

**“Work and play, night and day,
Balance it right and you’ll find your way”**

“My Behaviour Check Challenge “



Under this programme, we bring you some short and simple pointers to help kids balance studies and daily routine effectively

- **Follow a daily timetable with study, play and rest time.**
- **Finish studies first, then move to revision.**
- **Take short breaks- A 5–10-minute break after 30-40 minutes of study keeps the mind fresh.**
- **Stay organized- Keep books, notes and study materials in order.**
- **Reduce distractions from TV, mobile and games during study hours.**
- **Sleep well- Ensure proper sleep for better concentration.**
- **Eat healthy and engage yourself in physical activity for better growth.**
- **Spend quality time with family members.**
- **Do things that you love keeps you motivated.**

Balancing studies and daily routine are the key to a happy and successful life. With a little planning and discipline, you can enjoy learning while still having fun.