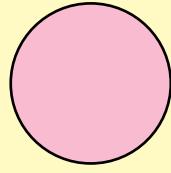


Aarav



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: \_\_\_\_\_