

17/8/26.

Day 1



JUNIORS

Little Yogi Journal

BG 6.26 A Mind Full of Courageous Thoughts (Moral: SAGE VISHWAMITRA)



1. Tiny Reset

When your mind feels full of worries...

What is one thing that helps you feel calm again?

gentle bring it back to normal

I take a deep breath, calm down and make up my mind.



2. Pause or Play?

You're doing homework. Your friends call you over the phone to play a video game together.

What would you do first?

I love playing games on phone, but I prefer completing my homeworks first and then i call my friend for playing games.



3.

PUZZLE MANIA

Scan the code,
reveal the hidden
character, and race
against time to solve
the puzzle!

SCAN ME

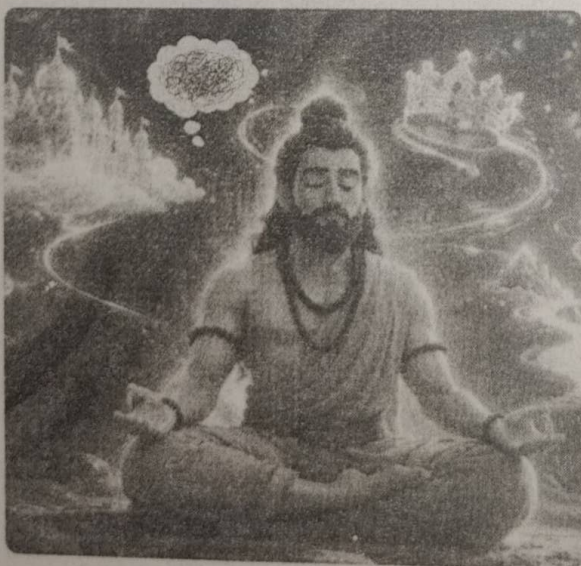


7:19 mins.

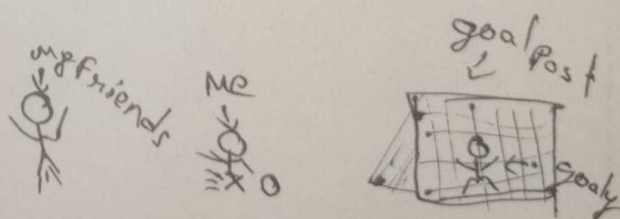
4.

One More Time 😊

Vishwamitra tried to focus,
but his mind kept wandering.



My Football match



Draw one thing that
can easily distract you.



Mention one way
to help you
focus back on
your work?

My mom helps me to focus
back to my work

5. Colour Me In!

Colour Arjun.

