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Vacations are meant to relax, rejuvenate and relax, to bounce back to normal routine with fresh, renewed energy. It is the time to unwind. Vacations add spice to life which would otherwise become tiring, boring or depressing. So grab the opportunity and make the most of your vacation. Kids need a break from studies and everyday life. School, studies and tuition all stress out the kids and they eagerly wait for holidays. Vacations are important to recharge the body and mind. Kids grow healthier during long vacations as the mind is free and they get required amount of physical and mental rest. Remember your school days and summer vacation? When school is about to reopen after a long vacation and we had new books, we would study all the new lessons by ourselves before school started. Because the mind was fresh and happy after the vacations, these first chapters were so easily learnt and we remember them for best and long. Plan out vacation for kids in such a way that they have maximum opportunity to be what they actually are-KIDS. They should be free to do what they like, laugh, dance, run and play. Of course freedom too has limits! But you have to plan out to allow them a healthy freedom.

For kids vacations are the best times to pursue hobbies. There are certain things to be followed on while deciding which activities child would join. Enroll the kid in activities in which they actually enjoy and which they themselves want to learn. Do not push the child in activities which they do not want to learn. Always prefer those classes which make children learn one activity at a time so that kids could concentrate on one thing and thus learn it thoroughly. Now days many schools in Delhi and its vicinity organizes summer camps which at a time provide a package of several activities together within a fixed amount. At these places children do enjoy but can't learn any activity thoroughly. Many top notch schools in Delhi, during holidays provide sport classes for kids which help them in spending their time at proper place. Also sports are healthy as well as fun. So the vacations are the right time to learn a new sport that your kids are interested in. you can enroll your ward in various sports club, camps like table tennis, cricket, badminton, horse riding etc. swimming is great way to health and kids simply enjoy water in summers. They learn an essential life skill, swimming, as they play and enjoy in pool.

Even to make your kids holiday happening and memorable, you can plan for outstation trips. Go to hills, go to seas and explore the hidden waterfalls and wildlife. Go away from noise and humdrums of city life. Even you can visit your parents and relatives and connect with your family.

Sometimes sharing holidays with kids at home is also a good opportunity. If you are a working parents then for proper care take a leave from your respective office and spend some time with your kids. Vacations should be vacation. Let the child enjoy in creative and healthy way with lots of fun. Let them paint all day, read story books whenever they like. Enroll them in activity classes but do not put them in so many activities that they don't have any time to be themselves. Breaks are essential part of life, it has healthy purpose-to distress your mind and body. A happy stress free child will be better learner and will score better in practical life. So have a very happy fun filled vacation.

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