July Issue, Vol. 1 English | Tuesday, 16th July 2024 | Ghaziabad | Monthly | Rs. 30

## Confidence Boosters

Simple Ways to Believe in Yourself



Welcome to the July edition of The KK Times! This month, we're focusing on helping you boost your confidence with simple activities and advice.

**Activities to Build Confidence-**

#### 1. Positive Affirmations:

• Look in the mirror each morning and say something positive about yourself.

#### 2. Achievement Journal:

• Write down your daily accomplishments in a notebook.

#### 3. Set Small Goals:

• Break big tasks into smaller, manageable goals.

#### **Handling Setbacks-**

#### 1. Learn from Mistakes:

• View mistakes as learning opportunities and think about

what you can do differently next time.

#### 2. Stay Positive:

• Focus on three good things that happened each day, no matter how small.

#### Speaking Up in Class-

## 1. Surround Yourself with Supportive People:

• Spend time with friends and family who encourage you.

#### 2. Practice at Home:

• Rehearse in front of a mirror or with a family member.

Remember, confidence comes from within. Ensure you get enough sleep, eat healthily, and take breaks when needed. Use these tips to boost your self-belief and face any challenge that comes your way. Believe in yourself!

Confidence Boosters-Page 1

Emotional Well-Being and EI - Page 2

Riddle Ride-Page 3

Weather Forecast - Page 3

Did You Know? -Page 3

LOL Jokes - Page 4

Fun with Facts - Page 4

Talk Time - Page 4

Vocabulary Building - Page
4

Who Is?- Page 5

Activity Area - Page 6 & 7

Vocabulary on Mango Day -Page 8

Story Time - Page 9 & 10

Mindfulness Workshop-Page 10

Sport's News - Page 12

Tourist Time - Page 11

Digital Detox - Page 12 & 13

Book Review - Page 13

Calendar - Page 14



Hello friends! This month, we are focusing on a theme that is all about empowering you—our amazing readers. In this edition, we have included fun activities designed to help you recognize your strengths and celebrate your achievements. Plus, don't miss our special section on digital detox! Learn how to take a break from screens and enjoy more offline activities. Don't miss our

delightful story on mangoes in celebration of Mango Day! We're excited to announce a free workshop on managing your emotions for pre-teens. exclusively for our subscribers and followers. Details inside! We hope this edition of The KK Times gives you the tools and inspiration to boost your confidence and empower yourself every day. Happy reading and keep shining!

fun activities, a special vocabulary segment, and a

Here's to another edition of TKT

Next Edition: One Asia. Many Stories

P 02

## UM wa alk an ar shi ta wa alk h wa gy. Uii waa an ta'h an wa in U. U wa ta an ta'h gy an wa an an

## iina waxaadh. Mii waxaan Mii an waxina ha Madhan Ma-Mihani ii waxayy



Hello, young readers! Today, let's talk about something very important – our emotions and how we can manage them. This is called Emotional Intelligence (EI). Having good emotional intelligence helps us feel happier and be better friends to others. Let's dive in and learn more about it!

#### What is Emotional Intelligence?

Emotional Intelligence means knowing our own feelings and understanding other people's feelings. It helps us make good choices and build strong relationships. There are a few key parts to emotional intelligence:

- Self-Awareness: Knowing what we feel and why we feel it.
- Self-Regulation: Managing our emotions, especially when we are upset.
- Motivation: Using our emotions to set goals and keep going, even when things are tough.
- Empathy: Understanding how others feel and caring about them.
- Social Skills: Making friends, working together, and solving problems with others.

#### Why is Emotional Well-Being Important?

Emotional well-being means feeling good about ourselves and having a healthy mind. It helps us deal with challenges and enjoy life more. When we take care of our emotional well-being, we:

- Feel happier and less stressed.
- Get along better with friends and family.
- Do better in school and other activities.
- Make good decisions and solve problems effectively.

### Join Our Workshop on Mindfulness!

We have an exciting workshop coming up called HeadQuarters Harmony: Managing Your Emotions - an online mindfulness workshop for Pre-Teens (9-12 years). In this workshop, you'll learn fun ways to practice mindfulness and improve your emotional intelligence. Get more details in our announcement on page 10 of this issue.

#### Conclusion

Emotional intelligence and emotional well-being are super important for a happy and healthy life. By practicing mindfulness and understanding our feelings, we can become better at handling challenges and enjoy our time with friends and family more.

We hope to see you at our Mindfulness for Pre-Teens workshop! Remember, it's all about learning, having fun, and growing together. Let's take care of our minds and hearts!





I'm not alive, but I can grow.
I don't have lungs, but I need
air. What am I?

Check the correct answer in next edition.

Answer to 16th June's Riddle Ride - "Egg"



## The KK Times

# Weather Forecast Tuesday Wednesday 36°C 97°F 84°F Wednesday 29°C 97°F 84°F



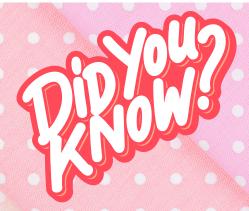


**GHAZIABAD** 



IMD predicts intermittent rainfall in northern parts of India. Severe heat will be observed owing to high humidity levels in parts of Uttar Pradesh, Punjab, Haryana and Delhi.





A CROCODILE CANNOT STICK ITS
TONGUE OUT.

P 04



Why did the calendar have such a great love life?

Because it always had a date!





## World Emoji Day

world Emoji Day is celebrated every year on the 17th of July each year. The purpose of this event is to promote the use of emojis 17 and spread joy to all. Nowadays, emojis are a universal language as digital communication has become a part of our daily lives. The most popular emojis are and ...

## Talk Time

Does chocolate make you happy?
What type of chocolate do you like best? Do you like chocolate ice-cream, chocolate milkshake or any other form? Which brand do you like



World Chocolate Day is celebrated on 7th July annually to mark the introduction of chocolate to Europe in the 16th century to honour these sweet delights.

# Pursue - to follow somebody/something in order to catch him/her/it Entrepreneurship - the ability and readiness to develop, organize and run a business enterprise Prophecy - a statement about what is going to happen in the future Coronation - an official ceremony at which somebody is made a king or queen Kaleidoscope - a large number of different things Serene - calm, peaceful, or tranquil Lush - growing very thickly and well Sprawling - to extend outwards from or as if from a central point Mosaic - a picture or pattern that is made by placing together small coloured stones, pieces of glass, etc. Imposing - big and important; impressive Accomplishments - the act of completing something successfully Manageable - not too big or too difficult to deal with

Nelson Mandela was a famous leader from South Africa who fought against a system called apartheid, which unfairly treated people based on their skin colour. He believed everyone should be treated equally, no matter their race. Mandela was put in prison for 27 years because he stood up for what was right. When he was finally released, he became South Africa's first black president and worked hard to bring people together.

Mandela wrote famous books like "Long Walk to Freedom" and "Conversations with Myself," sharing his life and thoughts. Mandela was deeply inspired by Gandhi's principles of nonviolent resistance and civil disobedience. Mandela's bravery and dedication to equality made him a hero around the world.

## WHOISNELSON MANDELA



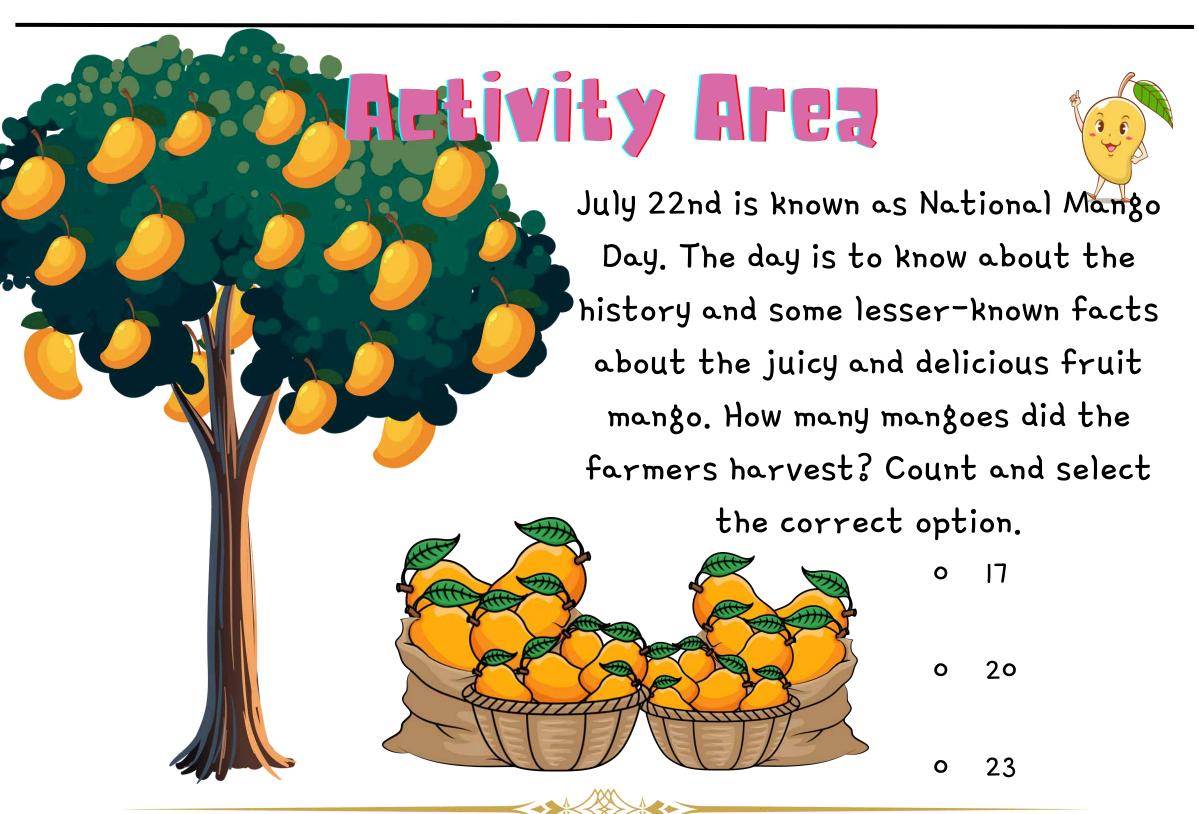
## WHO IS MALALA?



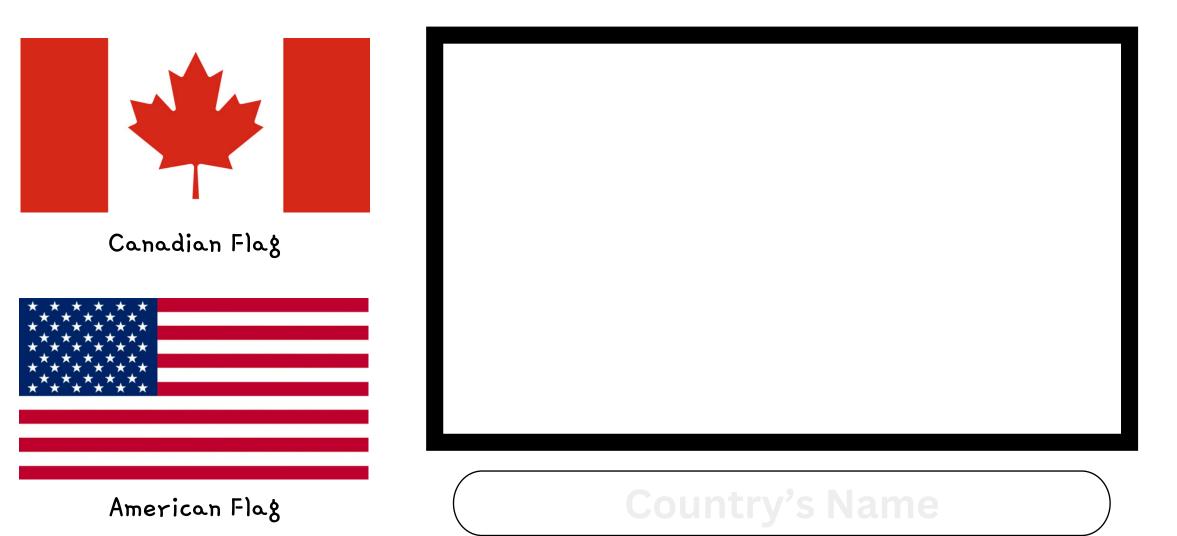
Malala Yousafzai is a Pakistani activist known for advocating girls' education. She survived an assassination attempt by the Taliban in 2012 at the age of 15 years and continued to champion education rights, co-authoring "I Am Malala".

Malala's journey began in Pakistan's Swat Valley, where she documented her experiences under Taliban rule in a blog for the BBC Urdu service, using the pseudonym Gul Makai, aged 12 years only. After surviving the assassination attempt in 2012, Malala became a global symbol of resilience and determination. She co-founded the Malala Fund with her father, aiming to ensure that every girl has access to 12 years of free, quality education.

Despite facing threats and violence, she has continued to champion the rights of girls to receive an education.



National Flag Day is observed in India on July 22 annually to celebrate the adoption of the tricolour designed by Pingali Vekayya as the Indian flag. 4th of July is American Independence Day and 1st of July is Canada Day. Below are the flags of both the countries. It's time to make your own imaginary flag and name your country. Share your creation with us.

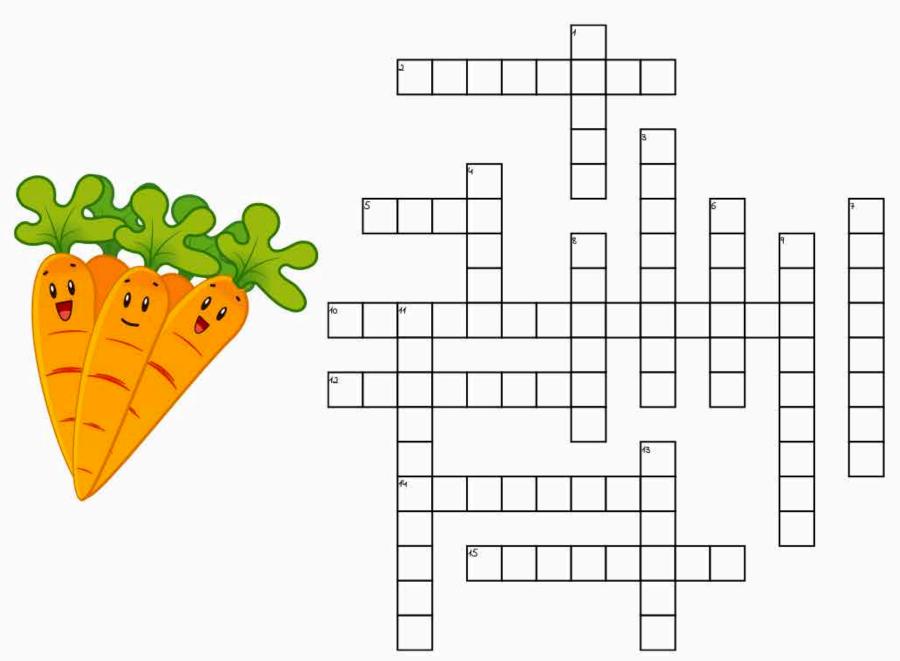




## Activity Area

Expanding vocabulary unlocks a world of knowledge for youth, empowering them to communicate effectively, think critically, and navigate the world with confidence.

## FUN VOCABULARY CROSSWORD



#### Across

- 2. the state of being legally or officially acceptable
- 5. the central part of an object
- 10. to carry out a plan or to put laws or rules in practice
- 12. standards or principle by which something is judged, or with the help of which a decision is made
- 14. a set of events, actions, numbers, etc. which has a particular order and which lead to a particular result

15. more important, powerful or noticeable than other things

#### Down

- 1. related to a community of people and their government, or "cultured and polite"
- 3. happening all the time or remaining unchanged
- 4. for this reason (adv)
- 6. a method or system of government, or "a period of rule"

- 7. two or more lines are always at the same distance from each other at every point
- 8. a happening or done once every year
- 9. to hold back, restrain or confine
- 11. the study of some of the most basic questions about human life.
- 13. to hold or to keep, to continue to have something

## Mall an ar hall. Man and the Man Mindellia Marin Sin an any

EVERY JULY 15TH, THE WORLD CELEBRATES

WORLD YOUTH SKILLS DAY. THIS U.N.

INITIATIVE, LAUNCHED IN 2014, HIGHLIGHTS

THE IMPORTANCE OF EQUIPPING YOUNG PEOPLE

WITH THE SKILLS THEY NEED TO FIND GOOD

JOBS, PURSUE ENTREPRENEURSHIP, AND BUILD

SUCCESSFUL CAREERS.



## THE MANGO KING'S CHALLENGE

The Mango Kingdom, set between Apple Land and Strawberry City, was celebrating Mango Day with lots of fun and games. The kingdom had organized colorful carnivals and exciting activities for everyone. Parades, like rivers of color and music, moved through the towns. All the mangoes were excited and went to the carnivals, their yellow and orange skins shining with happiness.

In Sweetville, a busy town in the kingdom, lived a young mango named Manny. Manny was different from the other mangoes; he loved to dream and explore. As he walked through the carnival, Manny looked at all the amazing displays and heard the laughter of his friends. But Manny felt something special was about to happen.

The big event of Mango Day was the crowning of the Mango King. This year, the king would be the wisest and kindest mango. The royal advisor, Sir Tangy, was in charge of picking the new king. But there was a secret prophecy that only a few knew about. It said that the Mango King would unite all the kingdoms and bring peace.

As the festivities went on, Sir Tangy saw a shadow in the crowd. It was Sour Sam, a bitter mango who was always jealous. Sour Sam knew about the prophecy and wanted to stop the new king from being crowned. He thought if he could stop the king, he could rule the kingdom himself.

The night of the coronation came, and Manny, feeling the excitement, found himself at the palace. Sir Tangy was about to announce the new king when Sour Sam barged in and yelled, "Stop! The prophecy says there will be a true king, but this is a joke!"

Everyone was shocked and started talking. Sir Tangy stood up and asked, "Sour Sam, how do you know about the prophecy?"

Sour Sam smirked and said, "I have my ways. I challenge anyone who thinks they are the true king to a test of courage and wisdom."

The hall was silent. Manny, feeling brave, stepped forward and said, "I accept your challenge, Sour Sam."

The first test was a riddle: "What is the sweetest part of the mango tree?"

Manny thought hard and remembered what his father told him. "The fruit is the sweetest part because it brings joy to everyone."

**P10** 

**DON'T** 

**MISS OUT!** 

The crowd cheered, and Sour Sam got angry. But there was one more test. A storm was brewing outside, and Manny had to get the Golden Mango from the tallest tree in the Forbidden Forest.

With lightning flashing and rain pouring, Manny went into the forest. He faced strong winds and tricky paths but kept going. At the top of the tallest tree, the Golden Mango shone brightly. Manny climbed up, but kept slipping. He was determined to grab the mango and with all his might, he grabbed it.

Back at the palace, wet but happy, Manny showed the Golden Mango. The crowd cheered louder, and Sir Tangy said, "Manny is the true king, just like the prophecy!"

Sour Sam, knowing he lost, snuck away. Manny was crowned King and promised to unite the kingdoms and bring joy to everyone. Under his rule, the Mango Kingdom, Apple Land, and Strawberry City thrived, and the story of the brave young mango who became king was told for many years.

# MINDFULNESS WORKSHOPHEADQUARTERS HARMONY: MANAGE YOUR EMOTIONS

Pre-teen emotions? We got you!

Expert Psychologist: Alisha Jain

Date and Time: 24th August, (Sat) from 11:00 AM to 12:30 PM

Age-group: 9-12 years

#### **Inclusions:**

- Fun and engaging online activities.
- Easy-to-learn mindfulness techniques.
- Take-home activities for continued practice.

Register Now

## Registration is Mandatory

curiobuddy.com



FREE 6

A 16 year old from Odisha has taken the tricolour to the world. Preetismita Bhoi, the young weightlifter has made a world record with a lift of 133kgs in women's 40 Kg championship. She bagged the gold medal at the IWF World Youth Weightlifting Championships held at Lima (Peru). Her amazing feat at the tournament shall inspire other youth to pursue their dreams with determination and hard work.

# TOURIST

## Maharashtra

MAHARASHTRA, LIKE A KALEIDOSCOPE OF WONDERS, OFFERS AN ENCHANTING BLEND OF VIBRANT CULTURE, HISTORICAL MARVELS, AND NATURAL BEAUTY. THIS DIVERSE STATE IN WESTERN INDIA IS HOME TO BUSTLING METROPOLISES, SERENE BEACHES, LUSH GREEN HILLS, AND ANCIENT HERITAGE SITES. WHETHER YOU ARE AN ADVENTURE SEEKER, HISTORY BUFF, OR FOOD LOVER, MAHARASHTRA HAS SOMETHING TO CAPTIVATE YOUR HEART AND SOUL.

THE SPRAWLING CITY OF MUMBAI, KNOWN AS
THE "CITY OF DREAMS," IS A DYNAMIC HUB
WHERE YOU CAN EXPERIENCE THE BEST OF
URBAN LIFE. TAKE A TOUR OF THE ICONIC
FILM CITY TO CATCH A GLIMPSE OF
BOLLYWOOD'S GLITTERING WORLD. STROLL
ALONG MARINE DRIVE, VISIT THE GATEWAY
OF INDIA, AND SHOP AT THE LIVELY COLABA
CAUSEWAY. MUMBAI'S BUSTLING STREETS,
ECLECTIC ARCHITECTURE, AND THRIVING
ARTS SCENE MAKE IT A CITY LIKE NO OTHER

FOR HISTORY ENTHUSIASTS, MAHARASHTRA
IS A TREASURE CHEST OF ANCIENT
WONDERS. THE ELEPHANTA CAVES, A
UNESCO WORLD HERITAGE SITE, BOAST
MAGNIFICENT ROCK-CUT SCULPTURES AND
INTRICATE CARVINGS DATING BACK TO THE
5TH CENTURY.

## मुहाशुद्ध

IN PUNE, THE GRAND SHANIWAR WADA FORT
STANDS AS A REMINDER OF THE MARATHA
EMPIRE'S LEGACY. THE AJANTA AND ELLORA
CAVES NEAR AURANGABAD OFFER A
BREATHTAKING JOURNEY THROUGH CENTURIES
OF ART AND SPIRITUALITY. ALSO WORTH
VISITING IS THE IMPOSING RAIGAD FORT, WHICH
PLAYED A CRUCIAL ROLE IN THE HISTORY OF THE
MARATHA EMPIRE. THESE ROCK-CUT MARVELS,
ADORNED WITH DETAILED FRESCOES AND
INTRICATE SCULPTURES, ARE A TESTAMENT TO
THE REGION'S RICH CULTURAL HERITAGE.

MAHARASHTRA'S CULINARY SCENE IS A
DELIGHTFUL MOSAIC OF FLAVOURS AND
TRADITIONS. RELISH THE SPICY GOODNESS OF
VADA PAV, SAVOOR THE TANGY TASTE OF PAV
BHAJI, AND ENJOY THE SWEETNESS OF PURAN
POLI. EACH DISH TELLS A STORY OF THE STATE'S
DIVERSE CULTURAL INFLUENCES. DON'T MISS
THE VIBRANT FESTIVALS LIKE GANESH
CHATURTHI, WHERE THE STREETS COME ALIVE
WITH MUSIC, DANCE, AND COLOURFUL
PROCESSIONS, SHOWCASING THE STATE'S
DEEP-ROOTED TRADITIONS AND COMMUNAL
HARMONY.

WHETHER YOU'RE WANDERING THROUGH
MUMBAI'S URBAN LANDSCAPE, DELVING INTO
ANCIENT HISTORY, OR SAVOURING LOCAL
DELICACIES, MAHARASHTRA PROMISES AN
UNFORGETTABLE JOURNEY THAT WILL LEAVE
YOU YEARNING FOR MORE.

# Empowering Youth: Embrace Digital Detox for Well-Being

Time TO DeTOX

In today's fast-paced, technology-driven world, it's easy to get caught up in the digital whirlwind. From social media updates to online gaming, screens have become an integral part of our daily lives. While technology offers countless benefits, excessive screen time can take a toll on our mental and physical health. That's why it's essential for young people to learn the art of digital detoxing—a practice that can empower you to take control of your well-being.

## What is Digital Detox?

Digital detox means taking a break from electronic devices like DETOX smartphones, tablets, and computers. It's a time to disconnect from the digital world and reconnect with yourself, your surroundings, and the people around you. This practice helps reduce stress, improve focus, and enhance overall mental health.

## Why Digital Detox is Important

Constant exposure to screens can lead to digital fatigue, anxiety, and sleep disturbances. Social media, in particular, can affect self-esteem and mental health due to the pressure to keep up with others' seemingly perfect lives. By stepping away from screens, you allow your mind to rest and recharge. It also gives you a chance to engage in real-world activities that bring joy and fulfilment.

## **Steps to Start Your Digital Detox**

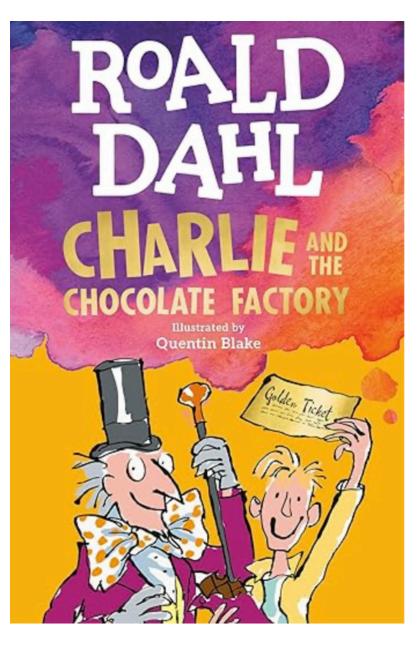
- Set Clear Goals: Decide how long you want to disconnect. It could be a few hours each day, a full day each week, or a weekend unplugged. Set realistic goals that you can stick to.
- Identify Triggers: Notice when and why you reach for your devices. Is it out
  of boredom, habit, or the need to stay connected? Understanding your
  triggers can help you manage and reduce screen time.
- Create Device-Free Zones: Designate certain areas in your home, like the dining room or bedroom, as device-free zones. This helps promote more meaningful interactions with family and better sleep habits.
- Engage in Offline Activities: Rediscover hobbies and activities that don't involve screens. Read a book, go for a walk, play a sport, or try out a new craft. These activities can be incredibly rewarding and help you stay grounded.

• Stay Accountable: Share your digital detox goals with friends or family members. They can support you and even join you in the detox journey. It's easier to stay committed when you have a support system.

#### **Maintaining Balance**

After your digital detox, aim to maintain a healthy balance between screen time and real-world activities. Set boundaries, like limiting social media usage to certain times of the day and prioritizing face-to-face interactions over virtual ones. Remember, technology is a tool to enhance life, not dominate it.

Empowering yourself through digital detox not only benefits your mental and physical health but also enriches your life experiences. By taking control of your screen time, you open up a world of opportunities to connect more deeply with yourself and those around you. So, take that first step towards a healthier, happier you—unplug and thrive!



Book Review by Kanira Gupta

## Charlie and the Chocolate Factory

**Author: Roald Dahl** 

Rating: \*\*\*\*

Story: Charlie and the Chocolate
Factory is a fantasy children's novel by
Roald Dahl. The story follows Charlie
Bucket, a kind boy who wins 'the golden
ticket' leading to a tour of Willy
Wonka's magical chocolate factory.
The novel teaches that greed and
gluttony are punished, while kindness
and patience are rewarded. Despite
having very little, Charlie and his loving
family support each other. The other
children on the tour are not as kind and
face consequences for their behavior.

Age Group: 8-12 yrs

You can also share your book reviews for books for kids age 5-15 at submissions@curiobuddy.com



This is the July edition of **THE KK TIMES**, handcrafted and designed by the *world's youngest chief editor (world record holder)*, a 9 year old Amitian **Miss Kanira Gupta** of class 5. She marks her debut as an editor-cum-graphic designer with this unique monthly newsmagazine co-created by her for 5-15 year old children globally. She aims to raise general awareness and promote the creativity of all kids through this newsmagazine. Now you can read all issues on digital newsstand **MAGZTER** also. The Kreative Kids (acronym KK) have good critical thinking as well as problem-solving skills. Send your artworks and submissions for this kids magazine at email: **SUBMISSIONS@CURIOBUDDY.COM** with subject as the type of submission such as "Poem." Join our thriving WhatsApp community for more engaging content and a science magazine **The Qurious Atom**. Both these **children's magazines** are brought out by