

PM SHRI KENDRIYA VIDYALAYA NO. 2, AFS, SRINAGAR
WINTER VACATIONS HOMEWORK
SUBJECT: SCIENCE (CLASS: 7TH)

(i) Revision Of Term II Syllabus:-

Chapter 6: Adolescence: A stage of Growth and Change

Chapter 7: Heat Transfer in Nature

Chapter 8: Measurement of Time and Motion.

Chapter 9: Life Processes in Animals

Chapter 10: Life Processes in Plants

Revise these above chapters and practice by writing.

Complete your notebook up to Ch-10 (Life Processes in Plants)

(ii) Learners Dairy: Make your Learners dairy for all the above chapters i. e. up to Ch-10.

- The written part should be done neatly in your handwriting in homework copy.
- **READ, LEARN** and **REVISE** all the above chapters thoroughly for the upcoming test to be held after vacations.

(iii) Activities/ Project/Assignment:

❖ Prepare at least 10-15 flash card from any of the above Chapters mentioned above containing all the important topics of that chapter. **(Compulsory)**

Prepare Any one out of the following projects:

- ❖ Construct a floating bowl-type water clock. Experiment by using bowls of different sizes and making holes of different sizes in them so that the sinking time of the bowl can be close to 24 minutes.
- ❖ Prepare a model to show the mechanism of breathing in our body.
- ❖ Using coloured clay, prepare a 3-D model of the digestive system and label all parts of the digestive system using black paper strips.

(iv) MDP PROJECT: (Compulsory)

Chapter 6: Adolescence: A stage of Growth and Change

Design a Booklet: Each student creates an illustrated booklet (hand-drawn) that tells the story of a ADOLESCENCE and highlights the following:

Structure of the Booklet

Page 1: Cover Page (Title Page)*

Title: “GROWING UP WITH CONFIDENCE – ADOLESCENCE AWARENESS BOOKLET”

(A creative drawing representing growth.).

Student details:

Submitted by: [Student's Name]

Class: [Class 7]
Roll Number: [Roll No.]
Submitted to: [Teacher's Name]

Page 2: Introduction

Adolescence is the transitional stage between childhood and adulthood. It usually begins around 10–11 years and continues till 18–19 years. This booklet helps understand physical, emotional, and behavioural changes scientifically.

Page 3: Physical Changes During Adolescence

A. Changes in Boys:

- Increase in height
- Broadening of shoulders
- Growth of facial hair
- Change in voice
- Acne or pimples
- Hair growth in armpits and pubic region

B. Changes in Girls:

- Increase in height
- Development of breasts
- Widening of hips
- Menstruation begins
- Acne or pimples
- Hair growth in armpits and pubic region

Page 4: Emotional & Behavioural Changes

- Mood swings
- Curiosity
- Sensitivity
- Need for privacy
- Peer influence
- Feeling energetic or confused

Page 5: Myths and Facts

Myths vs Facts table to be made by the student.

Page 6: Nutrition for Adolescents

Include protein, calcium, iron-rich foods and a 3-day diet chart.

Page 7: Personal Hygiene

Guidelines for boys and girls including menstrual hygiene.

Page 8: Dangers of Substance Abuse

Harmful effects of tobacco, alcohol, gutka, drugs. Helpline: 14446.

Page 9: Responsible Use of Social Media

Dos and Don'ts.

Page 10: Creative Expression

Poem/story/comic/quotes.

Page 11: 11. Conclusion

Student reflection.

Page 12: Thank You Page

Add a "Thank You" message:

Example: "Thank you for reading my booklet."

Mention:

- Submitted by: [Student's Name]
- Submitted to: [Teacher's Name]
- Class: [Class and Roll Number]
- Drawing Idea: Add a small drawing

- **COMPLETE YOUR HOLIDAY HOMEWORK.**
- **ENJOY YOUR VACATION.**
- **TAKE GOOD CARE OF YOUR HEALTH AND HYGIENE.**