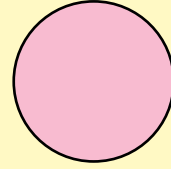


Aarav



Meera

■ Science Lab – Fresh Start Effect

Our brain loves fresh beginnings. January feels like a restart button!

TRY THIS: Pick ONE tiny habit for 7 days and track it daily

■ Biology Corner – Brain Workout

Every time you learn something new, your brain makes new connections.

TRY THIS: Brush or write using your other hand today!

■ Maths in Real Life – Calendar Puzzle

Calendars help us find patterns and plan better.

CHALLENGE: Find two dates that add up to 20

■ Money Smart – Spend, Save, Share

Divide your pocket money into three jars: Spend, Save, Share.

■ Food & Health – Power Breakfast

A strong breakfast gives your brain energy for the whole day.

■ Exercise Time – 2 Minute Stretch

Reach up, touch toes, and jump 20 times.

■ ■ Civic Sense – Keep City Clean

Respect workers who keep our city clean.

■ ■ Indian Law for Kids – Why Rules Matter

Rules help everyone stay safe and fair.



Aarav



Meera

Aarav asks WHY. Meera plans HOW.

They try small habits for 5 days. Who will continue?

■ Reflection Page

One thing I enjoyed: _____

One thing I tried: _____

One question I still have: _____