

May 2024



Monthly Newsletter

Ambassador Times



@ambassadorDXB

@ambassador-school

ambassadorschool.com

+971 04 398 3535 / +971 55 910 7306

@ambassadorschool

@ambassadorschool.ae

@ambassadorschooldubai

admissions@ambassadorschool.com



Connecting Hearts.....Connecting Minds...

From the Principal

“Count your blessings. Once you realize how valuable you are and how much you have going for you, the smiles will return, the sun will break out, the music will play, and you will finally be able to move forward the life that God intended for you with grace, strength, courage, and confidence.”

– Og Mandino, American author

Dear Students and Parents,

As we get closer to the end of the first term of this academic year, while reflecting, my heart swells with pride hearing the chatter of eager minds, the shouts of excitement from the victorious players during Inter-House matches, the thump of dancing feet and the sound of melodious voices practicing with their music teacher. Enthusiasm permeates the atmosphere of the school. And I tell myself, this is what we miss when students are away for the summer break.

There is a saying, credited to Michael Altshuler, which states, “The bad news is time flies...the good news is that you’re the pilot” and this should be good news for each of our students. Yes, the year is progressing quickly but with discipline, planning, punctuality, and great attendance, each and every student still holds their destiny in his / her hands. Our vision for all our students is to maximize their potential in all facets of school whether it’s the academics, fine arts, performing arts, STREAM, service to others, or sport and not leaving any of these to chance is the key.

Parents, like I always say, a strong partnership between home and school fosters greater success for our children. The role of supportive parents in their children's education cannot be underestimated and we encourage all parents to communicate regularly with children about their dreams, actions they are taking and the progress they are making. Talk to children often about how, in their own small way, they can contribute towards the community by showing their empathy, taking up community service projects, caring for the environment especially during the upcoming summer break. Giving our children strong values along with a set of wings will definitely carry them far in life.

Our country is an empowered, enlightened and enterprising nation. We wish to make our home country as well as our second home, UAE, even more powerful with conscientious, resilient and confident youth who with their innovation and creativity will contribute to the multifaceted growth.

Looking forward to all of you having a look at the May edition of Ambassador Times and admire the creativity of our students!

Warm regards
Dr. Sheela Menon
Principal



Highlights of the Month

INVESTITURE CEREMONY 2024



AL FALAH 2024



HIGHLIGHTS OF THE MONTH

INVESTITURE CEREMONY 2024

“Leadership is the capacity to translate vision into reality’- Warren G. Bennis

The spirit of cooperation and team work adorned the campus of ASD this morning as the newly elected Student Council members for the new academic session 2024-25 geared themselves for the prestigious annual event namely the Investiture Ceremony.

This August event commenced in the traditional manner with the National Anthem, the recitation of the verses from the Holy Quran followed by a brief outline of the election process and the fervor attached each step of the way. The formal investing procedure witnessed our young Ambassadors receiving their sashes and badges from our Respected Principal, Dr. Sheela Menon, Vice-Principal, Mrs. Rosy Bali and members of the Senior Leadership Team, amidst cheers and applause.

The Head Boy Abhinav Chamoli in his maiden speech in his new portfolio said, “I take this as an opportunity to create an enriching environment for each one of us in keeping with the ethos of ASD in nurturing global Ambassadors.”

Head Girl Ria Khorana pledged, “As your Head Girl I will be your voice... ensuring that your aspirations are heard and that our combined efforts make meaningful contributions for academic, personal and community engagement.”

The school song followed by the cake cutting ceremony brought the event to a befitting close. The ceremony set yet another milestone in the ASD chapter.



HIGHLIGHTS OF THE MONTH

AL FALAH 2024

“Collaboration allows teachers to capture each other’s fund of collective intelligence”
-Mike Schmoker

The 6th edition of ASD’s Al Falah commenced on 21st May, 2024 with the workshop themed “Enabling Assistive Technologies across Communities through AI and Robotics” at the BITS Pilani, Dubai campus. This was the second year that the college opened its doors for the AGT students from schools across Dubai and Sharjah initiated by Ambassador School. Professors and student mentors from EE (Electrical and Electronics), CS (Computer Science) and ME (Mechanical) departments took the students through the world of Robotics.

The EE department introduced the participants to Tinkercard. They were able to construct a motherboard with all relevant connections. The student mentors even created a small handbook that would be useful for the participants who might want to continue to work on the circuits. The CS department gave an introduction to the world of AI and Robotics and the participants used Python codes to generate new chatbots by accumulating information. The Mechanical Engineering department taught them how each part of a robot relates to human body parts and how coding can make the robot perform a certain function.

The workshop gave the students more hands-on learning and rendered positive feedback from the collaborators and attendees.



AMBASSADOR KG



From the twinkling excitement in their eyes to the infectious giggles that filled the air, our Kindergarten students embarked on a journey of discovery like no other. Along with learning, students laughed and created memories that will last a lifetime. Field trip days were filled with laughter, learning, and love.



AMBASSADOR KG



This Mother's Day, the celebration in our Kindergarten School was to spotlight on the heroes who make their children's lives brighter with their love, strength, and unwavering support. An array of activities were planned to honor the Mother's who participated with their children and spent quality time in the school premises.





Launching Our Eco Team: Champions for a Greener Future!
10th May, 2024 marked the official inauguration of our Eco Team, a dedicated group of change makers committed to making our school—and our planet—a better place for all.





Embarking on a Cultural Journey! Join Us as We Explore the Mosque! KG2 students had an unforgettable cultural experience through a visit to the mosque! This visit isn't just about sightseeing – it's about diving into the heart of Islamic culture and traditions!



AMBASSADOR KG



Messy play is a vital part of early childhood development that encourages children to explore, experiment, and engage their senses in a safe and stimulating environment. Our PREKG children had the opportunity to dive into a variety of sensory-rich activities.





Children learned the importance of light in our lives through a story with simple explanations to help our little learners understand the importance of light in our daily lives. They also engaged in exciting activities to explore light and shadows. To extend the learning at home, we organized a Light Hunt activity where parents got involved.





Our PREKG students had an amazing time during the recent Show and Tell session on the topic "My Favorite Toy"! Each child brought their favorite toy from home and shared delightful stories and reasons why their toy is special to them. It was heartwarming to see their eyes light up with excitement and pride as they spoke in front of their classmates.



MORAL MAGNETS



MY SPACE

MORAL MAGNETS

Watch your Thoughts, they become Words
 Watch your Words, they become Actions
 Watch your Action, they become Habits
 Watch your Habits, they become Character
 Watch your Character, they become Destiny

Virtues listed on hearts: HONESTY, PUNCTUALITY, COMPASSION, COURAGE, SHARING, HELPING OTHERS, TRUST, RESPECT, KINDNESS, BEING FAIR.

By **RIDI**
 Grade - 2E

COLOR THE WORLD WITH KINDNESS

Random acts of Kindness

- Bring a **SMILE** to someone's face.
- Offer your hand in **FRIENDSHIP**
- ASK** someone about their day.
- Let others know how much you **APPRECIATE** them.
- Tell someone **THANK YOU**

Mini class 3A

By **SAYURI MENON**
 Grade - 3A

MORAL MAGNETS

Virtues listed on leaves: DIGNITY, CARING, EQUALITY, TRUTH, HUMANITY, UNBOASTFULNESS, LOWEAL, FAIR, BELIEF, HONESTY, FAIR, DEEP FEELING, LOVE, BALANCE, RESPECT, UNITY, COMPASSION, TRUST, KINDNESS, HARD WORK, LOYAL, FAITH, FERVOR.

By **RIAN MAGOTRA**
 Grade - 3D

Kindness

Kindness is a type of behaviour marked by acts of generosity, consideration, rendering assistance, or concern for others, without expecting praise or reward in return. It is a subject of interest in philosophy, religion, and psychology. In Book II of Rhetoric, Aristotle defines kindness as "helpfulness towards someone in need, not in return for anything, nor for the advantage of the helper himself, but for that of the person helped". Friedrich Nietzsche considered kindness and love to be the "most curative herbs and agents in human intercourse". Kindness is one of the Knightly Virtues. In Meher Baba's teachings, God is synonymous with kindness: "God is so kind that it is impossible to imagine His unbounded kindness".

KINDNESS

Five acts of kindness

- If it's raining - lend someone the umbrella
- Saying good morning
- Having a conversation with someone who is experiencing homelessness
- Talking a minute to help someone who is lost
- Smiling and saying hello to people one may pass every day, but have never spoken to before.

PREETHANJALI - 4A

By **PREETHANJALI**
 Grade - 4A

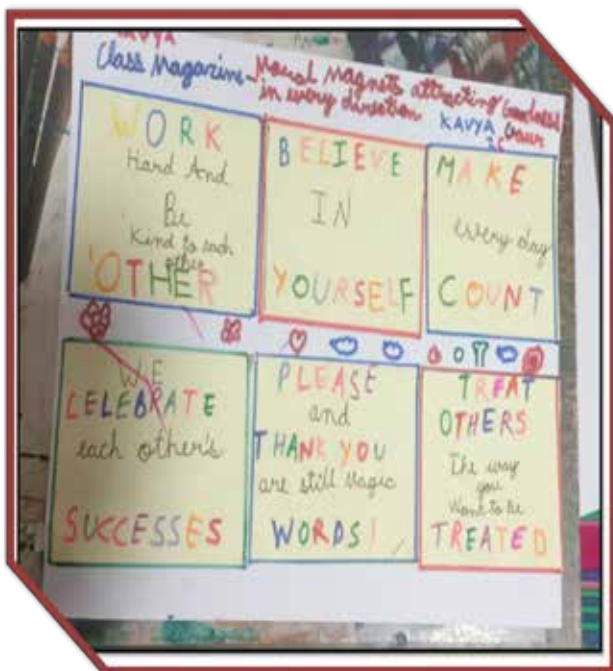
MY SPACE



By AARADHYA NAIR
 Grade - 4B



By PRIYANSH GOYAL
 Grade - 4B

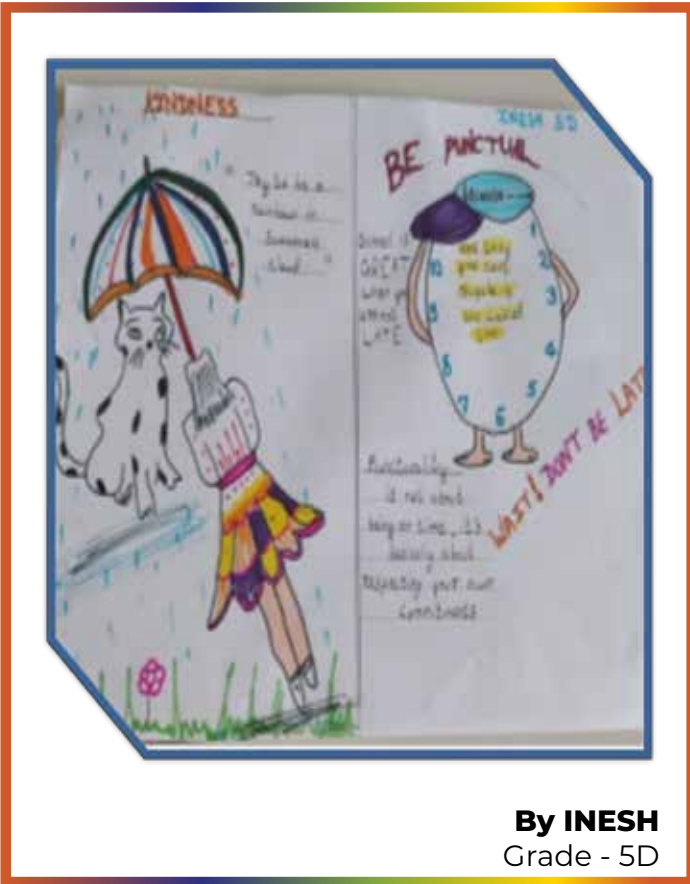


By KAAVYA GAUR
 Grade - 2c

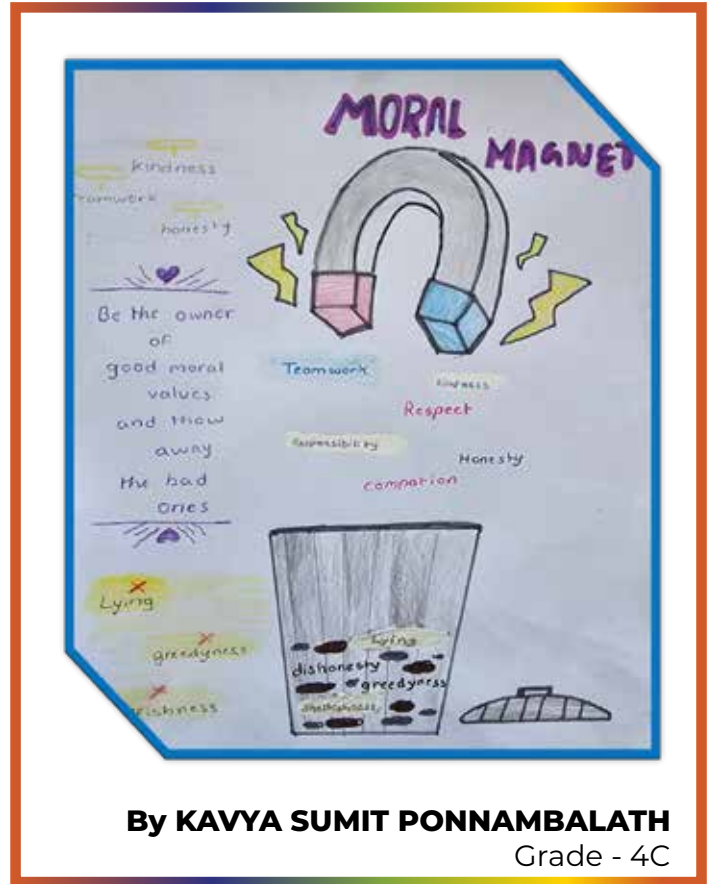


By ANDREA D'SOUZA
 Grade - 4C

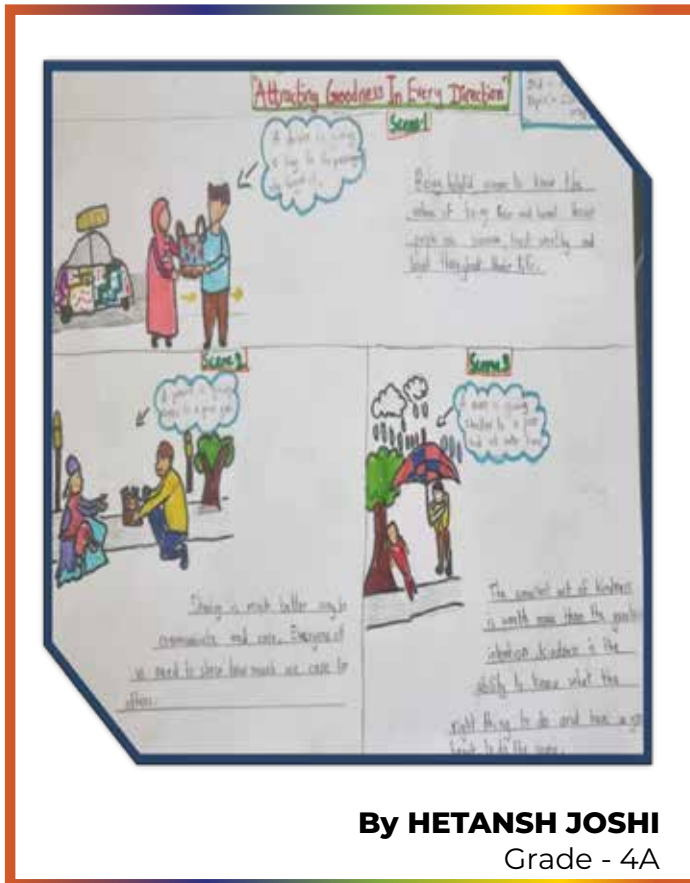
MY SPACE



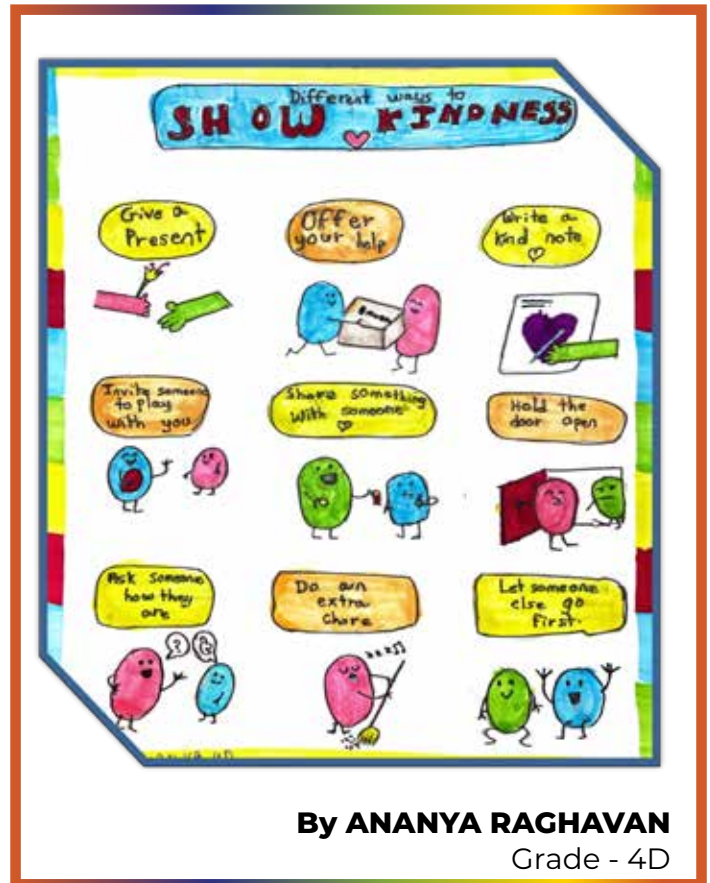
By INESH
 Grade - 5D



By KAVYA SUMIT PONNAMBALATH
 Grade - 4C



By HETANSH JOSHI
 Grade - 4A



By ANANYA RAGHAVAN
 Grade - 4D

MY SPACE

MORAL MAGNET

Compassion, Trust, Honesty, Care values, Creativity, Passion

WE SHOULD ALL TRY TO BE MORAL MAGNETS

Evat-1

By EVA
Grade - 4D

Empathy Priyamvada

Put yourself in their shoes. How might they be feeling?

Practice something

Pay attention to others feelings. We can get an idea of how someone is feeling by looking at their body language. Does they smile or the look of their face.

Think before you speak

How do I think my words or actions are going to make them feel?

Stand up for others

Use sympathy and language when they might feel sad and do something about it.

By PRIYAMVADA GANESH
Grade - 5A

KINDNESS

Kindness is a beam of light
Always keeps our lives bright
Acts of kindness never go in vain
It always heal someone's pain

Share our kindness everywhere
Show others that we really care
Spread kindness wherever we go
It makes our soul glow

Kindness is not an option, it's our duty
As it enhances our inner beauty

-S. Anoushka VB

By ANOUSHKA
Grade - 5B

Moral Magnets : Kindness is a Great Strength

Once upon a time there was a boy named Robin. He and his family went for camping in the forest. During camping he went to collect woods for fire near the dense tree. While he was gathering the bunch of woods, he saw a tiny furry rabbit husking and shivering under the bark of a tree.

Curiously, he went closer to the rabbit. He found out that rabbit was feeling unwell, cold and discomforting without his family. Kindly, he picked the furry rabbit with his palm and tried to comfort him. The rabbit felt warm and started to cuddle around the boy. The boy carried the rabbit to his family and placed him in a cane basket and wrapped him with his mothers woolen blanket. Then the boy feeded the rabbit with some fresh orange carrots and some leafy greens. Hungrily the rabbit nibbled the food. Once the rabbit ate the food he became active and started playing with the boy. Joyfully rabbit enjoyed the boys company and it seemed the boy found a tiny friend on his camp.

This way being kind one can become friends with anyone. A friendly word and a helping hand can make a difference in this land.

"Kindness is the best gift".

Jaimin Mehta 5 C

By JAIMIN MEHTA
Grade - 5C

FUN FACTS ABOUT SPORTS!

- The first ever game of Basketball was played with a football.
- No Barcelona player had ever been named La Liga player of the month until Neymar was in November 2015.
- During a match of tennis, a player runs an average of 3 miles.
- There are exactly 108 stitches on a baseball.
- The longest boxing match in history lasted 7 hours and 19 minutes for 110 rounds in 1893.
- Until 1913, Goalies did not wear different coloured shirts from their teammates.
- The colours of the Olympic Rings represents one of the five continents of the world.
- Golf was the first sport played on the moon by Apollo 14 astronaut Alan Shepard in 1971.
- The fastest goal was scored within 2 seconds.
- The first Cricket World Cup was held in England 1975.
- The longest cricket match lasted 14 days in 1939.



By Aarush Keni

THE RUN

I'm running to cleanse my soul.
"From what? To where?"
At this moment I do not care.
Rain drops beat against my face.
I run on faster, into its embrace.

"But why?"
To leave my cares behind.
To scream, to cry, to defy.
My feet hammering the ground.
In search of peace not yet found
I race on, clothes drenched in sweat.
To just let go, and forget.

"Had enough?"
Not yet, I scream at him silently.
As I feel my heart beating violently.
Against the wind and blustery showers.
I run on for what seems like hours.

By Dev Sivakumar 10A



मानवाधिकार

मानवाधिकार हर व्यक्ति के मौलिक अधिकार और संरक्षण हैं, चाहे वह उनकी राष्ट्रीयता, जाति, लिंग, धर्म या किसी अन्य स्थिति का हो। ये अधिकार मानव गरिमा, समानता, और कल्याण के लिए महत्वपूर्ण माने जाते हैं। इनमें विभिन्न स्वतंत्रताएँ और अधिकार शामिल होते हैं, जैसे जीवन, स्वतंत्रता, और सुरक्षा का अधिकार, भेदभाव से मुक्ति, और सामाजिक, सांस्कृतिक, और राजनीतिक जीवन में भागीदारी का अधिकार। मानवाधिकार अंतर्राष्ट्रीय समझौतों में, जैसे कि सार्वभौमिक मानवाधिकार घोषणा, द्वारा अभिव्यक्त होते हैं और सरकारों द्वारा यह सुनिश्चित किया जाता है कि उनके क्षेत्राधिकार में सभी व्यक्तियों के योग्य व्यवहार और गरिमा का सम्मान किया जाता है।

युएई में मानवाधिकारों की स्थिति के बारे में बहुत सर्वसामान्य अनुमान लोगों के मन में रहता है। यह एक अध्ययन के अनुसार, वहाँ के कानूनी प्रणाली और संविधानिक संरचना मानवाधिकारों की सुरक्षा को प्रोत्साहित करती है। युएई में महिलाओं के अधिकार, शिक्षा के अधिकार, और अल्पसंख्यकों के हक का सम्मान किया जाता है।

By Salomi Thomas 10B

PARENTS' PANORAMA



Early to bed and early to rise.

EARLY TO BED, EARLY TO RISE...

The topic I have taken up here rings a bell, right, readers! It is the abbreviated form of the well-known proverb by Benjamin Franklin 'Early to Bed, Early to Rise makes a Man Healthy, Wealthy and Wise. Though simple enough for a child to understand, it has huge implications. With rising awareness and concerns over childrens' physical and mental well-being, given our present lifestyle and ambient factors, putting this age-old piece of wisdom into practice would definitely be a way out.

Research supports the idea that sleeping and waking up early improves one's sleep quality subsequently benefitting the body physically and mentally. It enhances digestion, improves mood and gives better focus to do daily tasks. Sleeping on time for eight to nine hours means more energy. The mind feels rested, refreshed and rejuvenated for the day ahead. Prudent sleep habits coupled with appropriate eating habits and exercise help in holistic well-being.

Exercising early in the morning is a great option. If kids can exercise or skip the rope before they get ready for school, it would be great to uplift their mood. Children will be focused in class, won't tire out easily and stay happy throughout the day. Studies also show children who wake up early tend to achieve better results whether it's academics, sports or any extra-curricular activities.

Our ancestors stressed the importance of Brahmamuhurta, the morning period between 4AM-6AM. Meditation, Studying, Planning, Introspection and remembering our parents, Guru and God can be done during this period of time. In today's world where there is cut throat competition everywhere, it's essential that we turn back to a few practices that we left behind in an attempt to fit ourselves to the new ways of the world. Last but not the least, as responsible parents, let us set an example to our children since they learn easily from us.

KALPANA SUKUMAR

(VARSHITH SUKUMAR 4B, AKSHATA SUKUMAR 1A)

NATURE OVER NURTURE

NATURE OVER NURTURE



Happiness is a choice that holds immense importance in our lives. It's a responsibility we have towards ourselves and others. Let's explore the significance of happiness and discover three powerful tools: gratitude, letting go, and smiling.

Happiness is a conscious choice we make, regardless of circumstances. By embracing a positive outlook, we can find joy even in challenging times. It's a brave decision to prioritize our well-being and shape our attitude towards happiness.

Being happy is not selfish; it's our responsibility to ourselves. By prioritizing our happiness, we can navigate life with resilience and fulfillment. Moreover, our happiness becomes a gift we share with others, inspiring and uplifting those around us.

Tools for Happiness:

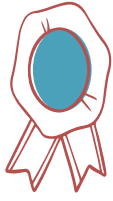
a) Gratitude: Appreciating the blessings in our lives helps shift our focus from lack to abundance. Gratitude cultivates contentment and resilience, reminding us of the simple pleasures and support we have. Not only expressing gratitude towards others but also towards oneself.

b) Letting Go: Release negative emotions, past grievances, and unrealistic expectations. Letting go liberates us from emotional burdens, creating space for happiness to thrive. Dwelling in the past can sometimes jeopardize one's mental health.

c) Smiling: A genuine smile has the power to transform our mood and brighten the day of others. Smiling spreads positivity, connects people, and creates a ripple effect of joy.

Choosing happiness is a responsibility we owe ourselves and others. By embracing gratitude, letting go, and sharing genuine smiles, we unlock the path to a more fulfilling and joyful life. Embrace these powerful tools and watch as happiness becomes a guiding force, illuminating your journey with simplicity and contentment.

BY SEN DEPARTMENT

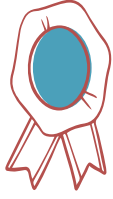


HALL OF FAME

STEM TEACHERS AWARD 2024 by BITS Pilani

Ms. Anitha Muralidharan and Mr. Nitin Tyagi from the STREAM department are such two teachers among the many in ASD faculty who stand out in the category of teachers 'with a difference' and thus were awarded with the Best Teacher for Excellence in Instructional Leadership and Outstanding Projects respectively in the STEM TEACHERS AWARD 2024 by BITS Pilani. Heartiest congratulations to Ms. Anitha and Mr. Nitin for such a wonderful recognition. Our sincere gratitude for their tireless and continuous contribution in shaping up the enquiring minds of the ASDians.





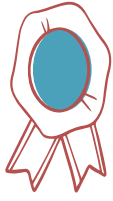
HALL OF FAME

International Yoga Championship

Inhale possibility, Exhale Excellence: Ambassador School emerges International winners once again at the 10th International Yoga Championship. The recent success of Ambassador School's students at the 10th International Yoga Championship held in Dubai is a testament to the school's dedication, the remarkable skills of its students, and the unwavering support of its professional trainers.

The championship, which saw participation from eleven countries including the UAE, India, the United Kingdom, Malaysia, Singapore, Hong Kong, Pakistan, and more, provided a platform for students to showcase their talents and compete at an international level. Ambassador School actively participated in various categories, demonstrating its commitment to promoting the practice of yoga and fostering excellence among its students.





HALL OF FAME

BUDOKAN CUP -2024 - Karate Competition, Dubai, UAE

The recent Karate competition held at Kent College, Dubai was a resounding success, showcasing the skill and dedication of karatekas from various regions. The event, organized by Budokan Karate, featured both Kata and Kumite categories, with participants competing across different age groups and belt levels.

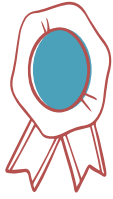
The Kumite matches were equally thrilling, as fighters engaged in dynamic sparring bouts, demonstrating agility, strategy, and sportsmanship. The intensity of each match reflected the competitors' commitment to push their limits and strive for excellence.

The ASD students walked away with 3 Gold medals, 1 Silver medal and 9 Bronze medals in the Individual Kata and Kumite.

Hearty congratulations students!

We are proud of this fantastic achievement!





HALL OF FAME

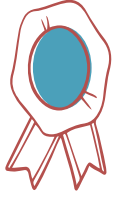
Eco T-Shirt Design Competition

Well done Vivaan!

Ambassador School Dubai had yet another moment of joy and pride when Vivaan Vaibhav Gohil of Grade 6B got the 2nd Runner's Up in the Eco T-Shirt Design Competition which was sponsored by Mai Dubai.

Vivaan secured his place amongst 500 entries and competitors in the age group of 5 to 10 years. His painting was printed on a T-shirt in appreciation of his beautiful art work related to environmental themes. Our congratulations to Vivaan for this feat and here's wishing him many more to achieve in the near future.





HALL OF FAME

LITERACY BEAR SPRING READING & POETRY RECITATION CHALLENGE

Saatvik Patil from grade 2 participated in the "LITERACY BEAR SPRING READING & POETRY RECITATION CHALLENGE" and was awarded the Certificate of 'Voracious Reader'

Apart from being the winner & securing Gold Medal for the additional reading challenges, he was recognized with a certificate of the budding participant in the POETRY RECITATION COMPETITION under CATEGORY B. Incredible reader!

Well done Saatvik!

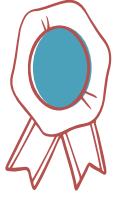
We are so impressed with your passion for reading !

Congratulations to Haneesh Patnaikuni from Grade 2A for winning the Spring Reading & Poetry Recitation Challenge in Category B for Literacy Bear! It's always great to see young readers and poets being recognized for their talents and dedication, and ASD is proud to nurture such budding talents!

Well done Haneesh!

achieve in the near future.





HALL OF FAME

ICSE & ISC 2024 Result

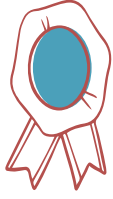
Congratulations Ambassador School! You have done it again!

May 6th started on a palpable note of excitement among the students of ASD as they eagerly awaited the announcement of the CISCE results for the academic year 2023-2024. At the end of the countdown with the results declared, ASD campus erupted in a crescendo of joy and jubilation. As more and more details came out of the performance of the two grades, class 10 and 12, the emotional outburst as felt by both students and teachers speak volumes of the beautiful relationship between the teachers and the taught. Learning is a journey and no sooner had the results been declared, students started setting new benchmarks and the next set of goals and targets to fulfill.

Of the 69 students who wrote the ICSE examination, 32 students have scored above 90%, 32 centum while 20 of the 40 students who wrote the ISC, have scored 90% and above.

Anjali Sharat, the ICSE topper with a whopping total of 98.6%. With 97% in ISC Examinations, Parv Wadhwa carves out his name as the topper at ASD, for the year 2023-2024. Heartiest congratulations to the ASD family. Every member played a role to celebrate this day on the calendar, and we will continue to celebrate in years to come.





HALL OF FAME

U 17 Boys Table Tennis: Winners!

Playing any sport is crucial not only for physical health but also for mental health. It is thus now a necessity to involve our children in a sport activity. ASD students are always kept engaged in regular PE periods as well as encouraging our students to participate in Interschool and Intraschool sports activities and tournaments. ASDians have added glory to the school yet again. Very recently, our students participated in the U-17 Boys Table Tennis tournament, an interschool event hosted by GMA where three of our strong players: Shanon Salins (11A), Gaurav Chainani (10A), and Tanush Anand (9B), showcased exceptional talent and determination. The event followed a round-robin format, where each team played multiple matches. The Ambassador team demonstrated remarkable coordination and skill. Their outstanding performance led them to emerge victorious, winning all four games and securing the 1st position in the U-17 Boys category. Shanon Salins demonstrated leadership and consistency, contributing significantly to the team's success.

We extend our heartfelt congratulations to Shanon, Tanush and Gaurav for their remarkable achievement and look forward to their continued success in future tournaments.



Well-being Calendar June 2024



<p>1</p> <p>Creativity is just connecting things-</p> <p>Use an empty cereal box and create something. You choose! Use your design and create skills.</p>	<p>2</p> <p>Where words fail, emoji speak-</p> <p>Design a new emoji. Draw a big circle and then decide on what your emoji will represent.</p>	<p>3</p> <p>I prefer living in color-</p> <p>Try some coloring but only using 3 colors. Notice how.</p>	<p>4</p> <p>Don't be afraid to give up the good to go for the great-</p> <p>Decide to look for what's good, even on the difficult days.</p>	<p>5</p> <p>We can't control everything that happens, but we can change our experience of those things-</p> <p>Notice the upsides during the lockdown, however small.</p>
<p>6</p> <p>Love yourself, love your inner child-</p> <p>Rediscover a fun childhood activity that you can enjoy today.</p>	<p>7</p> <p>A moment of gratitude makes a difference in your attitude-</p> <p>Ask loved one what they feel grateful for at the moment.</p>	<p>8</p> <p>Life becomes beautiful when you learn to be as good to yourself as you are to others-</p> <p>Be kind to you. Treat yourself the way you would treat a friend.</p>	<p>9</p> <p>A journey well shared is a journey well enjoyed-</p> <p>Make a plan with friends to do something that fun together.</p>	<p>10</p> <p>The little things mean the most-</p> <p>Be thankful for the small things in life.</p>
<p>11</p> <p>You can't use up creativity. The more you use, the more you have-</p> <p>Discover your creative side-draw a thank you card for someone.</p>	<p>12</p> <p>Anything is possible when you have the right people there to support you-</p> <p>Ask someone what they think your greatest strength is.</p>	<p>13</p> <p>The way you treat yourself sets the standard for others-</p> <p>Be kind to you. Treat yourself the way you would treat a friend.</p>	<p>14</p> <p>Eat good, feel good-</p> <p>Eat food that makes you feel good and really savour it.</p>	<p>15</p> <p>Smile, it increases your face value-</p> <p>Watch something funny and enjoy how it feels to laugh.</p>
<p>16</p> <p>I prefer living in colour-</p> <p>Try some colouring but only using 3 colours. Notice how.</p>	<p>17</p> <p>A new month, a new week, a new day...the opportunities are endless-</p> <p>List all the positive things that have happened this month.</p>	<p>18</p> <p>Life is like mirror; we get the best result when we smile-</p> <p>Remember to smile if you look in the mirror.</p>	<p>19</p> <p>When you learn to say thank you, you see the world anew-</p> <p>Learn to say thank you in 4 different language.</p>	<p>20</p> <p>And when you get the choice to sit it out or dance. I hope you dance-</p> <p>Dance to as many songs as you can until you're tired.</p>
<p>21</p> <p>The only thing that will make you happy is being happy with who you are-</p> <p>List 3 things you want to do this week which will make you feel happy.</p>	<p>22</p> <p>Let us always meet each other with smile, it is the beginning of love-</p> <p>Smile and be friendly, even while you're social distancing.</p>	<p>23</p> <p>It is during our darkest moments that we must focus to see the light-</p> <p>Decide to look for what's good, even on the difficult days.</p>	<p>24</p> <p>Healthy is an outfit that looks different on everybody-</p> <p>Find a joyful way of being physically active (indoor or out).</p>	<p>25</p> <p>There is nothing more beautiful than someone who goes out of their way to make life beautiful for others-</p> <p>Show your appreciation to those who are helping others.</p>
<p>26</p> <p>If you see someone without smile, give them one of yours-</p> <p>Today smile with me and be my friend forever.</p>	<p>27</p> <p>We can't control everything that happens, but we can change our experience of those things-</p> <p>Notice the upsides during the lockdown, however small.</p>	<p>28</p> <p>Love yourself, love your inner child-</p> <p>Rediscover a fun childhood activity that you can enjoy today.</p>	<p>29</p> <p>A moment of gratitude makes a difference in your attitude-</p> <p>Ask loved one what they feel grateful for at the moment.</p>	<p>30</p> <p>Sometimes you will never know the value of a moment until it becomes memory-</p> <p>Create a list of favourite memories you feel grateful for.</p>