

How I got my kids to meditate

Statistics are numbers until they hit home. I learnt that recently when my husband returned home after attending the funeral of his employee's brother. Life isn't easy and we need an outlet to cope with stress, anxiety. This is where meditation can help all, including kids!



Stats that is worrying

According to a study, my generation or the millennials is the most anxious generation in history. At 47% increase in major depression diagnoses amongst millennials since 2013, we are also the most depressed compared to all the previous generations. But what made me look for ways to get my pre-schoolers tools to handle such mental health problems was yet another stat: A 2018 American Psychological Association survey found out that 54% of workers under 23 or from Gen Z felt anxious/nervous.

Meditation helps!

The way mental health problems are affecting kids younger and younger, by the time my kids grow up to be ten, they might be battling these issues. And I am a mother of two young women, a gender that gets hit harder. So, I started looking for ways to help my kids build emotional resilience. I have found a tool, a habit that will help them stay happy — meditation! Yes, it's a scientifically proven way to reduce stress, be more mindful, have better focus and sleep better.

But my kids won't sit in meditation

It is easier to get a monkey to sit still than my girls. But to be a journalist living in the land of spirituality and meditation has to have its benefits. I had access

to several masters and gurus to discuss How to Get My Kids to Meditate. After many trials, I have come up with a phenomenal way to instill the practices of meditation in both my kids, three years old and five years old, a 3-step Meditation Program for Kids.

My Meditation roadmap for kids

Although Sadhguru Jaggi Vasudeva (the guy who Hollywood actor Will Smith recently invited home to learn the ultimate truth from) says that kids my kids age should be just left to be themselves, I watched him say that in one of the videos. To paraphrase what I understood from that video: "Adults meditate to get in touch with their inner child but when you are a child already, what do you need." A word from one of

the wisest-s is to not force pre-schoolers into meditation; but I am a mere mortal, do I listen?

I have come up with a 3-step Meditation Program for Kids:

1) Replace sweets with some meditation! Especially in Asian households, festivals and celebrations means sweets! Why does everyone become happy when they get a sweet? Because when we were growing up, we were given a sweet to celebrate occasions and our happiness — so the association. But, if we were to replace that sweet with meditation in our kids' lives, it would be great and not even give diabetes.
2) Don't go the traditional way Even if full-blown meditation practice is not possible there is a lot one can do. Monk Om Swami suggests every time the house has a happy occasion or you have to reward your kids' achievements, play meditation music. Simple.
3) Most effective advice ever! Of all the parenting advice about all the challenges in the universe, the best one remains this: do it yourself. Kids learn from what you do, not what you say. (By author Medha Shri, editorial chief at os.me and mindful living enthusiast.)

5 QUICK MEDITATION TECHNIQUES FOR KIDS

1 Get them to chant Om for 2 minutes, then increase gradually (2 minutes 10 seconds, add another ten, so on). It's also called the Kaizen method, increase insignificantly.

2 Let them sit with open eyes facing a wall, and make them do nothing, suggested Spanish author Francesc Miralles.



3 8-4-7 breathwork: I picked up this meditation technique from Black

Lotus App. This practice is for adults: Exhale for 8 seconds with woosh sound,

inhale for 4, hold for 7. When you your kids do it, adjust it to their capacity.

4 Sit crossed leg with eyes closed and focus on the breath.

5 Lie down, eyes closed. Now move your attention from toes to head, body part by body part.

PARENTING LESSONS

MIRA RAJPUT KAPOOR LEARNED



Speaking to an entertainment portal recently, Mira Kapoor (a mother and wife of actor Shahid Kapoor) said that her elders taught her important tips, which help her raise her two children.

Talking about being a mother in the age of social media parenting, Mira says that she is a firm believer in sticking to the roots and teaching kids the value of culture: "A beautiful tip I've received and truly practice is nurturing my kids from a young age by teaching them about Indian roots and inculcating a healthy lifestyle. This has helped me and my family to stay healthy and fit through all the seasons. Our Indian kitchen and traditions have wholesome goodness and health which over the years we've lost touch with."

The importance of having a supportive partner
Another person who she

credits for making motherhood easier is hubby Shahid Kapoor. Adding that pregnancy and parenting is a two-person job, Mira says she was lucky to have an involved parent like Shahid, by her side. Shahid Kapoor also took paternity leaves after

"Our Indian kitchen and its many traditions really have wholesome goodness and health which over the years we have lost touch with."
Mira Kapoor

the birth of both of his kids. Mira adds, "Moreover, your partner's support is important in every step and that helped me stay calm and happy. Pregnancy is a beautiful journey you embark on with your partner and one should embrace it and never shy away from the same. I was only able to do this with support from Shahid and my family."

QUIZ TIME (INDIAN HISTORY)

- Q.1) In which year did Aurangzeb die?**
A. 1707 B. 1702 C. 1748 D. 1713
- Q.2) Who among the following was the finance minister in Akbar's court?**
A. Man Singh I B. Faizl C. Raja Todar Mal D. Birbal
- Q.3) Baz Bahadur was the last sultan of...**
A. Ajmer B. Delhi C. Malwa D. Khandesh
- Q.4) Which Mughal emperor's regent was Bairam Khan?**
A. Shah Jahan B. Akbar C. Humayun
- Q.5) In which year did Imad-ul-mulk became Wazir?**
A. 1742 B. 1739 C. 1752 D. 1748
- Q.6) Ahmad Shah Bahadur was succeeded by....**
A. Jahandar Shah B. Timur Shah Durrani C. Alamgir II D. Muhammad Shah

ANSWERS

1.A) 1707 2.C) Raja Todar Mal 3.C) Malwa 4.B) Akbar 5.C) 1752 6.C) Alamgir II

KNOWLEDGE BANK (BIRDS)

Malkoha
They are large birds of the cuckoo family and get their name from the Sinhalese word 'mal-koha' meaning flower-cuckoo and are part of the Phaenicophaeus genus. They are non-parasitic, unlike other cuckoos. They feed on small lizards, insects, and sometimes berries and seeds. They are silent birds.

SARAH GABBUR, class VI, Clarence Public School, Bangalore



How to tell a bedtime story

Tips for a nightly routine which can help your child develop language and imagination skills

A bedtime routine is always important, but more so during upheaval and uncertainty, like the times we are living in. And this routine should include bedtime storytelling, especially for young children. Here's what you need to know:



YOU STILL NEED TO READ TO YOUR KIDS
Let's be clear, reading is still an indispensable tool in your parenting tool kit. Storytelling should be a complement to reading, not a replacement. "Listening to the story without benefits of the illustrations requires the child to picture the characters and the events in their own mind," said Rebecca Isbell, an early childhood education consultant and professor emerita at East Tennessee State University, US. "They are creating the story for themselves. They are listening to it, and as they do they are turning on that movie in their head." These mental movies are powerful. When you tell a story, there's no book to focus on, for you or your child, so you can use gestures and eye contact to add drama, suspense and intrigue. Storytelling and reading work best in tandem to help children develop language and story comprehension, just as you want your child eating a balanced meal.

Every story should have a conflict and a resolution. Need help? Consider the folk tale. Several experts recommend stories from 'Aesop's Fables'

TAKE THE STORY IN AN UNEXPECTED DIRECTION
Use pitch, pacing and pausing to keep your child on the edge of their seat (or pillow). You can use strategic pauses to let your child ponder what happens next, and then take the story in an unexpected direction. Or just to make sure they are attentive.

REMEMBER THE BASICS OF STORYTELLING
If you are making up a tale, remember that every story should have a beginning, a middle and an end. Every story should have a conflict and a resolution. Need help? Consider the folk tale. Several experts recommended stories from 'Aesop's Fables', which has been delighting children for millennia and includes 'The Tortoise and the Hare'. Why? Because for kids, the protagonists "aren't really animals, they're people," Isbell said. They visualise the characters and identify with them, and the nuanced morals—slow and steady wins the race, for example—are things any kid can understand. If you are really stumped, consider your own story. In particular, stories from your childhood have a special resonance.

ENCOURAGE AUDIENCE PARTICIPATION
If your daughter wants the protagonist to be a mermaid instead of a snail, you can change that. A voyage through the high seas can become a journey to Mars. As with singing a song, you can encourage call and response, or use hymns to keep the child actively engaged.
— The New York Times

CHECK YOUR APTITUDE
1 Two climbers are at points A and B on a vertical cliff-face. To an observer C, 40 m from the foot of the cliff, on the level ground, A is at an elevation of 48 deg and B at an elevation of 57 deg. What is the distance between the climbers?
A. 17.12 m, B. 16.99 m, C. 17.17 m, D. 17.19 m
2 If 1/4 of a watermelon weighs 25000 mg, how many kg does 3/4 of the watermelon weigh, assuming that mass is uniformly distributed?
A. 100 kg B. 7.5 kg C. 57 kg D. 75 kg
ANSWER: 1) C) 17.17 m; 2) D) 75 kg

EXPLORE YOUR CREATIVITY
Develop a story based on the pictures in around 250 words. Send your entry along with your name, class, school and picture at tolnie175@gmail.com



TOP 3, ENGLAND'S WEAK LINK

While India cemented their top-order batting on the recent tour of Australia with Rohit Sharma and Shubman Gill settling in as opening pair and Cheteshwar Pujara already there at No. 3, England's top-order in comparison looks shaky ahead of the four-Test tour of India

TOUGH TASK AHEAD FOR CRAWLEY, SIBLEY & BURNS

With both England openers Zak Crawley and Dominic Sibley failing to get big scores – Sibley got just one fifty in four innings and Crawley got none – in the recent Test series against Sri Lanka, England's problems were compounded when they decided to send back home Jonny Bairstow, who batted at No.3 and averaged 46.33 in Sri Lanka.

England are rotating players for the India series. But former England skipper Nasser Hussain has asked the England and Wales Cricket Board (ECB) to rethink the decision and recall Bairstow. "I think Bairstow, Ben Stokes and Joe Root are the three best players of spin bowling in the England camp. One has been given the boarding pass to England while the other two are going to Chennai. I'd have to rethink that," said Hussain.

In Bairstow's absence, England may play Crawley at No.3 and open with Sibley and regular opener Rory Burns, who has joined the team in Chennai after missing the Sri Lanka series. Crawley has batted at No.3 in the two Tests before the Sri Lanka series and even scored a double century at that position. However, he was pushed up the order as Burns stayed home during the tour of Sri Lanka.

Hussain has pointed out at technical issues in Crawley's batting against the spinners saying that he tends to play across the line, and that makes him vulnerable. He made similar observations for Sibley. Besides, none of these possible England top three have played in the subcontinental conditions except in Sri Lanka. While this was Sibley and Crawley's first outing there, Burns had travelled to Sri Lanka with the English team in 2018. He aggregated 155 in six innings at an average of 25.83 and scored just one fifty on that tour.



Dom Sibley

Photo: GETTY IMAGES



Photo: GETTY IMAGES

Zak Crawley



Photo: GETTY IMAGES

Rory Burns

INDIA'S TOP ORDER IS IN RED-HOT FORM

The lack of experience of the English top three in these conditions, and especially against a quality spin attack that India presents, leaves the visitors quite vulnerable. Burns, Crawley and Sibley have together played 45 Tests and just seven of those have come in the subcontinental conditions – all in Sri Lanka.

India, on the other hand, have among the top three the experience Sharma and Pujara, both of who have played 115 Tests combined. Out of these 115 matches, 55 have come in India and eight others on similar spin-friendly conditions in Sri Lanka and Bangladesh.

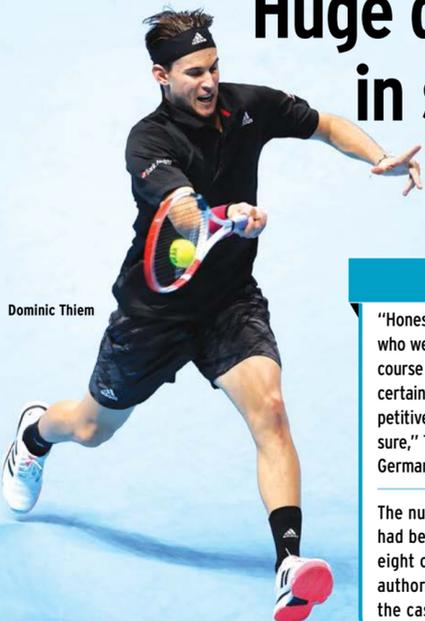
The only inexperienced batsman India have at the top is Gill who has played three Tests, all in Australia. He scored 259 runs including two fifties and missed out on a century by nine runs in the final Test at The Gabba. However, he has ample experience in India, having played domestic cricket for some time.

GILL NEEDS TO KEEP HIS HEAD DOWN

See, he should be opening with Rohit Sharma, no doubt about it, but let's not jump the gun. You just can't put someone really high up there. Yes, he's got the talent, but he needs to keep his head down because international cricket can be tough! Yes, you had a honeymoon start to your international career. It can't be better than this.

Playing in Australia, winning this series with a young side, you've done really well, you batted beautifully. No doubt about it, but let's give him time as well and let him develop on his own, rather than putting too much pressure and putting too much expectations on him. **Gautam Gambhir, former India opener**

Huge disadvantage for players in strict quarantine: Thiem



Dominic Thiem

Photo: GETTY IMAGES

Austrian world No.3 Dominic Thiem has admitted that players who have been put in strict quarantine ahead of the 2021 Australian Open tennis are at a "huge disadvantage" compared to others in Melbourne. About 70 players are confined to their rooms after positive coronavirus cases were found in the two charter flights transporting them to Australia

'PLAYERS ARE LOSING OUT ON TIME TO TRAIN'

"Honestly, for the 70 players who were on the planes, it is of course very bitter. They will certainly be at a serious competitive disadvantage, that's for sure," Thiem said on Eurosport Germany's tennis podcast.

The number of positive cases had been downgraded to eight on Wednesday after authorities reclassified one of the cases as a result of previ-

ous infection. All players arriving in Australia were required to undergo two weeks' quarantine along with their support staff, but those in the two flights have been forced to extend their quarantine, thus losing out on time that other players are using to continue training.

"There are still nine days until the start of the Australian

Open, but in contrast to the others who can train normally, this is a huge disadvantage. It was unbelievably unfortunate for them, and I feel very sorry for them. But of course, everyone knew what they were getting into. Tennis Australia and the whole country have tried everything to let the tournament take place and that is also a sensational achievement," said Thiem. **IANS**

Inconsistency may cost Manchester United the title: Ferdinand



Photo: GETTY IMAGES

Manchester United are being held back by inconsistent performances from their top players, former defender Rio Ferdinand said after their shock 2-1 defeat by bottom side Sheffield United in the Premier League on Wednesday. United, who would have replaced Manchester City at the top of the table with a win, have been on a good run in recent weeks and delivered an inspired performance to knock bitter rivals

Liverpool out of the FA Cup on Sunday. "Last week (against) Liverpool, tremendous performance," Ferdinand told BT Sport. "(Against) Bottom of the league Sheffield United, lifeless at times. The inconsistencies don't win you the league. "It's what we said about Manchester United for many, many months that the inconsistencies of individuals on this team is what's holding them back. **REUTERS**

QUIZ TIME!

Q1: Which of the following players hold the record of most One-Day Internationals played in a career?

- a) Mahela Jayawardene b) Rahul Dravid
c) Sanath Jayasuriya d) Sachin Tendulkar

Q2: Which of the following players hold the record of most consecutive Australian Open women's Singles title?

- a) Steffi Graf b) Martina Hingis
c) Evonne Goolagong d) Margaret Court

Q3: Which of the following players hold the record of

most dismissals by a wicket-keeper in a Twenty20 International career (female)?

- a) Alyssa Healy b) Ellyse Perry
c) Beth Mooney d) Meg Lanning

Q4: Who is the youngest goalscorer in a FIFA World Cup football?

- a) Franz Beckenbauer b) Norman Whiteside
c) Pele d) Diego Maradona

Q5: Which of the following players hold the record of most Test wickets taken by a fast bowler?

- a) Glenn McGrath b) James Anderson
c) Dale Steyn d) Wasim Akram

Q6: Among the Big three, Rafael Nadal has won most ATP Masters 1000 singles titles. How many titles has he won so far?

- a) 30 b) 35 c) 36 d) 30



Rafael Nadal

Q7: Which of the following players hold the record of most wickets taken in an ICC World Cup career?

- a) Glenn McGrath b) James Anderson
c) Dale Steyn d) Wasim Akram

Q8: Who is the oldest tennis player ranked world number one (male)?

- a) Andy Murray b) Rafael Nadal
c) Roger Federer d) Andre Agassi

Q9: During which Olympics, Shefina Zadorsky received the fastest red card in an Olympics football match (female)?

- a) Athens 2004 Olympic Games
b) Beijing 2008 Beijing Games
c) Rio 2016 Olympic Games

- d) London 2012 Olympic Games

Q10: Who is the fastest bowler to take 100 wickets in One-Day Internationals?

- a) Rashid Khan b) Chaminda Vaas
c) Shahid Afridi d) Lasith Malinga

Q11 Who is the only player in football history to win three World Cups?

- a) Franz Beckenbauer b) Johan Cruyff
c) Pele d) Diego Maradona

ANSWERS: 1 d) Sachin Tendulkar
2 d) Margaret Court 3 a) Alyssa Healy
4 c) Pele 5 b) James Anderson
6 b) 35 7 a) Glenn McGrath
8 c) Roger Federer 9 c) 2016 Rio Games
10 a) Rashid Khan 11 c) Pele