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## *ROCKFORDIANS WEEKLY DIGEST- 97*

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## Preposition

**Class: I**

**Subject: English**

In this classroom activity, children learned about prepositions like on, under, behind, in front of and between. Students placed their water bottles in different positions around the chairs and followed the teacher's instructions. They enjoyed moving, observing and speaking using correct preposition words. This fun activity helped them understand position and direction in an interactive way.



## Solar System

**Class: II**

**Subject: EVS**

Students of class II-B created Solar System models and drawings on their own, which helped them, understand the concept clearly. Through this activity, they learned the names and order of the planets, identified big and small planets and observed how each planet moves in its own orbit around the Sun. Students also understood the idea of gravity and how it keeps the planets in their paths. They were able to differentiate between inner and outer planets and showed creativity and interest during the activity. Overall, the students demonstrated a good understanding of the Solar System.



## Colouring a Pot

**Class : III**  
**Subject : EVS**

In this activity, students will be able to Identify primary and secondary colours used in decorating pottery. Demonstrate proper use of colouring materials such as brushes, paints or crayons. Apply colours neatly within given patterns or self-designed designs. Explain how colour choices enhance the appearance of a pot. Develop fine motor skills and hand-eye coordination through controlled colouring. Express creativity by designing and decorating a pot using colours and patterns.



## Vegetable Printing

**Class : III**  
**Subject : EVS**

In this activity students will be able to Identify different vegetables used for printing (okra, potato, onion, capsicum, etc..) Explore shapes, patterns and textures found in vegetables. Create simple prints and patterns using cut vegetables and colours. Develop fine motor skills through dipping, pressing, and stamping actions. Enhance creativity and imagination by designing their own prints. Recognize colours and patterns through practical experience, express ideas and feelings through art.

## Pottery

**Class : III**  
**Subject : EVS**

The students enthusiastically created various models using clay, showing great creativity and interest throughout the activity. They actively participated and enjoyed shaping their ideas with their hands. This hands-on experience helped them understand the usefulness of clay in daily life. It also highlighted many benefits of clay as a versatile and practical material.



## Drawing UN Flags

**Class : V**  
**Subject : Social Science**

This activity helps the students to understand the significance of the UN and its member countries.

Recognize flags of various nations and their symbolism. Develop presentation skills on global organizations. Students identify key UN flags and meanings. Enhanced awareness of global cooperation and diversity. Improved creativity and public speaking skills..



## **Volume of Cube and Cuboid**

**Class : V**

**Subject : Mathematics**

This activity helps students to understand the concept of volume in a clear and practical way by learning through hands-on experience. By making cubes and cuboids with clay, students can easily visualize three-dimensional shapes and relate measurements to real objects. It improves their measuring, calculating and problem-solving skills while applying formulas in a meaningful way. This activity also enhances creativity, fine motor skills and active participation. Working with clay makes learning mathematics enjoyable and reduces fear of formulas while encouraging cooperation, confidence and interest in the subject.



## **Role Play - Structure of Local Government**

**Class : VI**

**Subject : Social Science**

This activity helps the students to understand tiers of local government. Grasp functions like service delivery, local planning. Develop awareness of citizen participation.

Students show understanding of local governance. Enhanced grasp of community roles in governance. Improved skills in collaborative decision-making.



## Quiz

**Class : VII**

**Subject : Social Science**

This activity helps the students to access knowledge of a specific topic.

- ❖ Encourage quick thinking and recall.
- ❖ Foster healthy competition among students.
- ❖ Students demonstrate understanding of concepts.
- ❖ Enhanced retention of facts and info.
- ❖ Improved speed and accuracy in responses.

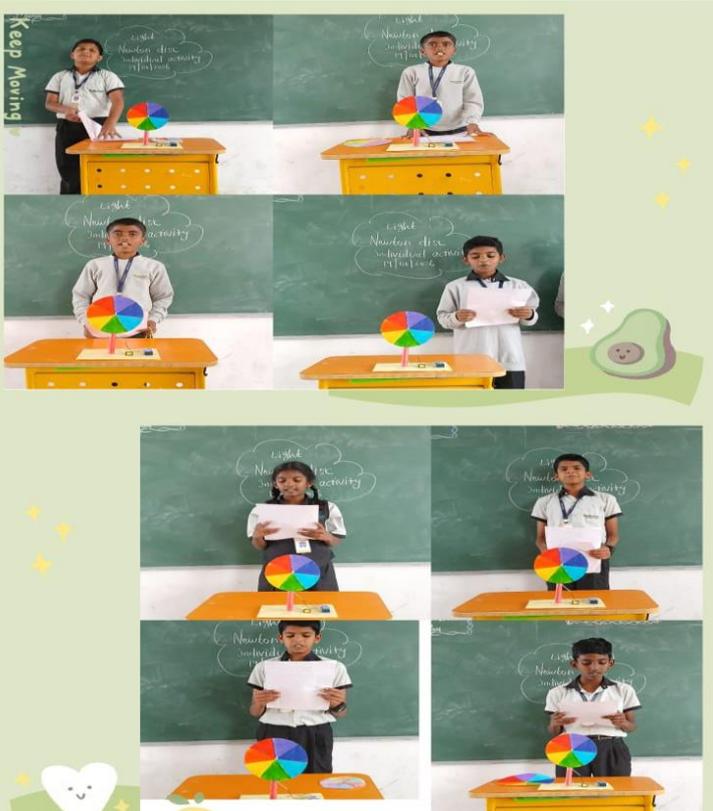


## Newton's Disc

**Class : VII**

**Subject : Science**

Students actively participated in creating Newton's disc by colouring a circular paper with the seven rainbow colours (VIBGYOR). They fixed the disc on a pencil or thread and rotated it quickly using their hands. As the disc spins, students carefully observe the colour change. Through this hands-on experience, students will visually see the seven colours merging to form white light. This activity encourages learning by doing, improves observation skills and helps students understand the concept of light in an enjoyable and practical way.



## Group Discussion

**Class : VIII**

**Subject : Social Science**

This activity helps the students to develop critical thinking on a topic ( issues and policies).

- ❖ Enhance communication and listening skills.
- ❖ Foster teamwork and respectful debate.
- ❖ Students engage with diverse perspectives.
- ❖ Improved ability to argue points logically.
- ❖ Enhanced understanding of complex social issues.



## Life Cycle of Human Being

**Class : VIII A&B**

**Subject : Biology**

- ❖ In this activity, students will be able to identify the different stages in the life cycle of a human being (infancy, childhood, adolescence, adulthood, old age).
- ❖ Arrange the stages of human life in the correct sequence using models, pictures or charts.
- ❖ Describe key physical and emotional changes that occur at each stage of life.
- ❖ Compare growth and development across different stages of human life.
- ❖ Recognize that growth is a continuous and natural process in human beings.

## *Eka Pada Sirsasana*

Eka Pada Sirsasana – Advanced Benefits:

- ❖ Deeply opens the hip joints and releases long-stored tension
- ❖ Strongly stimulates abdominal organs, improving digestion and detoxification
- ❖ Enhances spinal flexibility and strengthens deep core muscles
- ❖ Improves balance, body awareness, and neuromuscular control
- ❖ Activates Muladhara and Svadhisthana chakras, boosting energy flow
- ❖ Calms the mind, increases mental discipline and sharpens focus
- ❖ Helps prepare the body for advanced meditation and pranayama practices

