



EAST POINT SCHOOL

CLASS - 4

TOPIC – PLANET EARTH AND COVID 19

DEAR STUDENTS

We wish you all the best for your summer vacation.

May all the happiness in the world embrace you,
let your fun be unlimited with friends and family.

As we all know our planet earth is facing a global pandemic COVID-19 due to which there is a lockdown. So, let us hold each other's hands to not only save our lives but also our planet.

Let's utilise this time creatively and explore more through the project.

General Instructions:

- Integrated project of all the subjects to be done in scrap book / sheets available with you.
- The areas to be covered are suggested below. You can of course use your creativity and innovations.
- Credit will be awarded to original drawings, illustrations and creative use of materials



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COVID-19 Pandemic is known as coronavirus disease 2019. The virus has affected almost every country on the planet. On 11 march 2020, WHO (World Health Organisation) has officially declared the COVID – 19 outbreak a pandemic due to the global severity of the disease. But by being alert and strong we can win over this situation.

- Read the given article related to Covid-19 and try to answer the questions that follow:
Coronavirus (COVID-19): How You Can Make a Difference

Just a few weeks ago, people were at school, playing sports, going to events, and hanging out with friends. Now, all that's on pause. People are adjusting to a new normal.

In many parts of the world, people are staying at home. We're not going to school, restaurants, sports events, or getting together with others. We're limiting our contact with others.

Doing all this is called social distancing. It's one of the ways coronavirus has changed our everyday lives.

What Is Social Distancing?

Social distancing means keeping enough space between people to avoid the spread of germs. Experts say the right amount of space is 6 feet (2 meters).

Things that you can do during this stay-at-home time:

Notice your feelings. You feel better if you stay in touch with people you miss. Talk on the phone or visit by video. You can draw pictures that show how you feel or talk about it with someone you feel close to.

Do things you enjoy. While you're waiting for this stay-at-home time to pass, do things to have fun. You can do fun things by yourself or with the people you live with.

When you're indoors, you can play games, read, do puzzles, make art, write a story, do a craft. You can dance, do yoga, learn, play, listen to music or write happy messages.

Be kind and helpful. You can help your parents and grandparents by doing little things. Teach them how to use Skype or Zoom if they don't know. Have virtual get-togethers. Send each other funny cartoons and uplifting messages. Share memes.

Even during the time of social distancing, there are ways to help — and plenty of ways to stay connected while making a difference.

Q1 During this time, Rohan a nine-year-old boy, is making a difference by teaching his grandparents to make video call to their friends who live far away. Share any one thing that you wish to do in order to make a difference just like Rohan.

Q2. Make a glossary of any 5 new words (from the article). Write their meanings and frame a sentence from each.

Q3. Give a suitable title to this article.

Q4. Write the-

- synonym of **stop** (line 2)
- antonym of **leaving** (line 4)
- You decide to conduct a **talk show** to spread awareness about COVID- 19. Prepare a small **audio clip of 1-2 minutes** about what you would like to share with the people.
- During this home quarantine period everyone's daily routine has changed. Prepare a **STAY HOME DIARY** and pen down your daily routine, listing all the activities that you do everyday, in form a short paragraph.

Points that can be added-

- New things that you are learning.
- Spending time with parents.
- Helping them in doing household chores.
- Attending online classes; a new experience.
- Exercising, drawing, painting, eating healthy food etc.
- Looking at the current situation of your city and country you decide to **make hand sanitizers at home. Design an interesting advertisement to sell your product.**

For this -

- Give a catchy name and a tag line to your product.
- Mention the ingredients.

- Write it's uses.
- Make it attractive by using different colours.

An example of a toothpaste advertisement for the reference-



- During this lockdown, our garbage gets collected everyday, even though the Government has directed us to stay indoors. Other services like electricity , water and public sanitation have also been taken care of.



- Name the type of Government responsible for this work.
- Which department is taking care of the cleanliness in your areas,societies or colonies ? Mention their work in points.
- Name and mention the work of the organisations who are helping you in other essential services apart from cleanliness.
- On **the Political map of India** mark the states which are in **RED ZONE** and also the states/ state that have been declared **GREEN**.
- Write few points and show your gratitude towards these covid-19 warriors.

The only ray of hope during these tough times is the number of patients that have recovered .

The following table gives the information about the number of people recovered in different countries.

<u>COUNTRIES</u>	<u>PEOPLE RECOVERED</u> (till 20 th May)
AMERICA	3,61,180
CHINA	78,244
INDIA	42,309
GERMANY	1,55,700
SPAIN	1,96,958
ITALY	1,29,401
RUSSIA	76,130

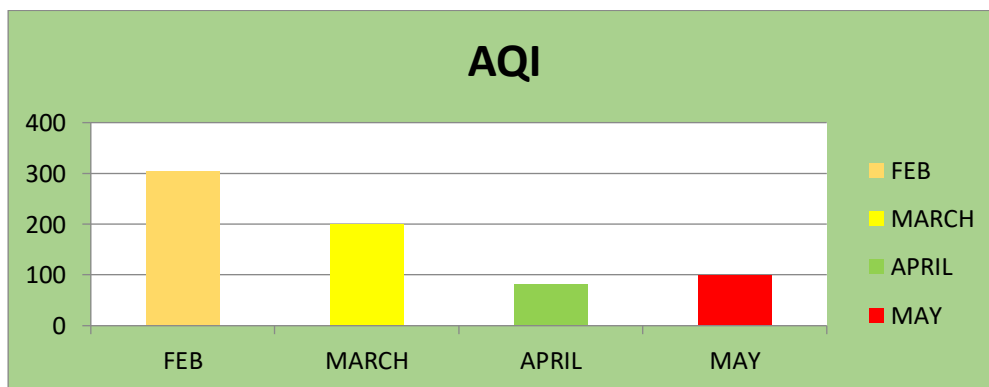
With the help of above table answer the following questions.

- (a) Arrange the number of recovered patients in America, Italy, Spain, China and India in ascending and descending order.
- (b) Write the number of people recovered in Russia and India as following
 - (i) Number names
 - (ii) Expanded form
 - (iii) Place value and face value(digit at ten-thousand place)
- (c) Form the smallest and the greatest number using digits of recovered patients of America and also find the difference.
- (d) Calculate the total number of people recovered in Russia, India and China.
- (e) Find the difference between the number of people recovered in
 - (i) America and Germany
 - (ii) Spain and Italy
- (f) Using the digits of patients recovered in Spain , find the sum of smallest and the greatest number formed.
- (g) Use the given data about number of people recovered in the following states and represent the information using pictograph.

STATES (people recovered till 20 th May)	(PICTOGRAPH)RECOVERED PATIENTS
Puducherry (9)	
Meghalaya (12)	
Uttarakhand (52)	
Manipur (2)	
Goa (7)	


1 😊 = 2 students

- (h) Lockdown due to COVID-19 has many positive impact in the environment and one of them is decrease in AIR QUALITY INDEX(AQI) in Delhi (means less pollution)
Read the following bar graph and answer the following questions.



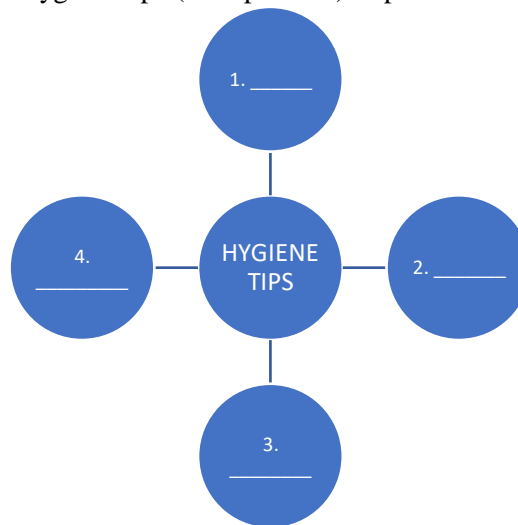
- (1) What information is given in the bar graph?
- (2) Which month has least AQI and how much?
- (3) What is the difference between AQI of FEB and MAY month?
- (4) Is the total AQI of April and May month more than AQI of March month?

- Good nutrition is very important before, during and after any infection. To prevent COVID – 19 infection maintaining a healthy diet is an important part of supporting a strong immune system. Given below is the list of few food items recommended by **WHO**. List the nutrients present and their importance to complete the table (One has been done for your help).

S.no.	Food items	Picture	Nutrients present	Importance
1	POTATO		Carbohydrates	Its fiber, potassium, vitamin C and B6 coupled with its lack of cholesterol, support heart health.
2	OATS			
3	BEANS			
4	EGG			
5	YAM			
6	WHEAT			
7	LENTILS			
8	NUTS			
9	LEMON			
10	AVOCADO			

The virus transmit through direct contact with respiratory droplets of an infected person (through coughing and sneezing) and touching surfaces contaminated with virus.

- Mention any 4 hygiene tips (with pictures) to prevent Corona virus disease.



- Make a poster on the given topic.
 - Write a catchy slogan.
 - Dos and Don'ts: Write the things we should **do** and should **not do** in order to protect ourselves during this pandemic.

BOOST YOUR IMMUNE SYSTEM

While it is crucial to maintain hygiene standards and good diet to prevent COVID - 19. It is paramount to improve your immunity at this juncture. There are certain methods to improve your immunity at this time.

- Make a **pamphlet** on the ways to boost your immune system.

RESEARCH WORK :

- Can the coronavirus disease spread through food?
- Why children below 10 years and adults above 60 years are urged to stay at home?

iii) Is coronavirus man - made or natural?

iv) Why it is recommended to have vitamin C in daily diet ?

HAND ON ACTIVITY

- Design a mask for yourself to prevent from the disease .
- This lockdown has taught us some lessons important for Earth. Like – using the natural resources in limit .

LIST ANY 5 LESSONS YOU HAVE LEARNT DURING THIS PANDEMIC THAT YOU WILL ALWAYS FOLLOW TO TAKE CARE OF YOUR PLANET EARTH.



This worldwide COVID – 19 lockdown has given the EARTH some time to heal, show off her best colours – blue and green as it made many of us realise the importance of nature.

- Mention 5 important positive changes in the environment that you have observed or heard in news.

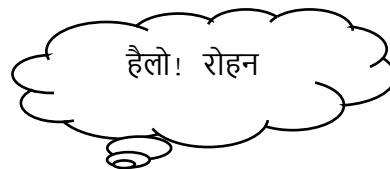
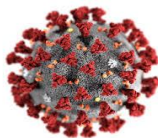
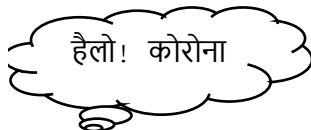
• ‘कोरोनावायरस’ एक ऐसी महामारी जिसने हम लोगों को घरों में रहने को मजबूर कर दिया है। एक डर और घबराहट का माहौल पैदा कर दिया है। ऐसे समय में एक हिम्मत की, जोश की, उत्साह और उमंग भरने की और हताश हो चुके लोगों में एक नई उम्मीद, एक नया जोश भरने की जरूरत है। आपको एक ऐसी कविता लिखनी है, जो इस कोरोना काल में सबके अंदर जोश और जीने का नया उत्साह भर दे।
अपनी कल्पना शक्ति व रचनात्मकता का उपयोग करते हुए एक ‘स्वरचित कविता’ लिखें।

सहायता कोष्ठक – (मुस्कराहट , अंधेरा , नया सवेरा , उदासी , पार्क , मॉल , रौनक , स्कूल , खुशियाँ , मस्ती , मिलेंगे , त्योहार

- कैसा हो यदि आप छात्रों को कोरोना वायरस से बात करने का मौका मिले ? तो आप उससे क्या – क्या बातें करना चाहेंगे ? क्या – क्या पूछना चाहेंगे ?
आखिरकार आप दोनों के बीच किस प्रकार का संवाद (बातचीत) होगा ? कोरोना आपसे क्या – क्या कह सकता है ?

इस संवाद को आपको कॉमिक के रूप में तथा अपना और कोरोना का चित्र बनाकर बातचीत करते हुए दिखाना है।

उदाहरण के लिए-



STAY HOME AND

STAY SAFE.



