



SENIORS

Little Yogi Journal

BG #4.42 - Courage Chases Away Doubts
(MORAL: KALIDAS)



1

Your Sword of Knowledge

If knowledge is a sword...
What are three ways you
sharpen yours?

☐

Reading

☒

Asking questions

☒

Practising

☐

Listening carefully

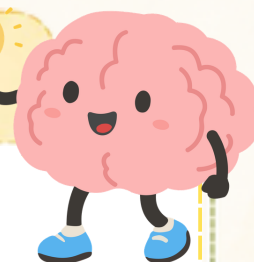
☒

Learning from mistakes

Something else: If knowledge were a
sword you could sharpen it using school since
you learn in school.



Which one helps you the most and why?



I think practicing helps you the most because when you practice you do all of the
four things at once. You read when you are reading a passage to answer questions. You ask
questions when you're practicing so you can understand what to do next time. You also
listen carefully when you're practicing with a teacher and you learn from mistakes when
you're practicing since you make mistakes, especially when practicing.

2

Wordsearch Activity!



Spot and circle the hidden words in the alphabet grid.

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

Learning

Scholar

Journey

Sacrifice

Ignorance

Decision

Temple

Patience

Wisdom

Practice

Knowledge

Confidence

Transform

Devotion

3

Kalidas' Growth Map



Match each **step** with what it helped him **build**.

Step

Built...

Praying
sincerelyDaily
practice

Studying

Never giving
up

Confidence

Wisdom

Discipline

Perseverance



Which step do you think changed Kalidas the most?
Why?

I think daily practice changed Kalidas the most because it was what helped him grasp the
concept of language and words over time. Without daily practice he wouldn't have been able
to learn how to read and write as well as he did. Daily practice is critical when learning
anything new especially when learning to read and write properly.

4

Future You



Kalidas became great
because he kept
learning, even when
progress was slow.



Think of one skill you want your
future self to thank you for.

Complete:

"I'm choosing to practise patience
because one day I hope to be able to control my
feelings of work on lots of things with my best effort so my work will be even better than
before. If I'm doing something patience will help me stick to the task until it is done well, and
properly with my best effort. I want it to look like I tried my hardest."