

04 Nov '24 :

→ Plan for Sadashiva's pre-school
(ages 3-5)

→ 3-month overview:

Telugu :

HW: Write the steps for making
paper boats (normally ^{with} _{sword}) & paper rocket
in Telugu & English

(Languages HW)

(Telugu on left & English on the right)

→ How to revise (study what we learnt previously) :

- Loop for each class notes
- (1) Go and read class notes
 - (2) If we talk about a text book chapter, go to that chapter/summary and read it.
 - (3) Look at your homeworks for that class
 - (4) For programming, look at the programs
 - (5) Without looking, try to describe everything from that class + HW to your parents in a different language.
 - (6) You can also watch class videos if you like

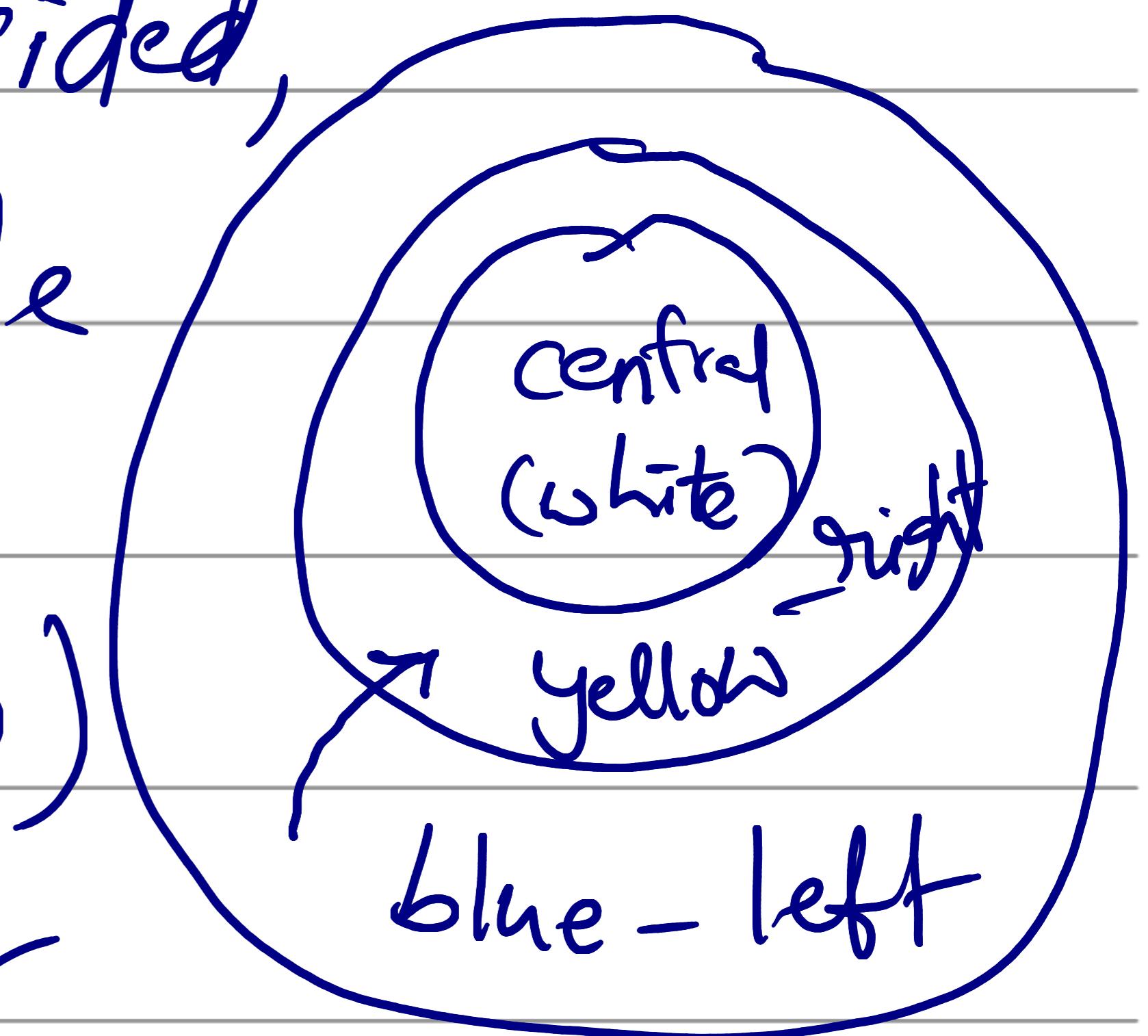
→ After revising all the class notes for a subject, try to describe every thing you learnt in that subject in one sentence and then expand it into multiple sentences

→ If you do not understand something in that subject, make a note and ask at the beginning of the next class for that subject.

→ How to answer questions :

- (1) Prepare and study well
- (2) If you are left sided, you will not be paying attention, will be afraid, and won't be able to answer even if you know it
- (3) If you are right sided, you will be arrogant and think you know everything better than everybody else and again stop paying attention
- (4) You have to be in balance, be confident, sit straight & pay attention.

(5) If you are feeling left-sided,
you have use your right-side
more and go to the right
(from blue to yellow)



If you are feeling right
sided, try to become more centered
(not left sided).

If you are feeling left sided, try to
sit straight, talk loudly, confidently.

If you are feeling right sided, try
to calm down and speak sweetly.

→ Daily schedule
→ Meditation classes from

6:30 - 7:00
7:00 - 9:00

→ Breakfast 9:00 - 9:30

→ Read today's class notes and finish
home work 9:30 - 11:30

→ Break 11:30 - 12:00

→ Continue homework 12:00 - 1:00

→ Lunch 1:00 - 1:30

→ Read all the class notes for next day
and note any questions 1:30 - 3:00

→ Sleep 3:00 - 4:00

→ Play outside
free time 4:00 - 7:00

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|---|----------------------|-------------|
| → | Dinner | 7:00 - 7:30 |
| → | Music + free
time | 7:30 - 8:30 |
| → | Meditation | 8:30 - 9:00 |
| → | Sleep | 9:00 - 6:00 |

If you finish few faster, remaining time
is free time.

HW: Update your google calendar
on phone with current schedule.