



DAV POLICE PUBLIC SCHOOL, PANCHKULA



Class – III

Social Sciences

Chapter – 8

Let Us Enjoy!

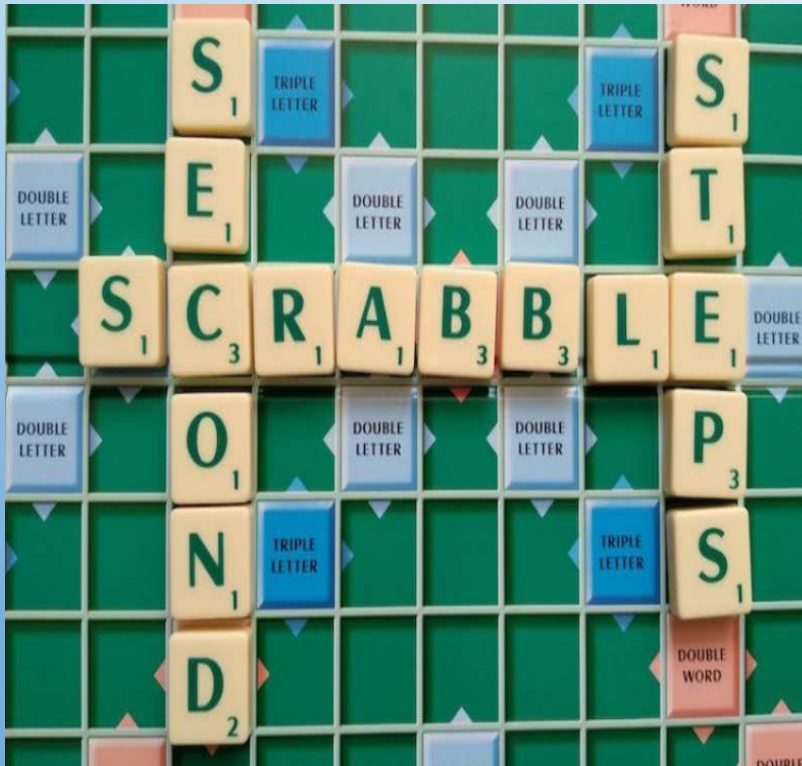
We all know that all the time if we are studying, all the time if we are working, mentally we get tired. We really need some time to rest, to relax, to have fun and that is up to us. We must make a proper time table that which we time are going to relax, which at time we are going to study, work and do other things. All the time working is not good but all the time playing is also not good.

All times work and no play makes Jack a dull boy. The minute the bell rings for the lunch break in the school, the children finish their lunch quickly. They rush to the play ground with bat ball and badminton rackets. Some read story books and some exchange their books with their friends.

School is a great fun but the lunch break is the favorite time of the children. Every one relax and gets ready for the work ahead. The tension and tiredness goes away. The mind and body is filled with a new energy for the work ahead.



At home, The play time of children starts in the evening, after finishing their home work. Many children go the sports complex or the park to play with their friends. Some children set up a scrabble or carrom board in the veranda and the fun starts. Children also enjoy building models of Air crafts, Cars or making paintings. There are many children who write poems or sing songs in their free time.

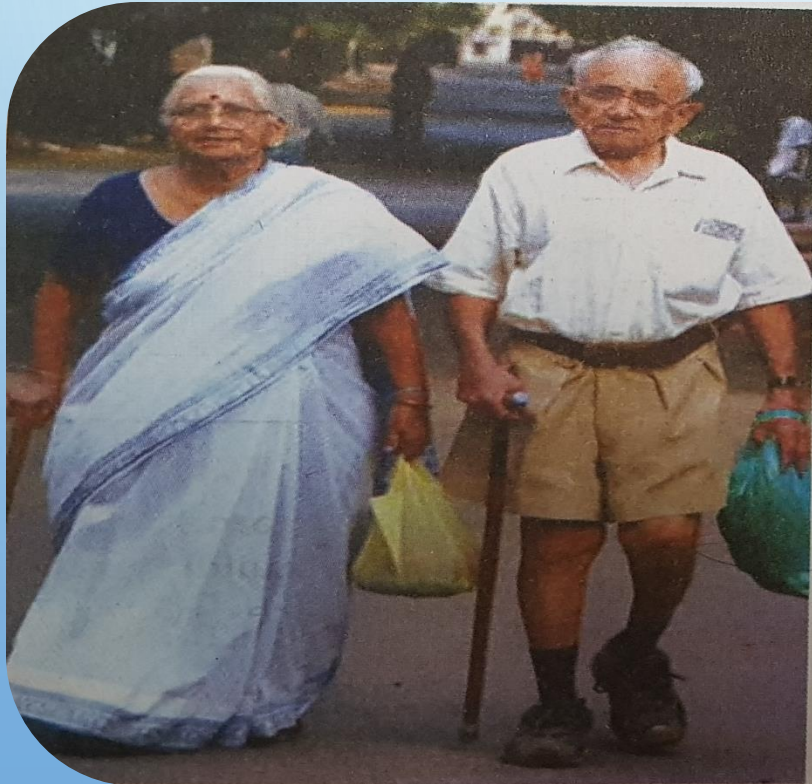


Do You Know?

Indoor Games are played inside a building and outdoor games are played in open spaces.

- Many leisure time activities become full time occupation when the children grow up. A child who is fond of building models may become an engineer. A child who is fond of cars may become an automobile engineer or designer. Children may opt their leisure time activities as an occupation later.
- Leisure time is important not only for children but also for grown ups. Many grown up people go to play basketball, volleyball, cricket, chess, cards and attend music programmes with their friends and family. Some women knit or embroider together. They also love to exchange recipes. Some people read books or enjoy watching movies. Yoga, exercises, cycling and going to gymnasium are popular with health conscious people.

It is important that everyone follows some leisure time activity. It may be reading newspaper, books, household jobs, morning and evening walk, listening to radio, watching television, gardening, gossiping with children and friends, singing bhajan, inviting friends at home, etc. Leisure time activities keep us busy physically and mentally. They bring joy in our lives.





Thank You