



Ref: DPSG/Gen/18-19/Admn: 39

Date: 23.05.18

😊 'HOLIDAY HOMEWORK FOR PARENTS' 😊

Dear Parents,  
Greetings!!!

Many thanks for reposing your trust on the team DPS Guwahati not only for academics but also to develop soft skills that students will need for a lifetime. While in the helm of affairs is the child, we encourage a strong bond amongst the parents, the school and the child and endorse on developing interpersonal relationships. For this I suggest some activities for you to connect with your child at a deeper level during holidays and help her/him to be a part of the thinking society that reasons out before involving themselves into any action:

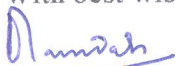
1. Switch off your phone on your holidays to connect to the child completely and spend some quality time.
2. Let your child be a part of your kitchen. The entire family can work together for a favourite meal of the day. You may also give your domestic help, a day off while doing other routine household chores with your child. It will break the silly stereotype that men should not/don't/can't/ cook or help ladies at home. Teach them dignity of labour and be concerned towards the people who help us.
3. Help and support them to set and tabulate goals for themselves for summer break in three domains - physical, cognitive and emotional. Then devise steps in achieving these goals with reviews every week.
4. Choose a quiet nice place at home or outside depending upon the age of the child and –
  - a. watch movies and discuss about it later on.
  - b. read out stories with him/ discuss the novels/newspapers that both of you have read. This will teach them to formulate their own opinions. This will teach your child to be a book/movie critic.
  - c. go to any orphanage/old age home without any materialistic gifts but to spend some quality time making them realize their responsibilities towards society and also that everything does not revolve around rewards and money.
  - d. Encourage them to care for someone consistently for a week at least – maybe a grandparent who needs company.
  - e. let them go to animal homes consistently for a week to connect, love and respect the lives of animals. Explore different ways of caring for the animals.
  - f. take them for small walks in some natural surroundings nearby to develop their love for nature.
  - g. take them for adventure sports to work upon their fears and disappointments.
  - h. allow them privacy by *mutually* setting some boundaries at the beginning of the holidays and ask them to analyse consequences if they try to break these boundaries.
  - i. once a week sit as a family circle where everyone shares and speaks something they appreciate about the person on their left. Teach them to be honest and not to fake to please the other person.
  - j. talk about love and relationships through your own experiences about self or others. It is natural to have crushes. Tell them to be modest and refrain from a total control over their lives.
  - k. let them teach something to you that they learnt at school in a fun and exciting way and also ask them to talk about their favourite teacher and why. This will not only foster their lifelong learning but will teach them to respect their teachers with reasons.
  - l. share some of the music you like with them. If possible take them to any performing arts show. Explain the relevance and associations.
  - m. express how grateful you are to the Almighty for having him/her in your life.
  - n. find out if your child has any underlying tensions and anxieties. Try to resolve them amicably.
  - o. allow them their own space to think and do what they want to do. Sometimes let them do nothing. Doing nothing is essential for self-care.

I would love to hear from you on how your 'holiday homework' progressed!

Once you have done your home work we will meet class wise to share our experiences of a step towards

**A HAPPY FAMILY - A PROGRESSIVE FAMILY**

With best wishes



Principal

