

**SENTIA THE GLOBAL SCHOOL**

| <b>S.N</b> | <b>SUBJECT</b> | <b>ART ACTIVITY</b>                                | <b>TOPIC/THEME: HUMAN HEALTH</b>                                                                                                                                                                                                                                                                                                                                                                                                  | <b>CLASS : VII</b> |
|------------|----------------|----------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------|
| 1.         | English        | 1. Document Making<br><br>2. Cartoon strip         | 1. How can you creatively represent the importance of human health through the theme of "My dear soldiers" and conquering the summit<br><b>OR</b><br>2. Create a Mindfulness colour Palette" for travelers journey. Draw four interconnected circles, filling with shades from 'Travel' poem that relate to physical /mental health being.                                                                                        |                    |
| 2.         | Hindi          | 1. Slogan & Poster<br><br>2. Murals (without clay) | 1. Create an art integrated health awareness poster and slogans on " Healthy body and healthy mind" including regular exercises, personal hygiene, adequate sleep.<br><b>OR</b><br>2.Healthy food plate. Create a colourful " My healthy plate" using drawing. Classify foods into proteins. fats, minerals and fibre.                                                                                                            |                    |
| 3.         | Math           | 1. Poster making<br><br>2. PPT                     | 1. Temperature tracker: Represent changes in human body temperature using positive and negative integers and create a temperature art poster (Integrated science)<br><b>OR</b><br>2. Angles of health movement: Identify and represent angles formed by the body during yoga, exercise and sports (PPT).                                                                                                                          |                    |
| 4.         | Science        | 1.3D Model<br><br>2. Folk art style advertisement  | 1. Using coloured clay, prepare a 3D model of the digestive system and label the parts.<br><b>OR</b><br>2. Students blend traditional art styles (like warli, madhubani) with a modern health message to design a public health advertisement.                                                                                                                                                                                    |                    |
| 5.         | Social         | 1. Collage<br><br>2. Map                           | 1. Create collage showing the journey from an Indian farm to a healthy plate, including farming, harvesting, transportation and food with arrows and short labels.<br><b>OR</b><br>2. On an outline map of India show India and its neighbouring countries highlighting common food , health practices and traditional diets that contribute to healthy living.                                                                   |                    |
| 6.         | Computer       | 1. Poster<br><br>2. PPT Or Infograph               | 1." Save our senses", Digital campaign: Create a poster about protecting eyes, ears, skin, nose and tongue.<br><b>OR</b><br>2." Healthy Me". Infographic design an infographic on healthy food exercise, sleep and hygiene.                                                                                                                                                                                                       |                    |
| 7.         | Visual Arts    | 1. Collage<br><br>2. Poster                        | 1. Make a collage of dry fruits and its benefits.<br><b>OR</b><br>2.Make a poster of healthy habits using mandala art.                                                                                                                                                                                                                                                                                                            |                    |
| 8.         | Handicraft     | 1. Craft<br><br>2. Collage                         | 1. Make a jewellery of pista shells.<br><b>OR</b><br>2. Make a jewellery collage work of different types of pulses.                                                                                                                                                                                                                                                                                                               |                    |
| 9.         | Vocal Music    | 1. PPT<br><br>2. Poem writing                      | 1. How can music be used as an art form to create awareness about human health? Give one example through a musical presentation (melody song).<br><b>OR</b><br>2. Write a poem that spreads awareness about healthy habits such as nutritious food, exercise, cleanliness, adequate sleep aand emotional well being.                                                                                                              |                    |
| 10.        | Dance          | 1. Photography<br><br>2. Slide show/ PPT           | 1. How does dance contribute to human healthwell being? Capture through photographs how different dance movements, postures and activities promote physical, mental and emotional health. <b>OR</b><br>2. Create a power point presentation explaining how does dance contribute to human health explaining the physical, mental, emotional and social benefits of dance supported with suitable photographs or illustrations and |                    |

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| 11. | Sports<br>&<br>Yoga | 1. Create<br><br>2. Write up | 1. Create any 2 eco friendly balanced food sculptures.<br><b>&amp;</b><br>2. Write about any one traditional Healthy Indian sport or Asanas. |
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**Note:** 1. All art integration projects should be done in project file.  
2. All art integration projects to be submitted on or before 31/10/26.  
3. Each project carries 10 Marks.