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MAY 2026

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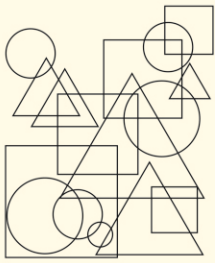
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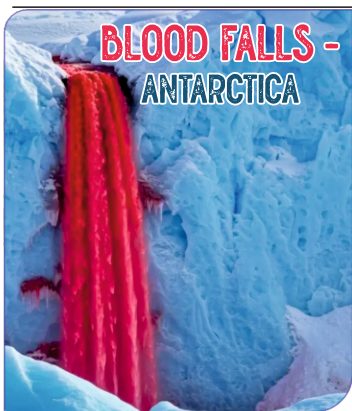
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KIDS AGE
MAY 2026
CONTEST



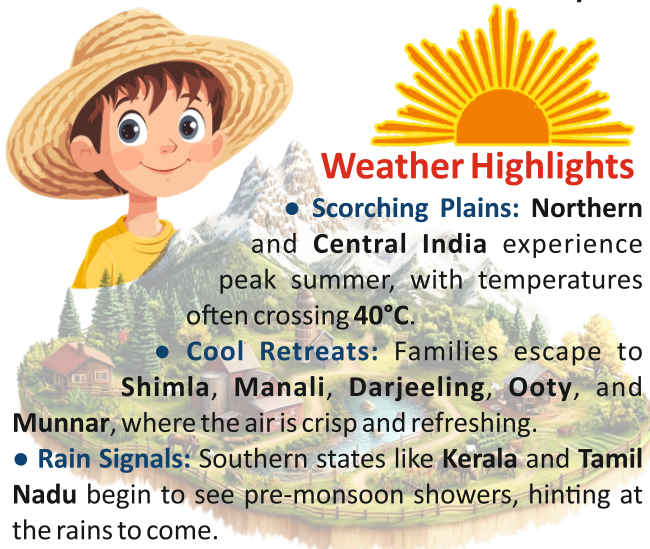
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MAY IN INDIA

A Month of Heat, Hills, and Festivals



May in India is a month of contrasts. While the plains sizzle under the summer sun, the hill stations bloom with cool breezes and colourful festivals. For children on vacation, it is both a time of adventure and discovery.



Weather Highlights

- **Scorching Plains:** Northern and Central India experience peak summer, with temperatures often crossing 40°C.
- **Cool Retreats:** Families escape to Shimla, Manali, Darjeeling, Ooty, and Munnar, where the air is crisp and refreshing.
- **Rain Signals:** Southern states like Kerala and Tamil Nadu begin to see pre-monsoon showers, hinting at the rains to come.

The hottest temperature ever recorded in India was 51°C in Rajasthan—that's hotter than most ovens!



Special Days in May

- **Labour Day (May 1)** honours workers across the country.
- **Mother's Day (second Sunday of May)** is celebrated with love and surprises.
- **World No Tobacco Day (May 31)** reminds everyone to stay healthy.

Mother's Day was first celebrated in 1908 in the United States, and now it's a global tradition.



Tips for Young Travellers

- Carry water bottles and wear cotton clothes to beat the heat.
 - Use sunscreen to stay safe under the blazing sun.
 - Plan trips early, as hill stations are crowded during May holidays.
- Cotton clothes keep you cool because they let your skin 'breathe.'



Festivals and Celebrations

- **Thrissur Pookam (Kerala):** Famous for decorated elephants, fireworks, and traditional music.
 - **Buddha Purnima:** A peaceful celebration of Lord Buddha's birth.
 - **Ooty Summer Festival (Tamil Nadu):** Flower shows and fruit exhibitions turn the hill station into a carnival of colours.
 - **Mount Abu Summer Festival (Rajasthan):** Folk dances, boat races, and music bring life to the desert state's only hill station.
- Thrissur Pookam features more than 50 elephants dressed like royalty!



Travel and Adventure

- **Wildlife Safaris:** Ranthambore, Bandhavgarh, and Jim Corbett are popular for spotting tigers.
 - **Beach Escapes:** Goa and Kerala beaches remain lively with sunshine and waves.
 - **Mountain Magic:** Trekking, boating, and exploring the Himalayas are favourite family activities.
- India has the largest population of wild tigers in the world—over 2,900!

Easy & Fun Vacation Skill Quest

SCRATCH AND ENJOY!



SKILL2K26

Scratch here to unlock your Vacation Creativity Course Worth

₹ 599/- for FREE!



Scan the QR Code to get details!

HOW TO USE:

1. Scratch to reveal the coupon code.
2. Visit kidsage.in/srvac/.
3. Click on "Buy Now" and then click on "Add To Cart".
4. Click on "Checkout" and apply the coupon code.

May in India is a month of fire and ice—hot plains, cool hills, and festivals bursting with colour. For children, it offers the perfect mix of fun, learning, and adventure during their summer break.

NEWS



LOCAL - NATIONAL - GLOBAL

UPDATE

150 Million-Year-Old Dinosaur Nest found in PORTUGAL



Palaeontologists have made an exciting discovery in Portugal—a dinosaur egg nest that is about 150 million years old!

This discovery gives important clues about how dinosaurs lived and raised their young, including reproduction, nesting habits, and growth. The nest contains several eggs, which turned into fossils over millions of years. It is believed that the nest belonged to a large dinosaur of the Jurassic period, the time when dinosaurs ruled the earth.

Such extremely rare and exciting discoveries open a window into Earth's distant past and help us understand the amazing creatures that lived long before humans.



1,000 Year-Old STONE IDOLS excavated in RAJASTHAN

Archaeologists recently discovered ancient stone idols that are about 1,000 years old in Rajasthan. The idols were found during an excavation carried out by experts from the Archaeological Survey of India.

These beautifully carved statues are believed to belong to temples that existed in the region many centuries ago; they show skilled craftsmanship and detailed designs. Historians believe they may represent Hindu gods and goddesses that people worshipped long ago. Such discoveries help us understand how people lived, prayed, and created art in the past.

Archaeologists carefully study the idols to learn about the architecture, traditions, and religious practices of ancient times. Finding treasures from the past reminds us that history is like a puzzle—and every discovery helps complete the picture!



warns of a 600-kg Satellite to Crash Back into EARTH

A satellite launched 14 years ago by NASA is expected to fall back to Earth from space. Weighing around 600 kilograms, it can be compared to a small car!

Satellites, that orbit Earth and help scientists study space, weather, and our planet, sometimes fall back towards Earth when they stop working or run out of fuel. Most of them burn up due to extreme heat caused by friction while entering Earth's atmosphere. Only small pieces reach the ground, and scientists say the chances of them harming people are very low.

Space agencies closely monitor such events using powerful telescopes and computers to predict when and where the satellite might fall. This situation highlights that the safe launching of the satellite and its return with minimal damage/harm are equally important. Scientists around the world are working on better ways to manage space debris to keep it safe for future missions.



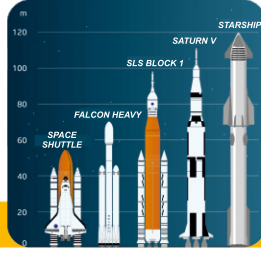
SPANISH researchers develop Low-cost Artificial CORNEA from FISH SCALES

Scientists in Spain have created an amazing new way to help people see again! Researchers have made a low-cost artificial cornea using fish scales. The cornea is the clear front part of our eye that helps us see clearly. If it gets damaged due to injury or disease, a person may lose their vision.

Collagen, a natural material discovered in fish scales, is also found in human eyes. If cleaned carefully and processed, the fish scales can be turned to create a thin, transparent membrane that can work like a human cornea. This new invention is important because traditional cornea transplants need donated human tissue, which is not always available.

The fish-scale cornea is cost-effective and easier to produce. Doctors hope this new technology will help millions of people around the world who suffer from blindness caused by damaged corneas. If successful, it could make eye treatment more affordable and accessible for many families.

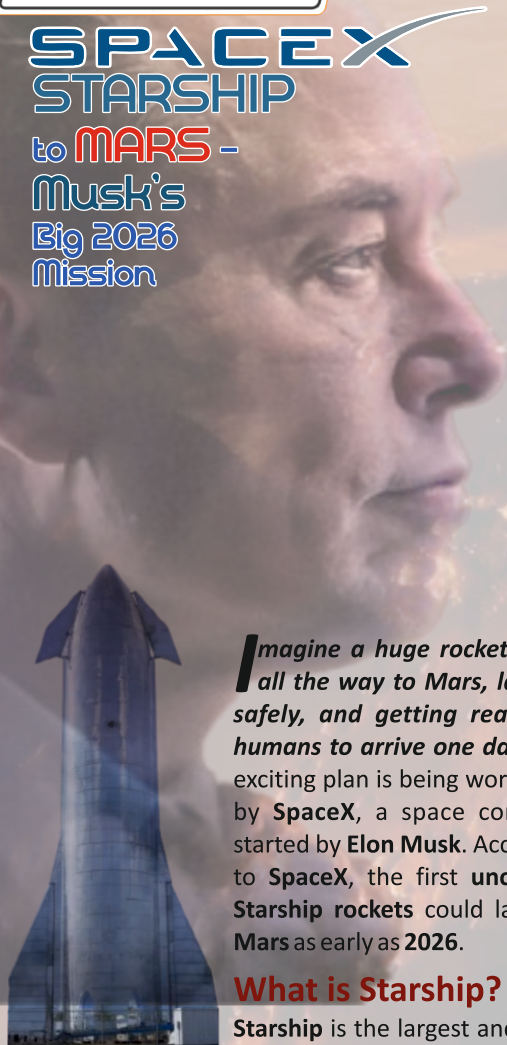
Standing at over **400 feet tall** when fully stacked, **Starship** is regarded as the **largest and most powerful launch vehicle** in the world.



SPACE BEYOND

SPACEX STARSHIP

to **MARS** -
Musk's
Big 2026
Mission



Imagine a huge rocket flying all the way to Mars, landing safely, and getting ready for humans to arrive one day. This exciting plan is being worked on by SpaceX, a space company started by Elon Musk. According to SpaceX, the first uncrewed Starship rockets could land on Mars as early as 2026.

What is Starship?

Starship is the largest and most

powerful rocket ever built. It is designed to be fully reusable, which means it can be used again and again—just like an aeroplane. This reusability makes space travel cheaper and faster. Starship is so large that it can carry astronauts, robots, supplies, and even buildings needed for future Mars colonies.

Why Mars?

Mars is called the Red Planet because of its reddish surface. Scientists believe Mars once had water and may have supported life long ago. By sending Starship to Mars, SpaceX aims to learn:

- How to land safely on Mars
- How to survive extreme cold and dust storms
- How humans could live there in the future

The first missions will be uncrewed, meaning there will be no astronauts on board. Robots and instruments will test the land, collect data, and prepare for future human missions.

Why is this Important?

Elon Musk believes humans should become a multi-planet species to ensure the survival of life even if Earth faces significant threats. If Starship succeeds, it could transform the future of space travel forever.

Quiz Time!

Q1. Who founded SpaceX?

- A. Jeff Bezos
- B. Elon Musk
- C. Neil Armstrong
- D. Rakesh Sharma

Q2. What is Starship designed for?

- A. Single-usage
- B. Invisibility
- C. Reusability
- D. Compactness

Q3. When could the first uncrewed Starship land on Mars?

- A. 2024
- B. 2026
- C. 2025
- D. 2030

Q4. Why are the first Starship missions uncrewed?

- A. To save fuel
- B. For TV shows
- C. To test safety and technology
- D. Because humans don't like Mars

Q5. Mars is called the Red Planet because...

- A. of red fire
- B. of reddish surface
- C. of red plants
- D. of red lava

Activity for Readers:

Pack for Mars! (Thinking Game)
You can take **ONLY 5** items to Mars. Choose from the following options:
Water | Food | Tools | Spacesuit Plants | Books | Phone | Science Kit
Circle your 5 choices and discuss with your friend why you chose them.

From Mud Grounds to Big Leagues



At 4:30 am, while most of the town was asleep, Rani Rampal stepped onto a rough, muddy ground in Kurukshetra, Haryana. Her hockey stick was old, her shoes were worn out, and the goalposts were made of broken wood. But her dream was clear—to play for India.

Rani came from a family with limited financial resources. Many people around her believed that girls should not play sports, especially hockey. She often travelled long distances for practice and sometimes trained without proper meals. Yet, she never missed a session. Years later, her hard work met opportunity.

When the Hockey India League (HIL) began in 2013, it changed Indian hockey forever. For the first time, young Indian players trained and competed alongside international stars from countries like Australia, Germany, and the Netherlands. The league brought professional coaching, fitness training, and global exposure.

For players like Rani, the HIL was a

turning point. It helped them sharpen their skills, build confidence, and prepare for high-pressure matches. Many athletes who excelled in the league later represented India at the Olympics and World Cups.

The HIL also improved stadiums, equipment, and support systems across India. It showed young players that hockey could be more than just a hobby—it could be a career.

Children cannot enter the HIL directly. Their journey begins in schools and local academies, progresses through district and state tournaments, and reaches national championships. Those who perform consistently get noticed by selectors.



Quiz Time!

Q1. Where did Rani Rampal practise hockey as a child?

- A. A large stadium
- B. A muddy ground
- C. An indoor court
- D. A school hall

Q2. When did the Hockey India League (HIL) start?

- A. 2008
- B. 2010
- C. 2013
- D. 2016

Q3. What major change did HIL bring to Indian hockey?

- A. Fewer players
- B. International exposure
- C. Shorter matches
- D. Less training

Q4. Which lesson does Rani's story teach?

- A. Talent alone is enough.
- B. Hard work overcomes challenges.
- C. Only cities produce good players.
- D. Success depends on luck.

Q5. How can children work towards playing in the HIL?

- A. Apply online.
- B. Join directly.
- C. Play at school and state levels.
- D. Only watch matches.

Activity for Readers:

Your Hockey Path (or any dream)
Write four steps that you would follow if you want to play in the Hockey India League one day. For example:

1. Join a school team.
2. Practise regularly.
3. Play tournaments
4. Represent India



Think Big!
Train Smart!
Never Give Up!



As one of the most powerful fire giants in Norse mythology, Surtr is a symbol of destruction, transformation, and inevitability.

Bizarre Landmarks & Geography

Surtsey Island

The World's Newest Island



Imagine watching the ocean, and suddenly, a brand-new island rises from the waves! That's exactly what happened in 1963, off the southern coast of Iceland. A powerful undersea volcanic eruption pushed lava and ash upwards until land appeared. This new island was named Surtsey, after Surtr, a fiery giant from Norse mythology.

Timeline of Surtsey

- **14 November 1963** – The eruption began under the ocean.
- **1967** – The eruption ended, and the island was fully formed.
- **July 2008** – Surtsey became a UNESCO World Heritage Site.

At first, Surtsey was just black lava rock. Slowly, seeds carried by wind, birds, and ocean currents began to sprout into plants. Birds began nesting, and insects arrived. Step by step, nature has been building a living island.

Why 'Newest'?

We call Surtsey the world's newest permanent island because it is one of the most recent volcanic islands to form naturally. Although other islands have emerged since then, many have been washed away by waves. Surtsey survived, making it a rare chance to watch how life begins on fresh land.

Scientists decided that **no humans are allowed to live or even visit freely**. Only a few researchers with special permission can go there. Why? Because they want to see how life starts without human interference.

So, while humans can't explore Surtsey, it teaches us an amazing lesson: given time, nature always finds a way to create life.

3 Question Quiz

Q1. When did the eruption that formed Surtsey begin?

- A) 1989 C) 1963
B) 2008 D) 2026

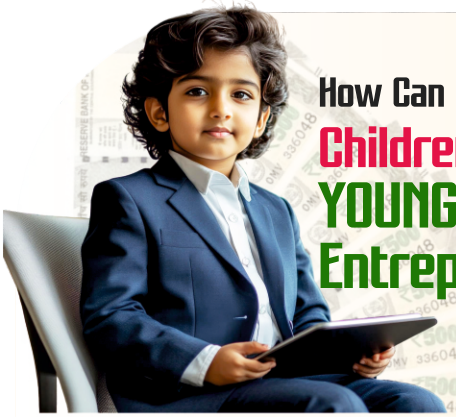
Q2. In which year did Surtsey become a UNESCO World Heritage Site?

- A) 1989 C) 1963
B) 2008 D) 2026

Q3. Which organisms colonised Surtsey?

- A) Plants, birds, and insects C) Cats
B) Mice and Lice D) Dogs

How Can Children Become YOUNG Entrepreneurs?



Do you know who an entrepreneur is? A person who starts his/her own business is an entrepreneur. But can children also become entrepreneurs? Yes, of course, why not!

There are several entrepreneurial ideas for children. From selling candies to setting up a small juice stall to making birthday cards for sale, or creating videos online, there is scope for children to start their own business. However, if you want to be a young entrepreneur, then you must also develop the skills and character of a businessperson. Here are some of the things to keep in mind that can help and guide children in their entrepreneurial journey.

Be Creative/Innovative: Think of the different things you like or are passionate about and see if you can make a business out of them. Think out of the box and try different ideas. Dare to dream.

Be Curious: Let your curiosity take wings. Explore, ask questions, learn, and experiment with your business ideas.

Take Risks: Challenge and push yourself to sell your product or idea. Be cautious, but don't be too scared to take risks.

Be a Problem Solver: It is not always an easy, smooth journey for entrepreneurs. There will be problems, but you must not give up. Find an alternate strategy and a way to overcome problems.

Money Matters: Learn how to handle and manage money. Calculate your cost and figure out your selling price. You can, of course, take help from parents and teachers too.

So, would you like to start your own business? We hope you learn, grow and become successful young entrepreneurs soon!

Entrepreneurial Quiz

Q: An entrepreneur is a person who

- A: works at a business
B: owns a business
C: is an idle person
D: is in the entertainment business

Q: A young entrepreneur must develop the...

- A: character of an entrepreneur
B: skill of an entrepreneur
C: dislikes of an entrepreneur
D: hobby of an entrepreneur

Q: How to face problems as an entrepreneur?

- A: give up
B: sell the business
C: try alternatives
D: avoid taking risks

Q: An entrepreneur should be ready to be...

- A: An entertainer
B: A problem solver
C: A money manager
D: A strategist

Q: What kind of entrepreneur would you like to be?

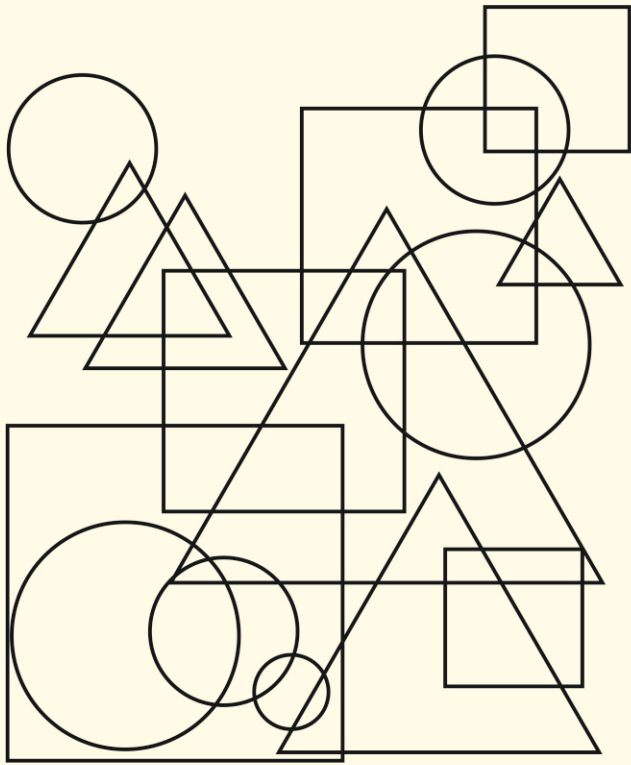
Mazes improve the cognitive skills of children. They work like brain-boosting exercises. While solving them, it makes them think, reason, and remember.



HOW MANY?

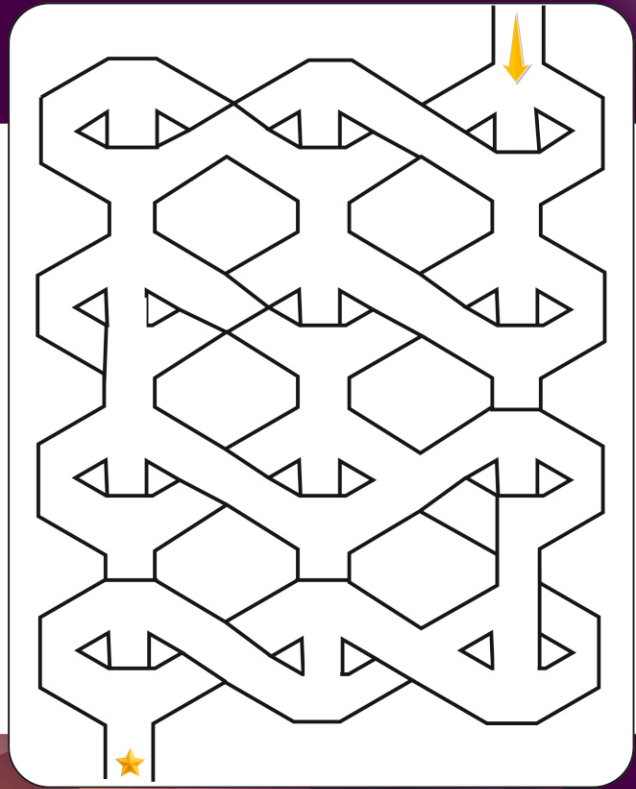
Count and write the number of each shape.

○ = _ ? | □ = _ ? | △ = _ ?



A Fun Maze

Can you solve this maze?



EMOTIONS AND FEELINGS

Find and circle the words given below.

GRAUTUSCAREDNDWNTSEIFWNC
THAPPYULOPCONFUSEDHDAASO
PLTATOESTHIRSTYUTNDYNWL
SOCSEXCITEDWTRADITAONZGD
NNSSWCRANNOYEDES NBRAVEAN
FEIWHUNGRYRHADOWSENHRATE
KLLMOERSTUFFNNERVOUSOEW
MYLACKAGIOPIGGIRMWRRLTEA
PSYIAWDSRCTLRNKSGIVMNOOW
AIAULBOREDTLYERZEBWYANVN
BOEDNYEWDECHAWORRIEDEENE

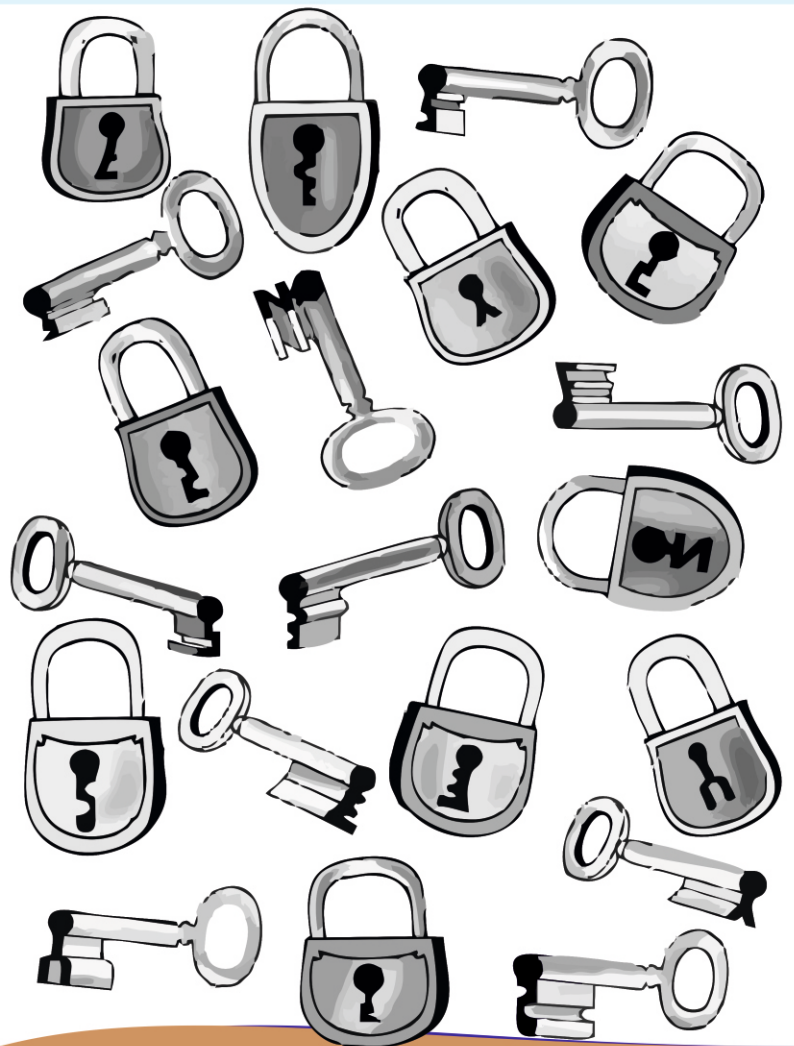
- | | | | |
|---------|---------|----------|---------|
| HAPPY | TIRED | ANNOYED | HUNGRY |
| EXCITED | SCARED | LOVE | THIRSTY |
| SILLY | NERVOUS | CONFUSED | SHY |
| SAD | WORRIED | HOT | BRAVE |
| LONELY | ANGRY | COLD | BORED |



The Right Key



Observe the keys and the locks. Draw a line to match the locks with their correct keys.





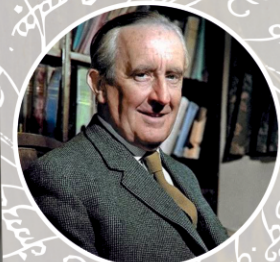
Tolkien stated that he had been influenced by his childhood experiences of the English countryside of Warwickshire and its urbanisation by the growth of Birmingham, and his personal experience of the First World War, serving as a Second Lieutenant.

J. K. Rowling faced extreme life challenges such as poverty and depression. She lost her mother while writing the books, and initially received numerous rejection letters for the Harry Potter series.



WORLD'S FIRST BILLIONAIRE WRITER GOT REJECTED 12 TIMES HARRY POTTER'S J.K. ROWLING

The 12 Best Fantasy Books of All Time

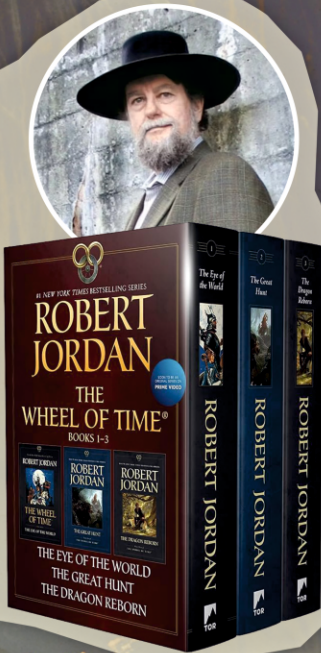


The Lord of the Rings - J. R. R. Tolkien

Written by J. R. R. Tolkien and published between 1954 and 1955, this trilogy has sold over 150 million copies worldwide. It tells the epic story of Frodo Baggins, a humble hobbit tasked with destroying the One Ring, a powerful artefact forged by the Dark Lord Sauron. With companions like Gandalf, Aragorn, Legolas, and Sam, Frodo journeys across Middle-earth, facing betrayal, war, and temptation. The saga explores themes of courage, sacrifice, and the corrupting nature of power. Tolkien's world-building - complete with languages, histories, and mythologies - set the standard for modern fantasy and inspired generations of writers and adaptations.

The Wheel of Time - Robert Jordan

Written by Robert Jordan, the series began in 1990 and concluded in 2013, with Brandon Sanderson completing it after Jordan's death. It has sold over 90 million copies worldwide. The saga follows Rand al'Thor, a farm boy destined to become the Dragon Reborn to fight the Dark One. Alongside friends Mat and Perrin, he navigates prophecy, war, and madness. With fourteen volumes, the series is vast, featuring cultures, politics, and a unique magic system called the One Power. Its scale and depth make it one of fantasy's most ambitious epics.



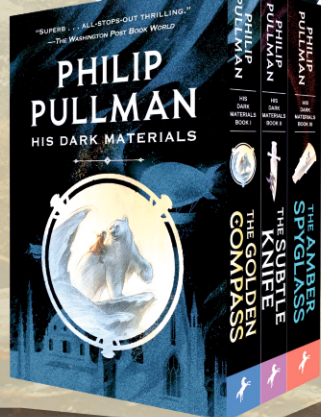
The Chronicles of Narnia - C. S. Lewis

Written by C. S. Lewis, published between 1950 and 1956, the seven-book series has sold more than 100 million copies worldwide. Children discover Narnia through magical portals, where they meet Aslan, the lion, who symbolises goodness and sacrifice. They battle the White Witch, explore enchanted lands, and learn valuable moral lessons. Allegorical yet whimsical, Narnia blends Christian themes with fairy-tale adventure, making it beloved across generations and a cornerstone of children's fantasy literature.



His Dark Materials - Philip Pullman

Written by Philip Pullman, published between 1995 and 2000, the trilogy has sold over 18 million copies worldwide. The story follows Lyra Belacqua and Will Parry across parallel worlds, accompanied by daemons - animal companions representing souls. They battle oppressive forces like the Magisterium, uncover mysteries of Dust, and confront cosmic questions of free will and love. Philosophical yet adventurous, it challenges authority while celebrating courage and imagination.



Harry Potter - J. K. Rowling

Written by J. K. Rowling, published between 1997 and 2007, the seven-book series has sold more than 600 million copies, making it the best-selling series in history. It follows Harry Potter, a boy who discovers he is a wizard and attends Hogwarts School of Witchcraft and Wizardry. Along with friends Hermione Granger and Ron Weasley, Harry uncovers secrets about his past, learns magic, and battles Lord Voldemort, who seeks immortality. Each book grows darker as Harry matures, culminating in the final battle between good and evil. Rowling's magical world of spells, creatures, and enchanted objects captivated readers of all ages, emphasising friendship, bravery, and love.



The Stormlight Archive - Brandon Sanderson

Written by Brandon Sanderson, and first published in 2010, this ongoing series has sold millions worldwide. It follows Kaladin, a soldier turned healer, and Shallan, a scholar with secrets, in a world ravaged by magical storms. Knights Radiant wield Shardblades and bond with Spren, mystical beings. Sanderson's intricate magic system and emotional depth make this a modern epic of hope, leadership, and redemption.



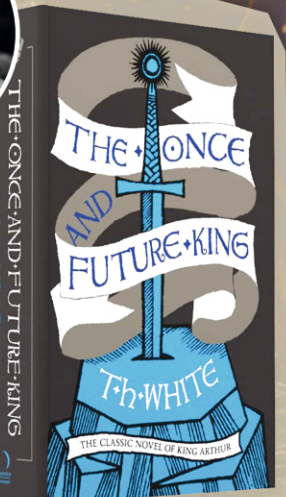
The Name of the Wind - Patrick Rothfuss

Written by Patrick Rothfuss and published in 2007, this novel has sold millions worldwide. In the story, Kvothe, a gifted musician and magician, recounts his journey from orphan to legend. He studies at a magical university, faces poverty, and seeks answers about the mysterious beings who killed his family. Rothfuss's poetic prose and layered storytelling make this a modern classic, blending mystery, adventure, and emotional depth.



The Once and Future King - T. H. White

Written by T. H. White and published in 1958, this novel has sold millions worldwide. A retelling of the Arthurian legend, it follows Arthur from boyhood under Merlin's guidance to the rise and fall of Camelot. Blending humour, tragedy, and timeless themes of justice and human frailty, it remains a definitive Arthurian fantasy and a profound meditation on leadership and morality.



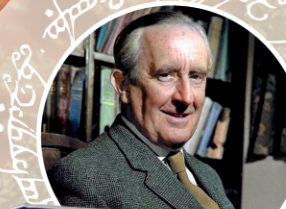
Earthsea - Ursula K. Le Guin

Written by Ursula K. Le Guin, the first book, A Wizard of Earthsea, was published in 1968. The series has sold millions worldwide. It tells the story of Ged, a boy with immense magical talent who, through arrogance, unleashes a shadow creature. His journey becomes one of self-discovery, learning humility, and finding balance between light and dark. Later books expand the archipelago of Earthsea, exploring mortality, gender, and the limits of power. Le Guin's poetic prose and philosophy of harmony make Earthsea a deeply unique and influential fantasy series.



The Hobbit - J. R. R. Tolkien

Written by J. R. R. Tolkien and published in 1937, this book has sold 100 million copies worldwide. Bilbo Baggins, a reluctant hobbit, joins dwarves led by Thorin Oakenshield to reclaim treasure from Smaug the Dragon. Along the way, Bilbo discovers his courage, encounters trolls, goblins, and elves, and finds the One Ring. As a lighter prelude to The Lord of the Rings, this tale is beloved for its charm, wit, and adventurous spirit.



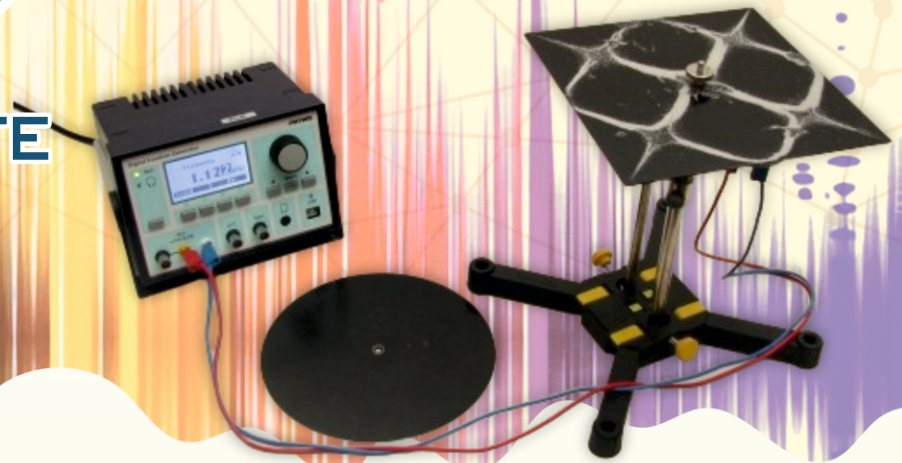


Many **space law firms** in India provide **legal advisory services** to aerospace companies, space-tech hubs, space start-ups, satellite manufacturers, research institutes, investors, and regulatory professionals.

Science Experiments

MAKE SOUND VISIBLE – THE CHLADNI PLATE Experiment

Did you know that sound can be seen? The Chladni Plate Experiment shows how sound vibrations can create beautiful patterns.



HOW IT WORKS

- 1 Take a flat metal plate (like a thin sheet).
- 2 Sprinkle fine sand or salt evenly on the plate.
- 3 Use a violin bow, speaker, or another vibration source to make the plate vibrate.
- 4 Watch carefully-the grains of sand move and settle into amazing shapes and patterns!

WHY IT HAPPENS

- Sound is made of vibrations.
- When the plate vibrates, some parts move a lot (called **antinodes**), and some stay still (called **nodes**).
- The sand gathers at the nodes, forming geometric designs like stars, waves, or flowers.

WHAT YOU LEARN

- Sound is not just something we hear-it is a form of energy that travels through matter.
- Different frequencies (high or low sounds) create different patterns.
- This experiment connects physics, art, and music in one exciting activity.

FUN FACT



The scientist **Ernst Chladni** discovered this in the 18th Century. He is sometimes called the '**Father of Acoustics**' because he showed how sound could be studied visually.

Hidden Careers

Jobs You Didn't Know Existed

Space LAWYERS



1) Space Lawyer - Who Owns the Moon?

Imagine a rocket landing on the **Moon**. A company builds a base and begins digging. But who would own that land? Can anyone claim "**This piece of the Moon is mine**"?

This is where **space lawyers** come in. While they don't wear space suits, they help decide what's fair and legal **beyond Earth**.

2) What Do Space Lawyers Do?

Space lawyers help governments and companies follow these rules. They raise important questions like:

- Who is responsible if a satellite crashes?
- Is it legal to mine Moon rocks?
- How can we protect space from debris and pollution?

As more companies plan missions to the **Moon** and **Mars**, the role of space lawyers is becoming very increasingly significant.

3) What Is Space Law?

Space law is a set of international rules made by **countries** to maintain **peace** in **space**. The most important agreement is the **Outer Space Treaty (1967)**.

It says:

- No country can own the Moon or planets.
- Space belongs to everyone, like the ocean.
- Space must be used for peaceful purposes.

So even if a company lands on the **Moon**, it cannot claim the land as its property.

4) Why Does It Matter?

Space is exciting, but it must be shared fairly. Just like we have rules on **Earth**, we need rules in **space**. **Space lawyers** make sure exploration doesn't turn into arguments. Maybe one day, you'll become a **space lawyer** and help write the rules for living on the **Moon**!



Q1. What is the Outer Space Treaty about?

- A rule about oceans
- A rule about space
- A rule about farming
- A rule about schools

Q2. Who helps decide the rules for space?

- Astronauts
- Space lawyers
- Teachers
- Pilots

Q3. What are countries prohibited from doing on the Moon?

- Land rockets
- Own land
- Explore craters
- Take photos

Q4. Why are space lawyers important?

- They ensure that the space exploration is fair and peaceful.
- They fly rockets.
- They build satellites.
- They teach astronomy.



HOW TO MAKE A SOLAR OVEN



1

GET A CARDBOARD BOX

A pizza box or a shoebox works well. Make sure it's clean and sturdy.

2



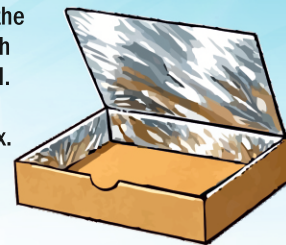
CUT A FLAP IN THE LID

Draw a rectangle on its lid, cut three sides of the rectangle, and fold it up. This flap will reflect sunlight.

3

LINE THE INSIDE WITH FOIL

Cover the inside of the box and the flap with shiny aluminium foil. This helps reflect sunlight into the box.



4

ADD BLACK PAPER

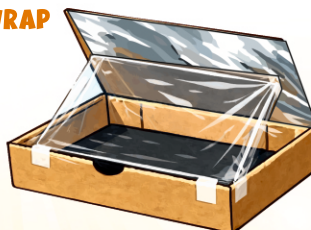
Tape black paper to the bottom of the box. The black colour absorbs heat, which will cook the food more effectively.



5

SEAL WITH PLASTIC WRAP

Cover the opening under the flap with clear plastic wrap. Tape it tightly to trap heat inside.



6

PLACE YOUR FOOD INSIDE

Use a small tray or plate to hold your food. Try simple snacks such as chocolate on crackers or marshmallows.



7

AIM AT THE SUN

Close the lid and prop up the flap so sunlight can bounce into the box. Ensure the box faces the sun.



8

WAIT AND WATCH

Leave it in direct sunlight for 30–60 minutes. Check it occasionally and adjust the flap as needed.



9

ENJOY YOUR SOLAR SNACK!

Be careful—it can get hot! Use tongs or a cloth to remove the tray.



Parenting Through Conversation: Guiding Preteens



When Riya turned 12, her parents noticed she had become quieter at home. She spent more time chatting with friends online and less time sharing her thoughts at the dinner table. One evening, after a disagreement about homework, she stormed off to her room. Her mother, instead of scolding, knocked gently and asked, "Can we talk? I want to hear what you're feeling."

At first, Riya hesitated. But when her mother listened without interrupting, she began to explain that balancing schoolwork, friendships, and her growing independence felt overwhelming. That simple act of listening opened a door for Riya. She realised she could share her worries without fear of judgment.

Her father also began modelling healthy communication. When he disagreed with Riya about the screen time, he calmly explained his reasons and asked for her perspective. Together, they negotiated a plan: Riya could use her phone after homework, but not during meals. This compromise taught her that conflicts don't have to end in anger—they can lead to solutions.

Technology posed another challenge for Riya. She once posted a joke online that upset a friend. Rather than punishing her, her parents guided her to reflect on the situation: "How do you think your friend felt?" They discussed empathy and the importance of thinking before posting. Riya learned that communication online carries the same responsibility as face-to-face conversations.

Over time, Riya's parents made reflection a routine. At night, they asked, "What was the best conversation you had today?" Sometimes Riya shared a funny moment with friends; other times, she admitted to mistakes. Each answer became a chance to strengthen trust.

Through patience, respect, and open dialogue, Riya's parents helped her view communication not as a chore, but as a bridge connecting her feelings, friendships, and family.

For children aged 10–14, this bridge is essential. It teaches them that their voice matters, that listening builds trust, and that even mistakes can lead to personal growth.

Parenting Quiz

A. What is one effective way parents can encourage open communication?

1. Correcting children immediately when they speak
2. Avoiding conversations about feelings
3. Only focussing on discipline
4. Listening attentively and asking open-ended questions

B. How can parents model healthy communication?

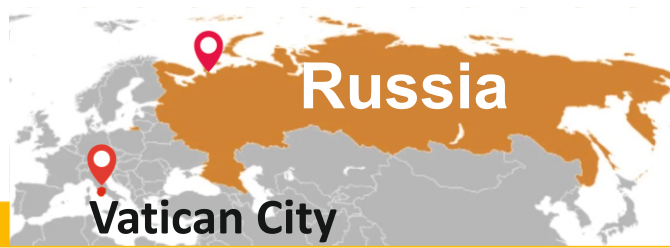
1. By expressing feelings calmly and resolving disagreements respectfully
2. By letting children handle all conflicts alone
3. By avoiding discussions about emotions
4. By ignoring conflicts

C. Why is it important for children in this age group to receive guidance on digital communication?

1. Because parents should avoid discussing online behaviour
2. Because they rarely use technology
3. Because online etiquette and empathy are essential in digital conversations
4. Because digital communication is less important than face-to-face communication

D. What should parents focus on when conflicts arise with children?

1. Teaching negotiation and compromise
2. Letting children decide everything
3. Avoiding the conflict entirely
4. Only enforcing discipline



Russia is **38,859,641 times** larger than the **Vatican**.

The WORLD'S SMALLEST COUNTRIES by area

1. Vatican City

Vatican City is the smallest country in the world. It is located inside **Rome, Italy**, and covers about **44 hectares**. It is the **religious centre** of the **Roman Catholic Church** and the home of the **Pope**. Around **800 people** live here. Famous landmarks include **St Peter's Basilica** and the **Vatican Museums**.

2. Monaco

Monaco is the **2nd smallest country** and is located in **Western Europe** along the **Mediterranean Sea**. It has a population of about **39,000 people**. **Monaco** is well known for its **casinos, luxurious lifestyle**, and the **Monaco Grand Prix**.

3. Nauru

Nauru is the **3rd smallest country** in the world. It covers about **21 square kilometres** and has a population of nearly **10,000 people**. It does not have an official capital, but **Yaren** serves as the **administrative centre**. The island is known for its **coral reefs** and **tropical climate**.

4. Tuvalu

Tuvalu is a small island nation in the **Pacific Ocean**. It covers around **26 square kilometres** and has a population of about **11,000 people**. **Funafuti** is its capital. The country depends on **fishing, foreign aid**, and **money** sent by citizens working abroad.

5. San Marino

San Marino is one of the **oldest republics in the world** and is located within **Italy**. It covers **61 square kilometres** and has a population of about **33,000 people**. It is famous for medieval **fortresses** and **cobblestone streets**.

Some countries in the world are very small in size but still have rich history, culture, and importance. These countries may cover only a few square kilometres, yet each has a unique identity. Below are some of the smallest countries in the world based on land area.



6. Liechtenstein

Liechtenstein is a landlocked country in **Central Europe**, located between **Switzerland** and **Austria**. It covers about **160 square kilometres** and has a population of around **39,000 people**. It is known for its **mountains** and **outdoor activities**.

7. Marshall Islands

The **Marshall Islands** are located in the **Pacific Ocean** and have a total land area of about **181 square kilometres**. The capital city is **Majuro**. The country is known for its **culture, history**, and **coral reefs**.

8. Saint Kitts and Nevis

Saint Kitts and Nevis is a **Caribbean nation** made up of **2 islands**. It covers **261 square kilometres** and has a population of about **53,000 people**. The country is famous for **beaches** and **rainforests**.

9. Maldives

The **Maldives** is located in the **Indian Ocean** and covers about **298 square kilometres**. It is made up of more than **1,000 coral islands** and is known for its **clear waters** and **marine life**.

10. Malta

Malta is a **Mediterranean island country** with a rich history. Its capital, **Valletta**, is one of the **smallest capitals in Europe**. **Malta** is known for **ancient ruins, historic buildings**, and **blue seas**.

BLOOD FALLS - ANTARCTICA

Imagine you're in the frozen landscape of **Antarctica**, where there's only ice all around you. And then you stumble on a **waterfall** that looks **as red as blood!** Sounds like some out-of-this-world shot out of a sci-fi movie? But it is real!

Called the **Blood Falls of Antarctica**, it is one of the most astounding natural wonders on Earth. At the mouth of a **large glacier**, a **blood-red river** of water gushes outwards into the surrounding valley. It appears as though this **glacier is bleeding**; hence, the name, for its spooky, blood-like hue.

Discovered in **1911** by **Australian geologist Thomas Griffith Taylor**, this **130-foot-high, bright red waterfall** starkly contrasts with the **white glaciers**. At first, **red algae** was thought to be the cause of the colour, but no! Nor did it have anything to do with the ongoing **volcanic activity**, though an active **Mount Erebus volcano** exists just **18 kilometres** away.

Then, how did such a weird waterfall exist?

The story of **Blood Falls** can be traced back to **5 million years ago**. This region was flooded by the sea that formed a **salty lake**. As **glaciers** formed, they moved over this lake, trapping the water underneath a thick layer of ice.

As the water was stuck, it couldn't turn into ice completely. Instead, it became **incredibly salty - three times saltier than that of the ocean** - which keeps it in liquid form even when it's super cold. As the water moved under the glacier, it scraped up **iron** from the rocks underneath. When the **iron-rich, salty water** finally found a crack in the glacier and flowed out, it **met oxygen** in the cold air. This made the **iron turn bright red**, just like when anything gets rusty.

So, it's just old, rusty, salty water that has been hidden for millions of years.



Vacation is the time when schools close, and students get a break from classes. Kids visit relatives, go on trips, camp, learn skills, and enjoy their time with friends.



Adventure Awaits: Your Vacation Guide

Food from Farms to Table

Food from Farms to Table shows how food grows, who cares for it, and how it reaches our plates. Written for children, this mini guide is simple, hands-on, and full of practical steps kids can try at home or during a farm visit.



How It Works — Simple Steps



1. See the farm

- Walk around and notice fields, barns, and animals.

2. Meet the helpers

- Talk to the farmer or helper about what they do and why it matters.

3. Watch plants grow

- Look for seeds, seedlings, and mature plants; learn the names of two crops.

4. Learn about animals

- Find out what animals eat and what they give us (milk, eggs, wool).

5. Harvest and taste

- Try a fresh fruit or vegetable if the farmer says it's safe. Notice the flavor and texture.

6. From farm to table

- Ask how food is cleaned, packed, and sent to markets or stores.

Activity — Farm Visit Diary

What to bring: notebook, pen, camera or phone, water bottle.

During the visit: write one sentence for each prompt below and take one photo for each item.

- First thing I saw: _____

- My favourite animal: _____

- A plant I liked: _____

- Something I tasted: _____

After the visit: draw the plant you liked and write one new fact you learned.

One Takeaway

Food is a team effort. Farmers, animals, weather, and many helpers all play a part. When you know where food comes from, you appreciate it more and make smarter choices about what you eat.

Safety Tips

- Always ask before touching animals or tasting food.
- Wear closed shoes and clothes you don't mind getting dirty.
- Wash hands after touching animals or soil.

Use this mini guide on a farm trip during your vacation to turn curiosity into real learning and respect for the people and processes behind every meal.

The Sky Above Us

Here's a Mini Guide article on the Star Gazing activity that is perfect for vacation nights when kids can look up and explore the stars.



Step-by-Step Guide

1. Find a dark spot

Go outside away from bright streetlights. A backyard, beach, or campsite works best.

2. Let your eyes adjust

Stand still for 5–10 minutes. Slowly, more stars will appear.

3. Look for patterns

Constellations are groups of stars that form shapes. Start with easy ones like the Big Dipper or Orion's Belt.

4. Spot a planet

Planets shine steadily, unlike stars that twinkle. Venus is often the brightest 'star' in the evening sky.

5. Use a star map or app

A simple printed star chart or a safe phone app can help you match names to the stars.

6. Notice the moon

Watch how its shape changes each night. Draw it in your journal.

Activity — Vacation Star Journal

Bring a notebook and write one short entry each night:

- Date & Place:** _____
- Constellation or planet spotted:** _____
- Moon shape:** Draw a quick sketch.
- Feeling word:** How the sky made you feel (calm, amazed, curious).

At the end of the vacation, compare your entries to see how the sky changed.

One Takeaway

The night sky is always moving. Stars, planets, and the moon shift positions each night. Watching them helps us feel connected to the wider universe and reminds us that every vacation night is unique.

Safety Tips

- Always go outside with an adult.
- Carry a flashlight for walking, but turn it off when looking at the stars.
- Dress warmly if nights are cool.

This mini guide turns vacation evenings into magical learning moments, helping children discover constellations, planets, and the beauty of the sky above us.

Happy Star Gazing!



The total length of the **Canadian coastline** is above **202,00 kilometres**, making it the country with the **longest coastline** bordering three major oceans: **Atlantic, Pacific, and Arctic oceans.**

FROM OUR READERS...

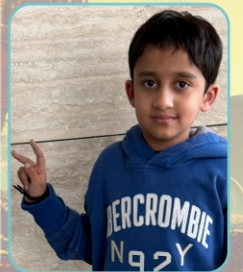
The Timeline of **MARS**

Volcanoes have played an important role in the evolution of Mars. When planets form, they are very hot, and they also cool down very fast. The planets in the habitable zone have a chance of life.

About **3-4 billion years ago**, Mars was one of the planets with a perfect **atmosphere** with regulated **temperature**. Scientists say there could have been a life because **clouds** were in clear view. Even **aquatic animals** might have started evolving; **terrestrials** were also evolving along with **amphibians, bacteria, aerial species**, etc.

There were **strong magnetic fields** and that's why it had **life**. It was also protected from the **hot solar wind**, but did you know that there was **acid rain**? Then, something happened which no one thought about; the **core cooled down** from **100% to 80%** or lower. As a result, the **magnetic field** became weaker, and the **temperature** began to drop to **negative**. The **plants, amphibians, terrestrials, and aerial species** also died. **Mars'** atmosphere became way too thin. It was like **1%** of **Earth's** atmosphere in size, and **oxygen** became very low, with so much **carbon dioxide**, around **2.9 billion years ago**.

Also, **Mars** stopped cooling from **-90° Celsius** and now it is at **-65.36°Celsius**.



Aayan Kohli
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References: 1. Garg V, et al. J Health Popul Nutr. 2025 Dec 23;44:423. 2. Nih.gov : https://ods.od.nih.gov/factsheets/MVMS-HealthProfessional 3. Gui L, et al. Comm 4. Wang Q, et al. Front Nutr. 2025 Jul 18;12:1606264

A Day at the Beach

Assured PRIZE For all the subscriber PARTICIPANTS!

KIDS AGE
MAY 2026
CONTEST

Imagine a bright, sunny day by the sea and bring it to life on paper.

A Day at the Beach is a drawing contest that encourages creativity and attention to detail. Draw a beach scene showing sand, sea, sky, and fun summer activities. Use an A4 sheet and colouring materials of your choice to enhance your artwork.

Express your imagination confidently and compete for attractive prizes!

Do mention your name, standard, school name, address and contact information (phone number and e-mail address) to receive the assured prize.

You can send us your entries via post.

The last date for submitting your entry is **20th June**.

Most creative entries will be featured on **facebook**.

*Terms and conditions apply

Rules:

- Submissions must be primarily in English.
- The participants should be in 3rd to 8th Std.
- Only individual participation is allowed.
- It is a time-bound competition and students should submit their finished work by the dates directed by **KIDS AGE**.
- Entries will be disqualified if they do not adhere to the theme.
- All information should be neat and complete along with the contest's name in **BLOCK LETTERS**. Incomplete information will not be accepted.
- All prizes and rewards are non-transferable and non-encashable.
- The final decision on the selection of winners would be of **KIDS AGE**.



WIN Exciting Prizes*

NO ENTRY FEE

Send your physical entries at the given address and win amazing goodies.

WINNER NOTIFICATION:

Winners will be notified within one month after the determination date.

PRIZE DISTRIBUTION:

KIDS AGE is not liable for any lost or stolen entries or prizes.

PARTICIPANT'S DETAILS:

Any false information provided within the context of the contest by any participant concerning the identity, mailing address, telephone number, etc., may result in the immediate elimination of the participant from the contest.

KIDS AGE

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Send your queries, activities and answers to the above-mentioned address or mail us at info@kidsage.in www.kidsage.in