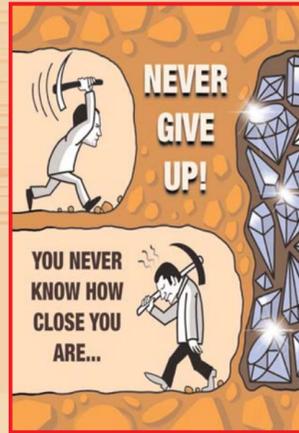
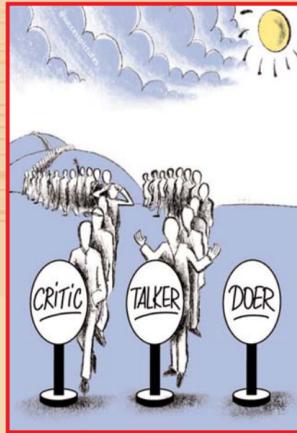
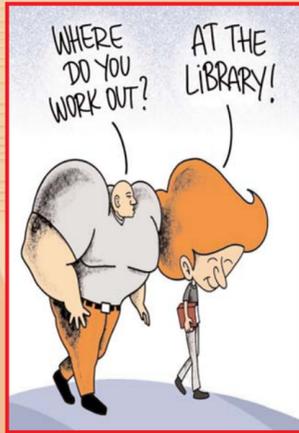
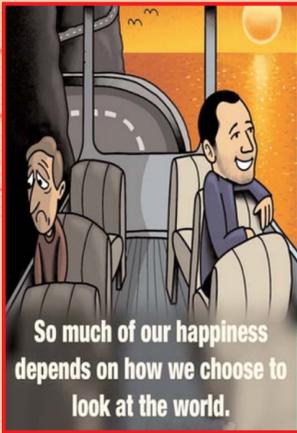


SOME QUOTES THAT TEACH YOU TO BE POSITIVE



CREDIT: SUCCESS PICTURES

GEOGRAPHY TEST

Inside a Volcano

Label the volcano diagram using the words listed below. Write a definition for each word.

- Main vent
- Secondary vent
- Crater
- Secondary cone
- Layers of ash and lava
- Ash clouds
- Ash
- Volcanic bombs
- Magma chamber

Volcano crossword

Across:

- 1 Fine material thrown out by a volcano. (3,3,4)
- 4 A volcano that will not erupt. (7)
- 5 Molten rock below the Earth's surface. (5)
- 7 The central part of the Earth. (4)
- 9 A volcano that has erupted in the last two thousand years but not recently. (7)
- 11 Molten rock that usually flows from the crater. (4)
- 13 The outer most layer of the earth. (5)
- 14 An opening in the earth's crust. (4)
- 15 A scale used for measuring the strength of earthquakes. (7)

Down:

- 2 An instrument used to measure the strength of an earthquake. (11)
- 3 A large volcano with gently sloping sides. (6)
- 6 A roughly circular opening at the summit of the volcano. (6)
- 8 Volcanoes are an example of a natural ----- (6)
- 9 Extensive ----- can be created during an eruption. (6)
- 12 A volcano that has erupted recently and is likely to erupt again. (6)

GSD Geography
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Take care of your nails

GROOMING GYAN

Chipped and brittle nails making your hands look ungroomed? Blame the 20-minute hand wash routine that you take up so often in lockdown life. Worry not and follow these tips for healthy nails.

TRIM REGULARLY: Trimming your nails every fortnight is as important as trimming your hair every one and a half months. Also, don't forget to clip and gently file them. For both your fingernails and toenails, trim them right after your shower - when they are softer. Make



Trimming your nails every fortnight is as important as trimming your hair every one and a half months

sure you cut them straight across. Also, file the corners in round shape. **PUSH CUTICLES:** Trying to cut your cuticles is a big mistake. They prevent germs from entering and infecting

nails. No matter how overgrown they are, just push them back with a blunt-edged nail file. **MOISTURISE WELL:** Once done with the cleaning and shaping part, make it a point to moisturise your hands, especially the nails, properly.

HOW TO UPGRADE YOUR BRAIN

DAY 1: LEARN FASTER

Learning something new is a great way to build up brain function. Put the acronym **FASTER** into action. It stands for...

- **FORGET:** The key to learning is to remove the things that are distracting you. So forget what you know, what's not urgent and what you see as your limitations.
- **ACTIVE:** Learning is not a spectator sport - try to be more active in your learning.
- **STATE:** Your state of being is influenced by your thoughts and your body. Make a conscious decision to be joyful or curious.
- **TEACH:** If you want to deepen your learning, approach it with the intention of teaching what you learn to someone else.
- **ENTER:** If it's not on your calendar, there's a chance it's not getting done. So enter a block of time each day to invest in



brain training, even if just for 10 minutes. ■ **REVIEW:** You will retain information better if you go over what you've learned.

DAY 2: KILL YOUR ANTS



Identify the voices in your head that focus on what you can't do - those automatic negative thoughts (ANTS) - and start talking back to them. When you find yourself thinking, "I always mess up this sort of thing", counter it with, "Just because I haven't always been good at this in the past doesn't mean I can't be great at it now".

DAY 3: QUESTION YOUR DOUBTS



Reflect on the power of dominant questions - those negative things you ask yourself subconsciously each day. Identify the questions and think about how you can manage them to change your behaviour. So instead of asking yourself, "Why can I never do this?", make the question more positive and empowering. For example, "How can I make this better?"

DAY 4: UNDERSTAND YOUR DREAM



Take a moment to write down all the disadvantages of not training your brain. Next, write down the advantages you will have when your brain is trained, such as, "I'll be able to learn with confidence".

DAY 5: FIND YOUR PURPOSE



What is your purpose? What do you want to share with the world? This is what should motivate you. Remember who's counting on you to be limitless in your thinking. It could be your family or friends. And think about how your brain training will improve their lives.

DAY 6: START A GOOD HABIT



Create a healthy habit that will lead you to success. It could be something like exercising every day or quitting snacking. And break it down into small, simple steps.

DAY 7: FEED YOUR BRAIN

What you eat matters, so, nourish your brain by eating a healthy diet. Ask yourself if the food you eat is energising or depleting you. Then find recipes using brain-boosting foods such as eggs, green leafy vegetables, salmon, almonds and walnuts.



DAY 8: LEARN TO LISTEN

The **HEAR** method stands for Halt, Empathy, Anticipate, Review, and you can use it when listening to a talk or a speaker you want to learn from. Halt any distractions such as music or your phone buzzing with text alerts. Empathise by imagining yourself in the speaker's shoes.



DAY 9: REMEMBER MOM



MOM (motivation, observation and methods) will boost your memory. If you meet someone new, what is your motive for remembering their name and what do you observe about them?