



QUEEN MARY'S SCHOOL, NORTHEND

MY SUMMER TIME

KINDERGARTEN


2025-2026





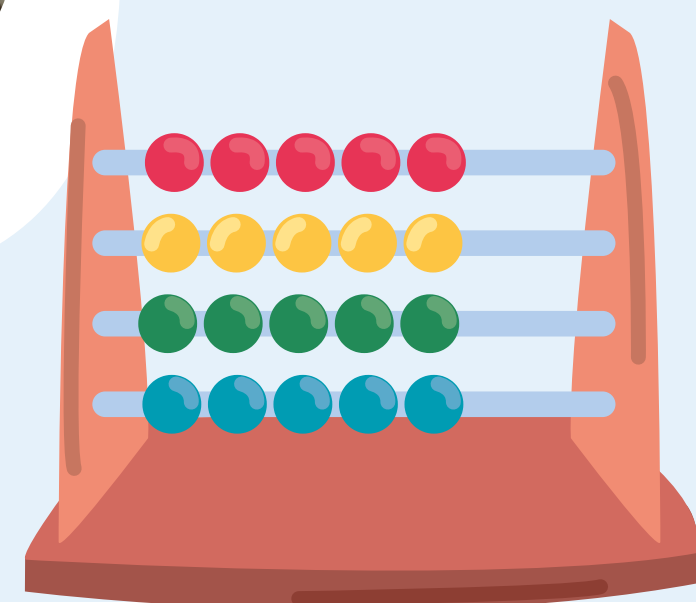

SUMMER FUN WITH LITTLE QUEEN MARIANS

*Little Queen Marians, full of cheer,
Summer is the time we all hold dear!
With laughter, games, and songs to sing,
We chase the joy that sunshine brings!*



*We learn, we play, we jump and run,
Each day is bright, a world of fun.
With kindness shown and hearts so true,
There's nothing we can't dream or do!*

*So dance with glee, and smile so wide,
Let courage and joy be your guide.
You're a Queen Marian—reach up high,
With love and pride, touch the sky!*



Dear Parents

Summer Vacation is a welcome break, a freedom from fixed schedules and rules. But freedom brings more responsibility. It is time to get our children engaged and let them explore the areas of proximal development.

Early childhood offers a vast window of opportunity to shape the trajectory of a child's holistic development and build a foundation for their future. For children to achieve their full potential, as their right to life, they need health care and nutrition, protection from harm and a sense of security, opportunities for early learning, and responsive caregiving like talking, singing, and playing with parents and caregivers who love them. All of this is needed to nourish developing brains and fuel growing bodies.

Children learn best through fun and engaging activities which transform playtime into numerous opportunities to instill physical, sensory-motor, cognitive, language, socio-emotional and aesthetic skills.

Keeping this in mind, we have planned some constructive activities shared below, which will keep our children engaged and enable them channelize their energies to be more creative.



ACTIVITY TIME



1. MY GRATITUDE JOURNEY

We are thankful to Lord for blessings he has bestowed on us. We should express our gratitude for small and even simple things. Take out moments, spend quality time, acknowledge, appreciate and express appreciation.

Lead by an example

Express thankfulness to children for their efforts, kindness or even just being there with them.

Say 'Thank You' daily

Listen to moral stories, watch a few too. Make it a habit to express gratitude to others and to be grateful for your own blessings.

Give Back

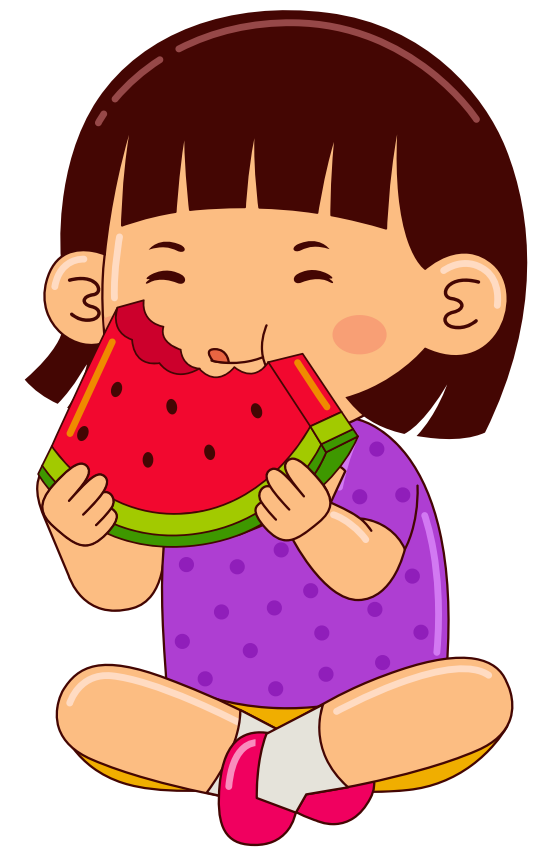
Make a habit of regularly sharing things you are thankful for, either at dinner time or before going to bed.

REFLECTION : Start each day with a positive thought and grateful heart.



2. STRIVE FOR A BETTER LIFE

*Be healthy and wise,
Be active and rise.
Fruits and veggies are great
Just load them on your plate.*



The secret of success is found in your daily routine. Following good habits helps you stay happy, energized, healthy and safe.

Cleanliness is to develop the habit of keeping yourself and your surroundings neat and clean.

Hence, it is very important to practice them in our daily life.

Maintain a checklist or a chart to keep a tab on your healthy habits. Example, wake up early, brush your teeth twice a day - morning and before going to bed, take bath regularly to keep germs away, have healthy breakfast, follow table etiquettes, pray before every meal, eat fresh fruits and vegetables, discourage screen time while eating, drink plenty of water, wash your hands regularly, trim your nails and hair when needed, cover your mouth while yawning, coughing and sneezing and exercise daily.

Ask children to observe their room before and after cleaning of the house is done. Discuss the differences with them, encourage them to clean up their room, put their toys in basket after playing with them, to arrange their study material properly in shelves and put trash in bin.

Health and hygiene for self is important too.

Take a cleanliness pledge:

*Earth is our home,
I promise to keep it clean.*

**REFLECTION: PEOPLE WHO KEEP THEIR
SURROUNDINGS CLEAN ARE HEALTHY AND
RESPONSIBLE CITIZENS**

3. CAREGIVERS

Children constantly observe their caregivers. We can together nurture empathy, compassion and respect in our children by encouraging them to help others and enable them develop kind relationships with others.



Activities:

- *Ask the children to tell about the family members.
- *Who is the eldest member of the family? Who is the youngest member of the family?
- *Make a collage with the pictures of your family members.
- *Spend time with your grandparents and ask them to narrate stories at bedtime .

REFLECTION: HOME IS WHERE ,HEART IS.

4. LIKE STARS ARE TO THE SKY, SO ARE OUR CHILDREN TO THE WORLD. THEY DESERVE TO SHINE.

Encouraging children to take up singing, dancing, craft activity, enacting, story telling etc will build their confidence and illuminate the world around them.

Children learn their best when they are engaged in Hands on experience. Exploration of the world around them. Nature is the best teacher and can provide so many fun learning activities. Take children out to explore and organise a treasure hunt in nearby park. Ask them to collect anything like flowers or leaves of any shape and create a collage. This hands-on activity promotes and connect children with Nature.



REFLECTION: OBSERVE AND LEARN

5.ECO BUDDIES, CARE FOR CHANGE

The greatest gift of the garden is the restoration of the five senses. Children learn as they explore their surroundings. Taking family walks amidst the nature fosters the development of sensory-motor and kinesthetic skills of the children. Visiting a nearby park or garden to hear different sounds, looking out for the different plants from big to small, collecting objects to feel different textures and seeing various colours of the surrounding nature will develop their curiosity and encourage them to use the visual, auditory and other senses efficiently and effectively.

Brainstorm different ways in which you can become Eco Buddies. For eg. switching off the lights and fans when not in use, turning off the water tap, throwing the litter in the trash bin.

- * Plant a seed and watch it growing. Remember to look after it

- * Complete the poem:

- *

When the tap goes dry,
I sit and think why ?

REFLECTION:

***TAKE CARE OF THE BOUNTIES
OF THE EARTH.***



6. COGNITION IS THE PROCESS OF ACQUIRING KNOWLEDGE TO EXPERIENCES.

Engage children in **shape scavenger hunt activity** to transform your house into an educational playground. Give your child a list of shapes and ask them to locate matching items in the house .For example, a book for a rectangle and a clock for a circle. It is a great approach to teach them in an engaging way.



* Colour sorting game

Ask your children to arrange bright items such as balls, blocks, other toys etc. according to colour. Set a timer and make it a race to make it more task oriented. This easy exercise strengthens colour awareness and enhances cognitive abilities..





LIFE SKILLS- I CAN ACHIEVE

Make your children more independent by encouraging them to practice some interesting Life Skills like:

1. Arranging the book and toy shelves.
2. Zipping the school bag.
3. Sorting and pairing the household items.
4. Be Earth Angel- Water the plants, switch off lights,fans when not in use, do not waste water.
5. Picture reading on daily basis.Read Pepper, Bruno, Bubbles, Peppa series.
6. Learn names of family members, address and one phone number.
7. Revising numbers (counting fans ,lights, family members, on the staircase)
8. Revising phonic sounds.
9. Practicing handwriting skills.
10. Helping everyone .
11. Sharing is caring- Share your things with siblings and friends.
12. Follow good eating habits: say no to Screen time.Sit at one place and eat Independently.
13. Greeting family members and relatives.
14. Using magic words in daily routine: Thank you, Welcome, Sorry, Please

“Tell me and I forget.

Teach me and I remember. Involve me and I learn.”

Benjamin Franklin