

MOTHER KNOWS BEST



Things our parents did that we should bring back



HANGING CLOTHES OUT TO DRY

1 There's nothing better than the smell of fresh sheets off the clothesline. Houses in the past didn't have an electric dryer and so hanging clothes in the sun was out of necessity. Drying clothes outside like our grandmothers did can help save energy and money.

REUSING GIFT BOXES FOR YEARS & YEARS

2 Christmas and birthdays LOOKED similar at our grandmother's because she would reuse the gift boxes and gift bags over and over again! Why not? They work perfectly and serve their purpose. It seems silly and wasteful to buy new ones every time.



CANNING AND PRESERVING

3 Can you remember your grandparent's kitchen - stacked full of different sized mason jars filled with pickles, canned fruit and various jams/jellies. They would use things from their gardens to make their preserves. This way they would have the freshness of their garden.



Ever wondered if we rewound the world to 30 or 40 years ago, what would happen? In the time of our parents, they said: "Life was much simpler, people were more approachable and there were less complexities around in the world." We have made so much progress and have attained so many impossible achievements, not only in science and technology, but in everyday aspects of our lives. That still makes it difficult to say whether we have made life more simple or complex. We do need to progress, as all civilisations before us have. However, we cannot move ahead at the cost of our environment and we are paying a heavy price for climate change now.

We have compiled a list of endearing memories of few things that our parents and grandparents used to do which would earn them a gold star in the new #zerowaste trend. This is a tribute to them... the pioneers of reducing and reusing. Thank you for all that you taught us!



NEVER WASTING FOOD

4 Food is a valuable resource. It requires plenty of land and water to make and therefore food waste is exactly that, wasteful. Our parents are very careful to avoid any and all food waste. The freezer is full of soups, and food that is ready to be made into soup. When vegetables are close to spoiling and there isn't time to eat them, freeze them until you have enough to make a large pot of soup.

GIFTING MONEY ON SPECIAL DAYS

8 Instead of giving us material things for our birthdays or during holidays, our parents, would prefer giving us money to save for our future. We didn't need MORE things and the money came in handy for experiences later on. Don't you think it's a good idea?



MEAL PLANNING

6 Our parents are big planners. They always plan out every meal for the week and know exactly which ingredients



they would need from the store. Our parents could anticipate which meal will provide leftovers and managed accordingly. So, start planning.

MAKING USE OF FABRIC SCRAPS

7 The amount of fabric wasted in the clothing industry during production is alarming. Scraps never went to waste at our grandma's house. She used all leftover end pieces, cuts and old clothing to make quilts. They were beautiful and useful for keeping us warm and cozy.

MAKING OWN CLOTHING

5 There is something special about hand-made items. If everyone's clothes were made by their grandmother or mother, do you think we may think differently about fashion and the NEED for more or newer pieces? Try learning this skill for your own good.



Actor Recommends



Actor Kalki Koechlin joined an online reading campaign for kids in June 2020. Kalki read 'Go Away Coronavirus!', a picture book - written by Divya Thomas. The book is about safety during Covid-19, discusses kid's fears and gives hope to the readers for a better future. Many actors have in the lockdown period shared their book list with fans. Here, Koechlin talks about her favourite book and that one novel which everyone should definitely read.



TAKE 3 WITH KALKI:

Which is your favourite fairy tale or folk story?

'The little Prince' by Saint-Exupéry.

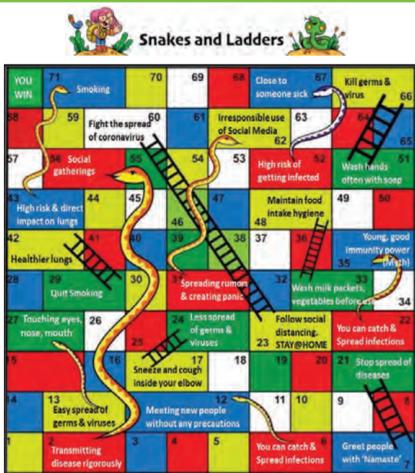
What kind of reader were you as a child? Which stories have stayed with you?

All the classic fairy tales my dad used to narrate to me when I was very young, 'The Frog Prince' was my favourite and I liked 'Thumbelina' very much. Later, I would read fantasy. I particularly remember Magdalene L'Eagle's books like 'A Wrinkle in Time'.

Which book do you think everyone should read at least once?

'The Catcher in the Rye' by JD Salinger.

MORE ACTIVITIES



*The usual snakes and ladders with a twist to fight CORONAVIRUS (COVID-19). 72 'Doshas' that we need to be careful about and pass through.



KNOWLEDGE BANK

Sustainable clothing

It's about fabrics derived from eco-friendly resources, such as sustainably grown fibre crops or recycled materials and how they are made. Earlier, being environmentally apparel-conscious meant buying clothes from thrift stores or shops selling second-hand clothing or donating used clothes to such shops for reuse or resale. Today, sustainable clothing means to reuse discarded clothing in landfills, and reduce environmental impact of agro-chemicals in producing conventional fibre crops such as cotton, jute, etc.

HOW TO PLAY:

> Each player puts their token next to the "1" to start the game.
> Roll a single dice on your turn and move your token towards the number of spaces shown on the dice.
> If your token lands to the bottom of a ladder, move up to the top of

the ladder.

> If your token lands to the head of the snake, slide down to the bottom of the tail of snake. The first player to cross 71, wins.

RISHABH JOSHI, class VI D, Zebur School for Children, Ahmedabad

Quiz time

CURRENT AFFAIRS

Q.1) Carrie Lam is a politician from which of the following countries?

A. Indonesia B. Hong Kong C. Japan D. South Korea

Q.2) Which animal's fingerprints are almost indistinguishable from a human?

A. Ape B. Dog C. Koala D. Orangutan

Q.3) Which of the following men's hockey team qualified for the

2020 Tokyo Olympics after thrashing Russia 7-1?

A. Spain B. India C. Germany D. Canada



ANSWERS

1. B) Hong Kong 2. C) Koala 3. B) India

HOME MAKEOVER

3 creative ways to use wallpaper

Want to give a makeover to your home in quarantine time without getting help from outside? After all, it's risky to call people for painting purpose. So, get creative with wallpapers and brighten up your place. Here are three super ideas to get going.



REVAMP OLD TRAYS: Most of us throw away old plastic trays but here's something you can do to make them look new. Layer them up with a water-proof wallpaper sheet. Voila, you have brand new trays at home.

INSIDE CLOSET LOOK: Closets usually have a plain white or a wooden background at the back. But if you deck it up with a trendy wallpaper, it makes the wardrobe look chic.

BRIGHTEN UP YOUR WASHROOM WALLS: If you want to pep up the walls of your bathroom, cut out 2 to 4 big rectangular pieces of wallpaper and paste them at equal distance - creating a pattern. Now your restroom will start exuding happy vibes.

IMMUNITY BOOSTER

Jamun Masala Lemonade



Jamun juice is a healthy and delicious summer drink. This summer, add a twist to this juice, by blending it with your regular lemonade. Here's the recipe.

HOW TO MAKE: Take 10-15 fresh jamuns and de-seed them. Place de-seeded jamuns in a blender and squeeze one whole lemon in it. Add 1/4 cup sugar, 1 teaspoon black salt, 1 teaspoon chaat masala (optional) and 1 1/2cup water. Blend all the ingredients for 2-3 minutes or until it has a smooth, frothy consistency. Take serving glasses, add crushed ice, pour in the drink, and crush some mint leaves in it. Serve fresh and chilled.

COMMON GRAMMATICAL MISTAKES

1. CONNOTATION/DENOTATION

THE RULES:

- 'Connotation' is the feeling a word invokes.
- 'Denotation' is what the word literally says.

HOW NOT TO DO IT:

- I hate that word 'collector' because it has such a financial investment **denotation**.
- The 'Parks and Recreation' alumnus said he didn't know the word's medical **connotation**.

HOW TO DO IT PROPERLY:

- I hate that word 'collector' because it has such a financial investment **connotation**.
- The 'Parks and Recreation' alumnus said he didn't know the word's medical **denotation**.