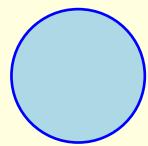
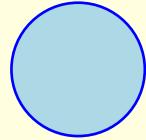


■ VidhyaVibe Magazine

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Happy New Year Explorers!

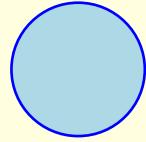


Write One Tiny Habit Goal!

■ **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.

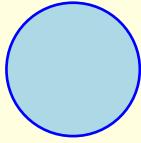


Use Your Non-Dominant Hand Today!

Biology Corner – Brain workout

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

Try brushing or writing using your other hand.

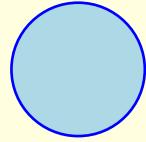


Count the Sundays!

Puzzle

Calendars help us find patterns and plan better.

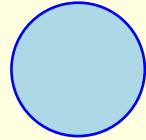
Challenge: Find two dates that add up to 20.



Draw 3 Money Jars

■ **Money Smart – Spend, Save, Share**

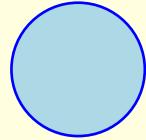
Divide your pocket money into Spend, Save, and Share jars.



Fruit + Grain + Protein

■ Food & Health – Power Breakfast

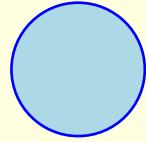
Breakfast gives your brain fuel for the day.



Jump, Stretch, Smile!

■ **Exercise Time – 2 Minute Stretch**

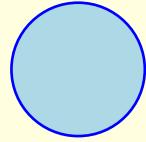
Reach up, touch toes, and jump 20 times.



Use the Dustbin

CIVIC Sense – Keep City Clean

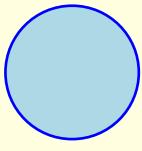
Respect workers who keep our city clean.



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: _____