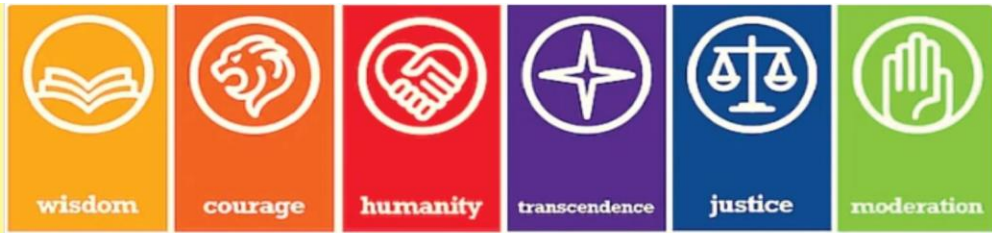
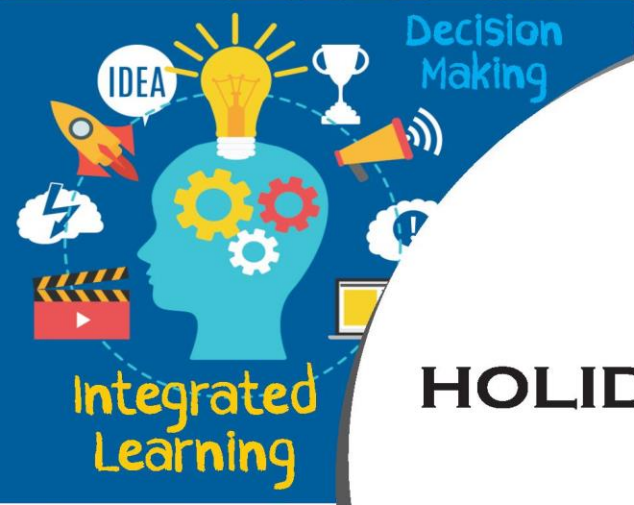




Life Skills



21st CENTURY SKILLS



Decision Making

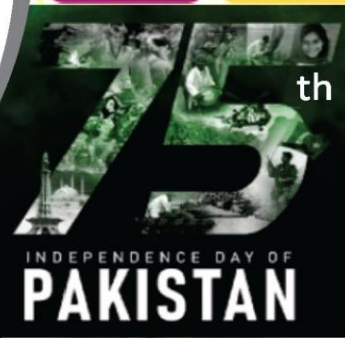
Integrated Learning

APSACS
HOLIDAY HOMEWORK
PACK

COLD REGION
EYS 2 - VIII
2022 - 2023



Research & Growth



INDEPENDENCE DAY OF PAKISTAN



PERSONAL DEVELOPMENT

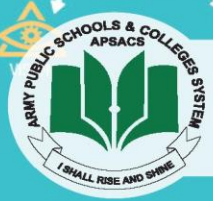


Gratitude

Hands on Activities

I can build an or

STEM



ARMY PUBLIC SCHOOLS & COLLEGES SYSTEM

APSACS HOLIDAY HOMEWORK PACK

Cold Region Session 2022-2023

Introduction

APSACS is mindful of the fact that students need to develop curiosity, imagination, resilience and self-regulation to thrive in a world that is full of possibilities, yet uncertainties. It is thus crucial that they nurture the leaders within themselves by appreciating ideas, perspectives and values of others. They need to learn the art of perseverance in the face of adversities and disappointments and should be enabled to effectively cope with them. Children need to develop themselves into productive assets, broaden their world view and should not let themselves succumb to goals that are inherently self-centered.

Keeping in view the individuality of each learner and their role in the society, **APSACS** has developed a Holiday H.W Pack that targets domains such as ***application-based reinforcement of concepts, hands-on activities, action learning, 21st century skills, personal development, self-reflection, integrated learning, life skills*** etc. It consists of a wide range of activities divided into three levels: **Junior (EYS-2-CI III), Middle-I (CI IV-V) and Middle-II (CI VI-VIII)**. The planned activities are not gender biased; coherent with the APSACS Makerspace and CCAs, integrating all the subjects, **Life Skills Clubs** and **Science Clubs** to make a complete package that aims at well balanced and holistic development of students. The choice in the activities ensures the promotion of everyday **decision-making** and a sense of nourishment to one's own **hobbies and passions**. Research proves that children must learn to take **decisions**; good or bad and then be prepared to take responsibility, be accountable for their actions and bear the consequences. **The important life lesson to be learnt is that indecision is the worst decision**; it is always better to make a choice between opportunities and take responsibility of the action.

APSACS Holiday H.W Pack is the continuation of a journey that inculcates in students **the Top 10 Skills of 2025** (Ref World Economic Forum) listed below:

- **Analytical Thinking and Innovation**
- **Active Learning and Learning Strategies**
- **Complex-Problem Solving**
- **Critical Thinking and Analysis**
- **Creativity, Originality and Initiative**
- **Leadership and Social Influence**
- **Technology Use, Monitoring and Control**
- **Technology Design and Programming**
- **Resilience, Stress-Tolerance and Flexibility**
- **Reasoning, Problem Solving and Ideation**

Note for Parents

1. Decision Making:

Decision making is a form of planning that **integrates intuition, emotions and rational thinking** to pave a pathway to a **successful outcome**. Personal and professional success of a person is dependent upon the ability to make **sound decisions** in an appropriate manner and within a time constraint. Any miscalculation may lead to impractical decisions. The importance of decision-making lies in the way it helps in choosing between various options. It is essential to weigh all **pros** and **cons** before making a decision. It is also crucial to keep proper perspectives in mind and focus on crucial steps that can help in making **rational choices**.

The **Holidays H.W Pack** aims at setting up an atmosphere in which the students will be required to make multiple decisions based on healthy discussion/feedback from facilitators at home. Its successful implementation will inculcate decision making skills within the students.

2. Nurturing research mindset among the children:

Research led by students is the process of learning about and conducting research in areas relevant to their own lives. As students advance in their research skills, they become **independent learners** and **continuously evolve** into a better version of themselves. The curriculum at **APSACS** is designed to nourish and promote research mindsets that share responsibility as key stakeholders in successful implementation of online/hybrid models of teaching. However, the parents are expected to be involved as facilitators for homework related research and to monitor the online activities of their young ones.

I SHALL RISE AND SHINE

Useful Weblinks:

The following links contain video documentaries, reading material (print & audio podcasts) and a wide array of informational material on various topics which are to be explored under strict supervision of parents:

- Ted-Ed: (<https://ed.ted.com/>)
- Brilliant: (<https://brilliant.org/>)
- BBC Earth (<https://www.youtube.com/user/BBCEarth>)
- History Channel: (<https://www.history.com/topics>)
- National Geographic: (<https://www.natgeotv.com/me/shows/subject/mega-structures>)
- Save our planet:
(https://www.youtube.com/watch?v=0Puv0Pss33M&ab_channel=WWFInternational)
- Britannica: (<https://www.britannica.com/topic/list-of-ancient-civilizations-2079395>)
- The Economist: (<https://www.economist.com/>)

***Project Work:**

Students may choose to make a project of their choice from the new information that they have gained using the given links e.g., designing a “Save The Earth” poster.

Note:

1. The **Summary Sheet** should be filled in by the student and signed by the parent. It should be attached with evidence of performed activities.
2. The documented evidence of Holiday H.W Pack should be submitted to the school.

Essential Values and Practices for all Levels:

1. Wake up early in the morning and make your bed every day.
2. Fulfill your religious obligations.
3. Eat breakfast with your family and make it a daily habit.
4. Plan your day and stick to your plan. Aim to develop a balance between life and technology; practice self- control. Parents must identify *NO Cell Phone Zones* in the home. Practice disconnecting from the virtual world and stepping into the real world, switching between screens must be discouraged.
5. Dedicate time to your family and siblings and be completely available to them.
6. Read out a newspaper/magazine to your grandparents or younger siblings or share some meaningful interesting photographs/images with your family. Family photo albums can also be used for the purpose of sitting together to enjoy good family time.
7. Reflect on your daily achievements, cherish each moment, and develop a sense of gratitude, not entitlement.
8. Remember to smile at people who serve you in any way. Be around, lend a hand and remember that no job is menial if done honorably.
9. Be aware, develop and practice good hygienic toilet manners.
10. Make a daily exercise routine to become physically fit, strong and healthy.
11. Be the first to extend your greetings. Practice being grateful and be the first one to apologize.
12. Plan for the next day before going to bed. Stay in the present, learn from the past & keep an eye on the future.
13. Focus on developing skills such as Communication, Cooperation, Collaboration & Problem-Solving. Learn to create a balance between the 4Qs: IQ (Intelligence Quotient), EQ (Emotional Quotient), SQ (Social & Spiritual Quotient) & PQ (Physical Quotient).

14. Ensure that any decision or action is based on rational discussion/debate with parents and resolved with mutual agreement, giving respect to parental wishes.
15. Ensure that **SOPs** regarding any contagious disease or seasonal allergy are to be **stringently followed** at all times during or after the Holidays.
16. A deliberate effort must be made to rekindle the spirit of reading for fun which once picked up in youth lasts a lifetime and serves as a lifelong companion.



Activities for Junior Level (EYS- 2 - CI III)

Decision Making starts HERE: Pick any Five

1. Make a colourful birthday calendar for your family.
2. Choose a level appropriate book and after reading, write your review about it.
3. Help your elders in chores like making your bed, cleaning the room, laying the table, making salad etc.
4. Arrange personal belongings, toys and clothes in the cupboard/basket/carton.
5. Plant some flowers, take ownership by taking care of them and monitor their growth.
6. Be a good citizen and do not litter. Go out with your parents for a walk (park, track, beach) to pick up wrappers and throw them in the dustbin. Don't forget to take disposable gloves, mask and a bag along. Your siblings may join you; remember cooperation and teamwork are essential in any activity.
7. Compete with your family and friends in a Milli Naghma/Folk song competition at home.
8. Watch a cartoon or animated movie & narrate the story to your parents/grandparents. You can also write it in your own words.
9. Take the responsibility of switching off lights, turning off heaters and taps before leaving a room.
10. Listen to any religious story from your parents/grandparents and identify the moral lesson.
11. Collect pictures of healthy and junk food and paste them on a chart to show the difference between them. Plan a healthy, weekly menu with your mother or elder sibling/s.
12. Learn a new language (few words/ basic conversation) using google translate.

I SHALL RISE AND SHINE

Activities for Middle Level (Class IV-V)

Decision Making starts HERE: Pick any Seven

1. Research on any topic of your choice from any course textbook/resource material you studied this year. Write a summary of the whole process.
2. Draw a short drawing story (Storytelling through drawings) on any of the following topics:
 - Sharing is caring
 - Good deeds never go unrewarded
 - Gratitude is the key to peace of mind
3. Read and make a list of the products that you like which are advertised on billboards, also mention the reason for liking.
4. Choose a level appropriate book and after reading it write a review about it.
5. Help your mother in the kitchen in washing dishes, cutting vegetables and cleaning the clutter and list all the steps in order. Keep water conservation in mind.
6. Learn to renovate/recycle/repurpose an item of your choice (used plastic or glass bottles/jars, cardboard boxes etc)
7. Fill in a simple 3x week "I MADE MY BED FIRST THING IN THE MORNING" Chart to record: "Yes (✓)" and "No (✗)" and make this a permanent habit.
8. Pick 5x countries of the world every day for a week. Find their neighboring countries using an atlas or google maps. Document your findings in Tabular Form.
9. Prepare a weekly meal plan on a chart that caters to and balances the tastes of everyone at home. Always eat in moderation and avoid gluttony.
10. Design and make a balloon powered car, set a goal distance and optimize your design to beat your own goal. (<https://www.stem.org.uk/elibrary/resource/26239>)
11. Help your parents design an indoor kitchen garden for common herbs e.g. coriander, green chili, mint etc. using waste plastic bottles.
12. Arrange a competition of crossword, scrabble or any other game of your choice at home and display the results using an elimination chart. (link of sample inserted below)
<https://www.vertex42.com/ExcelTemplates/tournament-bracket-template.html>
13. Volunteer for a responsibility at home such as checking the locks, daily dusting, organizing formal documents etc. and write a weekly report about it.
14. Plan and prepare a budget for your pocket money with your parents or improve a currently existing one.

15. Write a daily diary reflecting your significant moment.
16. Design an innovative banner that educates a layman about how to avoid Dengue, Covid-19 or any other contagious infection.
17. Perform the germination process on a plant seed of your choice and prepare a day-to-day list of observations.
18. Prepare homemade compost from everyday organic waste in your kitchen. Do not forget to wear gloves and mask.
19. Learn how to change a bulb with the help of an elder. Prepare a frequency chart to show the ratio of screw type and pin type bulbs in your house.
20. Write and draw a comic strip using speech bubbles on the First/Last day of school or a Picnic/Adventure trip with family or friends.
21. Design an open-ended questionnaire to interview your parents on a topic of your choice. Record their responses and write a summary of your key findings.
22. Learn how to read your electricity bill and comprehend the major details. Then estimate the incoming bill by reading the units of your electricity meter and performing the required calculations. Check for the difference in the estimated amount and the actual amount.
23. Learn a new language (few words/basic conversations) using google translate.

Activities for Middle Level (Class VI-VIII)

Decision Making starts HERE: Pick any Ten

1. Research on any topic of your choice from any course textbook/ resource material you studied this year. Write a summary of the process and also jot down any new concept you learned during this.
2. Make a mini-Robot using any available resource material such as empty match boxes, cardboard etc.
3. Choose a level appropriate book. Read it and write a detailed review about it.
4. Test your code design skills; design a player vs CPU programming logic flowchart of a 2 player snakes and ladders game.
5. Make a small kitchen garden by recycling/repurposing plastic bottles, etc. to plant a few herbs such as coriander, mint and green chilli.
6. Research on, the environmental benefits of Rooftop vegetation/vertical gardening. Write your findings.
7. Write a series of Blogs on a topic of your choice.
8. Observe your car being refueled and find your car's specifications such as fuel capacity, theoretical fuel average etc. Observe and record actual fuel average and average daily use of fuel in liters for a week. Present your data in the form of a line graph.
9. Learn and practice changing a flat tyre.
10. Learn to navigate directions on google maps, help your parents reach a destination effectively.
11. Follow a simple recipe such as making a scrambled egg/ boiled egg to find the perfect ingredient balance/ratio, cooking time.
12. Study & write the negative effects of unlimited access to cell phones and social media with no age restrictions in place.
13. Help your elders in the kitchen, help in chores like dishwashing, cooking, sorting / organizing the kitchen items etc.
14. Learn to read the food labels on canned/ packaged food available in the market, to know the calories, nutrients, type of oil, origin, date of expiry etc. Make a comparison table.
15. Design a weekly holiday time table which includes study schedule and everyday chores.
16. Draw a short drawing story (Storytelling through drawings) on any of the following topics:
 - pandemic
 - dinosaurs & their extinction
 - design your dream

17. Design an innovative banner that educates the citizens about how to avoid Covid-19 or other infectious diseases & allergies.
18. Identify a personal weakness in three areas i.e., emotional, physical and social. Consequently, design a personal development plan and write a note of reflection after two/ three weeks' implementation.
19. Perform online research on isometric and perspective drawings. Draw one of each to show the difference.
20. Design and build a wood glider using any kit or available resource material and record its time of flight. Use the link for seeing a sample: <https://www.instructables.com/Balsa-Wood-Glider/>
21. Design an Appreciation Greeting card with a gratitude message.
22. List down the things that you are grateful for e.g a safe home, parents' food on the table etc.
23. Prepare a detailed grocery list with expected prices of each item. Limit your shopping to the list and relate the actual expenditure with the expected one to represent the difference in terms of percentage.
24. Research on how excessive consumption of sugary and fizzy drinks leads to depression. Make a physical fitness plan with a focus on balanced diet and exercise. Document your journey and progress in the form of video clips or diary entries. Compile and share the data with your family.
25. Select five billboard advertisements of your choice and rate them based on a self-developed criteria e.g., appropriate age group, wording used/ slogan used, activity etc.
26. Make a comparison list of a product such as a home appliance (Microwave, fridge, T.V etc) by visiting different stores / shops or using multiple e-shopping sources/websites, to justify the best buy based on factors such as model, price and detailed specifications.
27. Research on future/unconventional fields of study/careers and make a long-term study plan.
28. Find out how we are currently surrounded and engaged in a world of instant gratification; due to instant availability of various resources through various means such as online ordering, shopping etc., leading to impatience and a false sense of competition. Record the key points and suggest a relevant and practical remedial action plan.
29. Learn how to write a cheque or how to use an ATM card under strict parental guidance and permission. Write down instructions for it.
30. Learn a new language (few words/basic conversations) using google translate.

APSACS
HOLIDAY HOMEWORK PACK
SUMMARY SHEET

Student Name: _____

Class/Section: _____

Sr. #	Activity Number	Activity Title	Parent's Signature
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			