

### Working out

ideas. Just

If you are running from room to room because you have too much pent-up energy, let your assistant give you workout

COVID-19"? are a few examples.



French, Spanish or any other might have. There are quite language. Have fun discovering a few for Android OS includmany languages. ing Robin, Cortana, Google Now, AVC (Alice). Try these Math made fun

### Storytelling

lorkout for the mind

over the weekend ...

say: "Make maths fun..." to your If you like listening to stories, voice assistant and play a game entrust the responsibility to of addition, subtraction, division, multiplication, comparison, these smart apps. They among others. Get scores and

track points too!

Not too fond of the subject? It is

time to try something new. Just

Brevity is the key While participating in vir-

tual discussions, keep your questions and answers short and on-

classroom. Download neces-

sary software and have essen-

tials like your notebook, books,

pen, pencil, etc., on your study

table," advises Kailash Semw-

al, a Hyderabad-based teacher

who is teaching school stu-

dents online these days

sure you are letting your classmates speak and not dominating any discussion. Everyone deserves to be heard. It's great to be enthusiastic but let it not deprive others of their chance to express themselves Take online classes seriously

# Students will understandably

be excited to see their friends online. "This experience is new - try not to giggle, laugh and joke when you see your classmates. Contact your friends for chatting

tractions while the class is on. Try not to have your younger siblings or pets around while you are attending the class

### **Being inclusive**

"Teachers should be mindful of paying attention to introvert students who take time to open up, especially in new and stressful situations the kind we are facing now in the wake of coronavirus," says

FLATTENING THE CURVE: Slowing

bodily fluids, including respiratory

WEEKEND EXERCISE

Think of FIVE words that you

synonyms against each word.

Now email that list to us at

timesnie175@gmail.com

learnt recently. Search for

their meaning and list out

droplets.

"Every flower is a soul blossoming in nature." GÉRARD DE NERVAL, FRENCH WRITER AND POET

# **FUN-ZONE**

Draw a family tree. With the help of the people around you, fill in the names of your family members. Where does everyone live?

What's the most interesting historical fact you can find about the state/city where you currently live? Are there historical monuments near you that you can plan to visit in the future?

Pretend you're from the future – say, 100 years from now. If you had to write an account about the 'historical period' 2019-2020, what would it look like? How would you describe people's behaviour,

1 11

## Check out a few of our favourite books on INDIAN HISTORY



Created by HarperCollins Children's Books India

.....

1.

.....

What you need

.....





This West Indies player retired from international cricket on October 25, 2018.

# 티티티 G

-----

A galaxy in your hand!

The Pinwheel Galaxy is a spiral-shaped galaxy about 21 million light years away from Earth.

Excerpted with permission from India in Space published by HarperCollins Children's Books India





What to do















ACTIVITY

### Space Nutrition

NAME:

One challenge NASA scientists face is providing a balanced, nutritious diet for astronauts. Crews on the International Space Station or even as far away as the Moon can be resupplied with food from Earth in a matter of days. When traveling to another planet, however, a crew must either pack enough food for the entire journey (and the trip home) or find a way to produce food during the mission. With our current technology, it takes about six months to get to Mars and we will stay there for several months. How much food needs to be packed for such a trip?

1. Calculate how much food you eat on a typical day. Keep a record of everything you eat for one day and use that to calculate your total grams of food per day. (Don't include water, just food.) HINT: Look at food labels to figure out how many grams are in a serving and what the serving size is.

#### grams per day (g) =

2. At this rate, how much food would a crew of four need for a six-month one-way trip to Mars? Hint: Assume the trip begins on January 1st and it is not a leap year

number of days (d) =number of astronauts (a) = \_\_\_\_  $g \ge d \ge a =$ kilograms

3. How much food would this crew need for a two-year Mars mission? kilograms

4. According to the book "Space Nutrition," how many of your calories should come from carbohydrates, how many from fats and how many from proteins? *Hint: Read pages 46-47*. Color in the pie chart and the key to show these amounts.

calories from carbohydrates =	%	$\bigcap$	carbohyd
calories from fats =%	6	( )	fats
calories from proteins =	%	$\bigcirc$	proteins

5. Label each of the foods below as a good source of carbohydrates (C), fats (F) or proteins (P). ore than one kind of calories. Hint: Look at food labels to help you decide



BONUS: Play the game "Space Lunch," at NASA Kids Club. https://www.nasa.gov/kidsclub/flash/clubhouse/Space Lunch. ich.html

face-down and thread

For more visit Kennedy **Space Center**