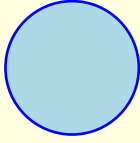
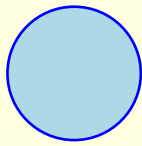


# ■ VidhyaVibe Magazine

G  
Ja



Happy New Year Explorers!

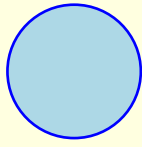


Write One Tiny Habit Goal!

## ■ Science Lab – Fresh Start Effect

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

Try: Pick ONE small habit for 7 days and track it.

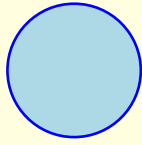


Use Your Non-Dominant Hand Today!

## ■ Biology Corner – Brain Workout

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

Try brushing or writing using your other hand.

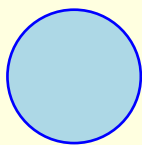


Count the Sundays!

## Puzzle

Calendars help us find patterns and plan better.

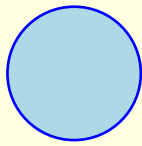
Challenge: Find two dates that add up to 20.



Draw 3 Money Jars

## ■ Money Smart – Spend, Save, Share

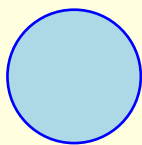
Divide your pocket money into Spend, Save, and Share jars.



Fruit + Grain + Protein

## ■ Food & Health – Power Breakfast

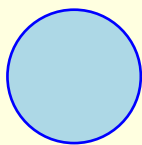
Breakfast gives your brain fuel for the day.



Jump, Stretch, Smile!

## ■ Exercise Time – 2 Minute Stretch

Reach up, touch toes, and jump 20 times.

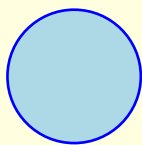


Use the Dustbin

## ■ ■ Civic Sense – Keep City Clean

Respect workers who keep our city clean.

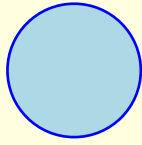




Traffic Lights Keep Us Safe

## ■ ■ Indian Law for Kids – Why Rules Matter

Rules keep everyone safe and fair.



Aarav asks WHY. Meera plans HOW.

## Calendar

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: \_\_\_\_\_