

The KK Times

June Issue, Vol. 1| English | Sunday, 16th June 2024 | Ghaziabad | Monthly | Rs. 30

Power: Health & Strength

Health
is wealth

Strength and health are essential for a happy life. To build them, we need to make good choices every day. Eating a balanced diet full of fruits, vegetables, whole grains, and proteins gives our bodies the energy and nutrients they need. Regular exercise, like running, swimming, or playing sports, helps us stay fit and strong.

Taking care of our minds is just as important. Getting enough sleep, spending time with friends and family, and finding ways to relax, like reading or meditating, keep us mentally healthy. Managing stress and staying positive are crucial for overall well-being.

By consistently making healthy choices, we build the strength and resilience needed to handle any challenge. A healthy lifestyle helps us enjoy life to the fullest, with energy and enthusiasm. Remember, every small step towards health adds up, making us stronger and happier each day.

STRONG

Editor's Note:

Hello friends! For those of you who participated in our storytelling workshop with AB Creative Hut last Saturday, I hope you had fun.

This edition is based on strength and health with the theme of Strength and Health = Wealth. As you know World Milk Day is also celebrated on 1st June each year. Find out how milk contributes to our health . Now that we are done talking about

our health, the environment also matters.

World Environment Day is also held in this month. Take the pledge to save the environment on Page No. 2. This time we have a lot of activities for you. Check out all the fun activities in Activity Area. This time we have also brought back "Magic Revealed" . Bye guys! Cheers 🌻!

Here's to another edition of TKT💖

Next Edition: Empowering Youth

Power: Health & Strength-
Page 1

Environmental Protection
Pledge - 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

Rhythms of World- Page
5

Activity Area - Page 6, 7
and 8

Vocabulary - Page 9

The Magic of Comics -
Page 10

Tourist Time - Page 11

Discovering International
Yoga Day - Page 12

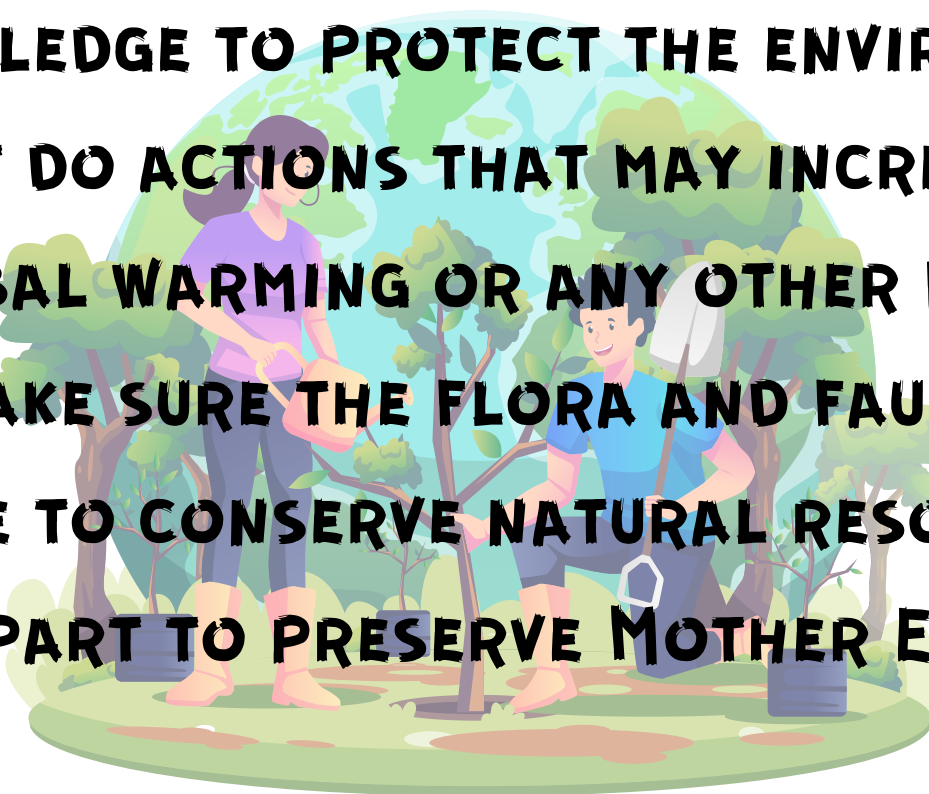
The Magic of lost
temple - Page 13

Editor's Experience -
Page 14

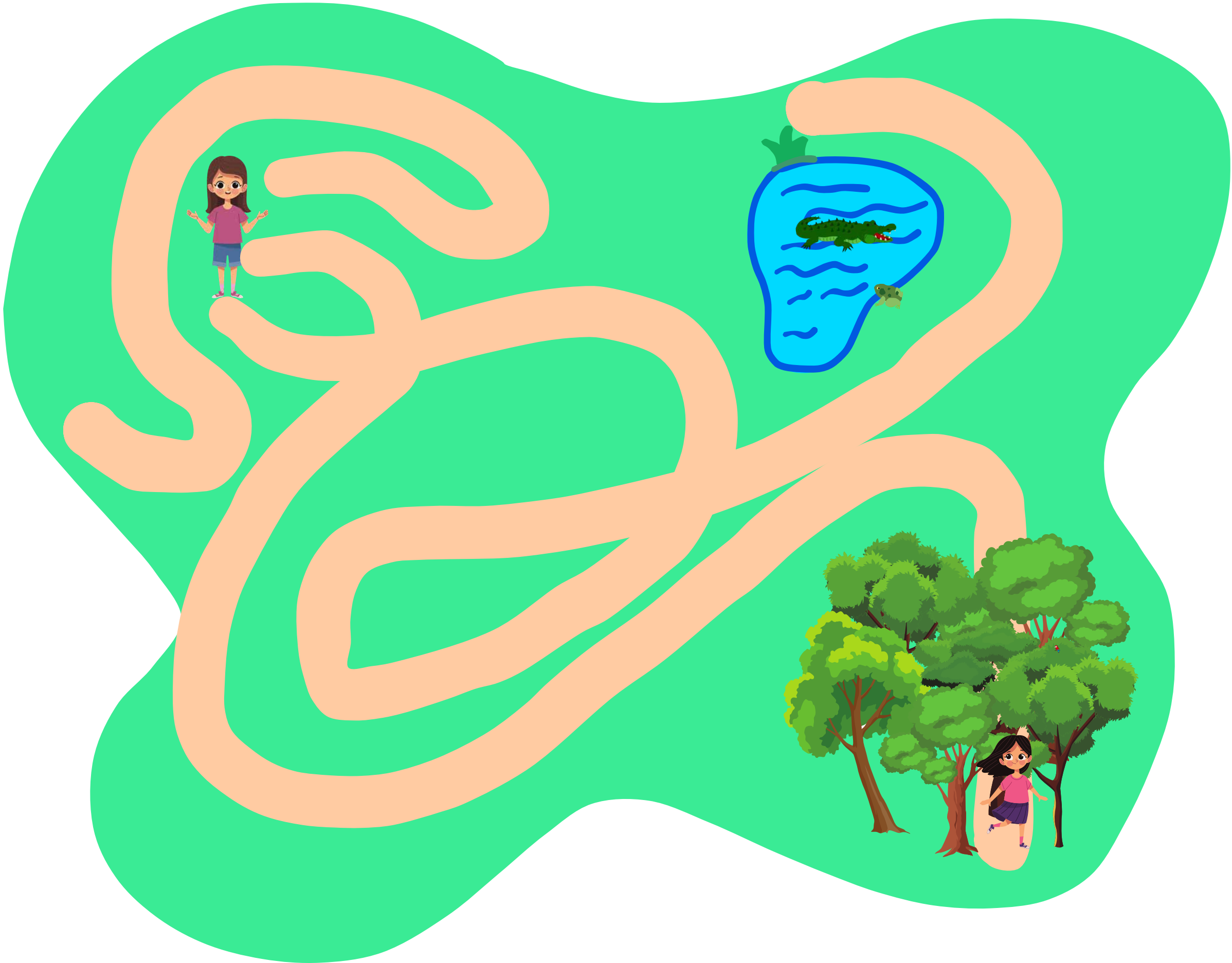
ENVIRONMENTAL PROTECTION PLEDGE

PLEASE STAND UP, PUT YOUR RIGHT ARM FORWARD AND REPEAT AFTER ME-

I [YOUR NAME] , PLEDGE TO PROTECT THE ENVIRONMENT FROM ANY HARM. I WILL NOT DO ACTIONS THAT MAY INCREASE THE RATE OF POLLUTION, GLOBAL WARMING OR ANY OTHER FORM OF CLIMATE CHANGE. I WILL MAKE SURE THE FLORA AND FAUNA OF THIS PLANET THRIVES. I PROMISE TO CONSERVE NATURAL RESOURCES AND WILL DO MY PART TO PRESERVE MOTHER EARTH.



Help the girl reach the tree plantation drive down the street.





Check the correct answer in next edition.

Answer to 16th May's Riddle Ride - "Fire"



The KK Times

Weather Forecast

| Monday | | Tuesday | |
|---------------|--------------|---------------|--------------|
| | | | |
| 46°C 115°F | 34°C 93°F | 45°C 113°F | 33°C 91°F |



GHAZIABAD

IMD predicts heavy to very heavy rainfall in north eastern parts of India. Severe heatwave alert for parts of Uttar Pradesh, Punjab, Haryana and Delhi.



STAY
STRONG &
POWER ON





How do trees get on the internet?

They log in!



Fun with Facts



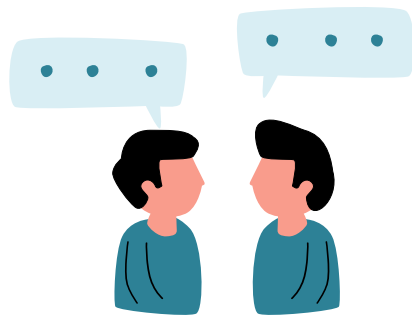
World Environment Day

World Environment Day is celebrated every year on June 5. It was first held in 1973. It serves as a global platform to raise awareness about global warming, climate change, deforestation etc. The Kingdom of Saudi Arabia is this year's host on the theme of "Land Restoration, Desertification and Drought Resilience."



Talk Time

Why do we drink milk? What nutrients does it have? Does it make us strong? Discuss the importance of milk with your friends and family.



- World Milk Day is celebrated on 1st of June every year.
- Milk contains nutrients like calcium which help us strengthen our bones and teeth.



Vocabulary Building

Resilience - an ability to recover from or adjust easily to misfortune or change

Desertification - gradual land degradation of fertile land into arid desert

Evoke - to call forth or up

Testament - something that shows that something exists or is true (an Evidence)

Transcends - to go further than the usual limits of something

Between the Lines - look for or discover a meaning that is implied rather than explicitly stated

Treasure Trove - a large amount of money or a large number of valuable objects found hidden somewhere

Leisurely - without hurry

Mingle - to mix with other things or people

RHYTHMS OF THE WORLD: CELEBRATING MUSIC'S UNIVERSAL LANGUAGE



World Music Day

World Music Day, also known as Fête de la Musique, is celebrated on June 21st every year. This international day of music is observed in over 100 countries, making it a global celebration of music and its power to bring people together.

On this day, people from all walks of life come together to play music, sing, and dance in the streets, parks, and public spaces. The event is marked by a series of concerts, jam sessions, and impromptu performances, featuring a wide range of genres and styles.

From classical to rock, pop to jazz, and traditional folk to experimental music, World Music Day showcases the diversity and richness of music from around the world. The event aims to promote cultural exchange, understanding, and harmony, and is a testament to the universal language of music that transcends borders and languages.

Global Grooves

Music is a universal language that transcends borders and cultures. From African rhythms to Indian classical music, the world is a treasure trove of diverse musical styles. Salsa and bossa nova rhythms enter the scene, getting people moving, while Japanese enka ballads and Korean pop (K-pop) enter the global spotlight, gaining popularity. In Africa, Afrobeat and highlife rhythms enter the scene, blending traditional instruments with modern beats, while in the Caribbean, calypso and reggae music pulsate with island vibes. Despite geographical differences, music has the power to unite people across cultures, languages, and continents. With its ability to evoke emotions, tell stories, and bring people together, music enters the hearts of people around the world. As a result, music is a true global language that will continue to inspire and delight us for generations to come.

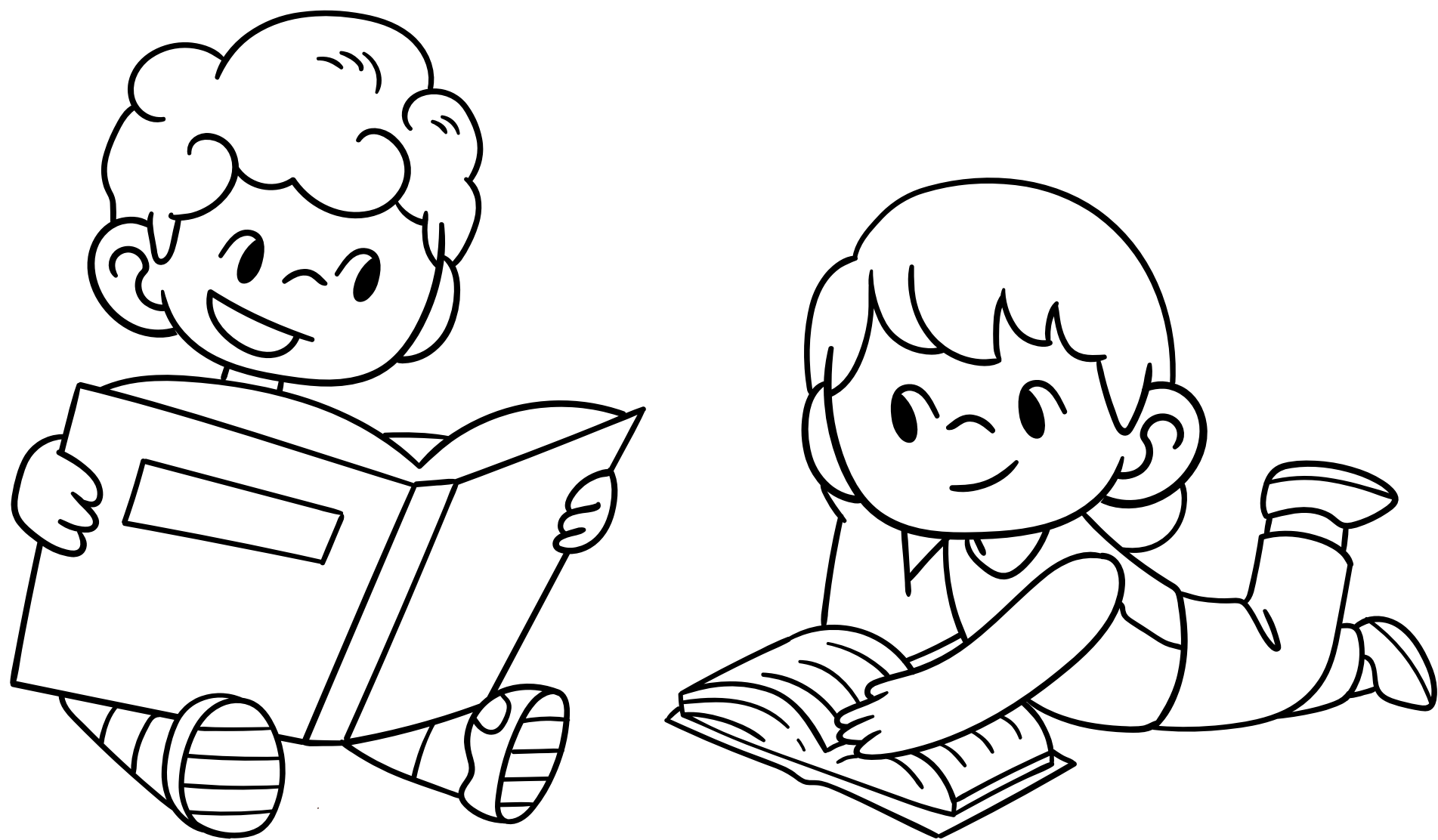
Did you Know?

Listening to music can reduce symptoms of anxiety and depression by 25% in older adults.



Activity Area

National Reader’s Day is celebrated on 19th June every year in India. It is celebrated to honour Puthuvayil Narayana Panicker (P.N. Panicker) who is known as the founder of the library movement. Colour in the image.



Spot the Difference



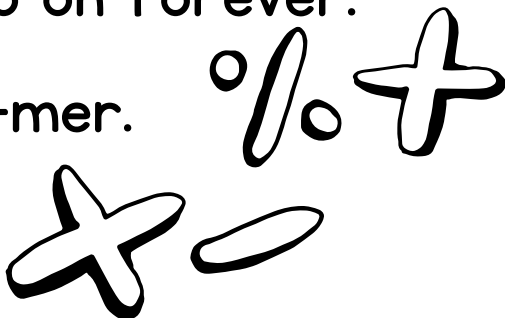
June 21 is World Music Day!

Activity Area



Jokes about MATH

- 1. Where do mathematics teachers go for vacation? Times Square!
- 2. Why is 6 afraid of 7? Because. 7 8 (ate) 9!
- 3. Why did the math book look so sad? Because it had too many problems.
- 4. Why do plants hate math? Because it gives them square roots!
- 5. Why wasn't the geometry teacher at school? Because she sprained her angle!
- 6. What did the calculator say to the student? You can always count on me!
- 7. You should never start a conversation with Pi. It'll just go on forever.
- 8. What's a math teacher's favorite season? SUM-mer.



F
A
T
H
E
R'
S



D
A
Y



| | | | | | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| I | D | S | V | B | A | V | B | J | U | V | M | Q | V | R | X | G | O | D | D | V | M | J | U |
| P | M | D | L | X | W | L | M | J | T | O | Y | F | N | E | A | L | I | V | O | T | O | L | B |
| G | O | V | A | S | M | G | B | S | P | X | A | V | Q | H | L | F | Q | L | J | V | A | N | P |
| K | D | R | C | O | F | V | S | S | O | X | X | Z | H | C | S | N | J | P | K | C | Y | A | U |
| G | E | V | F | S | B | H | X | H | T | M | N | H | U | A | B | N | H | V | D | A | D | P | X |
| O | E | L | M | A | W | D | V | Q | E | H | Z | B | W | E | V | J | H | S | D | V | G | A | A |
| N | I | S | B | H | B | H | I | E | T | W | F | Z | B | T | A | D | Y | E | C | L | X | Q | C |
| F | J | P | P | X | P | N | X | F | Z | D | M | Q | X | F | B | B | S | A | J | H | O | S | R |
| H | R | T | D | M | O | Z | U | J | L | F | F | A | O | X | H | V | J | Z | O | G | G | N | W |
| I | T | X | E | L | Q | R | X | W | E | G | D | V | P | Q | E | W | U | O | U | G | E | O | K |
| E | Z | K | U | Y | O | O | E | K | K | U | H | F | N | V | H | H | N | Y | E | X | G | M | O |
| L | Z | D | J | D | Z | V | P | H | N | O | A | D | G | V | F | O | Z | Y | Y | I | D | J | N |
| C | F | B | I | J | B | V | E | N | R | T | L | X | H | C | C | N | N | E | L | S | Y | H | A |
| K | K | Y | H | S | M | K | W | H | H | E | R | D | H | I | D | S | Z | M | C | S | W | L | M |
| T | C | V | D | U | E | Y | A | E | R | M | P | E | M | C | P | M | Q | M | L | W | H | P | B |
| F | P | Y | Z | U | E | K | R | F | X | A | O | U | H | T | O | V | K | W | O | C | T | E | W |
| O | F | K | O | I | D | S | Y | F | F | U | I | G | S | T | J | Z | X | W | E | P | M | G | R |
| T | D | M | R | I | D | W | N | T | E | C | O | S | J | D | A | R | R | K | A | K | K | E | W |
| P | S | W | J | A | A | W | N | A | I | D | R | A | U | G | F | F | B | S | F | I | I | N | H |
| A | N | R | Y | A | H | A | B | O | W | D | V | X | V | C | T | L | T | I | R | E | M | L | S |
| R | R | E | O | W | V | J | J | X | W | N | W | X | P | F | A | M | I | L | Y | T | Z | G | P |
| E | M | U | M | P | T | J | G | C | D | D | G | K | E | X | I | F | F | U | S | E | U | S | Q |
| N | P | T | G | A | U | I | J | E | O | W | T | W | I | K | T | A | Q | R | O | H | T | P | N |
| T | K | U | K | N | U | Q | F | L | N | Z | J | R | X | W | Z | S | O | U | F | Q | H | Q | E |

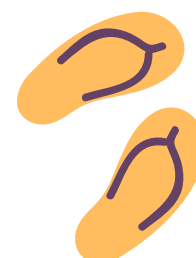
Activity Area

Find wrongly spelled words in the following passage and underline.

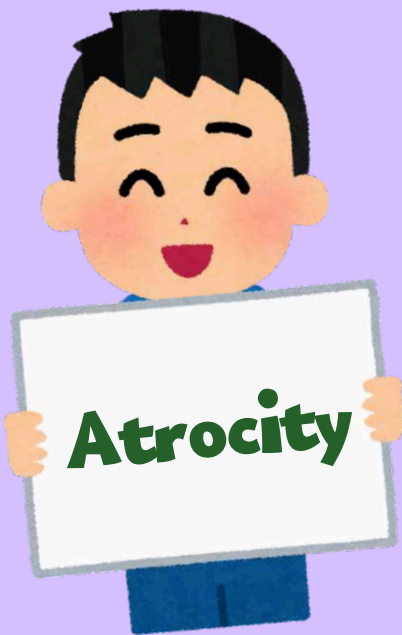
eg. Riya has many pets. One of them is a teny turtle.



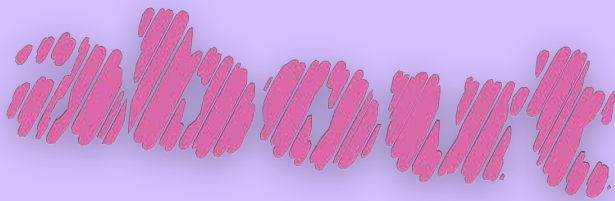
A Trip to the Beach



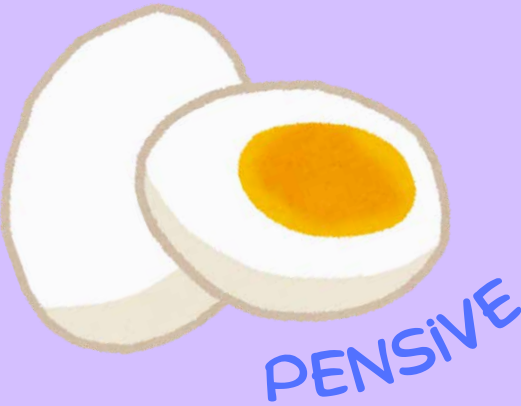
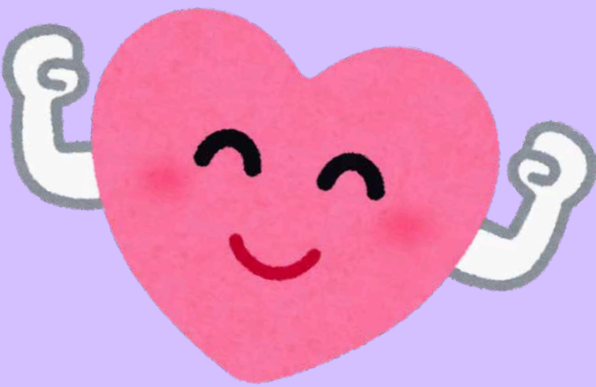
Isabella and Oliver were very excited to go to the beach with their parints. They packed their stuff in a small tote bag and headed stroight to the beach. They reached their destinashun in an hour and excitedly ran to the shore. They started building sandcastles but a wave came an and wibed out all their hard work. Even though their sandcastles were no more, Isabella and Oliver collected seashells of different kinds. Then they ruched to the sea and had fun splashing and swimming. Though they had a lot of fun, their day came to an end. They went bacc home and relaxed.



V O C A B U L A R Y



STRENGTH
& HEALTH



meander, ardent, frugal, acquiesce



RESPIRE, JITTERY, WAYWARD



seize, pungent, bolster, frantic



TREMENDOUS, MESMERISE, INEPT

THE MAGIC OF COMICS: BOOM! POW!

Do you love stories, comedy, adventure and super cute characters? Then you're going to love comics! Comics are a special way to tell stories. They combine words and picture to create fun and interesting experiences.

What Makes Comics Special?

Comics take you on amazing adventures, introduce you to new friends and teach you valuable lessons. They can make you laugh, cry, and feel all types of emotions. And do you know what the best part is? You can make your own comic too!

Types of Comics:

There are various types of comics to choose from, including:

- Superhero comics: The adventures of heroes like Superman and Batman.
- Graphic novels: Longer, more complex stories that often tackle big themes.
- Manga: Japanese- style comics which are super popular around the world.
- Indie comics: Independent creators producing unique and often quirky comics.

How to Create Your Own Comics:

Do you want to make your own comics? Here is a simple tutorial:

- Write down a story.
- Draw a few frames for your story and add characters.
- Add colours and other details to make it look fantastic.
- Share your comic with your friends and family or get it published!

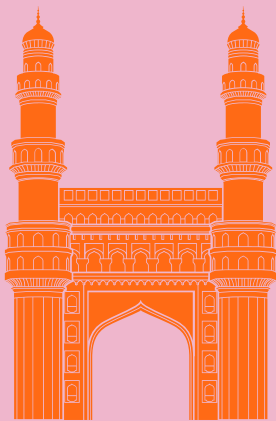
Why Comics Are Important:

Comics are a wonderful way to:

- Expand your vocabulary
- Help you read between the lines
- Are good for your brain
- Help you make friends with other comic book lovers.

So what are you waiting for? Get ready to enter a world of adventure, excitement and imagination with comics!

TOURIST TIME



Telangana

TELANGANA IS A TREASURE TROVE OF HISTORY, CULTURE, AND NATURAL BEAUTY. FROM THE ICONIC CHARMINAR TO THE SERENE LAKES AND FORESTS, THERE'S SOMETHING FOR EVERYONE IN THIS INDIAN STATE. EXPLORE THE CITY OF HYDERABAD, KNOWN FOR ITS RICH HISTORY, VIBRANT CULTURE, AND MOUTH-WATERING CUISINE. VISIT THE ANCIENT TEMPLES AND FORTS OF WARANGAL AND KHAMMAM, OR TAKE A LEISURELY BOAT RIDE ON THE HUSSAIN SAGAR LAKE.

TELANGANA IS ALSO A PARADISE FOR ADVENTURE SEEKERS. GO TREKKING IN THE HILLS OF WARANGAL OR NIZAMABAD, OR TRY RAFTING IN THE SCENIC RIVERS OF KHAMMAM. FOR A MORE RELAXING EXPERIENCE, TAKE A HOT AIR BALLOON RIDE OVER THE CITY OR ENJOY A REJUVENATING SPA TREATMENT.

THE LOCAL CUISINE IS ANOTHER HIGHLIGHT OF TELANGANA. TRY SOME OF THE POPULAR DISHES LIKE BIRYANI, HALEEM, AND DOSAS, AND DON'T FORGET TO WASH IT DOWN WITH SOME FRESH TEA FROM THE LOCAL TEA GARDENS. ATTEND A TRADITIONAL DANCE PERFORMANCE LIKE BHARATANATYAM OR KATHAKALI TO EXPERIENCE THE STATE'S RICH CULTURAL HERITAGE.

తెలంగాణ

IN ADDITION TO ITS NATURAL BEAUTY AND CULTURAL EXPERIENCES, TELANGANA IS ALSO HOME TO MANY MUSEUMS AND HISTORICAL LANDMARKS. VISIT THE SALAR JUNG MUSEUM IN HYDERABAD OR THE WARANGAL FORT TO LEARN MORE ABOUT THE STATE'S HISTORY AND TRADITIONS.

OVERALL, TELANGANA IS A MUST-VISIT DESTINATION FOR ANYONE LOOKING TO EXPERIENCE THE BEST OF INDIA'S CULTURE, HISTORY, AND NATURAL BEAUTY.



Discovering International Yoga Day

International Yoga Day is celebrated every year on June 21st. This special day highlights the importance of yoga, an ancient practice that began in India over 5,000 years ago. Yoga is a combination of physical postures, breathing exercises, and meditation that helps to keep both body and mind healthy.

Yoga is not just about twisting and turning your body into different poses. It teaches us how to control our breath, relax our mind, and stay focused. Many people practice yoga to stay fit, reduce stress, and find inner peace.

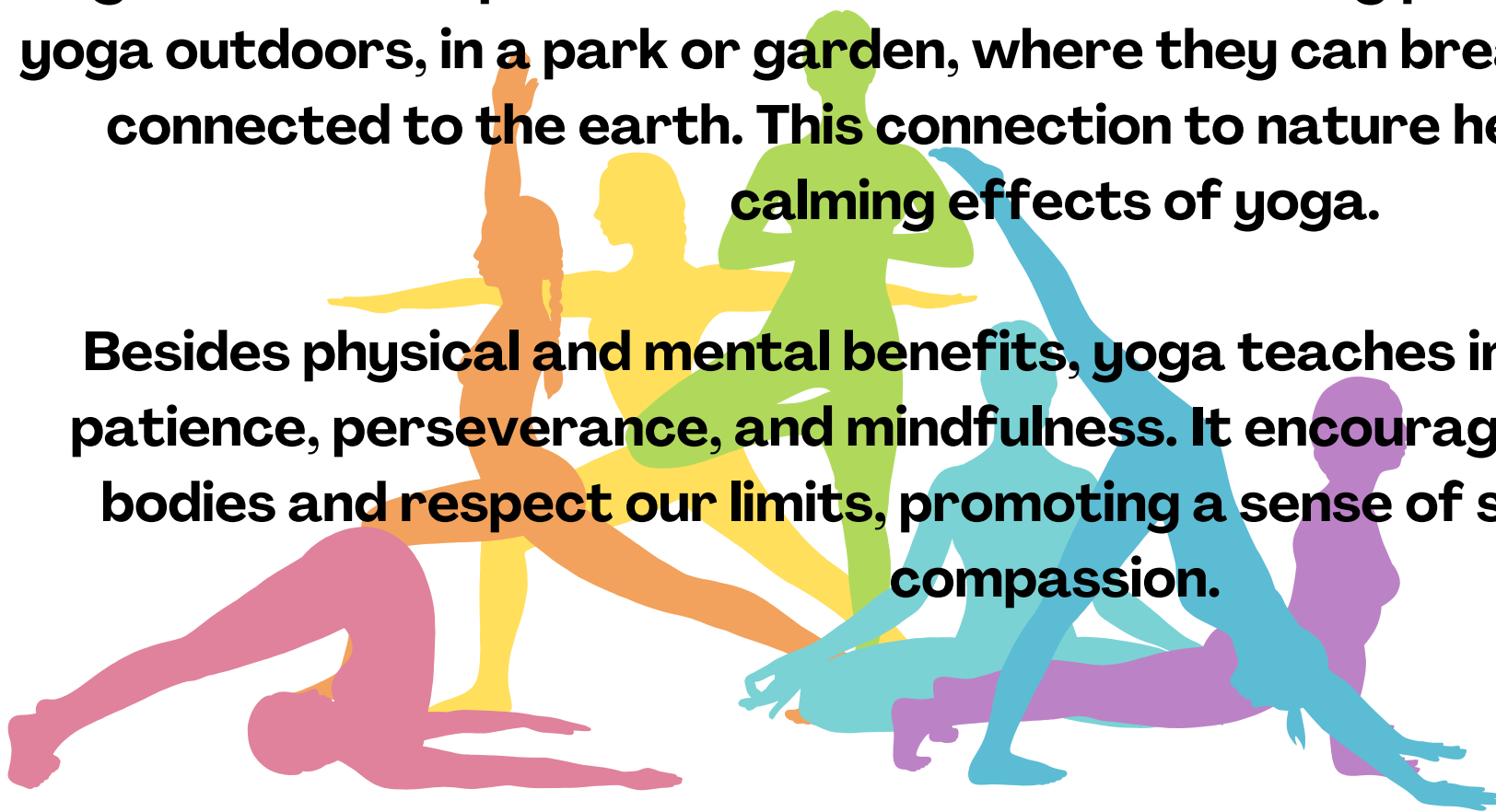
International Yoga Day was first celebrated in 2015 after it was proposed by the Prime Minister of India, Narendra Modi, and adopted by the United Nations. Since then, millions of people from all around the world come together to practice yoga on this day.

One of the great things about yoga is that anyone can do it, regardless of age or fitness level. There are simple poses like the Tree Pose, which helps with balance, and the Cat-Cow Pose, which stretches the back and improves flexibility. There are also more challenging poses for those who want to push their limits.

On International Yoga Day, many schools, parks, and community centers offer free yoga classes. These events often start with a peaceful meditation, followed by a series of yoga poses, and end with relaxation. It's a wonderful opportunity for everyone to try yoga and experience its benefits.

Yoga also has a special connection to nature. Many people prefer to practice yoga outdoors, in a park or garden, where they can breathe fresh air and feel connected to the earth. This connection to nature helps to enhance the calming effects of yoga.

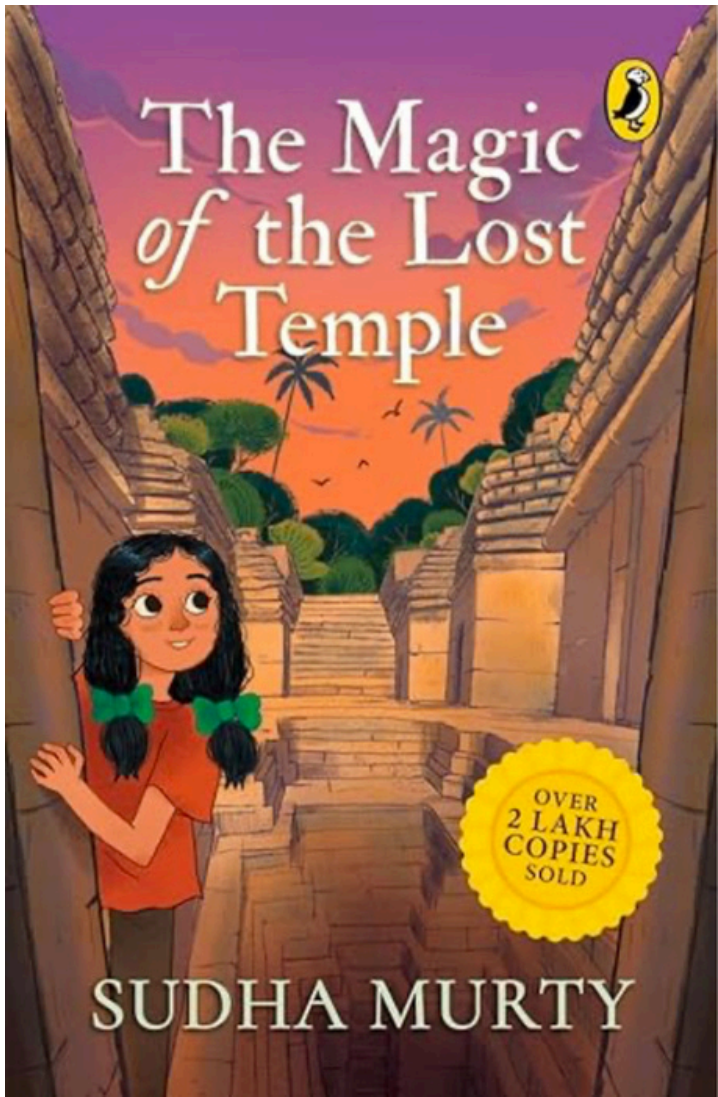
Besides physical and mental benefits, yoga teaches important values like patience, perseverance, and mindfulness. It encourages us to listen to our bodies and respect our limits, promoting a sense of self-awareness and compassion.



In some places, International Yoga Day is celebrated with large gatherings, where thousands of people come together to practice yoga in unison. These events are often accompanied by music and traditional Indian dance performances, making it a festive and joyful occasion.

Interesting facts about yoga include that it has over 84 different poses, each with its own unique benefits. The word "yoga" means "union" in Sanskrit, highlighting the practice's goal of uniting the body, mind, and spirit.

In conclusion, International Yoga Day is more than just a day to practice yoga. It's a day to celebrate health, peace, and the ancient wisdom that has been passed down through generations. Whether you're a beginner or an experienced yogi, this day offers a chance to join a global community, try new poses, and enjoy the many benefits of yoga. So, roll out your yoga mat and join in the celebration!



Book Review by
Kanira Gupta

The Magic of the Lost Temple

Author: Sudha Murty

Rating: ★★★★★

Story: Noonni, a city girl from Karnataka, is initially surprised by the slow pace of life in her grandparents' village. But she soon adjusts and gets involved in activities like papad making and learning to ride a bike with her new friends. The story takes a thrilling turn when Noonni discovers a centuries-old legendary stepwell hidden in the forest. This heartwarming tale follows her exciting adventure and new experiences.

Age Group: 8-12 yrs

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

Editor's Experience

Hi! This is Editor's Thoughts by Kanira Gupta, Editor-in-Chief of the KK Times and Curious Atom.

Last Saturday, June 15th, I attended CurioCamps: Travel in Time with Us, an Immersive Storytelling Workshop, and it was a delightful experience! The day began with a vintage paper-making session where I painted paper, let it dry, and inscribed my name in the corner using an ancient quill. Next, I participated in a captivating storytelling session led by Miss Nitasha, who played games with us and narrated an enthralling tale of Sindbad the Sailor. We sang, danced, and reveled in the story's twists and turns.

Afterward, everyone wrote their dreams on their vintage paper, sealed them with wax, and tied them with a ribbon. Following this, we enjoyed a spread of snacks including chips, muffins, and drinks outside. We played another game, explored the art gallery, and mingled with new friends. As the event drew to a close, I received a goodie bag and bid farewell to everyone.

It was a magical day filled with creativity, stories, and new friendships. I look forward to more such enriching experiences!



This is the Jun 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 newsletter 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 newsletter. 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 newsletter at email : **SUBMISSIONS@CURIOSBUDDY.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 Curious Atom**. Both these **kids magazines** are brought out by **CURIOSBUDDY.COM**