

**LAKSHMIPAT SINGHANIA ACADEMY**

**OPEN BOOK PROJECT**

**SESSION: 2025 – 2026**

**SEMESTER - I**

**CLASS – CLASS II**

**THEME – EXPLORING THE UNKNOWN WITH SUNITA  
WILLIAMS**

**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 7<sup>th</sup> 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.

NAME: \_\_\_\_\_ CLASS : II \_\_\_\_\_ ROLL NO. \_\_\_\_\_ ENGLISH: 2025-2026

## LAKSHMIPAT SINGHANIA ACADEMY

### ENGLISH OPEN BOOK PROJECT

2025-2026

#### SEMESTER I

#### Exploring the Unknown with Sunita Williams

#### LEARNING OBJECTIVES:

Through this project students will be able to:

- understand the basic concepts about space through the journey of astronauts like Sunita Williams and others
- learn about the life of astronauts and the challenges they face
- list words in alphabetical order using their dictionary skills
- enhance their creative skills while designing a postcard and writing a message imagining oneself in space
- framing questions while interviewing Sunita Williams will lead to several benefits, including improved comprehension, enhanced critical thinking, and increased engagement.

My space expedition has  
changed my perspective  
towards people. Looking  
down at the Earth, we could  
not see borders or people  
with different nationalities.

SUNITA WILLIAMS

NAME: \_\_\_\_\_ CLASS : II \_\_\_\_\_ ROLL NO. \_\_\_\_\_ ENGLISH: 2025-2026

Several people of Indian origin have travelled to space, with Rakesh Sharma being the first Indian citizen to do so in 1984. Other notable individuals include Kalpana Chawla, Sunita Williams and Shubhanshu Shukla.

**A. Paste the pictures of the following astronauts in alphabetical order and label them.**

RAKESH SHARMA

KALPANA CHAWLA

SUNITA WILLIAMS

SHUBHANSHU SHUKLA


**Did You Know?**

- **Rakesh Sharma:** The first Indian citizen to go to space, flying on the Soyuz T-11 mission in 1984.
- **Kalpana Chawla:** A NASA astronaut and the first woman of Indian origin to go to space, tragically lost in the Space Shuttle Columbia disaster.
- **Sunita Williams:** A NASA astronaut with three spaceflights, including several spacewalks, and is known for her record-breaking time in space.
- **Shubhanshu Shukla:** An Indian Air Force officer and the second Indian citizen to travel to space, as part of the Axiom-4 mission.

A **timeline** is a way to show the **order in which events happen**, making it easier to understand the sequence of things, like a day's activities or the steps in a recipe. It's like a visual story that shows what came first, next, and last.



Sunita Williams is an American astronaut and an officer in the United States Navy. She returned to Earth on March 18, 2025, after spending over nine months in space, initially planned as a short 8-day mission.

**B. The sequence of events of her life is given below. Cut and paste each event in order on A4 size paper and stick suitable pictures to make a visual timeline on Sunita Williams.**

**1995**

Sunita was selected by NASA for their training programme.

**Late 1980s**

Williams was employed by the US Navy where she learnt to fly different types of aircraft.

**Early life**

She was born on 19<sup>th</sup> September, 1965, in Ohio, USA. Her father is of Indian descent, and her mother is of Slovenian descent.

**2006**

Williams was launched into space by the International Space Satellite.

**2012**

She became the commander of the International Space Station. She was the second ever woman to do this

**Watch a short video on Sunita Williams and complete the following exercise.**

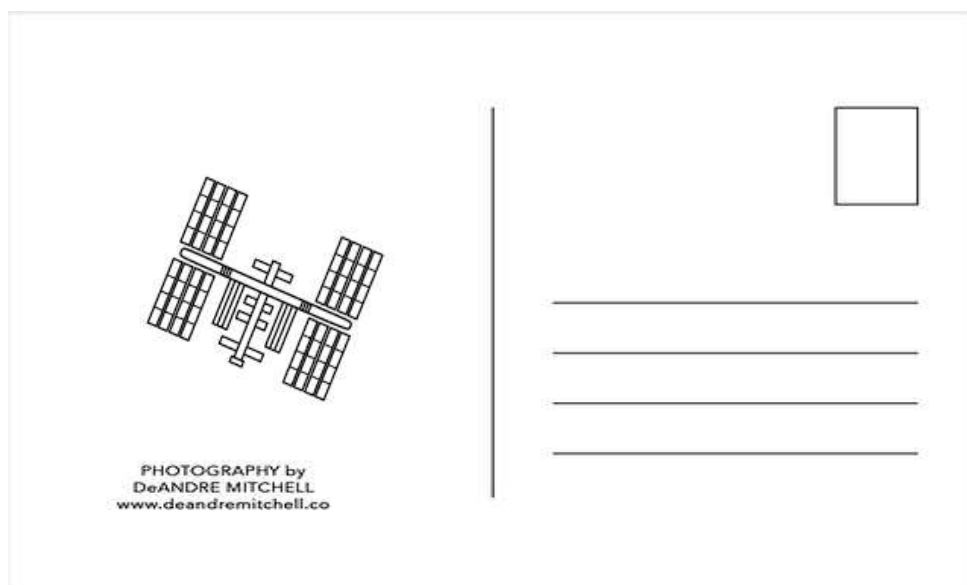
<https://www.youtube.com/watch?v=e3za6ITFfWk>

**C. Imagine yourself to be an astronaut in space and design a postcard by drawing something related to space. Write a message home as an astronaut on one side of the postcard. You may visit the post office and buy one to do this activity or make one at home.**

**Did you know?**

Postcard is a card that you write a message on and send to somebody. Postcards may have a picture on one side and are usually sent without an envelope.





The first postcard in India was issued on July 1, 1879. It was introduced by the Post Office of India and cost a quarter of an anna. By 1883, 26 million postcards had been sold.







D. Imagine you are going to interview Sunita Williams. Create a question with each of the following question words.

	<h1>Who?</h1>	
<div><div></div><div></div><div></div></div>		
		

	<h1>What?</h1>	
<div><div></div><div></div><div></div></div>		
		

	<h1>How?</h1>	
<div><div></div><div></div><div></div></div>		
		

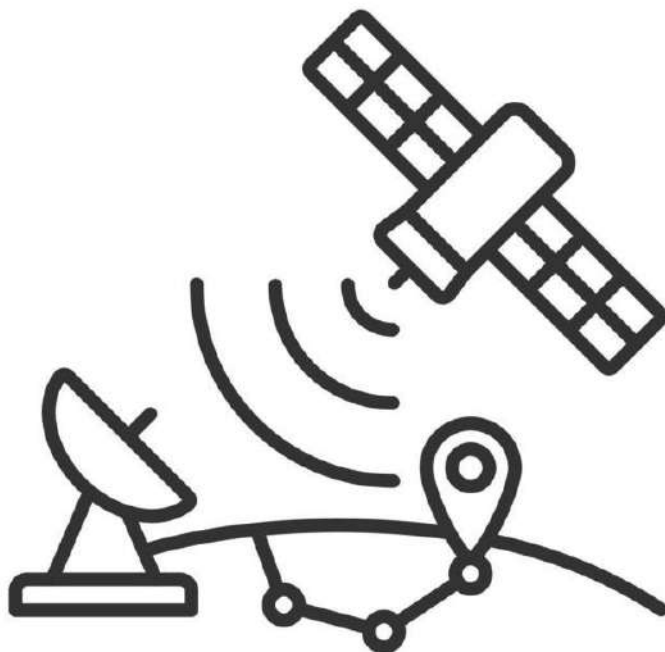
	<h1>Why?</h1>	
<div><div></div><div></div><div></div></div>		
		

NAME: \_\_\_\_\_ CLASS : II \_\_\_\_\_ ROLL NO. \_\_\_\_\_ ENGLISH: 2025-2026


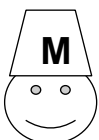
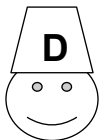

### **Learning Outcomes:**

Through this project children will be able:

- know more about Sunita Williams and space
- arrange names of astronauts in alphabetical order
- enhance their reading and sequencing skills through timeline activity
- enhance their creative skills while designing a postcard and writing a message imagining oneself in space
- show critical and logical thinking while framing questions in a mock interview conducted by them



## English Project Evaluation Rubric

				
<b>Communicative Effectiveness</b>	The postcard conveys its message in a clear way. It takes into account the aim, the addresses and the context of communication.	The postcard conveys its message rather clearly. It takes into account the aim, the addresses and the context of communication.	The postcard conveys key points with some flaws and in some places does not convey the intended message.	The postcard could have conveyed some key points with minimal or no errors. It does not even convey the intended message.
<b>Grammar and Vocabulary</b>	The project has no or very few grammatical errors. Richness of vocabulary, no or a very few minor spelling mistakes are there	The project has few grammatical errors. Good variety of vocabulary and very few spelling mistakes are there.	Grammar mistakes could have been avoided to make it a good read. Repetition of selected vocabulary has been observed and some spelling mistakes prevent understanding.	Too many grammar mistakes make it difficult to understand the context. Inappropriate use of vocabulary and too many spelling mistakes prevent understanding.
<b>Experiential learning, critical thinking, logical skills and creativity</b>	Expresses original ideas and insightful perspective with an appropriate number of details. An overall creative work	Expresses original ideas but has few details. However, work could have been more creative.	Expresses original ideas but lacks details.	Lacks original ideas and has few details. Creativity could have been given more importance.



LAKSHMIPAT SINGHANIA ACADEMY

HINDI OPEN BOOK PROJECT

SESSION:2025-2026

SEMESTER I

**TOPIC- सुनीता विलियम्स**

**उद्देश्य (Objectives)**

- कल्पनाशीलता का विकास
- रचनात्मकता का विकास
- भाषा शैली का विकास
- व्यावहारिक ज्ञान का विकास
- सुनीता विलियम्स के जीवन से परिचय
- भाषिक क्षमता और वैचारिक क्षमता का विकास



प्यारे बच्चों, आइये आज हम सुनीता विलियम्स के जीवन पर आधारित कुछ ऐसे तथ्यों के बारे में जानते हैं जिन्हें शायद अभी तक हम ना जानते हों। उनका

जन्म 19 सितंबर 1965 को अमेरिका के ओहियो नामक शहर में हुआ था। उनके पिता डॉक्टर दीपक पांड्या एक डॉक्टर थे जो गुजरात के रहने वाले थे। उनकी माता बॉनी जोलोक र थीं। सुनीता विलियम्स ने तीन बार अंतरिक्ष यात्रा की है। उन्होंने नासा नामक अंतरिक्ष संस्थान में अंतरिक्ष यात्री का प्रशिक्षण लिया। अंतरिक्ष यात्री बनने के पहले वह अमेरिकी नौसेना में पायलट के पद पर काम करती थीं। वे धर्म में आस्था रखने वाली महिला हैं। अंतरिक्ष में भी वह अपने साथ भगवत गीता और हनुमान चालीसा लेकर जाती हैं। उन्हें भारतीय खाद्य पदार्थों में समोसा बहुत पसंद है। वह एक पशु चिकित्सक बनना चाहती थी क्योंकि उन्हें पशुओं से बहुत प्यार था। उनका एक पालतू कुत्ता है जिसका नाम गोरबी है। वह पहली अंतरिक्ष यात्री हैं जिन्होंने अंतरिक्ष में मैराथन रेस ट्रेडमिल पर पूरा किया और बोस्टन मैराथन रेस को जीता। अंतरिक्ष में भी वे दौड़, तैराकी आदि व्यायाम करती थीं। भारत सरकार के द्वारा उन्हें पद्म भूषण पुरस्कार दिया गया था। उनकी एक इच्छा है कि वे वाराणसी जाकर गंगा स्नान करें। उपर्युक्त जानकारियों के आधार पर हम अपने इस परियोजना कार्य को पूर्ण करेंगे ।

1) ऊपर दी गई जानकारी के आधार पर दिए गए प्रश्नों के उत्तर शब्द पहली से ढूँढे और उन पर गोला लगाएँ और दिए गए स्थान पर उन्हें लिखें-

- i) सुनीता विलियम्स का जन्म किस शहर में हुआ था? -----
- ii) सुनीता विलियम्स का संबंध भारत के किस राज्य से है? -----
- iii) अंतरिक्ष यात्री बनने के पहले वह कहाँ काम करती थीं? -----
- iv) अंतरिक्ष में वह कौन सा व्यायाम करती थी? -----

v) उनकी इच्छा कहाँ जाकर गंगा स्नान करने की है? -----

vi) उन्हें कौन सा भारतीय खाद्य पदार्थ बहुत पसंद है? -----

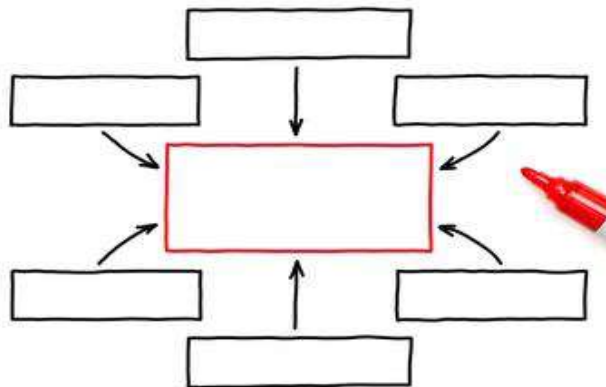
vii) भारत सरकार के द्वारा उन्हें कौन सा पुरस्कार दिया गया था? -----  
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viii) सुनीता विलियम सबसे पहले क्या बनना चाहती थी? -----  
-----

अ	री	यो	गु	दे	प	ओ
मे	स	कु	ज	गा	प	हि
रि	मो	सा	रा	जि	द्	यो
की	सा	पा	त	बू	म	ज
नौ	अ	ओ	त	रू	भू	जो
से	ल	प	उ	ब	ष	दौ
ना	वा	रा	ण	सी	ण	ड़
प	शु	चि	कित्	स	क	ड

2) सुनीता विलियम्स के जीवन के कुछ अज्ञात तथ्यों पर आधारित एक फ्लो चार्ट तैयार करें जिसमें निम्न बिंदुओं का समावेश हो।

- फ्लो चार्ट के लिए A4 साइज पेपर का इस्तेमाल करें।
- फ्लो चार्ट को एक उचित शीर्षक या नाम दें।
- सुनीता विलियम्स के माता-पिता का नाम लिखें और चित्र लगाएँ।
- सुनीता विलियम्स के पति का नाम लिखें और चित्र लगाएँ।
- सुनीता विलियम्स द्वारा अंतरिक्ष में साथ ले जाने वाले ग्रंथ का नाम लिखें और चित्र लगाएँ।
- सुनीता विलियम्स के पालतू कुत्ते का नाम लिखें और चित्र लगाएँ।
- वह किस संस्था में काम करती हैं उसका नाम लिखें और चित्र लगाएँ।
- फ्लो चार्ट का एक उदाहरण नीचे दिया गया है।



Name: \_\_\_\_\_ / Class: 2 / Sec: \_\_\_\_\_ / ROLL NO. \_\_\_\_\_ / HINDI / 2025-2026

**Evaluation Rubric (2025-2026)**

	E	M	D	E
COMPREHENSION SKILL	सभी उत्तर शुद्ध लिखने पर।	सभी उत्तर लिखने पर, लेकिन वर्तनी संबंधित भूल होने पर।	सभी उत्तर नहीं लिखने पर और वर्तनी संबंधित भूल होने पर।	अधूरा कार्य करने पर।
ARTISTIC SKILL AND EXPERIENTIAL LEARNING	फ्लो चार्ट को आकर्षक रूप से बनाने पर तथा आकर्षक चित्र निर्माण पर।	फ्लो चार्ट को साधारण रूप से बनाने पर तथा साधारण चित्र निर्माण पर।	फ्लो चार्ट को सही रूप से नहीं बनाने पर तथा साधारण चित्र निर्माण पर।	दोनों कार्य अधूरे होने पर।
EXPERIENTIAL LEARNING, CRITICAL THINKING, LOGICAL SKILL	अपने अनुभव के आधार पर उत्तर बिना वर्तनी भूल किये हुए शुद्ध लिखने पर।	सही उत्तर न लिखने पर।	वर्तनी संबंधित भूल होने पर।	अधूरा कार्य करने पर।
OVERALL PRESENTATION	परियोजना का समग्र प्रभाव रोचक और आकर्षक।	परियोजना का समग्र प्रभाव ध्यान आकर्षण के लिए पर्याप्त।	परियोजना की समग्र प्रस्तुति को आकर्षक बनाने के लिए कुछ ही प्रयास किया गया।	परियोजना की समग्र प्रस्तुति को आकर्षक बनाने के लिए प्रयास नहीं किया गया।

LAKSHMIPAT SINGHANIA ACADEMY

BENGALI OPEN BOOK PROJECT

SESSION:2025-2026

SEMESTER I

**TOPIC- সুনিতা উইলিয়ামসের সাথে অজানা**  
**অন্বেষণ**

**উদ্দেশ্য (Objectives)**

- কল্পনার বিকাশ
- সৃজনশীলতার বিকাশ
- ভাষাশৈলীর বিকাশ
- ব্যবহারিক জ্ঞানের বিকাশ
- মহাকাশ অভিযান সম্পর্কে ধারণা
- ভাষাগত ক্ষমতা এবং ধারণাগত ক্ষমতার বিকাশ

প্রিয় শিক্ষার্থী, মহাকাশের অনন্ত নীলিমাকে জয় করার স্বপ্ন দেখেছেন অনেকেই, কিন্তু সেই স্বপ্নকে বাস্তবে রূপ দিয়েছেন সুনীতা উইলিয়ামস। নাসার এই ভারতীয়-মার্কিন মহাকাশচারী শুধু মহাকাশে দীর্ঘ সময় কাটিয়েই নন, তাঁর বৈজ্ঞানিক অবদান, মানবিক দৃষ্টিভঙ্গি এবং নেতৃত্বের গুণাবলীর জন্য বিশ্বব্যাপী সমাদৃত। আমরা এর গুরুত্ব বুঝব এবং প্রদত্ত প্রকল্পের কাজটি সম্পূর্ণ করব।



1) সুনীতা উইলিয়ামস সম্পর্কে বহুনির্বাচনী প্রশ্নগুলির সঠিক উত্তরটি

খুঁজে বের করে রঙ করো : MCQ

- i) সুনীতা উইলিয়ামসের জন্ম কোথায় হয়েছিল ?
- a) গুজরাট, ভারত      b) ইউক্লিড, ওহাইও, মার্কিন যুক্তরাষ্ট্র
- c) ম্যাসাচুসেটস, মার্কিন যুক্তরাষ্ট্র      d) স্লোভেনিয়া
- ii) সুনীতা উইলিয়ামস মহাকাশে কতবার স্পেসওয়াক করেছেন ?
- a) ৫ বার      b) ১০ বার
- c) ৩ বার      d) ৭ বার
- iii) ভারতীয় সরকার সুনীতা উইলিয়ামসকে কোন পুরস্কারে ভূষিত করেন ?
- a) পদ্মশ্রী      b) ভারত রত্ন
- c) পদ্মভূষণ      d) অর্জুন
- iv) সুনীতা উইলিয়ামসের পোষা কুকুরের নাম কী ?
- a) গর্বি      b) ডার্বি
- c) রকেট      d) স্পুটনিক
- 2) সুনীতা উইলিয়ামসের প্রিয় খেলা ও প্রিয় ভারতীয় খাবারের নাম ছবি সহ লেখো :

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প্রিয় খেলা-

প্রিয় ভারতীয় খাবার-

3) সুনীতা উইলিয়ামসের বিখ্যাত উক্তি - "যখন আপনি পৃথিবীকে মহাকাশ দেখে দেখবেন, রাজনীতি বা সীমানা আর গুরুত্বপূর্ণ থাকবে না - আপনি শুধু দেখবেন একটি নীল মর্মর পাথর, যেখানে আমরা সবাই এক।" এই কথা ভেবে তুমি কী রকম পৃথিবীকে দেখতে চাও একটি পোস্টার তৈরি করে বোঝাও এবং এই সম্পর্কিত একটি স্লোগান লেখো। পোস্টার বানানোর সময় নিচের বিষয়গুলো মাথায় রেখো।

- A4 সাইজের কাগজ ব্যবহার করো
- একটি শিরোনাম লেখো
- একটি স্লোগান লেখো
- রঙিন ছবি ব্যবহার করো

**LEARNING OUTCOMES:**

- এই পরियोजना কার্যের মাধ্যমে শিক্ষার্থীরা মহাকাশ অভিযান সম্পর্কে পরিচিত হবে।



**Bengali Open Book Project Evaluation  
Rubric**

	Criteria	E	M	D	R
<b>a</b>	<b>Content, accuracy and relevance</b>	বিষয়ের বোধগম্যতা স্পষ্ট এবং বিষয়ের বাইরেও জানে।	বিষয়ের বোধগম্যতা আংশিকভাবে স্পষ্ট।	সহায়তার মাধ্যমে বিষয়ের বোধগম্যতা স্পষ্ট করা হয়েছে।	বিষয়ের বোধগম্যতা অস্পষ্ট।
<b>b</b>	<b>ARTISTIC SKILL AND EXPERIENTIAL LEARNING</b>	সঠিক চিত্র অঙ্কন। সঠিক পোস্টার নির্মাণের জন্য।	সঠিক চিত্র অঙ্কন। সঠিক পোস্টার নির্মাণের অসম্পূর্ণতার জন্য।	অসমাপ্ত কাজ করার জন্য।	স্বাধীনভাবে কাজ করতে অক্ষম, বোঝার অভাব সুস্পষ্ট।
<b>c</b>	<b>EXPERIENTIAL LEARNING, CRITICAL THINKING, LOGICAL SKILL</b>	নির্ভুলতার সাথে কাজটি সম্পন্ন করেছে।	কাজটি সম্পন্ন করেছে তবে পরিপূর্ণতার দিকে নজর রাখতে হবে।	কাজটি সম্পন্ন করেছে, কিন্তু পরিপূর্ণতার দিকে কাজ করতে হবে।	কাজের মধ্যে পরিচ্ছন্নতা, নির্ভুলতার অভাব রয়েছে।
<b>d</b>	<b>OVERALL PRESENTATION</b>	প্রকল্পের সামগ্রিক ছাপ আকর্ষণীয় এবং আকর্ষক।	প্রকল্পের সামগ্রিক ছাপ মনোযোগ আকর্ষণ করার জন্য যথেষ্ট নয়।	প্রকল্পের সামগ্রিক উপস্থাপনা আকর্ষণীয় করার জন্য সামান্য প্রচেষ্টা নিয়েছে।	কাজের মধ্যে পরিচ্ছন্নতা, নির্ভুলতার অভাব রয়েছে।

NAME: \_\_\_\_\_ CLASS: II \_\_ ROLL NO \_\_\_\_\_ DATE \_\_\_\_\_ MATH

LAKSHMIPAT SINGHANIA ACADEMY

MATHEMATICS OPEN BOOK PROJECT

THEME: Exploring the unknown with Sunita Williams

SESSION: 2025-2026

SEMESTER 1

### LEARNING OBJECTIVES:

Through this project, students will be:

- able to show their artistic skills while making a rocket by using plane shapes
- able to solve brainteasers and explore more about space
- able to apply their knowledge of multiplication and computation skills while doing the maze activity



Space is the expanse that exists beyond Earth's atmosphere. To travel to space, you will need to be part of a spaceflight, either as a crew member on a mission like NASA's, or as a paying passenger on a commercial space tourism flight. Rockets are used to carry people, supplies, satellites or other spacecraft into space.

**A. Let us make a rocket by using plane shapes as explained below.**

Materials Needed:

Coloured paper (red, blue, green, yellow, white, black)

Scissors

Glue stick

A4 sheet (for the base)

Pencil and ruler (optional)



Shapes to Use:

1. Rectangle – for the rocket's body
2. Triangle – for the top of the rocket
3. Circles – for windows
4. Small rectangles or triangles – for the rocket fins
5. Flame shapes – optional, made from triangles or zig-zags

Steps to make the rocket:

1. Body of the rocket: Cut out a large rectangle (around 6 inches tall) from any colour paper.
2. Nose Cone: Cut a triangle and glue it to the top of the rectangle.
3. Windows: Cut 2-3 small circles and glue them onto the rectangle body.
4. Fins: Cut 2 small triangles and glue them on either side at the bottom of the rocket.
5. Flames: Use red and orange triangle or zigzag shapes to look like fire coming out from the bottom.

Add a drawing or a printed picture of Sunita Williams at the side or inside the rocket.

- **Attach an image of yourself holding the A4 sheet on which you have made the rocket.**

**B. Explore more about space explorers by solving a few brain teasers based on the given clues.**

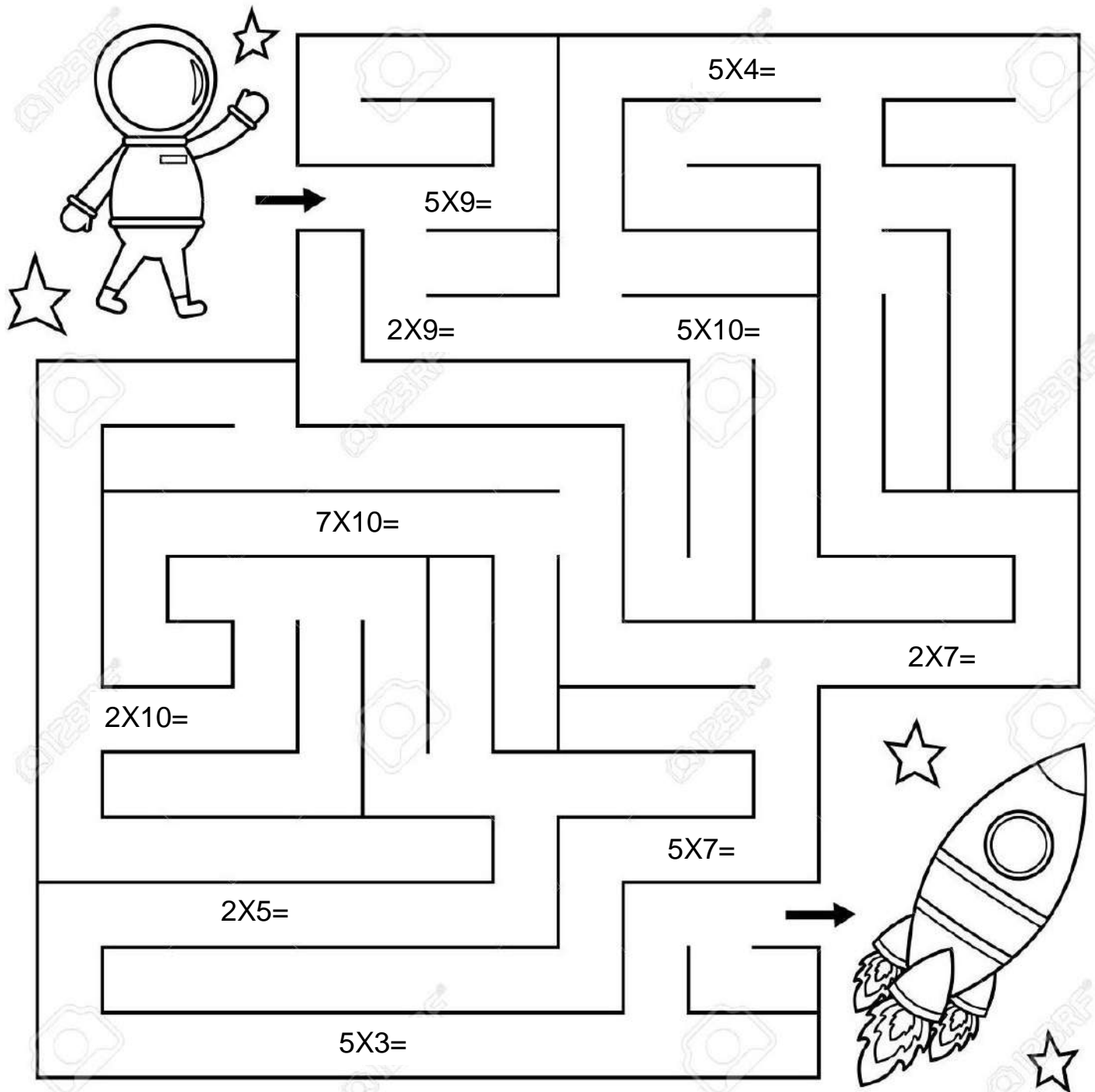
- As of late 2024 and early 2025, \_\_\_\_\_ (one less than half a dozen) individuals of Indian origin have been in space. Rakesh Sharma was the first Indian citizen to travel to space in 1984. The other four are Kalpana Chawla, Sunita Williams, Raja Chari and Anil Menon, who all flew as NASA astronauts.
- Astronauts on the International Space Station typically stay in space for about \_\_\_\_\_ (10 - 4) months.
- Yuri Gagarin was the first person to travel into space, on April \_\_\_\_\_, (2X6) 1961.
- On 3rd \_\_\_\_\_ (the fourth month of the year) 1984, Rakesh Sharma became the first Indian to orbit in space.
- A member of NASA's Commercial Crew program, Sunita Williams became the first woman to fly on a flight test of an orbital spacecraft during the 2024 Boeing Crew Flight Test and had her stay extended by technical problems aboard the ISS for more than \_\_\_\_\_ (1 less than the smallest double digit number) months.



Did you know?

Indian astronauts participating in India's Gaganyaan program are referred to as vyomanauts. The term is derived from Sanskrit, where "vyoma" means space and "naut" is derived from the Greek word for sailor.

**C. Solve all the multiplication sums. Then draw a path with a colour pencil to help the astronaut reach the rocket. Remember to circle all the answers that are less than 30.**



**Did you know?**

The term “astronaut” is derived from the Greek word meaning “star sailor” and refers to all who have been launched as crew members aboard NASA spacecraft bound for orbit and beyond.

## LEARNING OUTCOME:

At the end of the project, students should be able to show their artistic skills by making a rocket using plane shapes, solve brainteasers and explore more about space and apply their knowledge of multiplication and computation skills while doing the maze activity.

### Class II Mathematics Project Evaluation Rubrics

<b>Criteria</b>	<b>Exceeding Standard(E)</b>	<b>Meeting Standard(M)</b>	<b>Developing Standard(D)</b>	<b>Ready to Go(R)</b>
<b>Content, accuracy and relevance</b>	Exhibits exceptional understanding of the topics 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.
<b>Application Of Theoretical Knowledge</b>	Exhibits exceptional application of theoretical knowledge. Is able to explain and teach others.	Shows mastery over required factual, conceptual and procedural knowledge for solving problems. Can work independently.	Shows command over facts and sources of essential information for solving problems. However, sometimes needs help.	Shows little bit awareness factual and conceptual knowledge essential for solving problems. Yet to finish task without help.
<b>Creativity And Presentation Of Work</b>	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.

NAME: \_\_\_\_\_ CLASS : II SECTION: \_\_\_\_\_ E.V.S.2025-2026

**LAKSHMIPAT SINGHANIA ACADEMY**

**E.V.S. OPEN BOOK PROJECT**

**2025-2026**

**SEMESTER I**

**TOPIC: Exploring the Unknown with Sunita Williams**

**LEARNING OBJECTIVES:**

Through this project students will be able to:

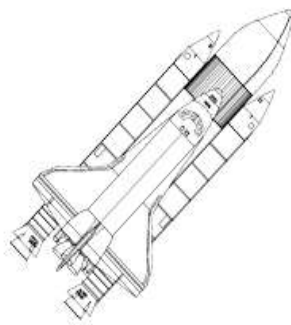
- understand the basic concepts about space through the journey of Sunita Williams
- learn about the life of astronauts and the challenges they face
- identify the celestial objects
- design a creative food package that meets the needs of astronauts
- list yoga asanas suitable for space conditions
- apply critical thinking and problem solving skills

Children can acquire information about celestial objects using the given links:

<https://youtu.be/zWgQvMgX2oU?feature=shared>

<https://youtu.be/U7yqx1hSqlw?feature=shared>

<https://youtu.be/w5mgfDSDFQw?feature=shared>



**Dream big, work hard,  
stay humble and  
surround yourself with  
positive people.**

**Sunita Williams**

Sunita Williams is an astronaut. She has travelled to space, walked among the stars and even ran a marathon in space. She stayed in a space station and floated like a balloon because there is no gravity in space. Let us blast off into the universe with Sunita Williams.

Sunita Williams went on a space mission where she conducted some experiments. A spacesuit protected her from the harsh conditions of space such as extreme temperature and lack of oxygen.

**A. Paste a picture of a spacesuit in the given space. Write the names of various parts of the spacesuit based on the clue. Also mention the part of body it protects:**

Picture of a spacesuit	Clue 1	Clue 2	Clue 3
	<ul style="list-style-type: none"> <li>covers the upper part of the body</li> <li>protects from extreme temperatures</li> <li>shields from space debris</li> </ul>	<ul style="list-style-type: none"> <li>is found in pairs and is essential for spacewalks</li> <li>keeps warm in cold temperatures</li> <li>covers the part of body with which we write</li> </ul>	<ul style="list-style-type: none"> <li>supports lower part of body during space missions</li> <li>is found in pairs and provides stability during space walk</li> <li>protects against sharp rocks while walking</li> </ul>
	What is it? _____ Which part of the body does it protect? _____	What is it? _____ Which part of the body does it protect? _____	What is it? _____ Which part of the body does it protect? _____



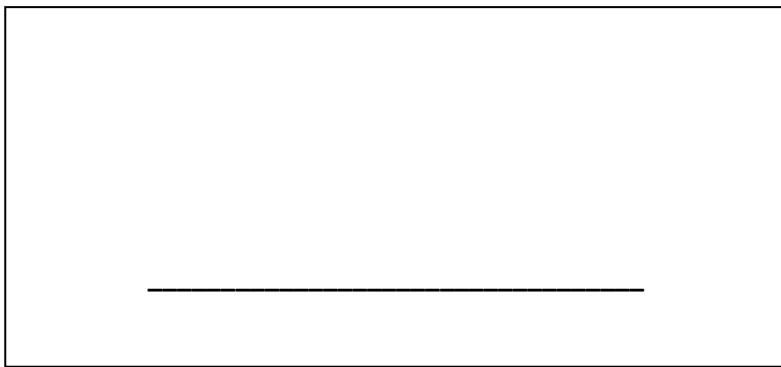
NAME: \_\_\_\_\_ CLASS : II SECTION: \_\_\_\_\_ E.V.S.2025-2026

Food for astronauts is carefully planned and prepared to meet their nutritional needs in space. Precooked meals, frozen dried food eliminate the need for cooking and help the astronauts focus on their missions while maintaining their health.

**B i) Which of the following food item will help Sunita Williams boost her immunity while she is floating among the stars?**

**a) chips and cold drinks    b) fruits and vegetables    c) chocolates and cake**

**Draw the picture of the food item selected by you in the given space and label it.**



**Did You Know?**

Sunita Williams enjoyed an ice cream in space showcasing the variety of treats available. Upon returning to Earth, she had a simple grilled cheese sandwich.

Food is packed in special packages for astronauts so that it stays fresh for long time and is protected from contamination.

**B. ii) Watch the video using the given link and design any one food package for Sunita Williams. Attach an image of yourself holding the package designed by you in the given space:**

<https://youtu.be/zbDTFewYx68?feature=shared>



NAME: \_\_\_\_\_ CLASS : II SECTION: \_\_\_\_\_ E.V.S.2025-2026

Sunita Williams discovered many amazing things during her stay in space including:

- new stars and galaxies
- distant planets
- the beauty of Earth from space

**C. i) You can also become an astronaut in future and discover space. Find the names of few celestial objects that you might discover with the help of given clues:**

a) a group of stars that form a pattern

\_\_\_\_\_

b) a big rock that floats in space

\_\_\_\_\_

c) the biggest planet of our Solar System

\_\_\_\_\_

d) the farthest planet from the Sun

\_\_\_\_\_

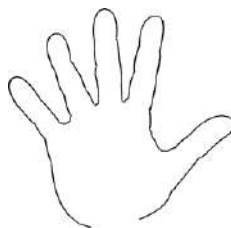
**ii) You are looking out from your spaceship into the vast universe. Which sense organ will help you discover the stars, planets and galaxies. Circle the correct option:**



**nose**



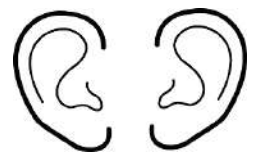
**tongue**



**skin**



**eyes**



**ears**

NAME: \_\_\_\_\_ CLASS : II SECTION: \_\_\_\_\_ E.V.S.2025-2026

Astronauts need to be fit in space because there is no gravity so their muscles and bones can get weak if they do not exercise.

Sunita Williams stayed strong in space by running on a treadmill and exercising every day. She even ran a marathon in space!

Staying fit helps astronauts do their work and stay healthy during their space mission.

Astronauts can do yoga apart from exercises to stay flexible, relaxed and strong. In space, muscles can get stiff because there is no gravity. It can help stretch their bodies, improve balance and keep their minds calm.

**D. Write the names of yoga asanas that Sunita Williams can do in space during her next space mission.**

i) stand tall and straight like a mountain \_\_\_\_\_

ii) balance on one leg like a tree \_\_\_\_\_

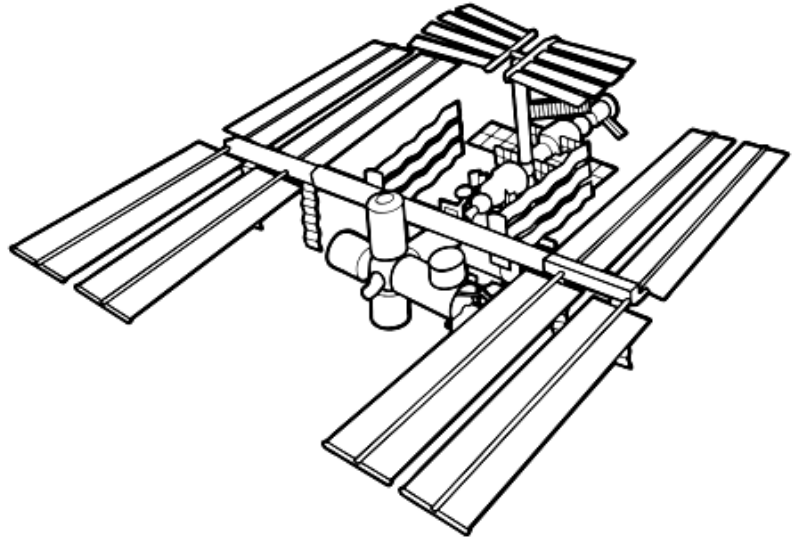
iii) sit cross legged with hands on the knees, calm like a flower \_\_\_\_\_

iv) lie on your stomach and lift like a bow \_\_\_\_\_



NAME: \_\_\_\_\_ CLASS : II SECTION: \_\_\_\_\_ E.V.S.2025-2026

Sunita Williams stayed in space aboard the International Space Station(ISS) during her missions. The International Space Station is a big science lab in space that orbits the Earth. It is like a home and workplace for astronauts where they live and do experiments. Astronauts from different countries live and work together.



**E. Here are few statements regarding what it contains. Write T if the statement is True and F if it is False:**

- a) It has solar panels for power. \_\_\_\_\_
- b) It has a laboratory for scientific research. \_\_\_\_\_
- c) It has a zoo containing many wild animals. \_\_\_\_\_
- d) It has a gym for astronauts to exercise. \_\_\_\_\_

**LEARNING OUTCOME:**

The students should be able to identify few celestial bodies, share interesting facts about Sunita Williams, identify the different parts of spacesuit and explain their significance, express their imagination about space through art and craft.

**Evaluation Rubric**

	<b>Criteria</b>	<b>Exceeding Standard(E)</b>	<b>Meeting Standard(M)</b>	<b>Developing Standard(D)</b>	<b>Ready to Go(R)</b>
a)	<b>Content Accuracy and Relevance</b>	Understanding of the topic is exceptional, demonstrating in-depth knowledge and insight.	Understanding of the topic is clear and accurate, demonstrating a good grasp of the subject matter.	Understanding of the topic is partially clear, demonstrating some knowledge.	Understanding of the topic is limited, demonstrating little knowledge of the subject matter.
b)	<b>Application of knowledge and demonstration of creativity</b>	Is able to identify and name the food items suitable for astronauts and completes the work with precision. Shows creativity in designing.	Is able to identify and name the food items suitable for astronauts but faces difficulty in drawing.	Is able to identify and name a few food items suitable for astronauts but lacks creativity in designing.	Is unable to draw the required food item showing a lack of understanding. Design of the package is unrelated.
c)	<b>Identification of celestial objects</b>	Is able to identify celestial objects accurately.	Is able to identify celestial objects but needs to work towards perfection.	Identification of celestial objects is partially accurate.	Work lacks neatness, precision and accuracy.
d)	<b>Comprehension of the content</b>	The asanas chosen show clear understanding.	Displays good understanding of the asanas.	Displays fair understanding of the asanas but needs to work with accuracy.	Requires more effort and practice.
e)	<b>Accuracy of response</b>	The answers are accurate showing clear understanding.	The responses are mostly accurate demonstrating partial understanding.	The responses are partially accurate.	The responses are unclear.