

# National BalBhavan

Kotla Road, New Delhi

Weekly plan of various activities from 11 – 15 May, 2021

S.No.	Section	11.05.2021 (Tuesday)	12.05.2021 (Wednesday)	13.05.2021 (Thursday)	14.05.2021 (Friday)	15.05.2021 (Saturday)
1.	<b>Phy. Education</b>	20 Jumping jack, 15 frog jumps, 10 push ups, 15 squats, 25 High knees, 15 scissor jumps, 5 walking lunges, 30 sit ups, 10 arm curls, 10 minutes cool down and 3 minute sharasana				
2.	<b>Vocal Music</b>	Gazal (Sthayi)	Gazal (Antra )	Gazal (Sthayi with Taal)	Gazal (Antra with Taal)	Revision
3.	<b>Drama</b>	महसूस – मौसम (सर्दी, गर्मी, बारिश)	स्वासद - खट्टा , मीठा, कड़वा, अंगूर, केला, संतरा	सुगंध फूलों की , बदबू गन्धें पानी की	थकान - दूर से चलकर आए है वज़न के साथ	सभी विषयों के बारे में चर्चा करना।
4.	<b>Handicraft</b>	How to make modular origami Ring	Modular origami Ring step one	Modular origami Ring step two	Modular origami Ring step three	Modular origami Ring final art work
5.	<b>Integrated Activities</b>	रंगीन पेपर से फूल बनाना।	रंगीन पेपर से तितली बनाना।	रंगीन पेपर से 3 डी घोड़ा बनाना।	--	रंगीन पेपर से 3 डी मछली बनाना।
6.	<b>Museum</b>	Topic;: Hum Mein Hai Dum (We can do it) Three days programme. Aim: Motivating Children to gear up and be strong body guards against fight with Covid -19situation, so that they seek a positive path. Day-1: Motivational story telling session -1 Day-2: Motivational Story telling session -2 Day-3: Once motivated how to motivate others-Safety Steps. Along with glimpses of National Children's Museum.				
7.	<b>Weaving</b>	Different types of woven paper baskets (Activity)				
8.	<b>Clay</b>	Making Models based on Nature				