



*This booklet belongs to:*

---

*Standard:*

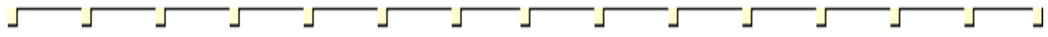
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*Section:*

---

My Team: \_\_\_\_\_

My Team Captain: \_\_\_\_\_



My Team members:


# STUDENT LEADERSHIP CAMP SONG

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Ooooooh Wooooooh

Give me freedom, give me fire, give me reason, take me higher  
See the champions, take the field now, you define us, make us feel proud  
In the streets our heads are lifting, as we lose our inhibition,  
Celebration it's around us, every nation, all around us

Singing forever young, singing songs underneath the sun  
Let's rejoice in the beautiful camp.  
And together at the end of the day.

WE ALL SAY:

(When I get older I will be stronger  
They'll call me freedom  
Just like a waving flag  
And then it goes back  
And then it goes back  
And then it goes back  
And then it goes

When I get older I will be stronger  
They'll call me freedom  
Just like a waving flag  
And then it goes back  
And then it goes back  
And then it goes back  
And then it goes

Ooooooooooooooh wooooooooooohh hohoho)

Give you freedom, give you fire, give you reason, take you higher  
See the champions, take the field now, you define us, make us feel proud  
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WE ALL SAY:

(When I get older I will be stronger...)



**Original:** "Waving Flag" was originally written by Somalia-born singer/songwriter K'NAAN in honor of the victims of the 2009 earthquake in Haiti, it was also used as a promotional anthem for the 2010 FIFA World Cup

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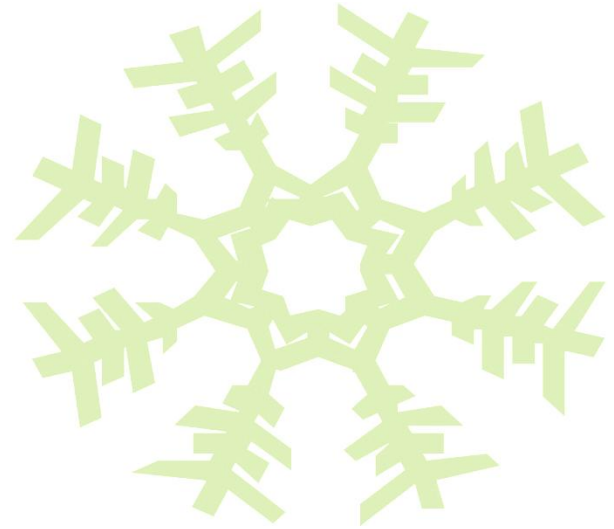
**NATION BUILDING**

INDIVIDUAL DEVELOPMENT PLAN



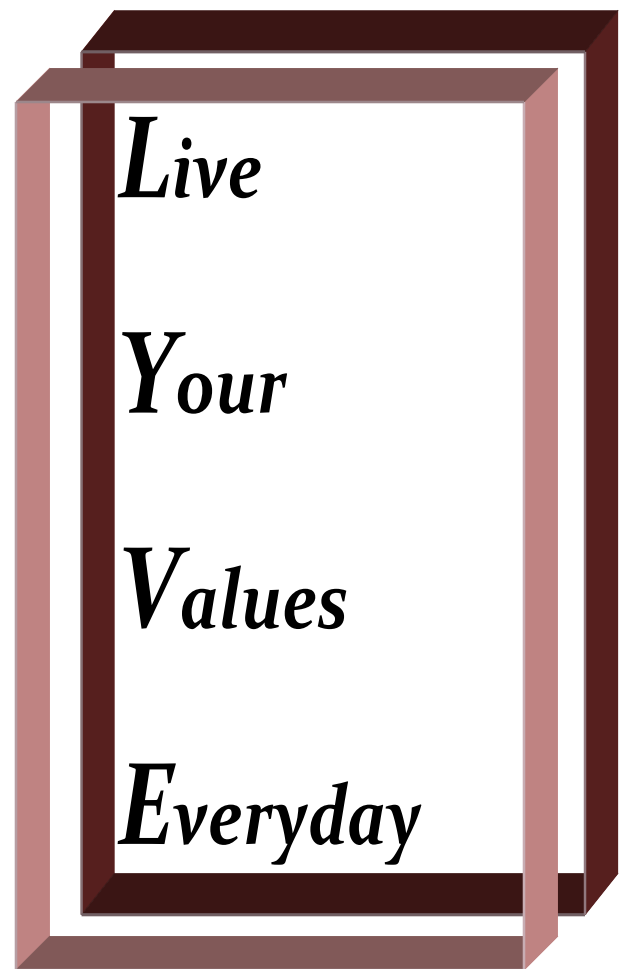
Values = **our belief system**

Morals = **ability to distinguish  
between right and wrong**



***ALWAYS...***

- Be neat and clean*
- Be courteous and polite*
- Obey your parents and elders*
- Protect the weak and help them*
- Be brave but never take chances*
- Study hard and learn all you can*
- Be kind to animals and take care of them*
- Love God*
- Always respect our flag and country*





## **G**REEN TIPS: *Conserve Resources*

It's easy to protect the planet! These tips help save limited resources such as water and energy. So get green and give the tips a try. Make sure to ask your parents before trying any of these tips!

- 🌱 Choose locally grown food. Transporting food long distances wastes fuel and creates extra CO<sub>2</sub>.
- 🌱 Turn off the water while brushing your teeth.
- 🌱 Say "No bag, thank you." Whether you're buying toys, snacks, or clothes, tell the shop keeper you don't need a bag. By carrying your own reusable fabric bag, you'll help reduce the estimated 100 million plastic bags that each year clog sewers, entangle birds, and get swallowed by whales, sea turtles, and other wildlife.
- 🌱 Scrape leftovers off the dishes instead of rinsing them. (Wash the dishes soon after.)
- 🌱 Take short showers instead of baths. Aim for five minutes—but still get clean!



***Share these green tips with your family and friends!***





## 10 Healthy Eating Tips For Kids



1. Food is Fun... Enjoy your food
2. Breakfast is a very important meal
3. Eat lots of different foods every day, variety is the recipe for health
4. Which group would you tip for the top? Base your food on carbohydrates
5. Eat fruits and vegetables with each meal and as tasty snacks!
6. Fat facts. Too much saturated fat is not good for your health
7. Snack attack! Eat regularly and choose a variety of snacks
8. Quench your thirst. Drink plenty of liquids
9. Care for those teeth! Brush your teeth at least twice a day
10. Get moving! Be active every day

*Do you remember when you learned to ride a bike? The most important part was getting the balance right. Once you could balance easily, the pedals could turn smoothly, to drive the wheels and get the bike moving.*

*The same thing is true when it comes to choosing our food. Once we have learned to carefully balance the amounts and types of foods eaten, all the organs in the body will function smoothly and the body will work efficiently.*





*Following these ten tips will help you stay fit and healthy. It's as easy as riding a bike, once you've got the balance right!*

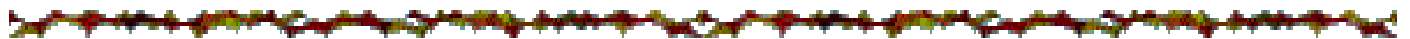
## **1. Food is Fun... Enjoy your food**

*Sharing a meal with family and friends at home or at school is a great way to enjoy food. It is fun to see other people's choice of food - Check out your lunch box or dinner plate. How many different kinds of fruit and vegetables can you spot?*



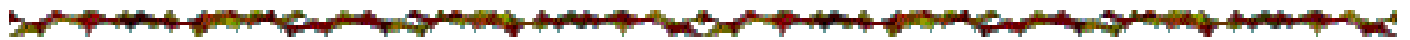
## **2. Breakfast is a very important meal**

*Our bodies always need energy, and after a night's sleep, energy levels are low. Cars, buses and trains cannot run without fuel. So, whether you are off to school, or out and about at the weekend, start the day with breakfast.*



## **3. Eat lots of different foods every day, variety is the recipe for health**

*You need over 40 different kinds of vitamins and minerals every day for good health. Since there is no single food that contains them all, it is important to balance your daily choices. In fact there are no good or bad foods, so you do not need to miss out on the foods you enjoy. The best way to make sure you get the right balance is to eat a wide variety of foods each day.*



## **4. Which group would you tip for the top? Base your food on carbohydrates**

*Many people don't eat enough carbohydrate foods, such as cereals, rice, pasta, potatoes and bread. At least half the calories in your diet should come from these foods, so it is a good idea to include at least one of these at every meal. Try whole-grain bread, chapati and other cereals to give you extra fibre*







## **5. Eat fruits and vegetables with each meal and as tasty snacks!**

*Fruits and vegetables are among the most important foods for giving us enough vitamins, minerals and fibre. We should all try to eat 5 servings a day. For example, a glass of fruit juice at breakfast, perhaps an apple and banana as snacks and two vegetables at meal times.*



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## **6. Fat facts. Too much saturated fat is not good for your health**

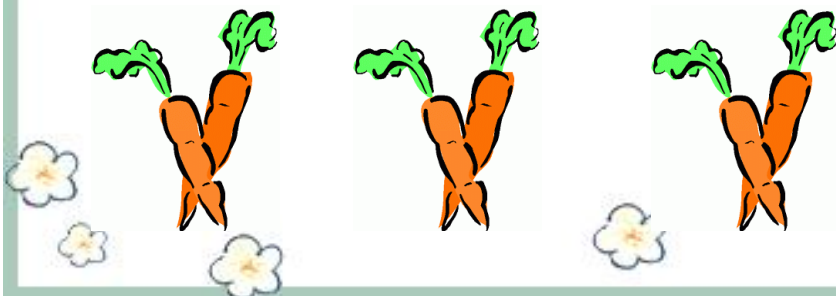
*Eating too many of those tasty, fatty foods (such as butter, spreads, fried meats and cakes) might not always be so good for your body. So remember, a big helping of potatoes, but go easy on the butter. Although we need some fats to get all the nutrients we need, it is better for our health if we don't eat too much of these foods and get knocked off balance. So, if you have a high-fat lunch, choose a low-fat dinner.*



---

## **7. Snack attack! Eat regularly and choose a variety of snacks**

*Even if you eat regular meals during the day, there will still be times in between that you feel hungry, especially if you have been very physically active. Snacks can fill the gap, but should not be eaten in place of meals, only as an extra. There are lots of different snacks available. Your choice may be nuts and other packet snacks, chocolate bars, cakes and biscuits. On other occasions, you may prefer a sandwich, some fresh or dried fruits, or perhaps sticks of vegetables like carrots. Whichever snack you enjoy, remember it is always good to include a variety of different types to keep things in balance. Avoid fried food and junk food.*





## **8. Quench your thirst. Drink plenty of liquids**

*Did you know that more than half of your weight is just water? So as well as giving your body all the food it needs each day to keep healthy, you need at least 5 glasses of liquids a day. It is particularly important if the weather is very hot or if you have done lots of exercise, to have plenty to drink to prevent dehydration. Usually – but not always – your body will tell you this, by making you feel thirsty. Plain water is great of course, but fruit juices, milk and so on, can all be okay too.*



---

## **9. Care for those teeth! Brush your teeth at least twice a day**

*Brush your teeth at least twice a day. Eating foods high in sugar or starches too often during the day can play a part in tooth decay. So don't nibble foods and sip drinks all day long! However, the best way to keep a nice smile is to brush your teeth twice a day. Also, after brushing your teeth at bedtime, don't eat any food, or drink anything but water!*

---

## **10. Get moving! Be active every day**

*Just like a cycle may become rusty if it is not used for some time, our muscles and bones need to be kept moving too. Activity is needed to keep your heart healthy and your bones strong. It can also be good fun. Try to include some form of activity every day: it may be just walking to school and running up the stairs. However, games like skipping and football at break times are good for giving the body a workout. Swimming is a particularly good sport for keeping you healthy.*



# 8 Habits of Healthy Kids™



Spend at least 1 hour a day being physically active

Spend less than 2 hours a day watching TV and playing video and computer games



Eat at least a total of 5 fruits and vegetables everyday

Snack on healthy foods and less junk food and sweets



Drink or eat at least 3 low fat dairy foods a day

Drink at least 2 glasses or bottles of water a day instead of soda



Eat less fast food and make healthier fast food choices

Eat smaller amounts - bigger is not better





# STORY WRITING TIPS



## Titles:

**Keep your titles short-** People seem to have great difficulty remembering longer titles, but no problem remembering the shorter ones. A good general rule is to keep your titles from one to three words, no more than five.

**Use verbs-** Another way to make a title lively is to use an active verb in it. Eg: FOLLOW ME!

**Reflect the theme-** a good title, though short, gives us a hint of what the story is about.

**Hook your reader-** The title is your first chance to grab the attention of a reader.



## Word choice:

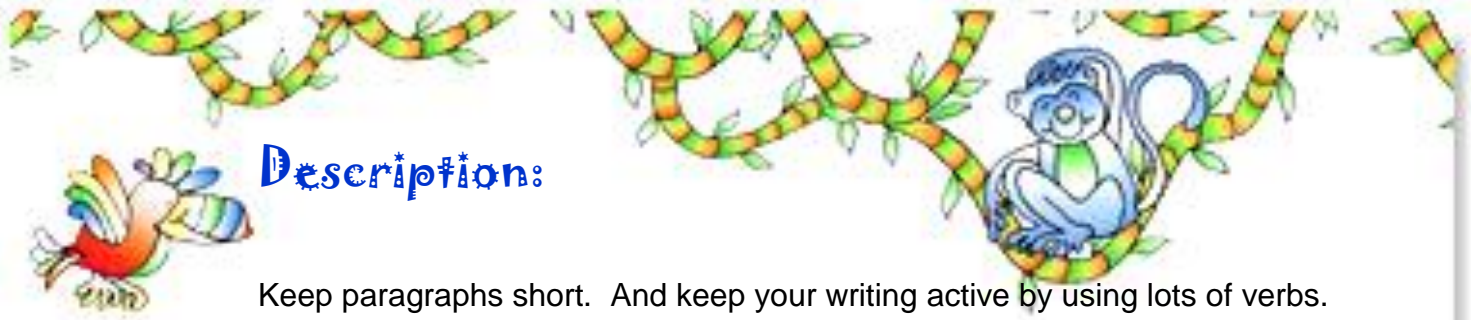
**Be specific-** Choose colorful, detailed words that paint pictures. Instead of using a general word like "flower", be specific. Which type of flower? A rose? A jasmine?

For example, which sentence do you like better?

"Some rabbits lived with their relative under a tree," or

"Once upon a time there were four little rabbits and their names were- Flopsy, Mopsy, Cottontail, and Peter. They lived with their mother underneath a very big fir-tree."





## Description:

Keep paragraphs short. And keep your writing active by using lots of verbs.

---

## Beginnings:

**Jump right in-** You need to grab your reader's attention from the very beginning, or he/she may not keep reading. So jump right into the action as soon as possible. Introduce your main character, a setting, and a problem, and then keep your story moving.

---

## Characters:

**Active characters-** Strong characters are doers. They don't sit back and let someone else solve their problems; they get right out there and do something about them!

**Likable characters-** Good main characters are likable but not perfect.

**Use tags-** Build up a character by using tags. Show your character's personality by repeating gestures and mannerisms or speech or dress.

**Character names-** Pick character names with care. A reader can tell a lot about a character just by his name. Nicknames are especially good. Avoid character names that are too similar in spelling or sound, or it will be confusing for your readers.

**Show don't tell-** Don't tell the reader what your character's personality is: show them through your character's speech and actions. As Mark Twain once put it, "Don't say the old lady screamed- bring her on and let her scream."

---





## Dialogue:

Readers like lots of dialogue, so get your characters talking. However, keep their speeches short. Don't let one character talk for more than a few lines at a time.

---

## Plotting plots:

**To outline or not to outline, that is the question-** Some writers outline their stories before they begin. Other writers start writing with no idea how it will end until they get to the ending. There is no "right" way here. There seem to be just as many writers in one camp as in the other.

**Strong plots sell books-** The more tension there is in a story, the stronger the story. Give your character a problem right from the start, add some complications along the way, get him to solve the problem, and you have a plot.

---

## Endings:

Endings need to tie everything up in a neat little bow, with no loose ends. Endings should leave the reader feeling satisfied. A good way to learn what makes an ending work is to take a big stack of books and read only the endings. Just read the last lines or the last paragraphs. After awhile you will get a feel for how a story should end.

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## Revision:

Some revision can be done right away. But when you have done all that you can, put your story away for a week or so. When you come back to it you will have fresh eyes and be able to see it more objectively.





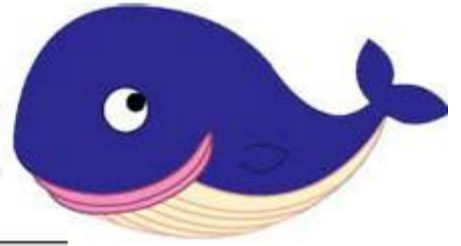
**Here are some things to ask yourself while you are revising:**

- Have you chosen each word carefully?
- Is your title catchy?
- Does your beginning hook the reader?
- Is there a problem or goal in the beginning of your story?
- Are your characters well-developed?
- Is there plenty of dialogue?
- Does your main character solve the problem?
- Is the solution believable?
- Is the ending satisfying?



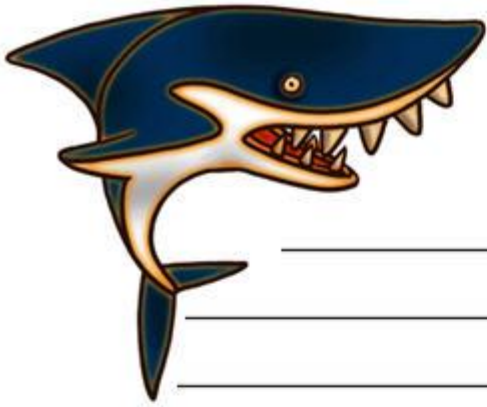
**NOW!**  
Time to write your own story  
in the next 3 pages...





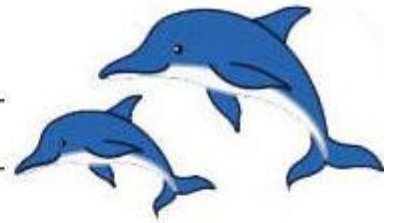
Handwriting practice lines consisting of 20 horizontal lines. The first three lines are connected to the whale illustration, and the remaining 17 lines are independent.





Two horizontal lines for writing, positioned to the right of the shark's head.

A series of horizontal lines for writing, filling the lower two-thirds of the page.

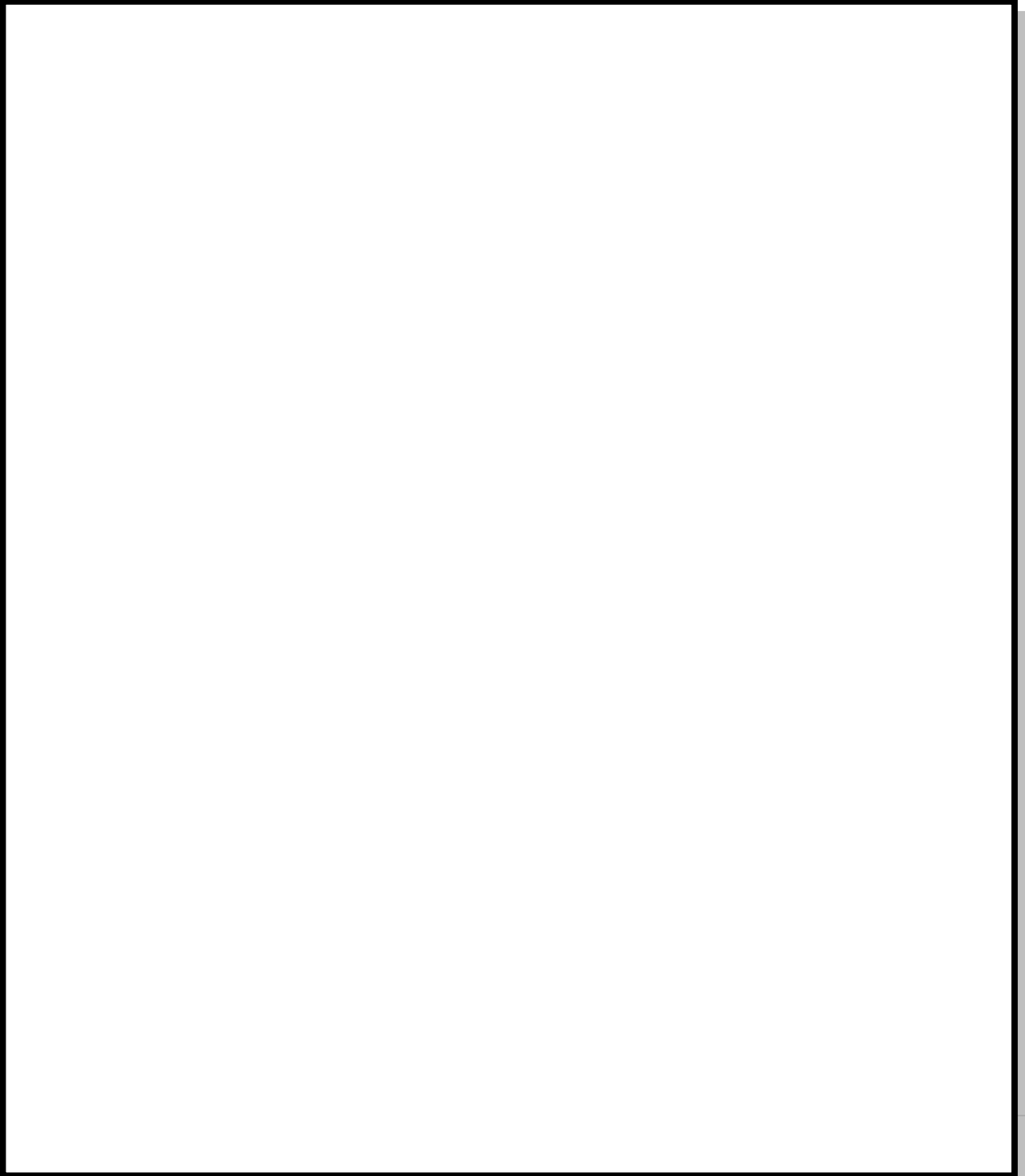


A series of horizontal lines for writing, starting from the top of the page and extending down to just above the footer. The lines are evenly spaced and cover most of the page width.



# *Your Drawing Canvas*

*Title :* \_\_\_\_\_





## *What can I do to prevent global warming?*

You don't have to wait until you are grown to do something about global warming. Scientists agree that the burning of fossil fuels is causing global warming. Since these fuels are burned for energy, and everyone uses energy, everyone can help stop global warming just by using less energy.

Think about the things you do each day that use energy. The lights in your house use electricity. The TV and computer use electricity. The washing machine, fridge and computer all use electricity. Every time you ride in your car, it uses fuel.

### **There are some simple things that you can do to help stop global warming:**

Wait until you have a lot of clothes to wash before using the washing machine. Don't use the machine for one item just because it's your favorite shirt.



Turn off the lights when you leave a room. Use fluorescent bulbs in your room.



**Turn off your computer or the TV when you're not using it. Unplug chargers when not in use.**



**Close the blinds on a hot day if the sun is shining in. Dress lightly instead of turning up the air conditioning. Or use a fan.**

**Dress warmly inside your house when it's cold, instead of turning up the heat.**



**Walk short distances instead of asking for a ride in a car.**

**Plant a tree.**



**Take shorter showers. Heating water uses energy.**

# INDIVIDUAL DEVELOPMENT PLAN

This exercise needs parental assistance and supervision.  
Teachers' participation would be an added advantage.

## Procedures of developing an IDP

### *Where am I now?*

Conduct a self-assessment to determine current skills, interests and values. In addition to an assessment of current job strengths and areas for improvement, ask questions such as:

#### *What do I value?*

.....  
.....  
.....  
.....  
.....

#### *How satisfied am I with my current performance?*

.....  
.....  
.....  
.....  
.....

#### *How well does my job meet my needs?*

.....  
.....  
.....

#### *If I wanted to make a change, what would it be?*

.....  
.....  
.....

#### *How do others see me?*

.....  
.....  
.....



*How do I want to be seen?*

*What kind of person do I want to be?*

*What makes me happy?*

## **Where do I want to be ?**

*Once you have reviewed your interests and values, begin to examine available career options.*

*Ask questions such as:*

*What is my strong subject?*

*What kind of professional I want to grow up to be?*

*Close your eyes and imagine yourself as a working man/woman...*

*Write a few lines about what do you see...*

*Interview, collect information, and ask others about their perceptions of you. Do a reality check – match your needs with your options.*

## **How will I get there ?**

*After deciding where you want to be, identify developmental areas.*

*Ask questions such as:*

*What specific skills, knowledge and abilities should you develop?*

*What do I strengthen for future endeavours?*

*Determine your barriers. (Physical, Geographical, etc.)*

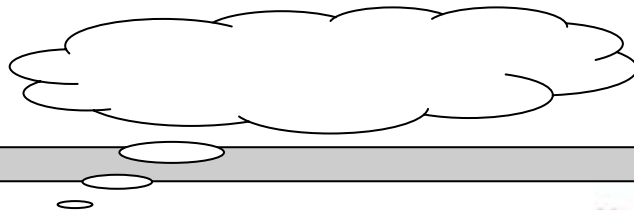
*What help do I need to overcome the barriers?*

*Determine the actions to overcome them.*


*How do I progressively develop myself to fulfill my dream / ambition?*

**As on** (       date       ),

**I aspire to become:**







**Dare to dream,  
Dare to fly,  
Dare to be the  
ever chosen one to  
touch the sky**

# *origami*



Transforming a piece of plain paper into something else is a truly magical experience.



You will remember the joy of folding origami as you become older, as it is a beautiful art of creation.



Read these origami folding tips: they will make origami easier!

**1. Fold each crease very well.** Every crease needs to be flattened quite well for a successful model. You can reinforce a crease by running the side of your thumbnail along the fold, or even use some sort of tool. A plastic ruler also works well without damaging the paper.

**2. Follow the instructions.** Every part of the instructions is important, so read each description carefully, and look at each picture closely. If you miss a piece of information, it could make the model more difficult than it really is!

**3. Be patient.** If you are just learning how to make origami, you have to realize that it is a relaxed activity, that is, you can't go rushing through the instructions as fast as you can! It won't take long for you to be very good at origami, but when you are just starting give yourself a lot of time to work it out.

**4. Have fun!**



# Yoga and Exercise

Everyone can benefit from regular exercise. Kids who are active will:

- have stronger muscles and bones
- have a leaner body because exercise helps control body fat
- have a better outlook on life



Endurance is developed when kids regularly engage in aerobic activity. During aerobic exercise, the heart beats faster and a person breathes harder.

When done regularly and for continuous periods of time, aerobic activity strengthens the heart and improves the body's ability to deliver oxygen to all its cells.

Aerobic exercise can be fun for both adults and kids. Examples of aerobic activities include:

- basketball
- bicycling
- skating
- foot ball
- swimming
- tennis
- walking
- jogging/running





*Push-ups, stomach crunches, pull-ups, and other exercises help tone and strengthen muscles.*

*Stretching exercises help improve flexibility, allowing muscles and joints to bend and move easily through their full range of motion.*

## Yoga for kids

*Yoga for kids can benefit children in a large number of ways, by improving physical and general health, mental health and to helping to treat specific illnesses and conditions.*



### *Guidelines*

*Here are some tips for getting started with yoga. It provides some basic guidelines for simple basic yoga for beginners.*

### When To Practice Yoga

*Yoga is best done either first thing in the morning or last thing at night. If it is done early in the morning, then the mind and body will be revitalized, ready for the day. If it is done late at night, then it will assist in helping you get a good night's sleep. However, it can really be done at any time that is convenient.*

## Where to Practice Yoga

Yoga does not need a lot of room and so it can be practiced in many different places. Choose a place that contains enough room for all the postures to be done comfortably. It is best to choose a quiet, clean place. Although it's not necessary, a mat or blanket will provide you with some extra comfort. Some people enjoy practicing yoga outdoors. This has the added advantage of outside air and a closer connection to nature.



## What to Wear

Loose comfortable clothing is best for yoga. You will need to wear something that enables you to perform all yoga postures without having clothing restrict your moves. Even beginning yoga postures (which are not as difficult as more advanced postures) need the body to be free to move. Traditionally, yoga is performed without shoes or socks.

## Duration of Practice

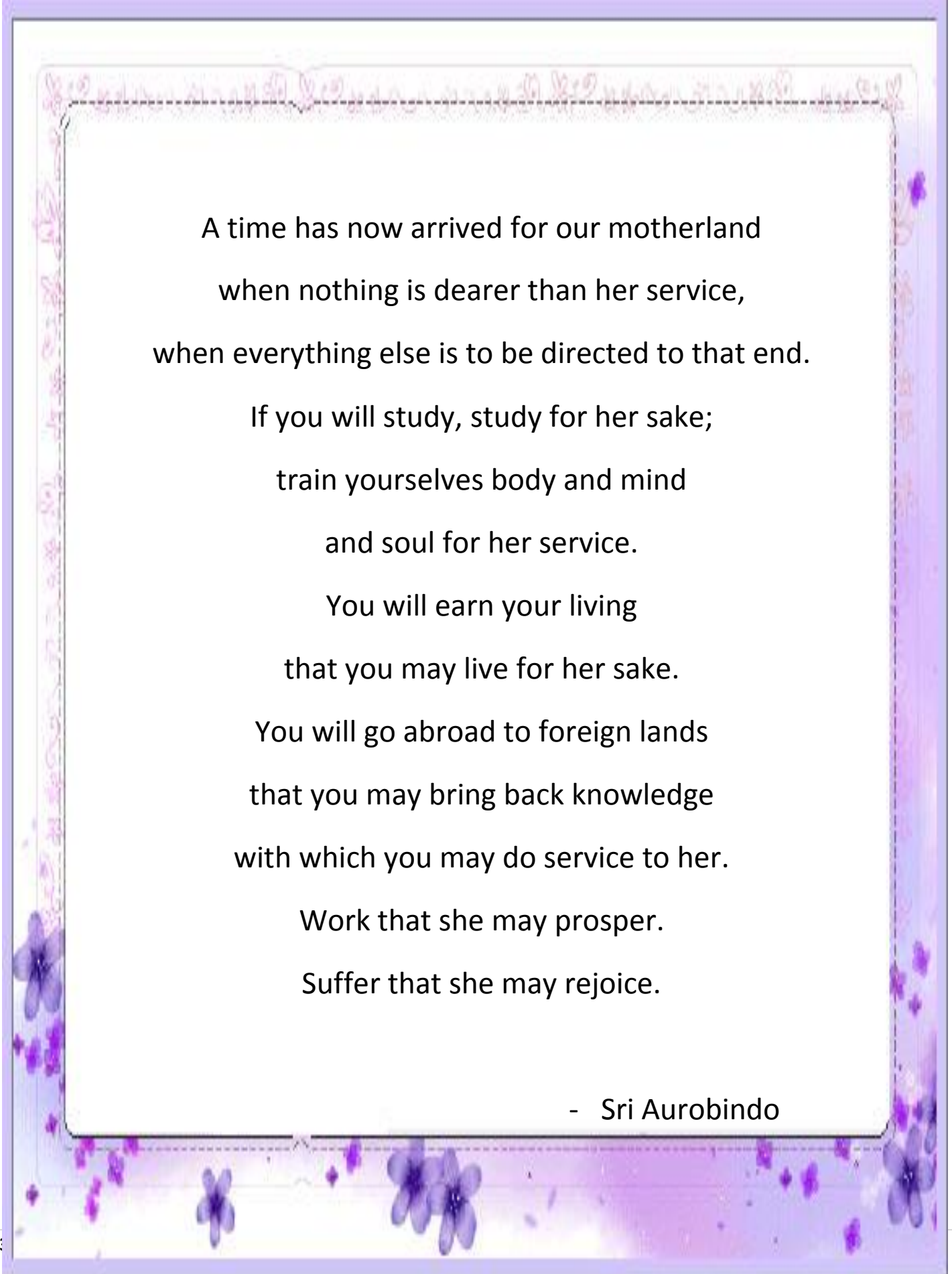
The length of your practice session will depend largely on the amount of time you wish. Ideally, yoga should be done every day and should include at least 15 minutes of exercise and 15 minutes of breathing and meditation.

## Drinking and Eating

Yoga is best done on an empty stomach. If possible, do not eat anything for two hours before your yoga workout. If you find this makes you too hungry, then avoid a big meal for two hours before the workout and have a small snack (like a fruit) an hour before the yoga workout. Drink a glass of water about fifteen minutes before the yoga sessions.

## The basic yoga session should consist of the following exercises:

- **Warm up session:** This includes simple, basic moves. Beginning yoga session may start with just the warm up session moves.
- **Standing poses:** These align the feet and the body. They also aid digestion and blood circulation.
- **Sitting poses:** Sitting poses usually focus on the breath. They help shape the buttocks and legs and improve vitality and suppleness in the spine.
- **Twists:** These relieve backaches and increase flexibility in the shoulders.
- **Balance poses:** Balance poses help develop coordination and increase stamina, strength, grace, agility and concentration.
- **Backbends:** Backbends release tension in the front body and shoulders.
- **Finishing poses:** You will need to finish your yoga session with cooling-down exercises.



A time has now arrived for our motherland  
when nothing is dearer than her service,  
when everything else is to be directed to that end.

If you will study, study for her sake;  
train yourselves body and mind  
and soul for her service.

You will earn your living  
that you may live for her sake.

You will go abroad to foreign lands  
that you may bring back knowledge  
with which you may do service to her.

Work that she may prosper.

Suffer that she may rejoice.

- Sri Aurobindo









 Patriotism means

love for one's native land.

Love for his own country  
is human and instinctive.

It is an ideal, a sentiment  
which we cannot account for,

we cannot define,

but we all feel it

and are moved by it.

Speak

up...

You speak for the lakes, the trees and the birds  
You say what they'd say if they had the words.

Make PEACE and be proud, choose well every choice  
Speak HOPE and speak loud, you are Nature's voice.

Speak with respect now, for jungles and streams  
Speak for all wildlife and dream giant dreams

Speak with great courage, speak up and speak out  
Write with a whisper or write with a shout.

Stand up young poets for clean air and river  
Free verse or lyric; your message delivers.

Truth for the future citizens of earth  
Speak of your freedom your friends and self worth.

Speak for tomorrow and though you're still young  
Speak for the Forest, your pen is her tongue.

The world waits to hear your songs still unsung  
Words posses power, you can write the wrongs

Teach us and lead us with Poems and with songs  
Speak now for nature, for trees and for birds.

Defenders of Earth choose careful your words!







## **NATION BUILDING ACTIVITY - NATION@HOME**

As a citizen of this country, what ten duties you think are fore most to you?

1



2



3



4



5



6



7



8



9



10





Write ten things that you cherish the most about our country?

1



2



3



4



5



6



7



8



9



10



# Nation Building Activity – Presentation

Your Theme:



Lined writing area for the presentation theme.



# SING IT RIGHT

## Vande Maataram

### Original

Vande Maataram, vande maataram  
Sujala sufala malayaja-shitalaam  
Shashya-shyaamala maataram  
Vande maataram

Shubhra-jyotsna-pulakita yaamini  
Phulakusumati-drumadala shobhini  
Suhaasini sumadhur bhaashini  
Sukhada varada maataram  
Vande maataram

- Bankim Chandra Chatterjee

### Sri Aurobindo's translation

I bow to thee, Mother,  
richly-watered, richly-fruited,  
cool with the winds of the south,  
dark with the crops of the harvests,  
the Mother!

Her nights rejoicing  
in the glory of the moonlight,  
Her lands clothed beautifully  
with her trees in flowering bloom,  
sweet of laughter,  
sweet of speech,  
The Mother,  
giver of boons, giver of bliss!



# National Anthem

"Jana Gana Mana Adhinayaka Jaya He  
Bharat Bhagya Vidhata

Punjab Sindh Gujarat Maratha  
Dravida Utkala Banga

Vindhya Himachal Yamuna Ganga  
Ucchala Jaladhi Taranga

Tubh Shubha Name Jage  
Tubh Shubha Ashisha Mange  
Gahe Tubh Jaya Gata

Jan Gan Mangaldayak Jay He  
Bharat Bhagya Vidhata

Jaye He ! Jaye He ! Jaye He !  
Jaye,Jaye,Jaye,Jaye He "

**-Rabindranath Tagore**



It was first sung 27 December 1911 at the Calcutta session of the Indian National Congress. The complete song consists of five stanzas. Jana Gana Mana was officially adopted by the Constituent Assembly as the Indian national anthem on January 24, 1950.

## Translation into English

O! Dispenser of India's destiny, thou art the ruler of the minds of all people  
Thy name rouses the hearts of Punjab, Sindh, Gujarat, the Maratha country,  
in the Dravida country, Utkala and Bengal;  
It echoes in the hills of the Vindhyas and Himalayas,  
it mingles in the rhapsodies of the pure waters of Yamuna and the Ganges.  
They chant only thy name.  
They seek only thy auspicious blessings.  
They sing only the glory of thy victory.  
The salvation of all people waits in thy hands,  
O! Dispenser of India's destiny, thou art the ruler of the minds of all people  
Victory to thee, Victory to thee, Victory to thee,  
Victory, Victory, Victory, Victory to thee!



Far across the living sea  
A pale blue possibility  
Beyond the castles made of sand  
Tomorrow in a small child's hand.

Imagine such a goal in sight  
For red and yellow, black and white  
New Delhi, Peking, Kenya, Rome  
Earth is the place that we call home.

# Certificate of Achievement

This certificate is presented to:



For: \_\_\_\_\_

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

