

Date: _____

Time: _____

DOING ONE THING EVERY DAY AT THE SAME TIME

- **Is there anything I do every day at same time?**

Activity: _____

- **Things I do every day at the same time, occasionally:**

Activity: _____

- **Do I want to start doing one thing at the same time then which is that activity?**

Activity: _____

- **Why do I do whatever I am doing every day?**

- **Reason for the Activity:** _____

- **Is there a gain or a pleasure? Yes, there is ____ No, there isn't any ____**

- **What is my goal with this behaviour?**

Reasons for the Activity: _____

- **What steps do I take to not get bored of the monotony?**

Steps for making it work for you without getting bored of it:

- **Can I allow myself cheat days when I don't do it**

How many Cheat Days in a month: _____ and Why: _____

- **What is your self-reward of doing something at the same time for long, for a month? (It can be appreciation, it can be a gift of time or a chocolate or a toy you like!)**

Reward with kind/value/day/date and time:

How many such activities I want to do every day and how many months do I plan?

Note to parent: If you find your Child is doing One Activity for a month, reward them with sufficient, likeable and pleasure word of appreciation written on their desk or buy them something of good use or something of their choice to consume.

'Nurturing My Mind' in 2020 – a KPSK Video Module (1) for KPS Students

Date: _____

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DOING ONE DIFFERENT THING EVERY DAY

- **Is there anything I like to do? and Is there anything I love to do?**

Activity: _____

Activity: _____

- **Here are list of 7 activities I did when I went to school different than studying?**

Activity: (For example: Sports, Drama, Dance, Singing, public Speaking)

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

- **Here are list of 7 activities I did when I went to school for scoring marks?**

(For example: Reading a paragraph to remember, solving math problems, essay)

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

- **How am I going to do these activities? What are resources required? How much time I am going to invest in these activities; how many are for learning & for fun?**

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Note to parent: Record the time spent by the child on these activities and discuss with the teachers whether they are age related and find more activities to create jar for the Child to look forward to. Celebrate the CHILD's outputs with gusto! If possible facilitate!

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TAKING IN SOME INFORMATION

- What is that I am more curious about all the time?

- How much I want to Learn

- If I am not interested anymore what do I do with the information I have?
(Can I pass it to someone interested? Do I delete it? Do I still continue because its valuable and may be of some use)

- What are the topics of interest for me?

RELEASING INFO BY JOURNALING

- What size of book I like?

- What will my journal look like? What colours will it have?

- Will it have date and time and moods I am writing in? Yes _____ No _____
- Will I involve my parents or will it be a safe, secured writing?

- Will I use my dictionary to know new words to improve my vocabulary?

- Will I also download and read books (For eg. A Diary of a Wimpy Kid) before making one?

- Will I share it with my Teacher/School Counselor?

Note to parent: Sometimes not instructing what to read, what not to read goes a long way! Children come with an innate sense to filter the good from the bad, let them be! Monitor the time and date they are journaling and don't expect them to confide in you for everything and don't let them pay a cost to confide in you if they do! Let us value expressions more than impressing someone!