

Class: Seven

Subject- Life Skills

Prepare a home routine including your work habits (study time, class time, and so on) and make your parents sign on it. (Note: It's good if you paste it on your study table and click a picture. And, the reason it's given to you again is because most of you haven't worked on it.)

# HOW TO KEEP THE ROUTINE GOING

Children thrive on routine. School may be out but here's how to keep your children on schedule



## 1 WAKE UP AT THE SAME TIME

Keep to the same hours that you would normally do with school. Your child has developed an internal rhythm that is used to waking up and eating and preparing for the day.



## 2 TABLE WORK TIME

Just like school, have a time in the morning that is dedicated to doing some work that involves no electronics. This can be activities such as colouring, lego, math questions, puzzles. This helps them to continue to work on activities that challenge



## 3 OUTDOOR TIME

Everyday your children are getting outside time throughout the day. This gives them the ability to move and get fresh air. Make this a part of your routine so that they can move and stretch their muscles. Bring out the soccer balls, skipping ropes, chalk. Make it fun.



## 4 LUNCH TIME

Make sure you have balanced lunches every day and a set time to eat. This keeps your child's metabolism on a routine. This will limit their need for snacking all day.



## 5 AFTERNOON FREE TIME

Just like when kids get home from school, they have free time to play and be creative. Still let them have that time. Their activities may be limited but shouldn't be limited the fun they can have at home.



## 6 BEDTIME ROUTINE

Keep the same bedtime and routine before bed. This is important as children need to have their sleep but their bodies also need to maintain the schedule to help them feel balanced.

## **Subject- Creative Writing**

Write a couple of paragraphs to persuade your teacher on whether or not, you think there should be homework and why? Give strong arguments to persuade.

**विषय – नेपाली**

पाना नम्बर ८१ र ८२ को १, २, ३ किताबमा र १, २ कापीमा गर।

**The End.**