



THE TIMES OF INDIA

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NEWS TICKER

- 1** New serological diagnostic testing kits likely in 2 months: ICMR
- 2** COVID-19: Jos Buttler auctions World Cup final shirt for hospital appeal.
- 3** 6.5 magnitude quake hits US state of Idaho.
- 4** Police: Action against those spreading rumours in the guise of Fools Day
- 5** Read all this and more at www.toistudent.com. Log in to register now!

STUDENT EDITION
WEDNESDAY, APRIL 1, 2020
WEB EDITION

6 things you should know

FOOL'S DAY

What is one theory for the origin of April Fools' Day?

1. There was a superstition about babies born on April 1, being a little dim
2. A change to the calendar caused confusion in France.
3. King George III was born April 1, and people thought he was stupid.

Ans: 2

The calendar confusion came from?

1. April was added to the year in the 1500s, and not everyone knew.
2. No one knew how to read a calendar.
3. French people celebrated the new year based on the Julian, not Gregorian, calendar.

ans: 3

What is the French term for "April Fools' Day"?

1. Imbecille d'Avril
2. Poisson d'Avril
3. Feu d'Avril

Ans: 2

What did the Scottish traditionally call April Fools' Day?

1. Haggis and Bagpipe Day
2. Full Day
3. Huntigowk Day

Ans: 3

Ancient Romans celebrated the holiday of Hilaria in late March. What was one of the fun things they did?

1. Stole fish from mongers
2. Graffitied the Colosseum
3. Wore costumes

Ans: 3

Some argue that the calendar interpretation isn't true. Why?

1. because legal recognition of the Julian new year was during Easter, not April 1
2. because the French traditionally celebrated the new year on Jan.
3. Both

Ans: 3

DID YOU KNOW
What is An Anti Prank? When you are not pranking but you let the other person believe that you are!

I recommend

Saw 'Billy Elliot', a touching movie last night. It is about a boy wanting to become a ballet dancer and the reaction all round.

- Nalini Sengupta, principal, Vidya Valley, Pune

If you have a recommendation, please send at timesnie175@gmail.com

Activity Center

Send us a story on: **How You Learnt To Cope With Lock Down** in about 100 words. The best story gets published on Friday!

Send at timesnie175@gmail.com with the subject: WhatsApp Edition

How to build Healthy Habits

Here are some tips, backed by research, for forming new healthy habits.

STACK YOUR HABITS

The best way to form a new habit is to tie it to an existing habit, experts say. Look for patterns in your day

We're all creatures of habit. We tend to wake up at the same time each day, brush our teeth, have morning breakfast and commute to school, following the same patterns every day. So why is it so hard to form new healthy habits? Behavioural scientists who study habit formation say that many of us try to create healthy habits the wrong way. We make bold resolutions to start exercising or lose weight, for example, without taking the steps needed to set ourselves up for success.

and think about how you can use existing habits to create new, positive ones.

START SMALL

BJ Fogg, a Stanford University researcher and the author of the book "Tiny Habits," notes that big behaviour changes require a high level of motivation that often can't be sustained. He suggests starting with tiny habits to make the new habit as easy as possible in the beginning. Taking a daily short walk, for example, could be the beginning of an exercise habit. Or, putting an apple in your bag every day could lead to better eating habits.

DO IT EVERY DAY

British researchers studied how people form habits in the real world, asking participants to

choose a simple habit they wanted to form, like drinking water at lunch or taking a walk before dinner. The lesson is that habits take a long time to create, but they form faster when we do them more often, so start with something reasonable that is really easy to do.

MAKE IT EASY

Habit researchers know we are more likely to form new habits when we clear away the obstacles that stand in our way. Packing your gym bag and leaving it by the door is one example of this. Wendy Wood, a research psychologist at the University of Southern California,

said she began sleeping in her running clothes to make it easier to roll out of bed in the morning, slip on her running shoes and run. Choosing an exercise that doesn't require you to leave the house - like situps or jumping jacks - is another way to form an easy exercise habit.



QUIZ TIME

PLANETS

Q.1) ___'s craters are named after famous artists, musicians and authors.

- A. Earth B. Jupiter
C. Mercury D. Moon

Q.2) ___ is the hottest planet in the solar system.

- A. Venus B. Mercury
C. Neptune D. Jupiter

Q.3) Earth's ___ protects us from meteoroids and radiation from the Sun.

- A. Atmosphere B. Water
C. Forests D. Moon

Q.4) There have been more missions to ___ than any

ANSWERS

1. C) Mercury 2. A) Venus 3. A) Atmosphere 4. A) Mars 5. A) Saturn

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other planet.

- A. Mars B. Moon
C. Venus D. Pluto

Q.5) ___ has more moons than any other planet in the Solar System.

- A. Saturn B. Mercury
C. Neptune D. Jupiter



GO FIGURE

Place the four numbers in the first, third, fifth, and seventh boxes and whichever operators you want to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

The operators:



EASY = 17
2 3 5 7

MEDIUM = 7
2 3 5 6

HARD = 6
2 2 6 8

SOLUTIONS: Easy $2 + 7 + 5 + 3 = 17$
Medium $2 \times 5 + 3 - 6 = 7$
Hard $8 + 6 - 2 / 2 = 6$

tips to write a

cli-fi

Cli-fi is an abbreviation of climate fiction, one that hearkens to its science fiction roots. But as we have reached a climate crisis in the real world, it's become an equally relevant genre. Climate fiction is literature that deals with the changes in climate and global warming. It's almost as old as science fiction, though as more light is shed on the real world climate crisis, the stories have grown to be more apocalyptic or dystopian in theme

Here are some tips on how to write a good climate fiction:

TRY TO FIND AN EMOTIONAL CONNECTION

Climate change might sound like numbers on a thermometer, hard to feel emotional about, but it affects us all. From the terrifying fires in Australia to the cherry blossoms blooming out of season in Japan one year due to the unseasonable weather, there are examples worldwide. Making a connection that readers can empathise with so as to make the story feel more meaningful and relevant. For an example closer to home - think of the very cold winter North India just went through or predict how early rains will affect crop yield and thus the lives of farmers.

RESEARCH CLIMATE CHANGE SCIENTIFICALLY

There are many great sources online that show how humans have affected climate and how climate change has affected the planet. Many scientists explain how it will adversely affect the future as well and these are the credible sources one has to explore. The best stories are realistic and only good research can achieve that.

LOOK UP CLIMATE CONTROL

Many technologies have been proposed on controlling the weather. This can add all sorts of governmental and military angles to the plot of the story.

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