

TSUSC NEWSLETTER

EDITION -2 | VOLUME -2

DEC 2021



A day at school



"Education is the passport to the future for tomorrow belongs to those who prepare for it today."

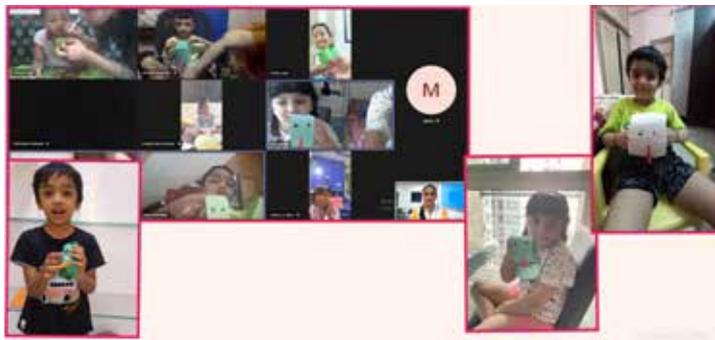


VIGNETTES OF DECEMBER MONTH

ALL ABOUT ROAD SAFETY



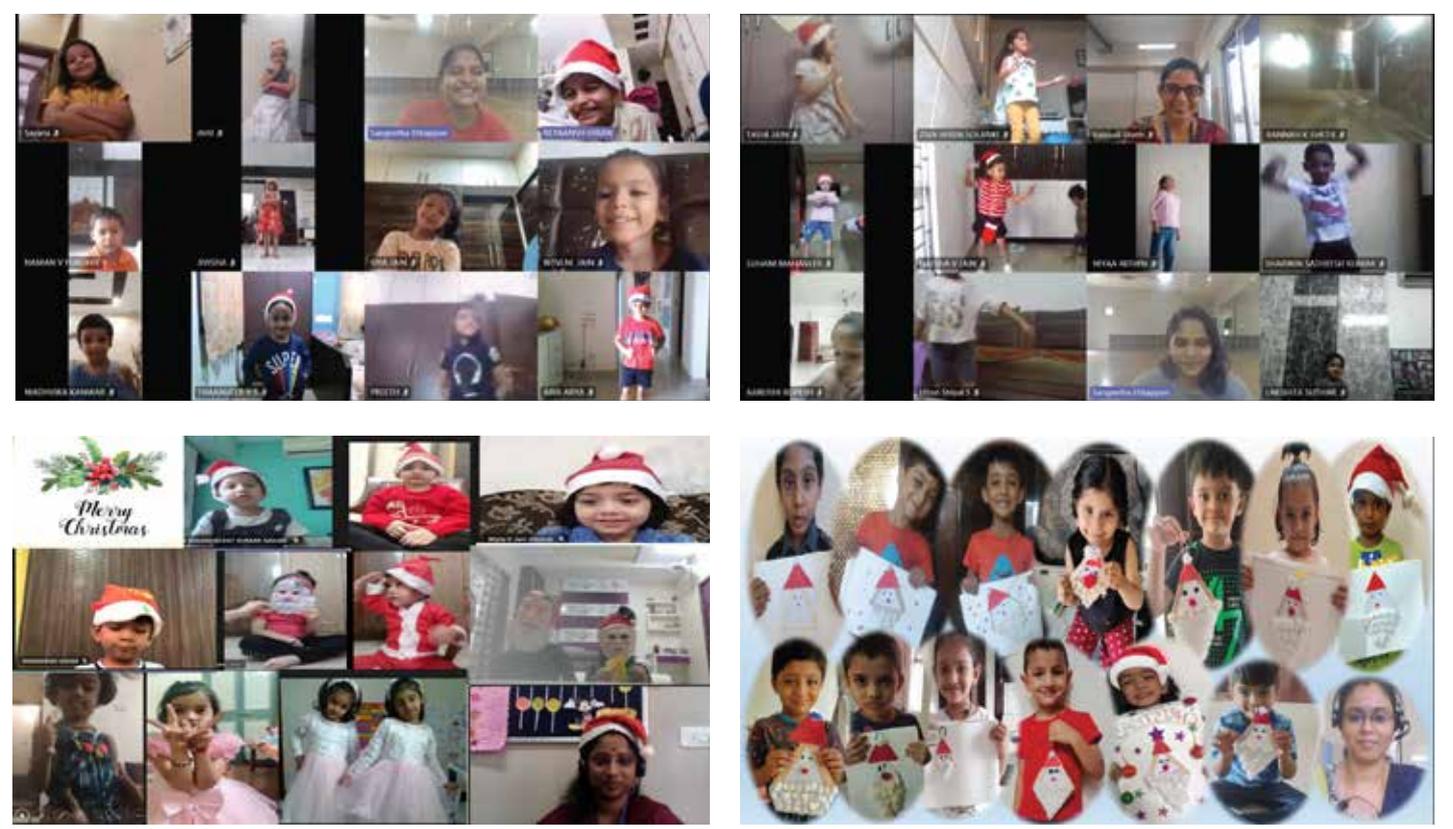
ART AND CRAFT ACTIVITY



BIRD ACTIVITY



CHRISTMAS CELEBRATION AND ACTIVITY





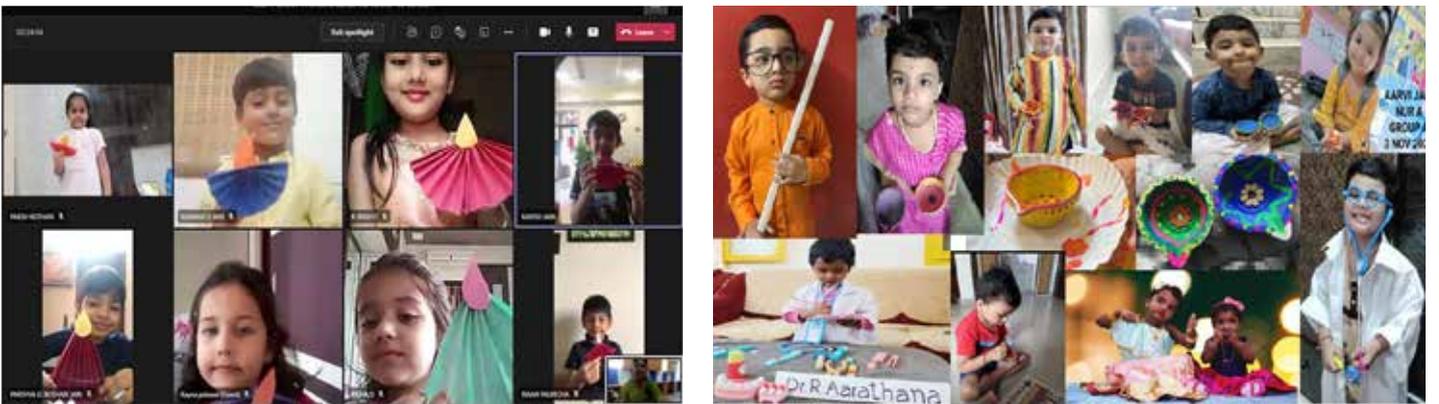
CLAY ACTIVITY



DANCE CLASS



DIYA MAKING ACTIVITY



FINGER ACTIVITY



FRUITS AND VEGGIES



HEXAGON ACTIVITY



MUFFIN ACTIVITY



ORIGAMI ACTIVITY



PAINT ACTIVITY



PAPERBOAT ACTIVITY



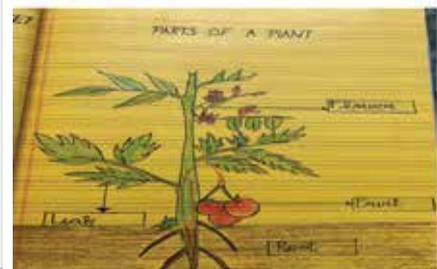
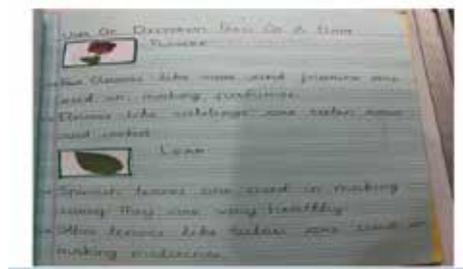
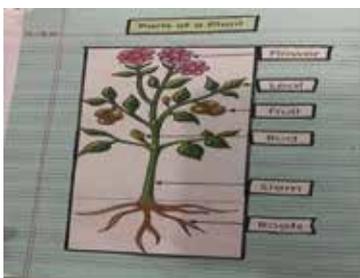
PATTERN ACTIVITY



ROLE PLAY



SCIENCE ACTIVITY



SHOW AND TELL



SNAKE ACTIVITY



THREADING ACTIVITY



KNOCK! KNOCK... WE ROCK!

Why me? Why me all the time?

When times are difficult, remind yourself that no pain comes to you without a purpose.

Life is probably the best gift from God. It teaches us so many things. Life is full of ups and downs. But we must never forget that whatever happens, it happens for good only. Life has taught me so many things. To be honest it was probably the best teacher ever. We make mistakes but we learn from them. Life also gifted us so many things. It gave us friends, family, traditions, cultures and so many festivals.

There are certain people who think of dying every single moment because of the difficult situation they face in life. But they don't know that those situations are to help them to realize their hidden potential and power.

Research has found that up to 70% of people experience positive psychological growth from difficult times.

What we learn from difficult times???

We understand how it feels and begin to feel for others. It helps us to learn lessons, experience and identify mistakes. We feel challenged and pushed off our comfort zone. We realize our ability and potential.

How to Stay Strong during Tough Times

1. Accept that some situations are beyond your control.
2. Allow yourself time to grieve and feel all the feelings.
3. Never be afraid to ask for help.
4. Whenever possible, offer help to those in need.
5. Take joy where life offers it.
6. Reframe your negative thoughts.

Life is beautiful, but not always. It has lots of problems you have to face every day. Don't worry and say, "why me all the time?" All these problems make you strong, it gives you courage to stand alone in future. Life is full of moments of joy, pleasure, success, and comfort punctuated by misery, defeat, failures, and problems. There is no human being on Earth, strong, powerful, wise or rich, who has not experienced, struggle, suffering or failure. You must work hard to reach to the highest position. Life is full of paths; you just have to choose the right one. Life is interesting and amazing like the stars up in the skies.

Nithya MohanRaj
JKG Teacher