Eat fresh and home-cooked meals
- ✓ Include vegetables and fruits in your diet
- ✓ Avoid packaged and junk food

Research about the following nutrients

- Vitamins: A, B1, B2, B6, C, D, E, K
- Minerals: iron, iodine, calcium.
- Protein and make a table on an A4 thin sheet and fill in details:
 - Name of vitamin/mineral/nutrient
 - Name of the deficiency disease
 - Symptoms of the disease
 - Paste pictures and nutritional requirements to cure it.



“Be a Geophysicist!” Project

Understanding the Dynamic Earth

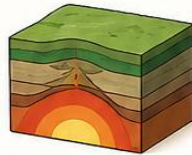


Your Task

Become a Geophysicist, Scientist, or Geography Teacher and create an **2-3 minute** educational video explaining **ONE** topic related to Our Changing Earth.

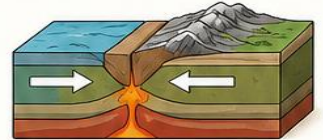
You must teach your audience using:

- Diagrams
- PPT
- Models
- Clay structures
- Charts or whiteboard explanation



Choose ONE Topic

- Continental Drift Theory
- Plate Boundaries
 - Convergent boundaries
 - Divergent boundaries
 - Transform boundaries
- Formation of Fold Mountains
- Rift Valleys & Faulting
- Volcanic Mountains



What Your Video Must Include

1. Introduction

- Introduce yourself as a geophysicist or teacher
- Explain your chosen topic briefly

Example:

“Good morning students! Today we will understand how earthquakes occur.”



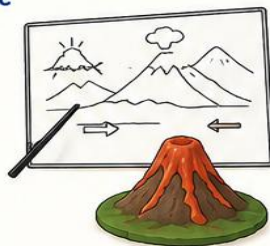
2. Explanation of the Topic

Explain clearly:

- Causes
- Process of formation
- Important features
- Real-life examples

Use:

- Diagrams
- PPT slides
- Whiteboard explanation
- Models made with clay/paper/cardboard



3. Distribution in India (COMPULSORY)

Explain where this phenomenon/disaster is commonly found in India.

Examples:

- Himalayan fold mountains
- Volcanoes in India
- Rift valleys like Narmada Valley

You may show:

- India map
- Labels and markings



Creativity Guidelines (COMPULSORY)

Use at least 2 creative elements:

- Clay model / 3D model
- PPT or animations
- Acting as a teacher/scientist
- Whiteboard explanation
- Labels/arrows/maps
- Sound effects or news clips

Time Limit

- Minimum: 2 minutes
- Maximum: 3 minutes



Submission

- Video OR PPT with recorded voice
- Speak in your own words (no reading directly)
- Email: naiyawalia@sacredheartconventinternationalschool.com | sunaxee.bector@sacredheartconventinternationalschool.com
- Last Date: **10th July 2026**

Extra Creative Ideas

- Use clay to show plate movement 🌐
- Make a volcano eruption model 🌋
- Draw moving arrows for tectonic plates
- Dress like a scientist 👩
- Add “Breaking Earth News” style explanation



Final Instruction to Students:

“Your goal is not only to explain the topic but also to make your audience understand how the Earth is constantly changing.”



Devoir de Vacances

Les Personnalités Célèbres de la France

(Famous Personalities of France)

Les élèves feront des recherches et présenteront une personnalité célèbre de la France en français avec l'aide d'accessoires (props).

La présentation doit durer entre **1 et 2 minutes**.

Les élèves peuvent choisir une personnalité célèbre comme :

- un artiste,
- un sportif,
- un scientifique,
- un chanteur,
- ou un personnage historique français.



bonjour

1. अपनी रुचि के अनुसार नीचे दिए गए विषयों में से किसी एक पर भाषण तैयार करें।

- मजदूरी के दलदल में फँसा बचपन (बालश्रम)
- प्रकृति संरक्षण
- पॉलिथीन से सावधान रहें
- धैर्य – सफलता की सीढ़ी
- भारतीय संस्कृति पर पश्चिमी प्रभाव

समय सीमा 1.5 से 2 मिनट है। अपने विषय के अनुसार सहायक सामग्री (Prop) तैयार करें।

2. अध्याय 6 (भारत की मिसाइल महिलाएं) को ध्यानपूर्वक पढ़ें और कठिन शब्दों को रेखांकित (Underline) करें।



HOMEWORK

PUNJABI

ਭਾਸ਼ਣ ਪ੍ਰਤੀਯੋਗਤਾ ਲਈ ਹੇਠਾਂ ਲਿਖਿਆ ਵਿਸ਼ਿਆਂ ਵਿੱਚੋਂ ਆਪਣੀ ਰੁਚੀ ਮੁਤਾਬਕ ਕਿਸੇ ਇੱਕ ਵਿਸ਼ੇ ਦੀ ਚੋਣ ਕਰੋ।

1. ਸਫਲਤਾ ਲਈ ਮਿਹਨਤ ਜ਼ਰੂਰੀ
2. ਸਿਹਤ ਹੀ ਦੌਲਤ ਹੈ
3. ਜੇ ਮੈਂ ਪ੍ਰਧਾਨ ਮੰਤਰੀ ਬਣ ਜਾਵਾਂ
4. ਪੰਜਾਬੀ ਸੱਭਿਆਚਾਰ
5. ਸਾਈਬਰ ਸੁਰੱਖਿਆ ਦੀ ਲੋੜ

INSTRUCTIONS: ਵਿਦਿਆਰਥੀ ਆਪਣਾ ਭਾਸ਼ਣ ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਵਿੱਚ ਪੇਸ਼ ਕਰਨਗੇ।
ਸਹਾਇਕ ਸਮੱਗਰੀ ਦੀ ਵਰਤੋਂ ਜ਼ਰੂਰੀ ਹੈ।
ਭਾਸ਼ਣ ਪ੍ਰਤੀਯੋਗਤਾ ਦਾ ਸਮਾਂ 1.5 ਤੋਂ 2 ਮਿੰਟ ਤੱਕ ਹੋਵੇਗਾ।

ਪਾਠ - 21

ਪੁਲਾੜ - ਪਰੀ : ਸੁਨੀਤਾ ਵਿਲੀਅਮਜ਼ ਨੂੰ ਧਿਆਨ ਨਾਲ ਪੜ੍ਹੋ।
ਜਮਾਤ ਇਸ ਪਾਠ ਨਾਲ ਸੰਬੰਧਿਤ ਵਿਚਾਰ - ਵਟਾਂਦਰਾ ਕੀਤਾ ਜਾਵੇਗਾ।

CREATE YOUR OWN

BLOG

STEP-BY-STEP GUIDE FROM SCRATCH

Your ideas
can inspire
the world!



Follow these simple steps to create and publish your very own blog!

1 CHOOSE A PLATFORM

- Use any free blogging platform such as
- Blogger, WordPress.com or Google Sites.
- Example: We'll use Blogger (blogger.com)



Blogger



WordPress.com



Google Sites

2 CREATE AN ACCOUNT

- Go to the platform website.
- Click on "Sign Up / Create Account".
- Sign in with your Google account (or follow the steps shown).



3 CREATE A NEW BLOG

- Click on "New Blog".
- Enter a title for your blog.
- Choose a unique address (URL) for your blog.
- Click "Create Blog".



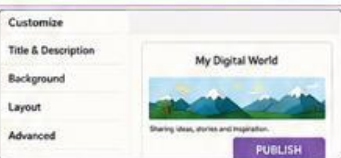
4 CHOOSE A THEME (TEMPLATE)

- Click on "Theme" from the left menu.
- Browse and choose a theme you like.
- Click on it and then click "Apply".



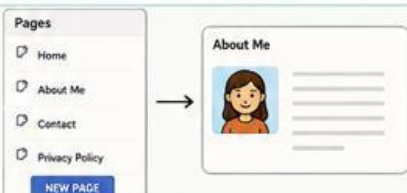
5 CUSTOMIZE YOUR BLOG

- Click on "Customize".
- Change the title, description, fonts, colors, background and layout.
- Add a logo or header image.
- Click "Publish" to save changes.



6 CREATE PAGES

- Click on "Pages" > "New Page".
- Create essential pages:
 - ✓ Home Page
 - ✓ About Me
 - ✓ Contact Page
 - ✓ (More pages if needed)
- Click "Publish".



7 WRITE AND PUBLISH BLOG POSTS

- Click on "New Post".
- Add a catchy title.
- Write your content in the editor.
- Add images, videos, links, and format your text.
- Click "Publish".



8 ADD WIDGETS & FEATURES

- Go to "Layout".
- Add useful widgets like:
 - ✓ Search Box
 - ✓ Labels (Categories)
 - ✓ Recent Posts
 - ✓ About Me, etc.



9 PREVIEW AND PUBLISH YOUR BLOG

- Click on "Preview" to see how your blog looks.
- Once everything looks good, your blog is LIVE!
- Share your blog link with others.



ESSENTIAL PAGES



Home Page

Introduction to your blog.



About Me

Write about yourself.



Blog Posts

Where you share your ideas.



Contact Page

Add a contact form or your email.

MUST INCLUDE

- ✓ At least 3 Blog Posts
- ✓ Minimum 3 Images
- ✓ 1 Embedded YouTube Video (optional)
- ✓ Internal & External Links
- ✓ Proper Headings, Lists, Bold, Italic, Colors
- ✓ Date on each post



CREATIVE IDEAS



- ★ Add a Poll or Survey
- ★ Add an Image Gallery
- ★ Add Inspirational Quotes
- ★ Add a Map
- ★ Add Fun Facts Section
- ★ Use AI-generated Image (with credit)

SUBMISSION REQUIREMENTS

Submit the following:

1. Blog URL (Link)
2. 4-5 Screenshots showing:
 - ✓ Home Page
 - ✓ About Page
 - ✓ One Blog Post
 - ✓ Contact Page
 - ✓ Any Creative Feature



Paste screenshots in a Word document and submit.

BE CREATIVE • BE ORIGINAL BE RESPONSIBLE

A blog is your digital voice – use it to inform, inspire and make a difference!



BONUS CHALLENGE (+2 MARKS)

Use any AI tool (ChatGPT / Gemini / Copilot / etc.) to generate a blog title, banner image, or ideas for a post. Mention the tool used and how it helped you.



REMEMBER:

Plan → Create → Customize
Write → Publish → Share



SUBMISSION DATE:

7th JUL, 2026

