

LAKSHMIPAT SINGHANIA ACADEMY

OPEN BOOK PROJECT

SESSION: 2025 – 2026

SEMESTER - I

CLASS – PS III

THEME – SELF CARE AND WELLNESS

Dear children, through this project you will learn more about the theme mentioned above.

- Read the project instructions carefully.
- You may refer to the internet for more information and take your parents help to surf the net but you must do the project yourself.
- Use a pencil to complete your project.
- Have an enjoyable time compiling your Project work!

Dear Parents,

- 1) Open Book Projects for Semester 1 will be conducted during the summer vacation.
- 2) All projects to be submitted to the respective subject teacher by 7th July 2025.
- 3) You may or may not take printouts. Children may use A4 size sheet of chart papers / paper or sheets from scrap book / drawing book, whatever is available at home.
- 4) Children need not copy the questions and the sketches given in the project.

LAKSHMIPAT SINGHANIA ACADEMY
ENGLISH OPEN BOOK PROJECT
SEMESTER I
THEME: SELF-CARE AND WELLNESS

Learning Objectives

Through this project, the students will be able to:

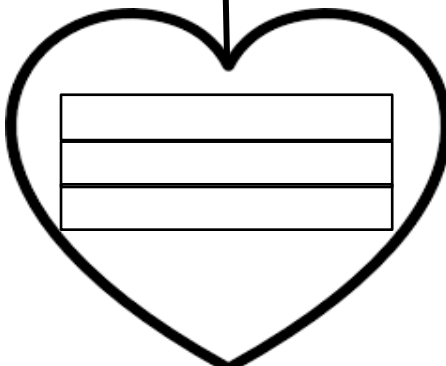
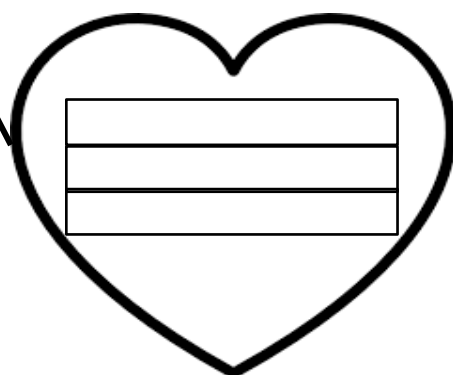
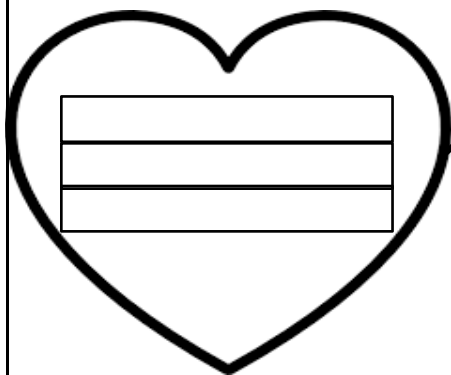
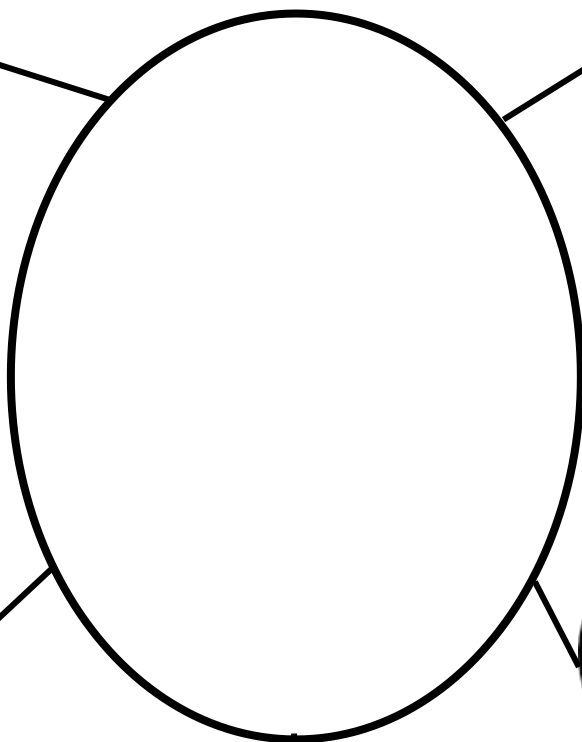
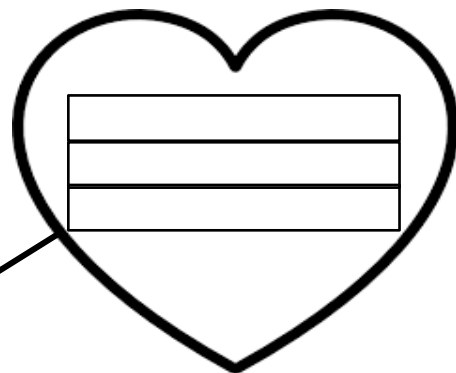
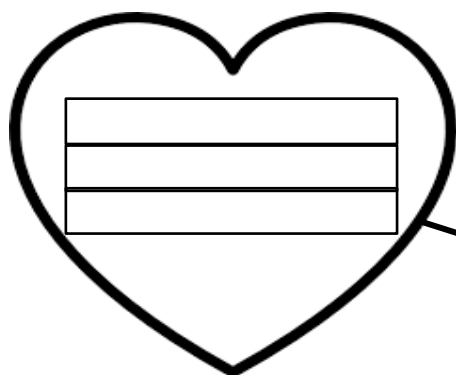
- understand the concept of self-care and its importance
- Identify healthy habits that promote self-care and wellness
- enhance their vocabulary by learning new words
- enhance their creativity and coordination
- develop their aesthetic sense and critical thinking skills while doing the activities

BE YOUR OWN
♡ KIND OF ♡
beautiful


I LOVE BEING ME

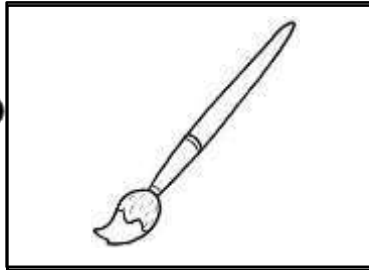
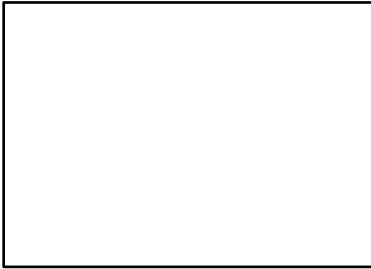


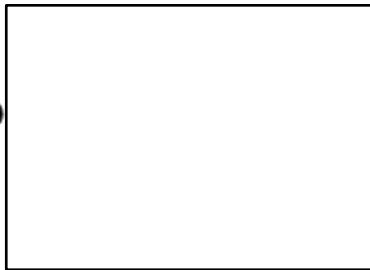
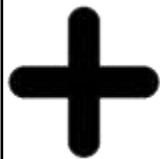
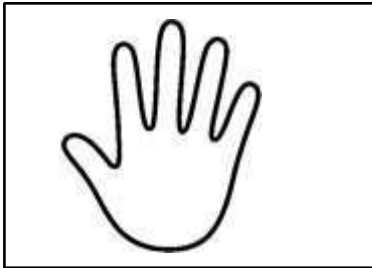
1. Being different is something that should be celebrated. Paste a picture of yourself in the middle and write the things you love about yourself in the hearts given below.

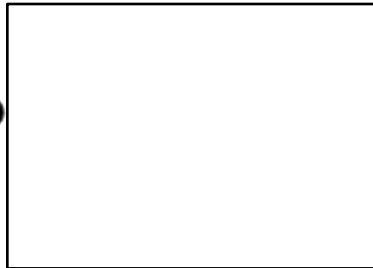
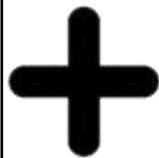


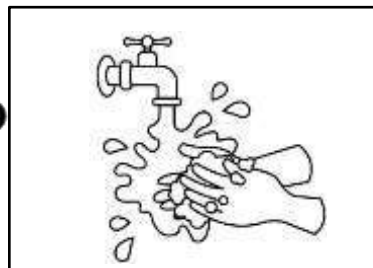
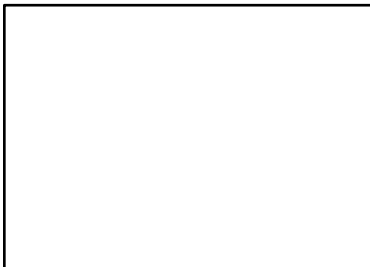
MY HEALTHY HABITS

2. Let us paste the corresponding pictures to make compound words. Then write the words in the space provided.



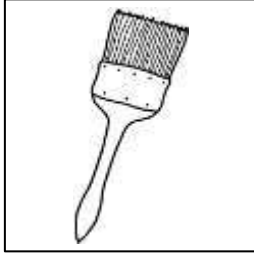






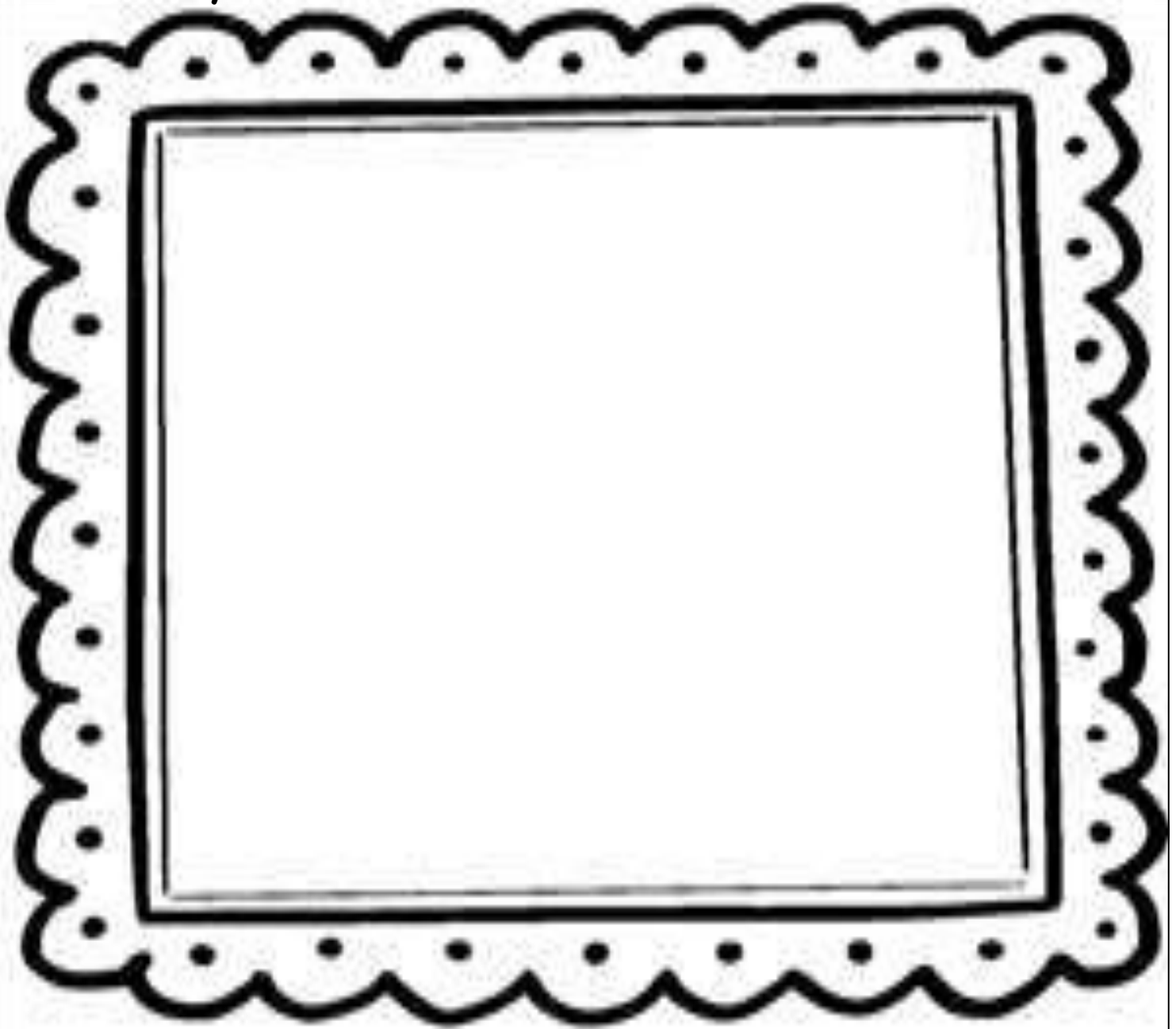
3. Make a sentence with any one word given above.

Name: _____ Class PS-III Section: _____ ENGLISH 2025-2026



MY WELLNESS POSTER

4. Create a wellness poster by sticking a picture of yourself practicing self-care. Write a meaningful caption related to the activity.



MY FEELING JOURNAL

5. Choose any three days from your summer vacation and fill in the details below to express your thoughts and feelings.

Day 1

Today is _____(date).I am feeling

because

Day 2

Today is _____(date).I am feeling

because

Day 3

Today is _____(date).I am feeling





because

Learning Outcomes

At the end of this project, the students should be able to identify and explain basic self-care and wellness practices. They will have an analytical outlook on the overall importance of self-care and wellness. They should be able to express and value themselves and others.

RUBRIC:

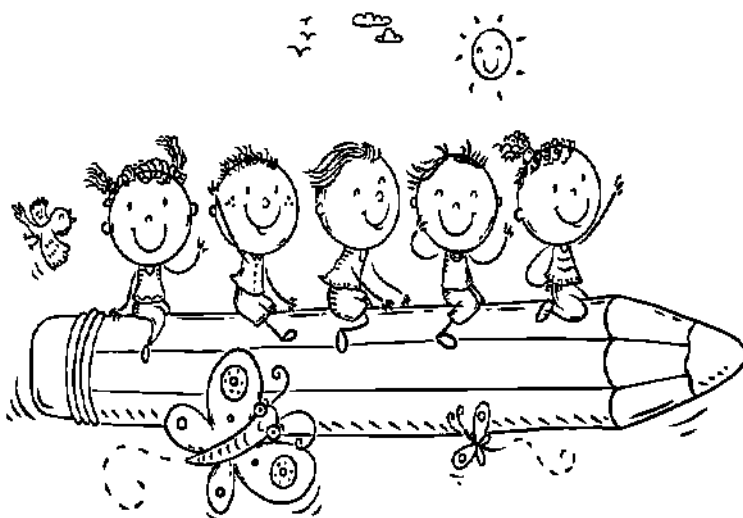
You will be graded based on the given rubric.

Category				
Comprehension skills	Exhibited exceptional comprehension, accurately and thoroughly understanding the details given in the project.	Demonstrated good comprehension, effectively understanding the details given in the project.	Displayed adequate comprehension, showing some understanding of the details given in the project.	Could have shown comprehension by adding more details.
Experiential learning, critical thinking, logical skills	Effectively expressed ideas and offered insightful perspective with meticulous attention to details.	Clearly expressed ideas and offered insightful perspective with an appropriate number of details.	Ideas were articulated with limited details.	Ideas were not articulated effectively and provided minimal details.
Creativity and presentation of work	Level of creativity instilled innovative ideas into the project, enhancing key aspects with precision and accuracy.	Level of creativity enhanced all aspects of the project.	Level of creativity enhanced most of the aspects of the project.	Made obvious efforts to be creative.

LAKSHMIPAT SINGHANIA ACADEMY
HINDI OPEN BOOK PROJECT
SEMESTER 1
THEME: SELF CARE AND WELLNESS

Through this project, students will be able to:

- develop sensitivity and understand the need of self care and maintain wellness
- learn various facts related to health and self care.
- enhance their communication skills
- enhance their vocabulary by learning new words related to the project
- develop their aesthetic sense while doing the activities
- analyze the problem and apply critical thinking skills while completing the project



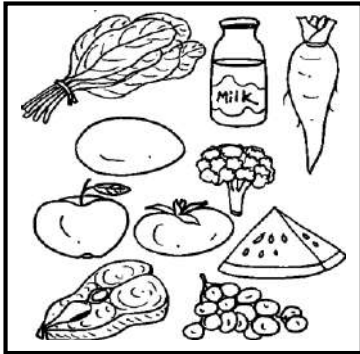
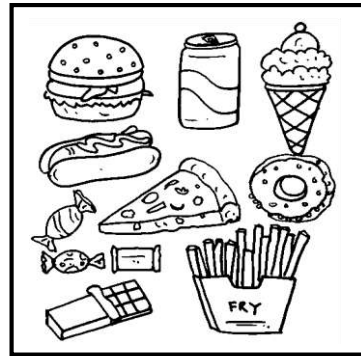
स्वस्थ रहने का मंत्र हैं -
अच्छा पौष्टिक खाना , खेल
कूद में आगे रहना और जो
मन को अच्छा लगे वह
करना !

1) नीचे दिए गए लिंक पर वीडियो को देखें और प्रश्नों के सही जवाबों पर निशान लगाएँ और उनमें रंग भरें।

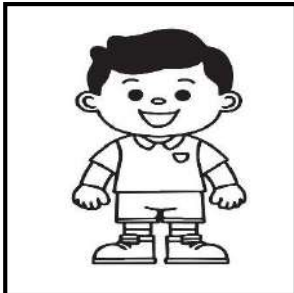
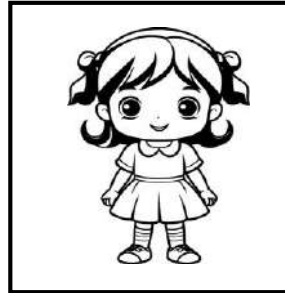
Link to watch the video of a story is given below.

<https://youtu.be/XsXA85ZgjFI?si=o71JTJZURLUwF59y>

a) हिमांशु और हिमानी क्या खाना पसंद करते थे ?

☐☐

b) मम्मी की बात किसने सुनी?

☐☐

c) मम्मी की बात न सुनने पर हिमांशु को आँखों पर क्या लगा ? उसका चित्र बनाएँ और चित्र का पहला अक्षर लिखें।



d) आप अगर हिमांशु की जगह होते तो क्या आप अपनी मम्मी की बात मानते ?

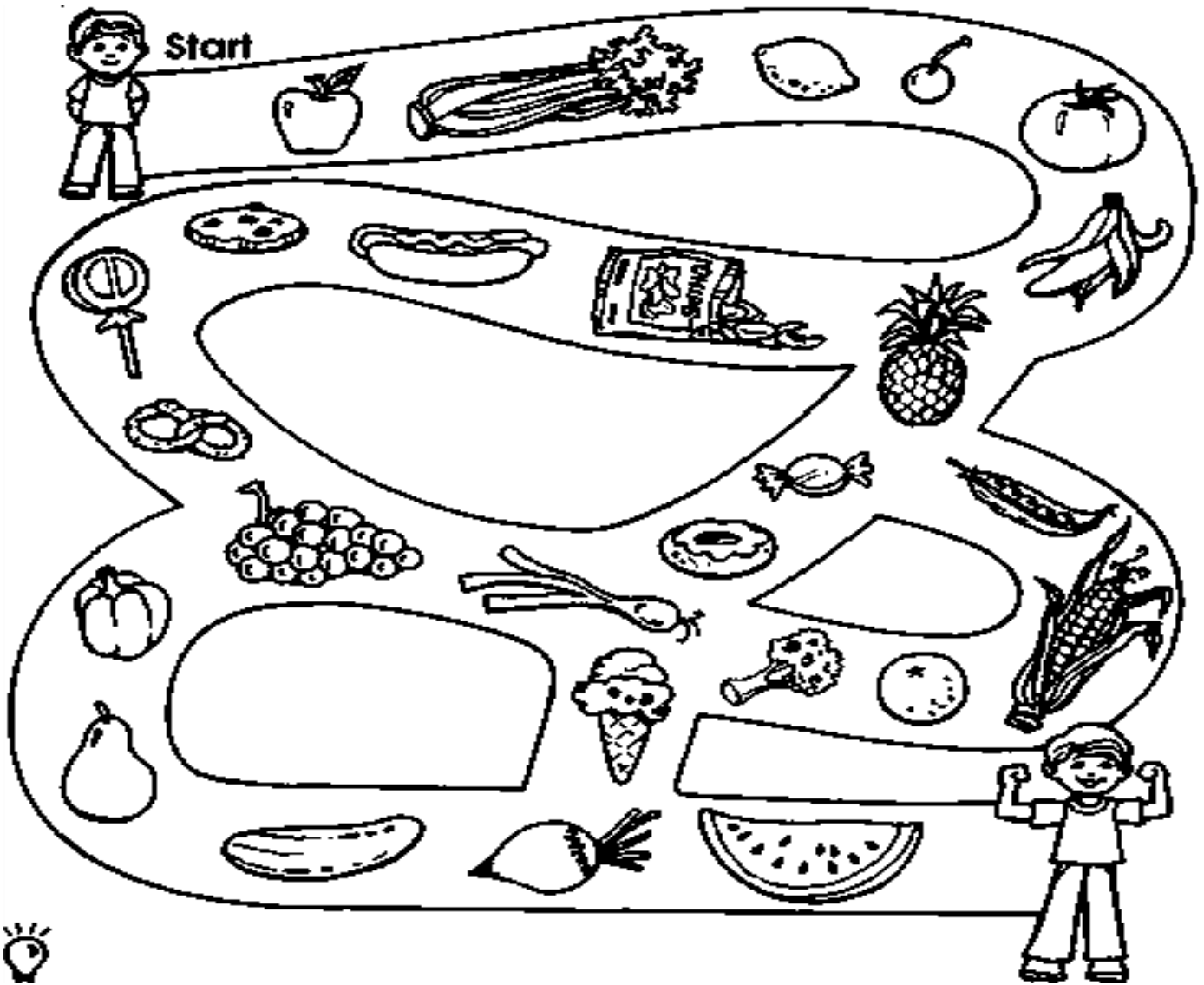
हाँ

☐

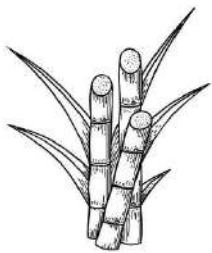
नहीं

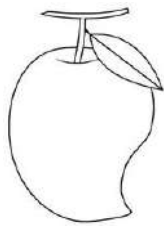
☐

2) फल और सब्जियाँ हमें तंदुरुस्त रखती हैं। भूल भुलैया में दिए गए चीजों का नाम बोलें और सिर्फ पौष्टिक चीजों में रंग भर कर भूल भुलैया को पूरा करें।

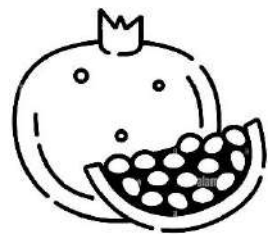


3) नीचे दिए गए पौष्टिक आहारों के नाम का पहला अक्षर लिखें।





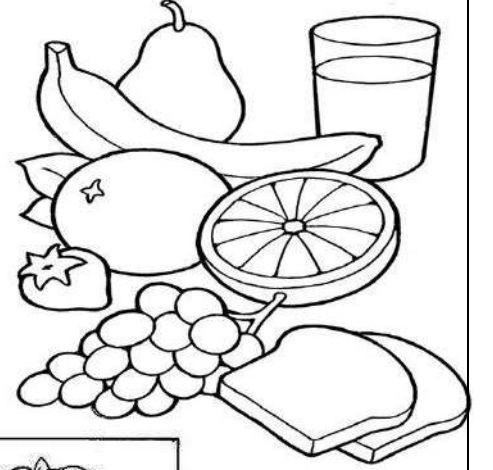




4) दी गई कविता को पढ़ें और फिर क्रमानुसार कट पेस्ट एक्टिविटी को पूरा करें।

स्वास्थ्य का मंत्र

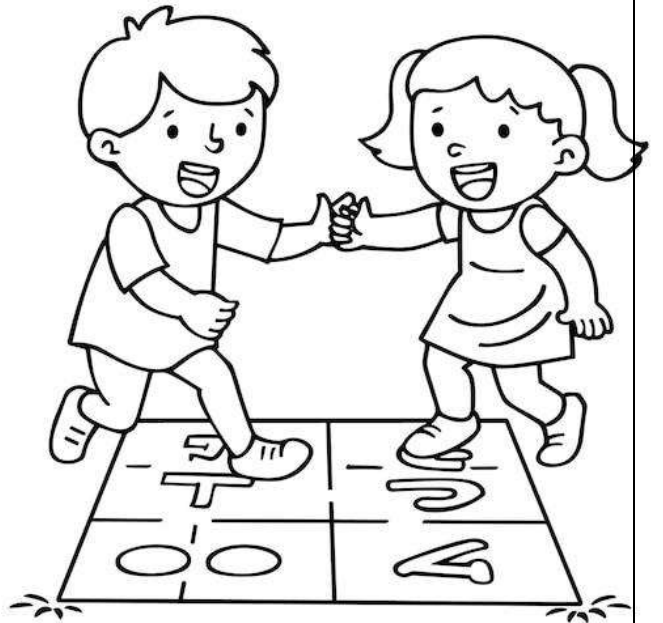
साफ़-सुथरा रहना सीखो,
हर दिन नहाना सीखो।
दूध, फल और दाल खाओ,
बिस्किट-चॉकलेट कम खाओ।



दाँतों को भी रोज़ संवारो,
ब्रश करो और उन्हें न नकारो।
सुबह-सुबह टहलो जरा,
खेल-कूद में रहो आगे सदा।



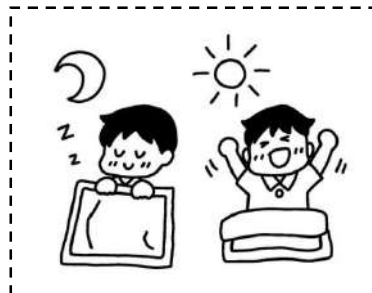
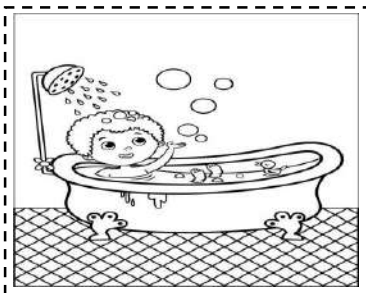
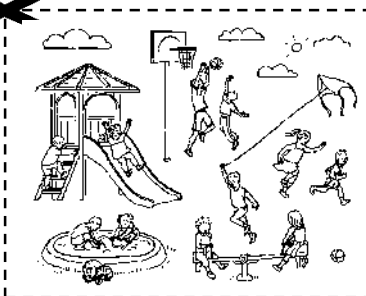
समय पर खाना, समय पर सोना,
स्वस्थ रहेगा मन का कोना-कोना।
सेहतमंद बनो, खुश रहो,
हर दिन नया कुछ अच्छा करो।



NAME: _____ CLASS: PSIII Section _____ HINDI 2025 - 2026

Recite the poem based on Good Health. Then cut and paste the activities from the poem in the correct sequence.

1.	2.	3.
4.	5.	6.



LEARNING OUTCOMES:

At the end of the project, students should be able to solve the different activities. Should be able to list a few facts on animals as well as develop sensitivity and understand the need to save animals. Should be able to develop a sense of curiosity, observation skills and writing skills.

HINDI PROJECT EVALUATION RUBRIC:

Criteria	E	M	D	R
Comprehension skills	Can comprehend the details given in the project.	Can comprehend the details given in the project with little assistance.	Needs help in comprehending the details given in the project.	Understanding of the topic is unclear. Yet to finish task without help.
Experiential learning, critical thinking and logical skills	Expresses ideas and insightful perspective with an appropriate number of details.	Expresses ideas but has few details.	Needs help in expressing ideas and has few details.	Shows little bit awareness about critically thinking and logical reasoning. The work lacks creativity and integration with art. Yet to finish task without help.
Creativity and presentation of work	Level of creativity enhances all aspects of the project.	Level of creativity enhances most of the aspects of the project.	Makes obvious efforts to be creative.	Work lacks neatness, precision and accuracy.

Name_____ClassPSIII Section_____BENGALI 2025-26

BENGALI OPEN BOOK PROJECT

SEMESTER 1

THEME:SELF CARE AND WELLNESS

প্রজেক্ট- নিজের যত্ন ও সুস্থতা

প্রকল্পের উদ্দেশ্য

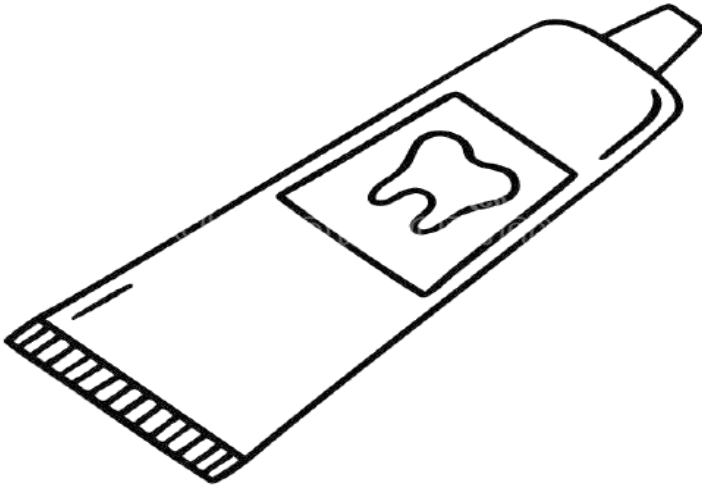
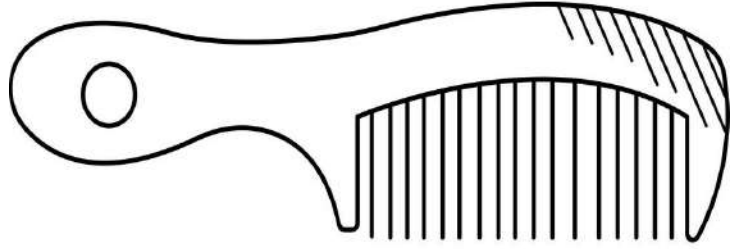
- নিজের যত্ন ও সুস্থতা বিষয়ে নানা তথ্য জানা
- কল্পনা শক্তির ভাব প্রকাশের বিকাশ
- ভাষার প্রকাশের ক্ষমতার উন্নতি
- অঙ্কন দক্ষতার প্রকাশ
- সংখ্যা গণনার অনুশীলন।



Name_____ClassPSIIISection_____Date_____Bengali

আমরা আজকে নিজের যত্ন ও সুস্থতা সম্পর্কে নানা তথ্য জানবো।
নিজের শরীর ও মনকে সুস্থ রাখার জন্য যত্ন নেওয়া প্রয়োজন।
প্রতিদিন দুই বার করে মাজন দিয়ে দাঁত মাজা, সাবান দিয়ে স্নান করা
দরকার। মাথা ও চুল তেল, শ্যাম্পু ও চিরুনি ব্যবহার করে পরিষ্কার
, পরিচ্ছন্ন রাখতে হবে।

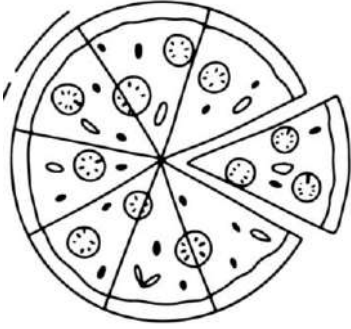

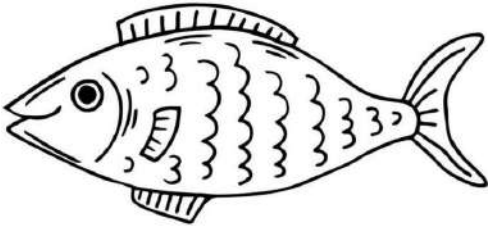

১। নীচে দেওয়া ছবিগুলির প্রথম অক্ষর লেখ।



Name _____ Class PS III Section _____ Date _____ Bengali

নিজের শরীর সুস্থ রাখার জন্য সঠিক খাবার খওয়া জরুরী। বাড়ির তৈরি খাবার, ভাত, রুটি, ডাল, ফল, সবজি, মাছ, মাংস, ডিম, দুধ শরীরের পক্ষে ভাল। অন্য দিকে বাইরের দোকানের খাবার, বেশি তেল, মশলা যুক্ত খাবার থেকে দূরে থাকা ভাল।

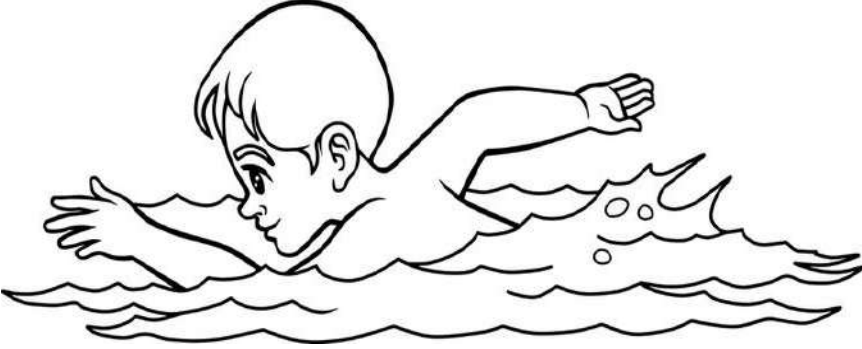


২। নীচে দেওয়া ছবি দেখে চেনো, স্বাস্থ্যকর খাবার হলে "স" ও অস্বাস্থ্যকর খাবার হলে "অ" লেখ।

Name_____ClassPSIIISection_____Date_____Bengali

নিজের যত্ন নিতে হলে নিয়মিত শরীরচর্চা করতে হবে। হালকা ব্যায়াম , যোগাসন ,সাতার নিয়ম করে অভ্যাস করতে হবে ।

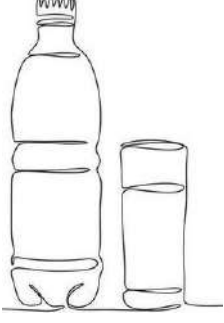
৩।নীচে দেওয়া ছবির প্রথম অক্ষর লেখ।

Name_____ClassPSIIISection_____Date_____Bengali

৪। উত্তর দাও

ক)শরীর সুস্থ রাখার জন্য আমাদের বেশি করে কি পান করা
দরকার?



খ)রোজ আমাদের খাদ্য তালিকাতে এই খাবার থাকা প্রয়োজন ।



৫। ছবি রঙ কর



Name_____ClassPSIIISection_____Bengali 2025-26

Learning Outcomes

এই প্রকল্পের শেষে নিজের যত্ন ও সুস্থতার বিষয় নানা তথ্য জানতে পারবে ও ভাষা, গণনা ও অঙ্কন দক্ষতা উন্নত হবে।

BENGALI PROJECT EVALUATION RUBRIC:

	Criteria	E	M	D	R
a	Content, accuracy and relevance	বিষয়ের বোধগম্যতা স্পষ্ট এবং বিষয়ের বাইরেও জানে।	বিষয়ের বোধগম্যতা আংশিকভাবে স্পষ্ট।	সহায়তার মাধ্যমে বিষয়ের বোধগম্যতা স্পষ্ট করা হয়েছে	বিষয়ের বোধগম্যতা অস্পষ্ট
b	Artistic skill and Experiential Learning	সঠিক রঙ ও চিত্র কলার প্রয়োগ।	সঠিক রঙ ও চিত্র কলার প্রয়োগ কিন্তু অসম্পূর্ণ কাজ	অসম্পূর্ণ কাজ	স্বাধীনভাবে কাজ করতে অক্ষম, বোঝার অভাব সুস্পষ্ট
c	Experiential, Critical Thinking, Logical Skill	নির্ভুলতার সঙ্গে কাজটি সম্পন্ন করেছে	কাজটি সম্পন্ন করেছে তবে পরিপূর্ণতার দিকে নজর রাখতে হবে	কাজটি সম্পন্ন করেছে তবে পরিপূর্ণতার দিকে কাজ রাখতে হবে	কাজটির মধ্যে নির্ভুলতার অভাব রয়েছে
d	Overall Presentation	প্রকল্পের সামগ্রিক ছাপ আকর্ষণীয়	প্রকল্পের সামগ্রিক ছাপ মনোযোগ আকর্ষণ করার জন্য যথেষ্ট নয়	প্রকল্পের সামগ্রিক উপস্থাপনা আকর্ষণীয় করার সামান্য প্রচেষ্টা রয়েছে	কাজের মধ্যে নির্ভুলতার অভাব রয়েছে

LAKSHMIPAT SINGHANIA ACADEMY

MATHS OPEN BOOK PROJECT

THEME: SELF CARE AND WELLNESS

SESSION: 2025 – 2026

SEMESTER 1

LEARNING OBJECTIVES:

Through this project, students will be able to:

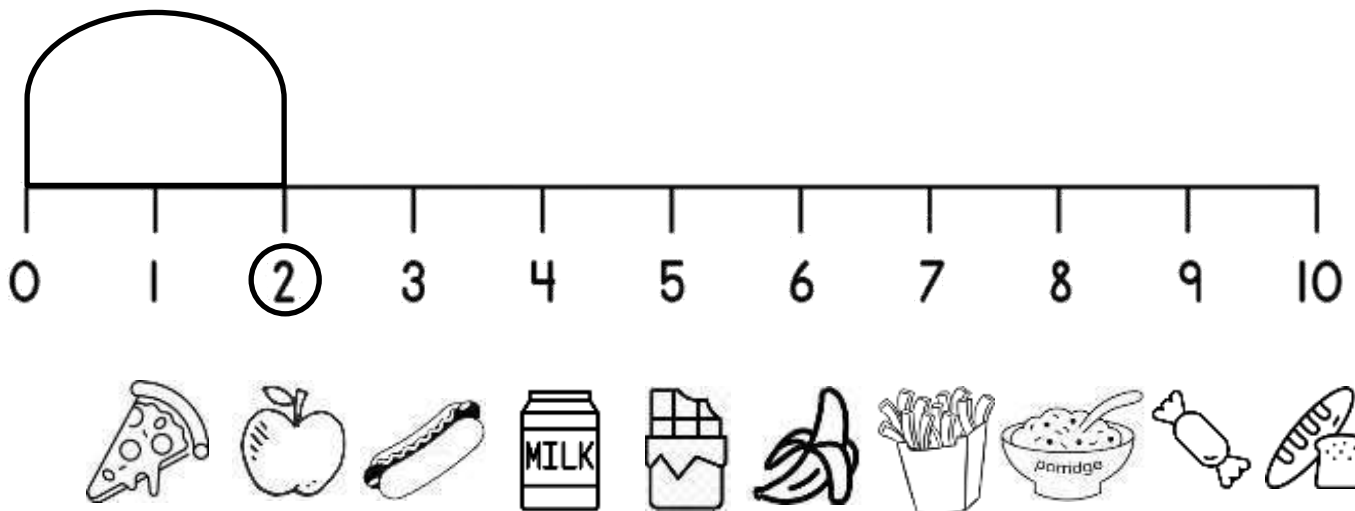
- develop a sense of curiosity, observation skills, writing skills and reading skills
- apply critical thinking skills while completing the project
- skip count by 2s and solve a sudoku puzzle
- sequence their morning routine
- solve a few brain teasers
- learn about positive thoughts for well-being and self-care



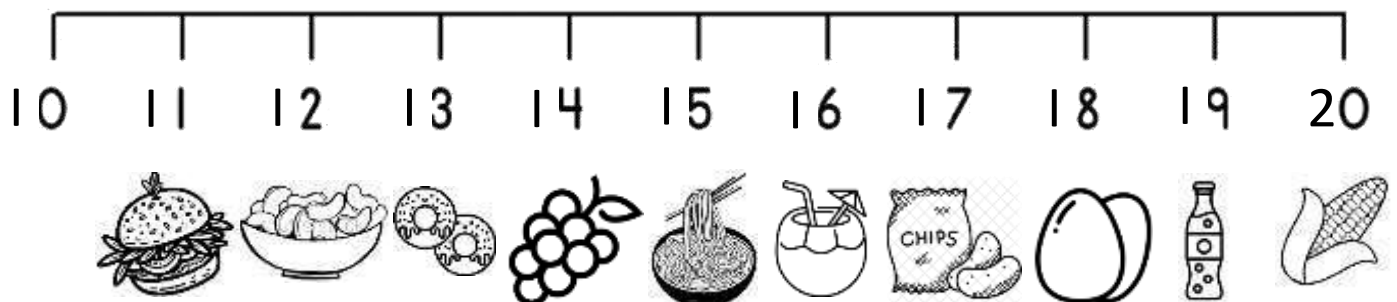
NAME _____ CLASS PS III _____ DATE _____ MATH

1. To maintain fitness, it is important to eat a healthy diet. Let us skip count by 2s and circle the healthy food items.

a.




b.




NAME _____ CLASS PS III _____ DATE _____ MATH

2. Rita is very health-conscious and ensures she eats healthy food every day. Help her complete the number bonds by drawing her favorite healthy food items.





a) There are 7 oranges drawn. How many more oranges will you draw in the box to show number bond of 10.









10	7	

b) There are 3 tomatoes drawn. How many more tomatoes will you draw in the box to show number bond of 5.

5	3	

NAME _____ CLASS PS III _____ DATE _____ MATH

3. Taking care of yourself is important, and that includes eating healthy food. Let us draw healthy food items so that each column and each row will contain all the four pictures. (   )

4. To maintain a balanced diet, Shyam went to the market to buy some groceries. Solve the riddles to find out the quantity of each item he purchased, and write your answers in the space provided.



a. Bananas (hint: a dozen)

T	O

b. Oranges (hint: 5 in ones house and 2 in tens house)

T	O

c. Eggs (hint: 2 pairs)

T	O

d. Apples (hint: half a dozen)

T	O

LEARNING OUTCOMES:

At the end of the project, students will be to apply critical thinking skills while completing the project. They will be able to skip count by 2s and solve a Sudoku puzzle, sequence their morning routine and solve a few brain teasers. They will also learn about positive thoughts for well-being and self-care.

MATHEMATICS PROJECT EVALUATION RUBRICS:

Criteria	E	M	D	R
Content, accuracy and relevance	Exhibits exceptional understanding of the topic taught. Is able to explain and teach others.	Understanding of the topic is very evident. Can work independently.	Understanding of the topic is partially clear. However, sometimes needs help.	Understanding of the topic is unclear. Yet to finish task without help.
Logical skill, spatial skill and art integration	Exhibits exceptional logical and spatial skills. Is able to explain and teach others.	Shows mastery over spatial and logical reasoning. The work is creative and well-integrated with art. Can work independently.	Shows command over spatial and logical reasoning. The work shows little creativity and integration with art. However, sometimes needs help.	Shows little bit awareness about spatial and logical reasoning. The work lacks creativity and integration with art. Yet to finish task without help.
Overall presentation and neatness of work	Exhibits exceptional presentation and neatness of work.	Completes the work with precision and accuracy thus exhibiting fine motor skills and aesthetic sense.	Completes the work neatly but needs to improve fine motor skills and aesthetic sense.	Work lacks neatness, precision and accuracy.

LAKSHMIPAT SINGHANIA ACADEMY
EVS OPEN BOOK PROJECT
SEMESTER 1
THEME: SELF CARE AND WELLNESS

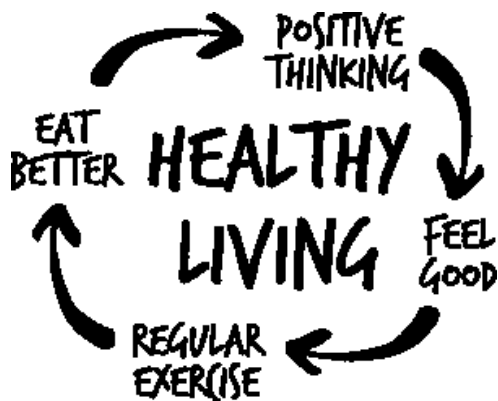
LEARNING OBJECTIVES:

Through this project, students will be able to:

- develop a sense of curiosity, observation skills, writing skills and logical thinking
- analyse the problem and apply critical thinking skills while completing the project
- learn various things related to self-care and wellness
- enhance their creative skills while making the project

Self-care and **wellness** mean taking care of our bodies, minds, and feelings to feel good and healthy. It's about doing things that make us happy, like playing outside, reading, or taking a bath. It's also about practicing healthy habits like eating well, getting enough sleep, and managing stress.

Let us engage in a series of activities to understand self-care and wellness better.

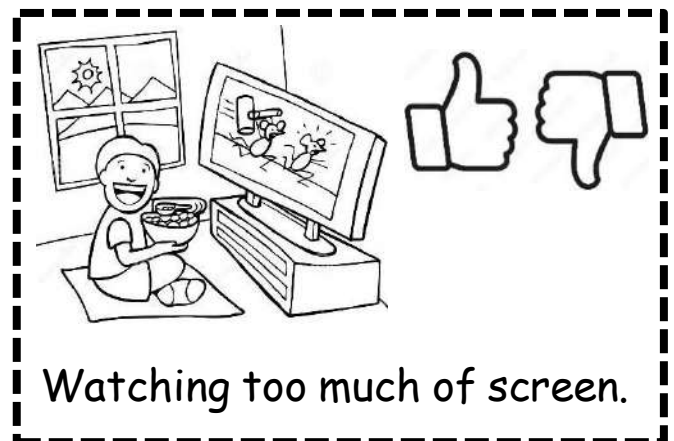


LAKSHMIPAT SINGHANIA ACADEMY

NAME _____ CLASS PSIII _____ DATE _____ EVS

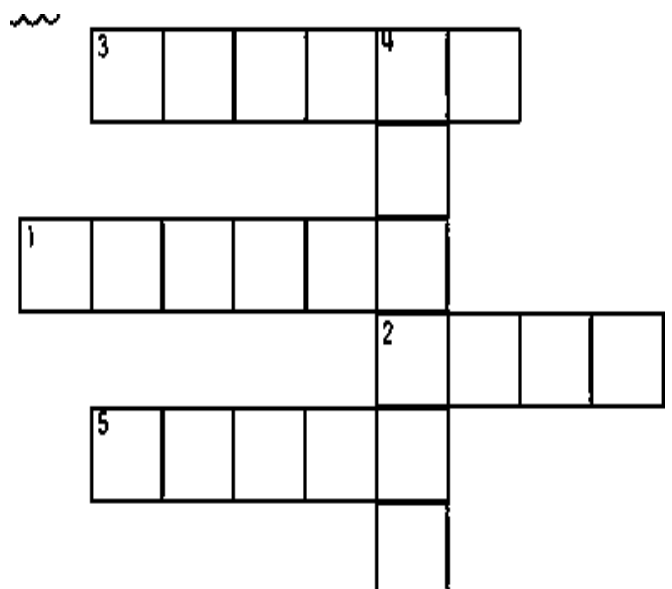
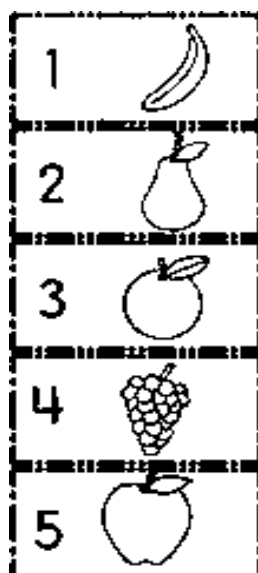
Are these habits healthy?

I) Colour the correct hand to show healthy or unhealthy habits



II) Let us solve the fruit crossword (follow the numbers given)

Word bank	
orange	
banana	
grapes	
apple	
pear	

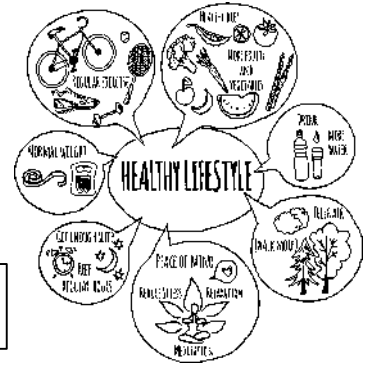


NAME _____ CLASS PSIII _____ DATE _____ EVS

Healthy Habits Challenge

III) Tick ✓ the things you did this week:

- ✓ 1) Brushed my teeth twice a day. ☐
- 2) Ate at least one fruit or veggie every day. ☐
- 3) Got 9-10 hours of sleep. ☐
- 4) Drank 6-8 glasses of water. ☐
- 5) Did one physical activity. ☐
- 6) Watched less of screen. ☐



IV) Write and draw two unhealthy habits you want to get rid of.



Wellness is about prioritizing our physical and mental well being and aiming for a healthy lifestyle.

Let us eat healthy, get good sleep, indulge in a sport and a hobby of choice.


NAME _____ CLASS PSIII _____ DATE _____ EVS

Self care


V) Paste your pictures showing what do you do for relaxation, which friend would you call for play, your favourite hobby and what do you do for physical and mental wellbeing.

All we need is 30 minutes of **SELF-CARE** for a quality life







Rest/ relaxation



hobby



friends



Health/spirituality

LAKSHMIPAT SINGHANIA ACADEMY

NAME _____ CLASS PSIII _____ DATE _____ EVS

LEARNING OUTCOME:

At the end of the project, students should be able to solve the different activities based on the topic wellness and self-care". Should be able to list a few facts on healthy lifestyle as well as develop a sense of curiosity, observation skills, writing skills and logical thinking. Compare and apply critical thinking skills while learning various facts related to Healthy living.

EVS PROJECT EVALUATION RUBRIC:

	E	M	D	R
Content, accuracy and relevance	Exhibit exceptional understanding of the topic taught. Is able to explain and teach others.	Understanding of topic is very evident.	Understanding of topic is partially clear.	Understanding of topic is unclear.
Riddle solving	Excelled at solving the riddle.	Able to solve the riddle easily.	Able to solve the riddle with help.	Unable to solve the riddle at all.
Experiential Learning	Excelled at doing the activities related to the topic independently.	Could do a few activities related to the topic independently.	Could do a few activities related to the topic with help.	Could not do the activities related to the topic.
Observation, research and critical thinking	The information is concise and accurate.	The information is cohesive but not concise and accurate.	The information is somewhat cohesive but not accurate and concise.	The information somewhat addresses the requirement but not in a cohesive or concise manner.
Creativity and presentation of work	Completes the work with precision and accuracy thus exhibiting fine motor skills and aesthetic sense.	Completes the work neatly but needs to improve fine motor skills and aesthetic sense.	Completes the work neatly but needs to improve fine motor skills and aesthetic sense.	Work lacks neatness, precision and accuracy