



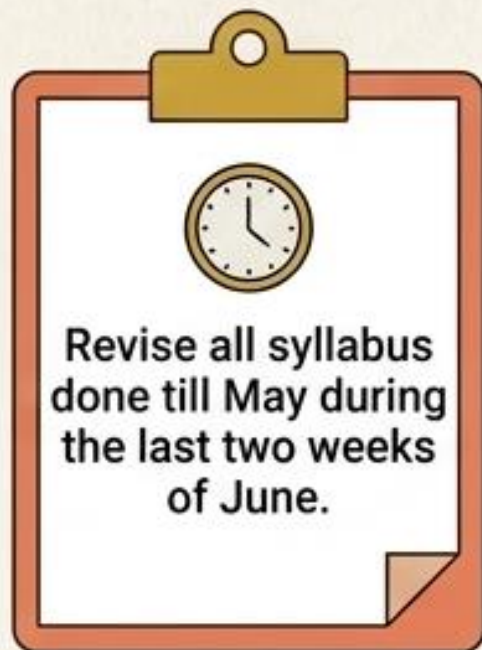
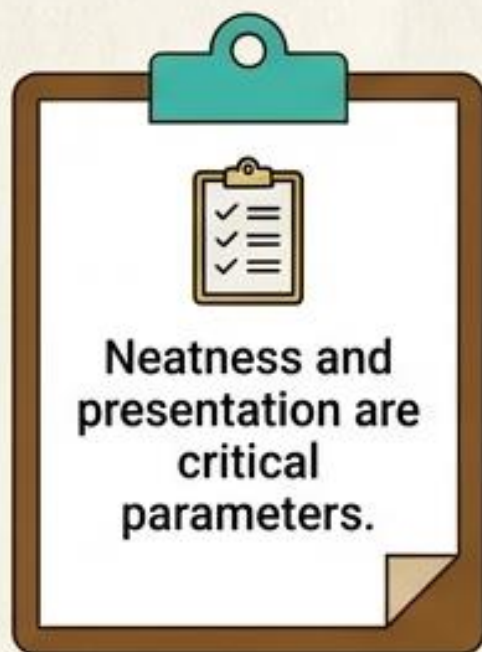
Children are amazing...cherish them
They are believable...trust them
They are childlike...let them
They are energetic...nourish them
Here now, be with them...
Innocent, delight in them...
Magical, fly with them...

Grade VII Summer Holiday Homework 2026-27

**Explore, Create, Celebrate:
A Summer of Discovery**



THE EXPLORER'S MIND (ACADEMICS)



**EVERY ACTION
IS IMPORTANT
AND EVERY DEED
IS VITAL....**

THE EXPLORER'S HEART (LIFE SKILLS)





Mission 1: The Family Interview Special



Become a **News Reporter!** Conduct a 2–3 minute **video interview** with 2–3 parents or grandparents.



Prepare a short introduction for each member.



Speak clearly and confidently.



Decorate the background; add creative titles, old photographs, or drawings.



Deliverable Box

 Upload your completed 2-3 minute video on **GALLERIA**.





Mission 2: The 7-Day Yoga & Wellness Journey (June 15 - June 21)

Deliverable Box

Upload a short video compilation OR a photo collage of the week's activities on **Sunday, June 21st**.

Day 1: Balance & Focus - Tree Pose (Vrikshasana) for 20s.

Day 2: Relax & Stretch - Butterfly Pose & Child's Pose.

Day 3: Healthy Habits - Prepare healthy breakfast/snack (no junk food).

Day 4: Strength & Flexibility - Cobra Pose (Bhujangasana) & Mountain Pose (Tadasana).

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Day 5: Fitness Fun - 20 min walk, cycle, skip, or outdoor game.

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Day 6: Poster Making - "Healthy Family, Happy Family" or "Yoga for Life."

Day 7: Family Celebration - Healthy breakfast/lunch, pictures, and a Father's Day message.

"The best memories are created when families laugh, exercise, learn, and grow together."

Mission 3: Mirror Work Mandala Design

Tradition, Creativity & Mathematics Woven Together
(Integrated Art & Math)

Designer's Toolkit

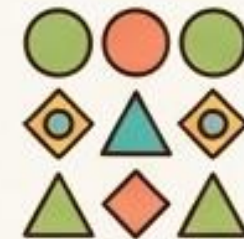
Create a **Mandala-inspired fabric design** (or Pattachitra) using mirror work patterns on an old **dupatta, kurta, or fabric piece**. Completely screen-free!



Circular Mandala
patterns



Symmetrical
mirror
arrangements

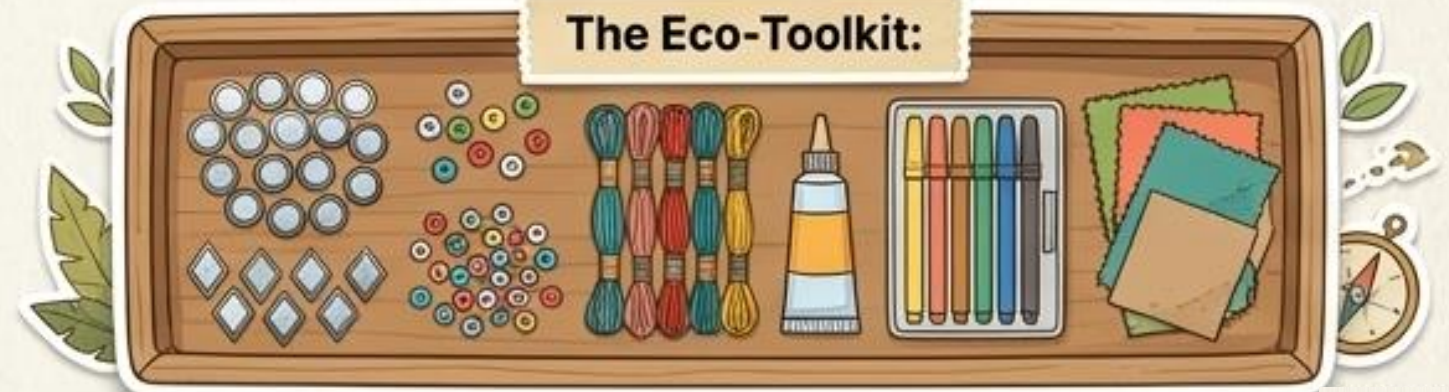


Repeated
geometric designs
(circles, petals,
diamonds, triangles)



Decorative
borders and
motifs

The Eco-Toolkit:



(Reference picture, Students may take design of their own choice)



Mission 4: ग्रीष्मावकाश हिंदी गृहकार्य Brahmi Script Craft Activity

ब्रह्मलिपि चित्र से
कुछ शब्द कार्डबोर्ड
पर लिखकर ऊन
या रंगीन धागे के
टुकड़े उन चिह्नों पर
चिपकाइए।



Write words in
Brahmi script on a
piece of cardboard,
then carefully trace
and paste colorful
wool or yarn over the
symbols to create a
textured, 3D script
display.

(Reference picture, Students may take design of their own choice)



Mission 5: 'Flavours of India' Food Blog 🧑🍳

Cook • Create • Celebrate (English, S.Sc, Art, Health Integration)

Step 1: Choose Your Region: Select North, South, East, East, or West India.



Step 2: Curate 10 Recipes: Create a blog listing 10 regional dishes featuring their nutritional benefits and historical/climate links.





Flavours of India

NorthSouthEastWest



Recipe Card

Dish Name: Dhokla
State: Gujarat
Main Healthy Ingredient: Gram Flour
Nutritional Benefit: Protein-rich, fermented for gut health
Why it is famous: A popular, light, and tangy snack enjoyed across India, often garnished with mustard seeds and curry leaves.



Step 3: Cook & Capture: Prepare ONE healthy dish with family (no junk food). Take cooking photos/selfies.



(Reference picture, Students may take design of their own choice)

Submission: Hand-made Scrapbook Blog, Digital PPT, or Video Vlog after holidays. (Include catchy titles and family feedback!)

Mission 6: Kaushal Bodh - Seed Germination Journey



Time-Lapse Storyboard



1. Germinate:

Use the Paper Towel Method on one seasonal fruit/veg seed.



4. Document:

Record a Time-Lapse video of the entire journey.

Deliverable: Post the compiled time-lapse video in the class group on the allotted date, presenting materials used and values learned.



2. Pot:

Transfer sapling into a DIY recycled pot made from home waste.



3. Nurture:

Take 'parent-like care' of the child-like sapling throughout the summer break.



Warning/Alert
Be prepared for a **VIVA** assessment on this process when the school reopens.
Expertise it well!



Mission 7: Viksit Bharat - IAS Strategy Roleplay

Check Your Wisdom & Contribute Productive Solutions

(Circular Number Acad-71/2025)

Agriculture



Save Water -
Save Life



Eco-friendly
Smart City
Commercial Setups



Air Pollution &
Climate Control



Tech-Savvy
Gadgets for
Defence



The Mission:
Roleplay as an IAS officer.
Develop strategic,
graphical solutions for
the CBSE Viksit Bharat
Idea Collection.

Deliverable format: Present ideas using a **graphical mode** (PPT / Video-Audio), explaining your strategy, diagrammatic models, and future prospects for the nation.



Critical Checkpoints & Deadlines

JULY 2026						
SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

July 7, 2026:

JULY 7, 2026

School Reopens (Grades III-XII and Balvatika). School office is open during summer to clear any dues to avoid late fines.



June 28 2026:

JUNE 28, 2026

English & Computer Assignments Due.



July 7 2026:

JULY 7, 2026

Math & Science Assignments Due.



July 9, 2026

JULY 9, 2026

**Kaushal Bodh
Viksit Bharat & Hindi**



CRITICAL



WARNING ALARM: Holiday Homework will NOT be accepted after the assigned dates. Late submissions will result in lost marks/grades.