



**GURU NANAK PUBLIC SCHOOL**  
**SARABHA NAGAR, LUDHIANA**

**CLASS – VII**

# Break Time Tasks



## MATHEMATICS

Q1. Using A4 size sheets do the following activity:

Draw a double bar graph for the number of Boys and Girls in Class 5<sup>th</sup> to Class 9<sup>th</sup> of a school. Answer the questions that follow.

Class	5 <sup>th</sup>	6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>	9 <sup>th</sup>
Number of girls	30	35	20	25	40
Number of boys	20	40	25	35	20

1. Find the ratio of number of Boys to number of Girls in class 7<sup>th</sup>.
2. Find the total strength of class 9<sup>th</sup>.
3. What scale did you use while making the graph? **NOTE:** Use coloured pens and stickers to do this activity.

Q2. Do all examples of Ch 1 and 2 in a small test notebook.

## ENGLISH

1. Solve the following questions of CBSE ASSESSMENT PAPER-1 (PAGE 498) - BBC COMPACTA

- Q2,3, 7,9,10,11)

2. Write a Speech on the topic 'Benefits of Travelling' in about 100-120 words.

### Value Points

- Introduction
- Multiple benefits (e.g. educational value, enhances knowledge, broadens perspective, boosts confidence, improves communication skills, etc.)
- Conclusion

*(Note: Follow the format and value points and use your own creativity.)*

3. **Spoken English:** You are planning a birthday party at a restaurant. Call the restaurant Manager to ask about the menu, prices, number of guests allowed, decorations, and booking process.

(Note: Write the conversation between you and the restaurant Manager in your English Practice Notebooks and prepare for the enactment.)

4. Click on the link below and read the novel 'Moby Dick'. Then answer the questions as asked.

<https://drive.google.com/file/d/1QbnJvdsMDnW2lwGPC-2zkbemPBB0Hq80/view?usp=drivesdk>

Q1. What is the theme of the novel?

Q2. Write the character sketch of Captain Ahab.

*(NOTE: All answers related to writing section are to be done in English Practice Notebooks.)*

# GURU NANAK PUBLIC SCHOOL SARABHA NAGAR, LUDHIANA



## STUDENT PORTFOLIO (ENGLISH) SESSION 2025-2026

NAME: \_\_\_\_\_

CLASS & SECTION: \_\_\_\_\_

ADMISSION NO: \_\_\_\_\_

ROLL NO.: \_\_\_\_\_

SUBMITTED TO: \_\_\_\_\_

# STUDENT PROFILE

Name of Student: \_\_\_\_\_

Class: \_\_\_\_\_

Section: \_\_\_\_\_

Admission Number: \_\_\_\_\_

E-mail Id: \_\_\_\_\_

Residential Address: \_\_\_\_\_

Telephone no. of Mother: \_\_\_\_\_

Telephone no. of Father: \_\_\_\_\_

House: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Mother's Name: \_\_\_\_\_

Father's Name: \_\_\_\_\_

## Health Status:

Height: \_\_\_\_\_

Blood Group: \_\_\_\_\_

Specimen Signature of Parents/Guardian: \_\_\_\_\_

I am popularly known as (Nickname) \_\_\_\_\_

We are \_\_\_\_\_ members in our family. This is how we look together.

MY HOBBY is \_\_\_\_\_

I am very good at \_\_\_\_\_

I am highly interested in \_\_\_\_\_

because \_\_\_\_\_

I would like to learn about \_\_\_\_\_

I would be much better off if \_\_\_\_\_

I get really angry when \_\_\_\_\_

I have a few good habits which are \_\_\_\_\_

I have a special friend, his / her name is \_\_\_\_\_

My accomplishment/accomplishments this year (award or anything you learnt new) \_\_\_\_\_

My goal in life \_\_\_\_\_



**What I do to reach my goal** \_\_\_\_\_

**Hey it's me! (PASTE YOUR PHOTO)**

**Features** \_\_\_\_\_

**What I think** \_\_\_\_\_

**What my Parents Think** \_\_\_\_\_

**How Respectful I am** \_\_\_\_\_

**My strengths** \_\_\_\_\_

**My Weaknesses** \_\_\_\_\_

**My Fears** \_\_\_\_\_

**My Sincerity towards studies** \_\_\_\_\_

**Time spent on Mobile for fun** \_\_\_\_\_

**Time spent on mobile for learning** \_\_\_\_\_

**My attitude towards spending money** \_\_\_\_\_

**My attitude towards life** \_\_\_\_\_

**How empathetic I am** \_\_\_\_\_

**Constructive use of resources by me** \_\_\_\_\_

## SCIENCE

1. Make a working model of lungs.
2. **Integrated Project:** Prepare a comparative report on crops/ vegetation of Punjab and Odisha on A4 sheet [3-4 sheets only]. (use pictures, graph or any other statistical data)
3. Read Chapters 5 and 7 and frame 15 extra question answers from both the chapters and write in your notebook.
4. Prepare Turmeric (Haldi) powder indicator. Test the acidic and basic nature of some household products such as face wash, toilet soap, vinegar, lemon juice (refer activity: 5 of Ch 5) in notebook.

## SOCIAL SCIENCE

**Note - Do the following activities on A4 size sheet or Scrap Book.**

- Prepare a Pictographic timeline of Top 10 inspiring Women Achievers in the year 2024-25
- Write about one famous Mughal Emperor and his achievements. Paste relevant pictures.
- List the most commonly used objects made up of different minerals and draw their pictures.

## PUNJABI

**Note: Do your holidays homework in Punjabi Grammar notebook.**

ਕਹਾਣੀ ਪੂਰੀ ਕਰੋ :-

ਰਵੀ ਆਪਣਾ ਲੰਚ ਬਾਕਸ ਘਰ ਭੁੱਲ ਗਿਆ ਸੀ। ਅੱਜ ਸਕੂਲ ਅੱਧਾ ਦਿਨ ਸੀ ਤੇ ਲੰਚ ਟਾਇਮ ਹੋਇਆ, ਤਾਂ ਉਹ ਚੁੱਪ -ਚਾਪ ਆਪਣੀ ਜਗ੍ਹਾ ਤੇ ਬੈਠਾ ਸੀ। ਪਰ ਅਚਾਨਕ ਉਸ ਦੇ ਕੋਲ ਇੱਕ ਦੇਸਤ ਆਇਆ ਤੇ ---

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- ਕੋਈ ਪੰਜ ਬੁਝਾਰਤਾਂ ਲਿਖੋ।
  - “ਵਿਸਾਖੀ” ਅਤੇ “ਸ੍ਰੀ ਗੁਰੂ ਗੋਬਿੰਦ ਸਿੰਘ ਜੀ” ਵਿਸ਼ਿਆਂ ਤੇ ਲੇਖ ਲਿਖੋ।
  - ਕੋਈ 15 ਦੁਰਲੱਭ (ਐਂਥੇ) ਸ਼ਬਦ ਲਿਖੋ।
  - ਪ੍ਰਸਿੱਧ ਲੇਖਕ ਗੁਰਬਚਨ ਸਿੰਘ ਭੁੱਲਰ ਦੀਆਂ ਕੋਈ ਦੋ ਕਹਾਣੀਆਂ ਪੜ੍ਹੋ।



## HINDI

1. कक्षा में करवाए गए पाठों की पुनरावृत्ति (Revision) करें।
2. अपने शिक्षकों और माता-पिता से सीखी गई 10 अच्छी आदतों को अपनी पुस्तिका में लिखिए।
3. पृष्ठ संख्या 160 (व्याकरण) में 'प्रकृति और हम' अनुच्छेद लिखिए।

(Note: Dear Students, Do your Holiday's Homework in Hindi notebook only.)

## COMPUTER

1. Create a presentation (8 slides) in MS PowerPoint on **AI in Autonomous Vehicles** OR **IoT (Internet of Things) in Health**. Use transitions, animations, bullet points, and images.

Email the presentation to your respective Computer teacher.

Ms. Niti – niti.kohli28@gmail.com

Ms. Navneet – navneetkaur.gnps@gmail.com

Ms. Sukhwinder – sukhwinder.gnps@gmail.com

## DIVINITY

Learn Shabads 'ਸੋ ਦਰੁ ਰਾਗੁ ਆਸਾ ਮਹਲਾ:੧'

and

'ਸੁਣਿ ਵਡਾ ਆਖੈ.....' (From Rehras Sahib)

## MUSIC

1. Singing practice of Alankaars and Gurbani Shabads done in music classes.
2. Prepare any one Punjabi folk song:



(like Tappe, Chhala, Bollian, Mirza, Heer, Suhag. Ghorrian and Rati)

Singer artists for girls - Surinder Kaur, Gurmeet Bawa, Parkash Kaur and Ranjeet Kaur.

Singer artists for boys - Gurdas Mann, Manmohan Varis, Alam Lohar and Satinder Sartaj.

3. Prepare one decent Bollywood song of 1980's sung by these artists- Mohamad Rafi, Mukesh, Kishore Kumar, Lata Mangeshkar and Asha Bhosle.
4. Practice of National Anthem.

## DANCE

1.  Create Your Own Choreography
  - Choreograph a 30–60 second dance to a song of your choice (Bollywood, Folk, Western, or Fusion).
2.  Dance Style Discovery – Learn 2 New Styles
  - During the holidays, try to learn at least two different dance styles (e.g., Garba, Hip-Hop, Kathak, Jazz, Contemporary).
  - Use YouTube or online tutorials. Focus on posture, energy, and expression.

## SPORTS

Draw a diagram with well labelled dimensions of any one game of your choice on an A4 sheet from the following:

1. Badminton
2. Football
3. Volleyball
4. Kho-Kho

## ART/CRAFT

Create a painted pen Holder with the help of an old mug, air- dry clay, vibrant acrylics paints and paintbrushes.



Happy  
Summer  
Holidays