

April 2021 | ₹ 50

Highlights

CHAMPS

At The Aquarium!

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6-12

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Day
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Bugku

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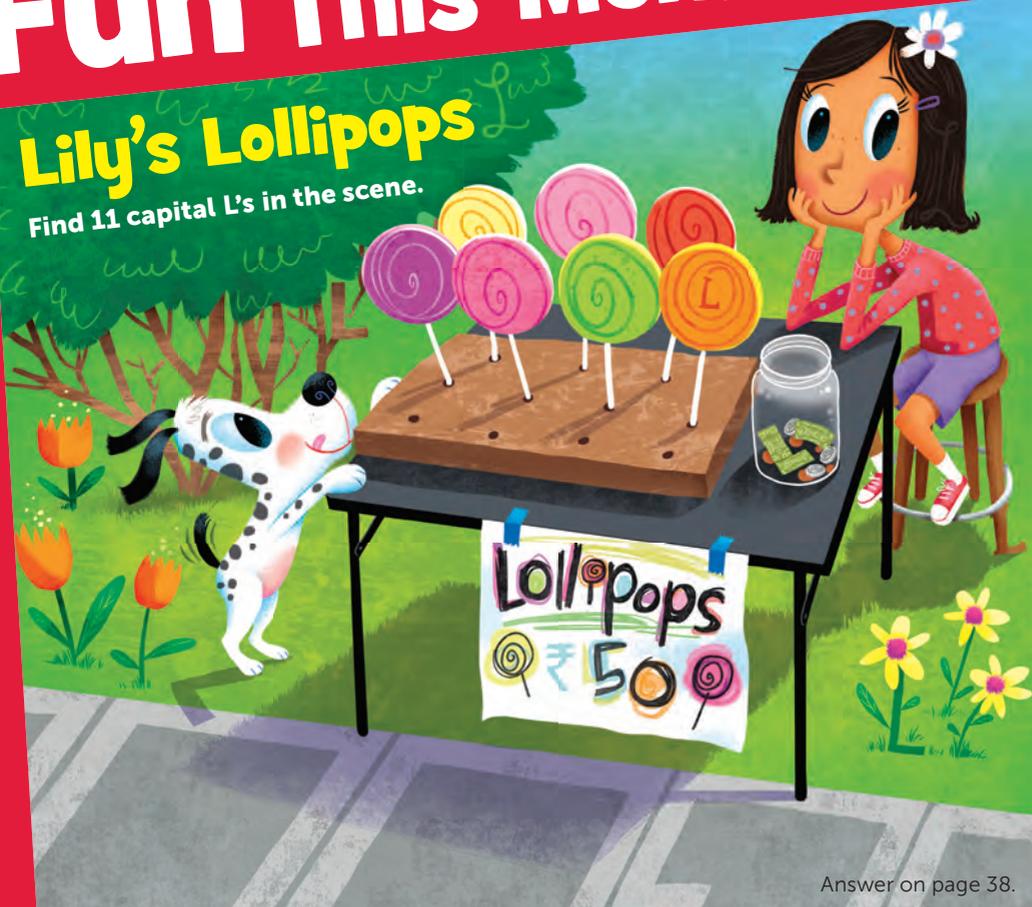
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America's leading children's magazine is now in India!

Fun This Month

Lily's Lollipops

Find 11 capital L's in the scene.



Answer on page 38.

Highlights **CHAMPS**

A Tough Choice!

Which would you rather give up for a whole year . . .



4 Ways to Use Plastic Eggs



Find the Pictures

Can you find each of these 10 pictures at another place in this magazine?



Tongue Twister

Ren wore red rain boots.



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www.delhipress.in/highlightschamps

Printed & Published by Paresh Nath on behalf of Shobhika Media Private Limited. Printed at PS PC Press Private Limited, 50 DLF Industrial Area, Phase-I, Faridabad, Haryana- 121003 and Published at E-8, Jhandewala Estate, New Delhi-110055.

This copy is sold on the condition that jurisdiction for all disputes concerning sale, subscription and published matter will be in courts/forums/tribunals at Delhi.

ADVERTISEMENT & PUBLICATION OFFICE:
Delhi Press Building, E-8, Jhandewala Estate, Rani Jhansi Marg, New Delhi-110055.
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Think Green!

Finished with this issue? Save it to reread, or pass it along to a friend, classroom, or library. If it's too worn to be read anymore, please recycle it.

Dear Reader

By Richa Shah, Managing Editor
editor.champs@delhipress.in

Go Ahead—Laugh!

Have you ever laughed so much that your face hurt from smiling? I have. Have your sides ever ached after a long, hard belly laugh? It has happened to me, and it felt great.

As you'll read in "What's Behind Our Ha-Ha-Ha's" (pages 36–37), laughing is good for both our body and our mind. That's why people sometimes say that laughter is "good medicine."

This article started me thinking about some of the things that make me laugh—a good corny joke or an animal doing something funny. And if I watch videos of babies laughing, soon I'm holding my aching sides. Baby laughter is so contagious!

What things make *you* laugh out loud? We may not always agree on what's funny, but researchers say we laugh most when we are with friends and family. I hope you laugh a lot.

Your friend,



This magazine of wholesome fun is dedicated to helping children grow in basic **skills** and **knowledge**, in **creativity**, in ability to **think** and **reason**, in **sensitivity** to others, in high **ideals** and worthy ways of living—**for children are the world's most important people.**

April

VOLUME 7 • ISSUE NO. 97

Draw me!



Dear Highlights,

I'm scared when I go to the dentist. Please help!

—Benson

We hope these ideas keep you smiling, Benson!

- 1 Share your worries with the dentist, who can ease your fears.
- 2 Hold a favorite toy for comfort while you're there.
- 3 Count slowly to help you relax. Picture your healthy smile!

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Sharing the treasure.

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Taking steps to help the planet.

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Ouch! There would be no petting this spiny dinosaur.

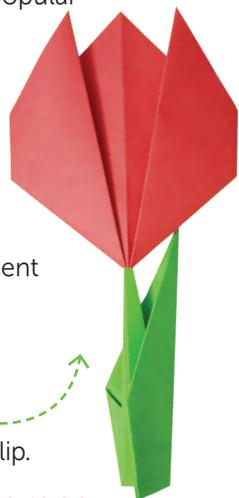
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These kids are making a difference. You can too!





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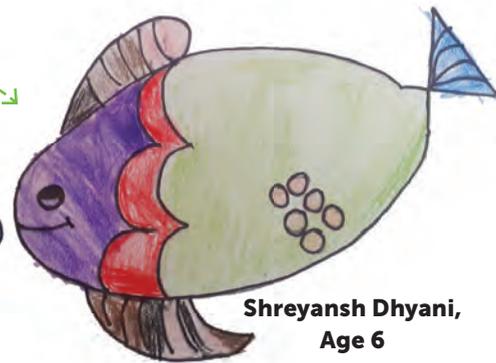
See more drawings by creative kids like Shreyansh Dhyani.

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Why we laugh, and why that's good!

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What is an airplane's favorite holiday?



Shreyansh Dhyani, Age 6



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Can you be startled by a sound you know is coming?

40 Ask Arizona

New stuff—at no cost.

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Vivian wants to be worry-free on vacation.



Egg Hunt

By Eileen Spinelli • Art by Santy Gutiérrez

When someone said “GO!” at the egg hunt, I flew.
Gathered up eggs, yellow and blue.
Pink in the tall grass. Green in the clover.
Soon my basket was spilling over.

I saw a small boy who found only one.
By then the egg hunt was over and done.
He sat on the ground as sad as could be.
So I shared my eggs and he smiled at me.

The day was perfect for a springtime hike.



The Timbertoes

By Rich Wallace • Art by Ron Zalme

Mabel saw something.



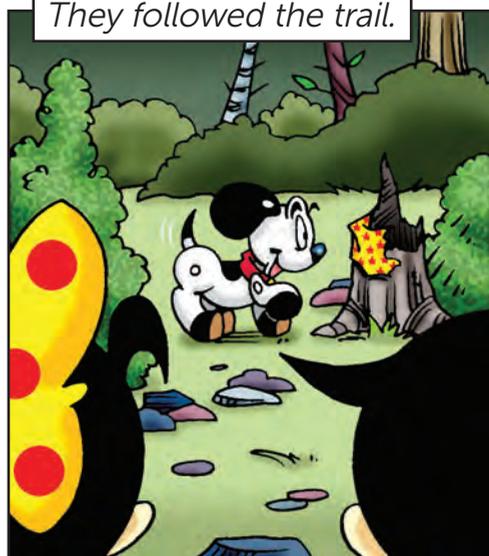
A mighty wind had blown it away.



Here's another piece!



They followed the trail.



We must be getting closer.



Maybe I can fix it.

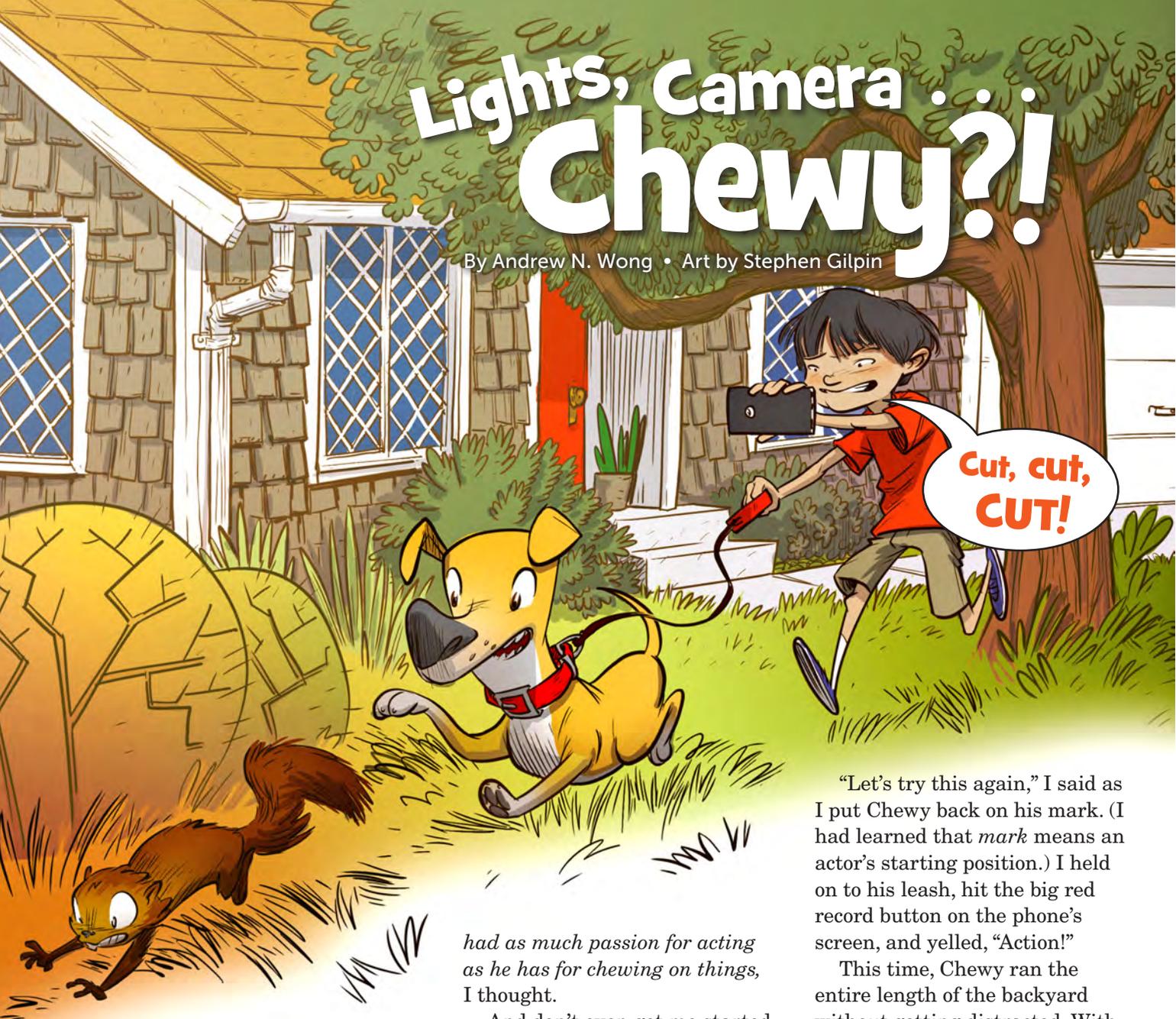


But someone had already claimed it.



Lights, Camera... Chewy?!

By Andrew N. Wong • Art by Stephen Gilpin



**Cut, cut,
CUT!**

“Let’s try this again,” I said as I put Chewy back on his mark. (I had learned that *mark* means an actor’s starting position.) I held on to his leash, hit the big red record button on the phone’s screen, and yelled, “Action!”

This time, Chewy ran the entire length of the backyard without getting distracted. With the leash on, though, he didn’t exactly appear to be in any real hurry to catch anyone. The only way to make this look real would be to take off the leash. But that would mean breaking the promise I’d made to Dad.

On the other hand, if I moved quickly and was careful with my camera angles, would Dad ever know about it?

After unhooking the leash, I put Chewy down on his mark and hit record. But before I could shout “action,” Chewy’s

had as much passion for acting as he has for chewing on things, I thought.

And don’t even get me started on the leash! What kind of Hollywood stunt dog wears a leash? It was Dad’s one rule, though. Because Chewy was only a puppy, I had to keep him on the leash whenever we filmed outside. As long as I followed that rule, I could use Dad’s old cell phone to shoot my movie.

**As long as I followed
Dad’s rule, I could
use his old phone to
shoot the movie.**

“Cut, cut, cut!” I shouted. But that didn’t stop Chewy from chasing after the squirrels that had caught his eye halfway through the shot. This was not at all how I pictured the big chase scene of my movie playing out.

“You’re supposed to be running after the cupcake thief, not squirrels!” I said.

But Chewy didn’t care. He had already moved on to chewing his leash. *If only he*

ears popped up. He turned to the sound of footsteps walking past our driveway. It was Mrs. Patel, our next-door neighbor. She was Chewy's favorite, probably because she loved to give him treats.

Chewy bolted across the yard and down the driveway. He greeted Mrs. Patel with a bark and playfully jumped in circles around her.

"You must smell the doggy biscuits I just bought for you," she said to him. That's when Chewy noticed her grocery bag. As if it were one of his toys, he grabbed it with his mouth and pulled. I watched in horror as Mrs. Patel's groceries spilled all over the sidewalk.

I wanted to apologize. I wanted to help Mrs. Patel pick up her things. But then I remembered something. If Dad found out I had taken Chewy's leash off, I wouldn't be able to use his cell phone anymore. Without a camera, I wouldn't be able to finish my movie. In a panic, I grabbed Chewy and ran inside the house.

All afternoon, I replayed the scene in my head—not the heroic one from my movie of Chewy saving the day but the one of him tearing into Mrs. Patel's bag. Over and over, I watched myself run away without apologizing or offering to pick up the mess.

When Dad arrived home that evening, I handed him his cell phone.

"Did you finish shooting your movie already?" he asked.

I shook my head and told him everything that had happened.

"Thanks for telling me," said

Mrs. Patel's groceries spilled all over the sidewalk.



Dad when I was done with the story. "I think a week off from using the camera should give you enough time to figure out how to stick to our rule—and still make a good movie."

In a panic, I grabbed Chewy and ran inside the house.

I nodded. "I also need to talk to Mrs. Patel."

Dad stood on the sidewalk holding Chewy while I walked up to Mrs. Patel's front door. My hands shook as I knocked.

To my surprise, Mrs. Patel answered with a smile.

I apologized to her for running away, for not helping pick up her groceries. "I was scared," I admitted. "I was so focused on trying to finish my movie that I made some bad decisions."

"Apology accepted, Laksh," said Mrs. Patel. "Did you say you're making a movie? About that puppy of yours?" She pointed to Chewy, who was now

trying to chew Dad's shoelaces.

I nodded.

"Well, I'd love to see it when it's finished. In fact, my son owns a coffee shop nearby, and he has a screen and projector. I'll ask him if we could have a viewing party there," she said.

"That would be incredible," I said. "Maybe Chewy could come see himself on the big screen."

Mrs. Patel chuckled. "Well, I'll be sure to bring some of those doggy biscuits he loves. We certainly wouldn't want the movie star to go hungry during his own premiere." ☺

"Did you say you're making a movie?"



Goofus and Gallant



There's some of Goofus and Gallant in us all. When the Gallant shines through, we show our best self.



Goofus uses lots and lots of bubble bath.



Gallant uses only as much soap as he needs.



"Whoops! Oh, well—at least I'm quick," says Goofus.



Gallant is careful when he does a job.

YOUR Goofus and Gallant Moments

"I felt like Goofus when I burped out loud without saying 'excuse me.'"

Misha, Age 6

"I felt like Gallant when I made friends with a boy who needed a friend."

Emilio, Age 9

Tell us when you've felt like Goofus or Gallant! Write to

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GALLANT CHALLENGE!

Let's Step Up

Small steps add up. (Big steps do too! Read about some Earth Day Heroes on pages 21–25.) There are LOTS of steps you and your family can take that help the planet and make a difference. Here are a few ideas.

Turn off unused lights.

And consider using energy-efficient light bulbs rather than incandescent bulbs. Only about 10 percent of an incandescent's energy use makes light. The rest is lost to heat.

Use less water.

Take shorter showers. A 10-minute shower can use 95 liters, and a full bathtub can use 114 liters. Also, turning off the tap as you brush your teeth can save 30 liters a day.

Avoid wasting food.

Don't take more than you can eat. Over 40 percent of food in India is thrown out or wasted.

Use reusable containers.

Plastic and paper bags that you use just once can pollute oceans and add to landfills.

Create less trash.

Each person in India adds, on average, 500 grams of garbage to landfills per day. That's about 61 kilograms per year for a family of 4!

Care and repair.

Get long life out of things you own by taking good care of them. If they break, can they be fixed? Producing new goods uses energy and raw materials and adds climate-warming carbon dioxide to the atmosphere.

Use paper bags.

When you can, use reusable bags instead of plastic ones. India generates 9.46 million tons of plastic waste every year. ♻️

Earth Day Challenge

What other steps can you and your family take? Write and let us know. Include your name, age, and mailing address. Mail to
Highlights CHAMPS

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Wadala, Mumbai-400031,
Maharashtra
For queries, email:
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Salt-Sized

By Robert Lerosé

The tiny tardigrade, a slow-moving invertebrate also called a “water bear” or “moss piglet,” is found on every continent. Most live in land environments, in soils or on mosses and lichens. But they are aquatic creatures and need at least a thin film of water to be active.

Without it, these super survivors dry up and their body processes nearly stop. Add moisture, and they become active again.

Tardigrades are as small as a grain of salt.

Tardigrades are nearly see-through! This one doesn't look transparent because the image was made by a special microscope, then colored so it would show up better.

A tubular organ in its mouth sucks fluids from tiny plants and animals.

It uses six of its eight legs to walk. The rear legs face backward and can grab things.

Without water, its puffy body folds itself into a dry form called a “tun.” It looks like a tiny raisin. In this protective state, it can survive big changes in oxygen levels, temperature, and air pressure—even the vacuum and radiation of space!

Now you see it . . .



Disappearing Act

Try This: Put a sticker on the table. Cover it with a clear drinking glass that has a flat base and smooth sides. Walk around the table, and you can see the sticker through

the sides of the glass. Now pour in water to fill the glass. Where's the sticker?! You can see it from above, but from the sides, it seems to have moved or disappeared! Why? Think of your best answer, then read our explanation on page 38.



Why do dogs lean on you?

Josette Wilcox
Age 10 • Florida

You can take that as a compliment. It's kind of like a dog hug!

Long ago, dogs descended from wolves. Wolves are social animals used to physical contact with their group.

Most dogs live with humans now, not with a dog group. So people make up dogs' social groups. Many dogs like some physical contact with their human families. Often, a dog who leans on you is letting you know that it relies on you—its fellow group member—for play, socialization, and affection.

But if a leaning dog seems anxious, weak, or unhealthy, you and a parent can talk with a veterinarian to find out how to help.

Bajadasaurus

By Dougal Dixon
Art by Robert Squier

bah-HAH-dah-SAW-rus
“Lizard from Bajada Colorado”
(the area in Argentina where the fossil was found)

Bajadasaurus had a double row of spines down the back of its neck. The long, forward-pointing spines may have been good protection for the vulnerable neck when the head was down to eat.

Long neck spines, pointing forward

Legs like pillars, supporting its heavy body

Fossils of only its head and neck were found, but its body was probably like that of its close relatives.

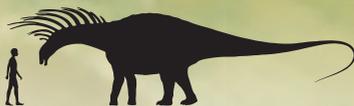
WHERE:

Argentina



HOW LONG:

35 feet



WHAT IT ATE:

Low-growing plants



Most other sauropods had long necks and fed from high trees. With its shorter neck, *Bajadasaurus* fed from the ground.

WHEN:

140 million years ago

252	201	145	66	Present
Triassic	Jurassic	Cretaceous	Cenozoic	

Hidden Pictures

Want a challenge?
Fold back page 15
to hide the
picture clues.

A Monster of a Sale

By Gina Perry



In this big picture, find the slice of watermelon, ice-cream cone, crown, ladder, heart, slice of pizza, domino, peanut, candle, comb, ice pop, ring, drinking straw, sock, artist's brush, feather, eyeglasses, shoe, crescent moon, and key.

Picture Clues



BONUS
 Can you also find the paper clip, umbrella, fishhook, and toothbrush?

JOKES

“Knock, knock.”
 “Who’s there?”
 “Butter.”
 “Butter who?”
 “Butter no one!
 No one wants to be covered in butter!”

Jacob Larson

Onion #1: Why are you crying?
Onion #2: I got a cut.

Zev Oster

Izzy: What does a plant do when it gets lost?
Claire: I don’t know. What?
Izzy: It re-roots.

Izzy Jacques

Want to hear a really funny pizza joke?

Sure.

Oh, never mind! It’s too cheesy.

Ha-ha! Hey . . .



Ellyette Howerton

Q: What did the big flower say to the little flower?
A: Hi, bud!

Arshiya Singh

Make us laugh!

Send a joke or riddle, along with your name, age, and address, to

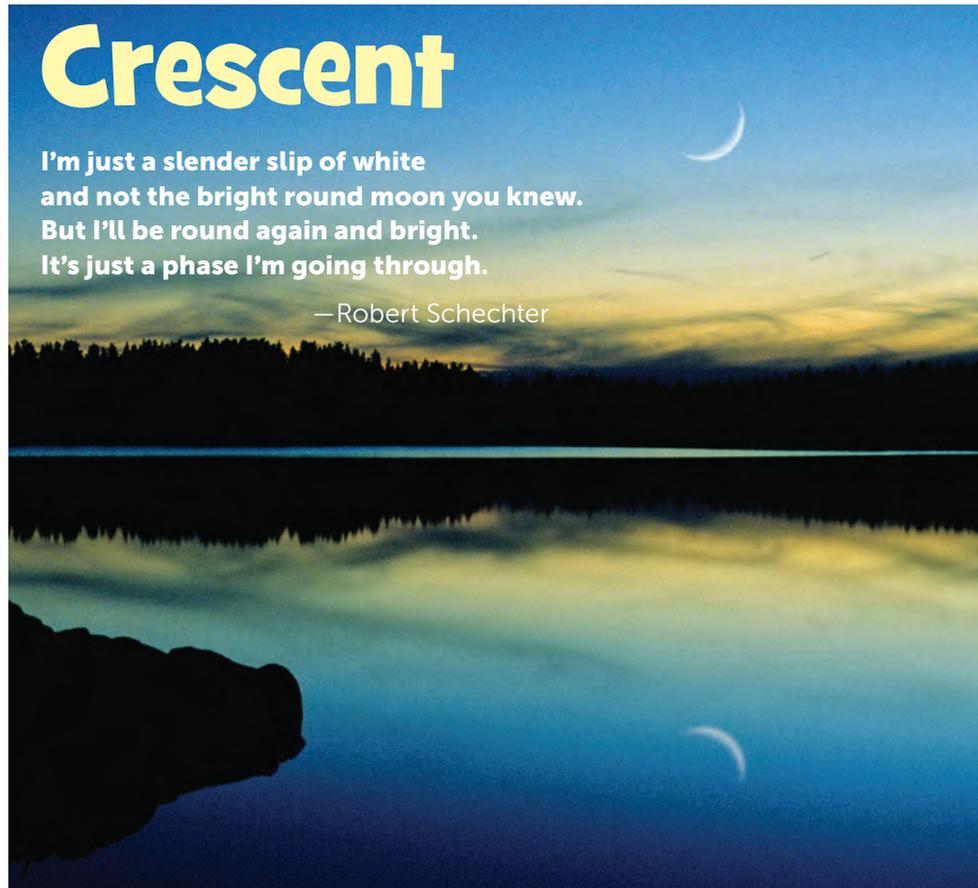
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Crescent

I’m just a slender slip of white
 and not the bright round moon you knew.
 But I’ll be round again and bright.
 It’s just a phase I’m going through.

—Robert Schechter



As Good as Cinderella

By Julia Gousseva
Art by Gillian Reid

“How did tryouts go, Shaina?”
Mom asked after school.

“Terrible,” I said. “Kareena got Cinderella’s part!”

“What part did you get?” Mom asked.

“None,” I whispered. I ran to my room and started drawing in my sketchbook. Drawing always makes me feel better.

**“What part did you get?”
Mom asked.**

“None,” I whispered.

The next day, Kareena was bubbly. But when the last bell rang, her mood changed. “I’m nervous, Shaina,” she said. “Will you come to rehearsal?”

I wanted to say no. Then I realized I couldn’t leave yet. My parents had signed me up for the late bus because I thought I’d be in the play.

“All right,” I said. “But only today.”

In the auditorium, Ms. Ahuja handed out copies of the script to the cast. I sat in the third row, wishing I were in my room drawing.

Ms. Ahuja pulled a cardboard castle onto the middle of the stage. It was brown with small windows and doors.

Ms. Ahuja turned on the music, and Kareena and the Prince started dancing. I had to admit, Kareena was really good.

Ms. Ahuja hit a metal triangle with a little stick 12 times. Kareena ran off the stage and dropped her left sneaker. The curtain came down.

“Thanks, everyone,” said Ms. Ahuja. “We’ll go through the rest tomorrow.”

“When will we get the real sets?” Kareena pointed to the cardboard castle.

“These *are* the real sets,” Ms. Ahuja said. “We don’t have an art teacher this year. So that’s the best we could do.”

Kareena and I walked outside.

**Drawing always
makes me feel better.**





Finally, opening night arrived.

“You were great,” I said. “Everyone will love the play.”

“Thanks,” Kareena said. “But did you see the sets?”

I thought for a moment. “Maybe there’s something we can do.”

I spent that evening drawing. In the morning, I stuck my sketchbook into my backpack and ran to the bus.

The day dragged. Finally, the last bell rang. “Thanks for yesterday,” Kareena said. “I’ll see you tomorrow.”

“I’m not going home yet,” I said. “I have something to show Ms. Ahuja.”

After Ms. Ahuja saw my ideas, she talked to some other teachers. They liked my ideas too.

Over the next weeks, a corner of the lunchroom was filled with cardboard and paints.

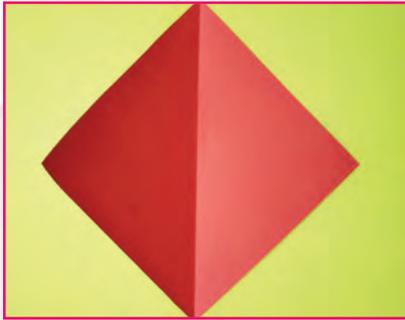
Over the next weeks, a corner of the lunchroom was filled with cardboard and paints. And lots of kids painting.

Finally, opening night arrived. I sat next to Mom and Dad in the auditorium. When the curtain rose, everyone saw a magical land with rolling hills, a fancy carriage, and a glittering castle. Kareena was a wonderful Cinderella, and everyone applauded when the play was over.

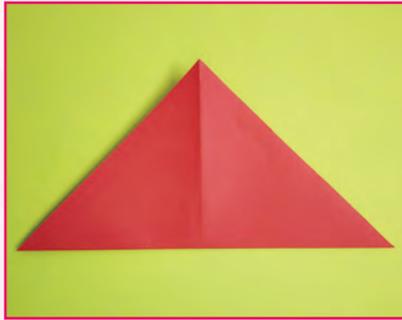
Then Ms. Ahuja called me up to the stage. She said into the microphone, “I’d like to thank the many students who painted the sets. And a special thanks to Shaina, who designed them. Her effort and talent made tonight extra special.”

Everyone clapped. For me! I *did* get a part in the play after all. And it was just as good as being Cinderella. 

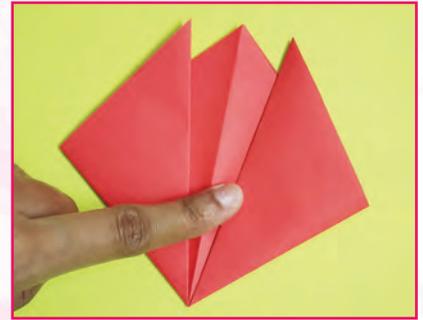
By Devika Menon



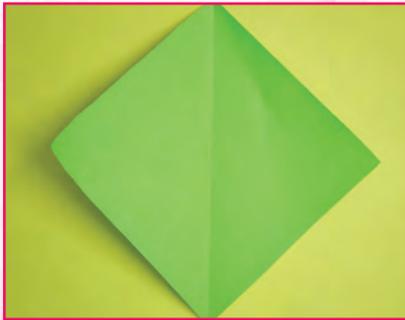
1. Fold a square piece of **red chart paper** lengthwise and unfold it.



2. Fold it widthwise.



3. Using the center fold as a guideline, fold the bottom sides toward the center.



6. For the stem, fold a square piece of **green chart paper** lengthwise and unfold it.



7. Fold the middle sides toward the center, forming a diamond shape.



8. Fold the sides at the bottom to the center, as shown.



11. Fold in half, as shown.



12. Divide the two tips as shown in the picture.



13. Using **scissors**, cut a small piece from the bottom of the tulip.

Tulip

CRAFT CHALLENGE! Use items from nature to make your version of Earth.



4. Turn it over and make two small folds at the sides, as shown.



5. The tulip is ready.

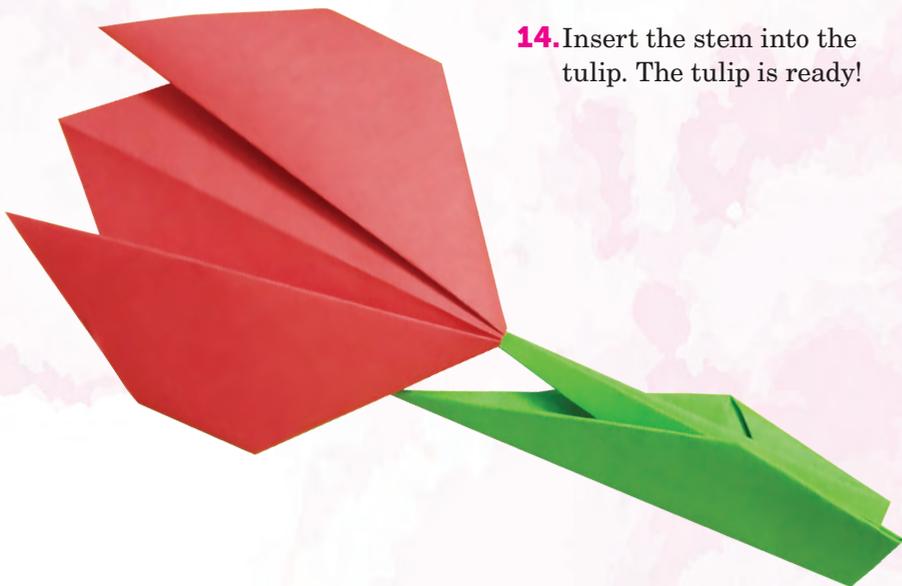


9. Again, fold the long sides to the center.



10. Fold the top tip toward the bottom tip.

14. Insert the stem into the tulip. The tulip is ready!



Easter Chick Card

- 1.** Fold a sheet of **chart paper** in half. Draw an egg shape along the fold. Cut it out. Cut off the top of the front in a zigzag.
- 2.** Trace the egg shapes onto **scrapbook paper**. Cut them out. Glue them to the egg.
- 3.** Cut out a chick, rabbit ears, and other details from **scrapbook paper**. Glue them to the card. Add a message.



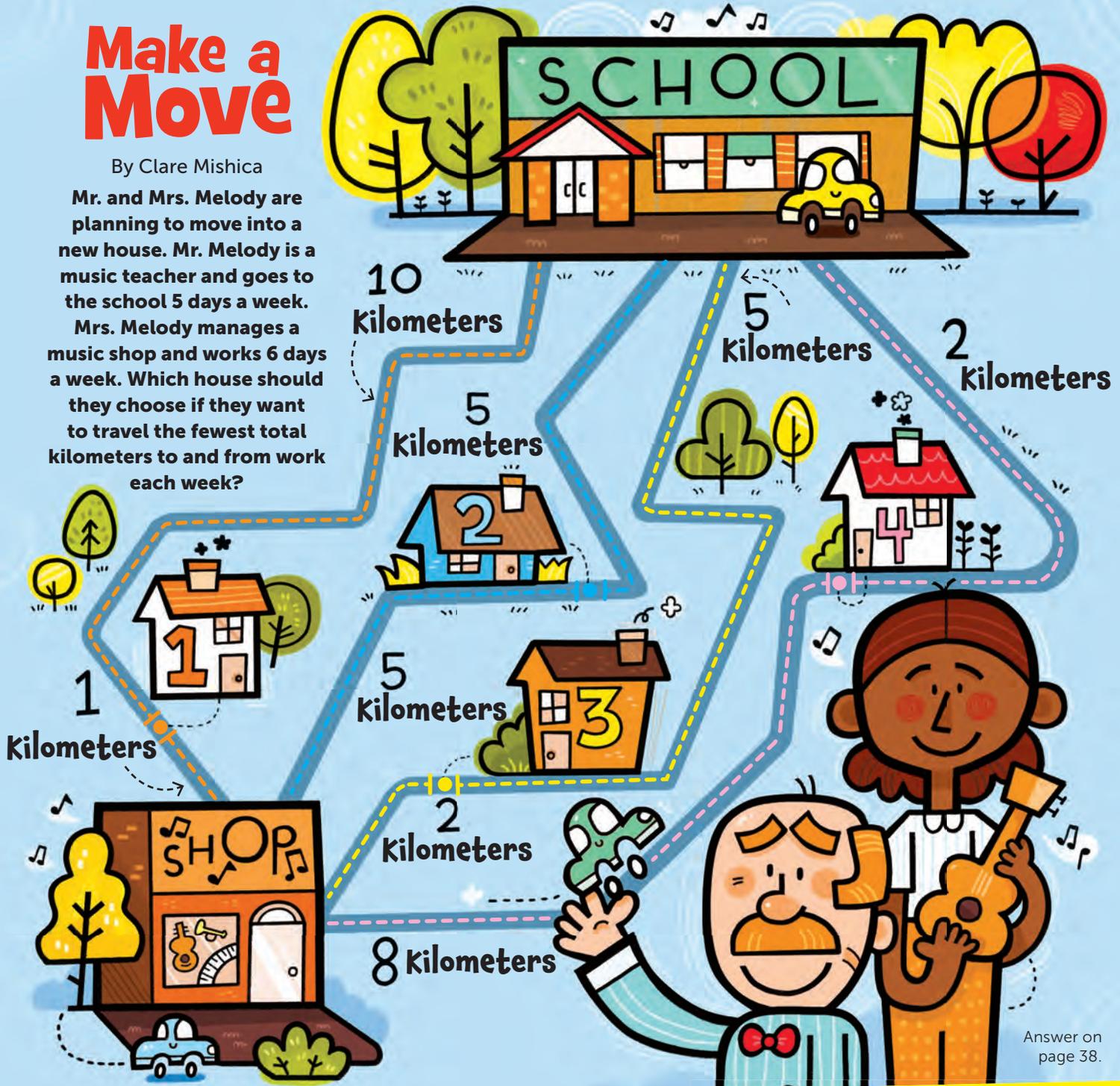
Craft by Lisa Glover.
Photos by Jim Filipiski, Guy Call Associates, Inc.

Make a Move

By Clare Mishica

Mr. and Mrs. Melody are planning to move into a new house. Mr. Melody is a music teacher and goes to the school 5 days a week.

Mrs. Melody manages a music shop and works 6 days a week. Which house should they choose if they want to travel the fewest total kilometers to and from work each week?



Answer on page 38.

What's the Word?

By Radha HS

In each pair below, think of a word that can go at the end of the first word and at the beginning of the second word to make two new words.



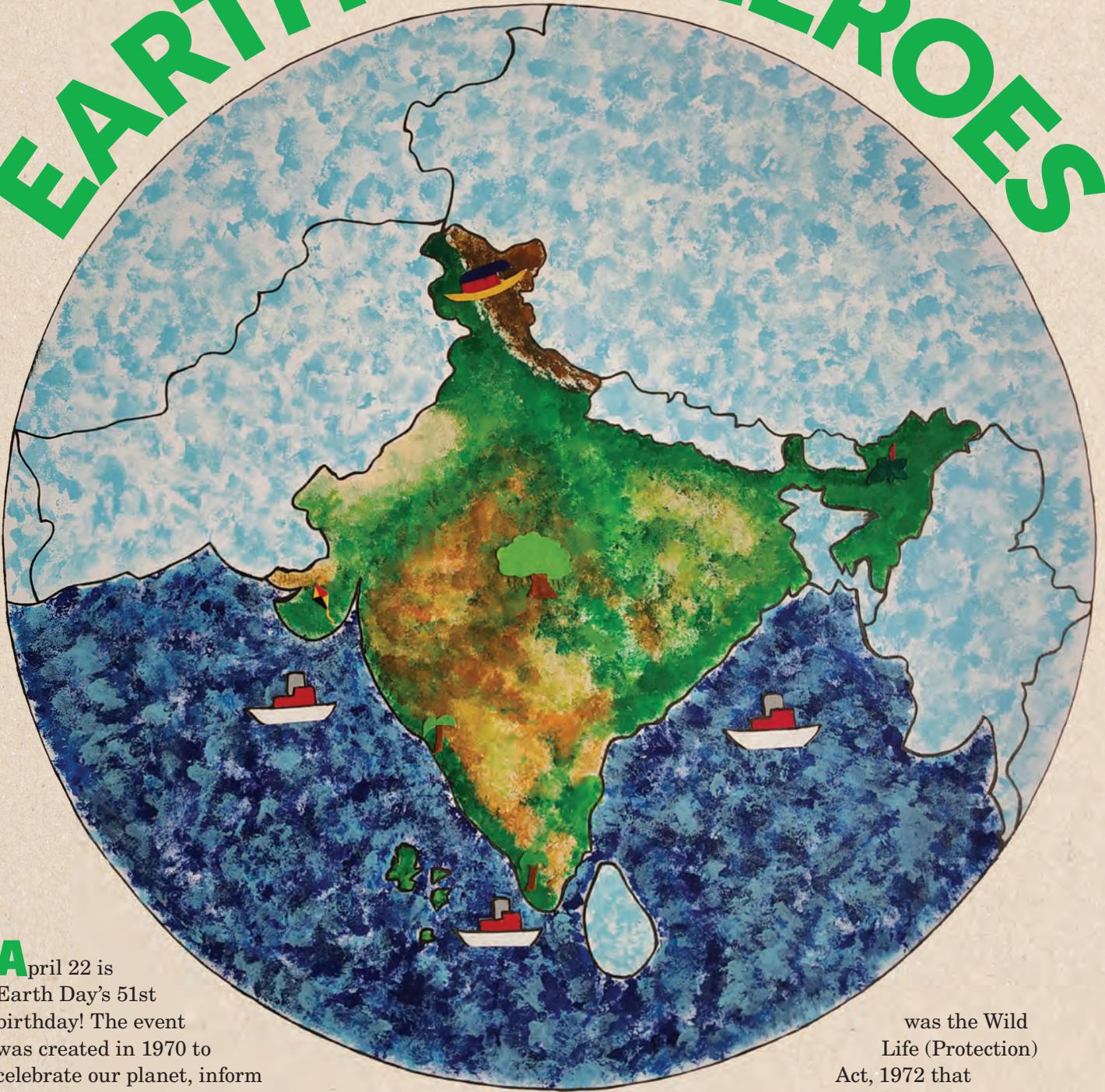
EXAMPLE:

MOUNTAIN___WALK = SIDE
(MOUNTAINSIDE AND SIDEWALK)

- | | |
|-------------------|-----------------|
| 1. CAT___KIN | 5. SNOW___KIND |
| 2. LIGHT___KEEPER | 6. SEA___LINE |
| 3. HORSE___YARD | 7. CHALK___WALK |
| 4. SLEEP___BOARD | 8. STAR___NET |

Answers on page 38.

EARTH DAY HEROES



April 22 is Earth Day's 51st birthday! The event was created in 1970 to celebrate our planet, inform people about environmental problems, and inspire them to act.

Before that, not many laws protected our environment. However, the Constitution of India clearly stated that it is the duty of the state to protect and improve the environment and to safeguard the forests and wildlife of the country. The very first law after 1970

was the Wild Life (Protection) Act, 1972 that defended our wildlife against poaching and smuggling.

Now, Earth Day is celebrated around the world. We still face many challenges, such as climate change, plastic pollution, and deforestation. But we can all make a difference. Turn the page to read about some Earth-helping heroes.



The Youngest Environmentalist

By Anamika Mishra

Seven-year-old Prasiddhi loves nature and has treated foliage as her friend since she was two years old. Her garden in Chennai has a variety of greenery. Her love for plants grew deeper after Cyclone Vardah in December 2016.

A deepened bond

Cyclone Vardah formed over the Bay of Bengal and hit the coasts of Andhra Pradesh and Tamil Nadu on December 12, 2016. The morning after the cyclone, uprooted plants and trees were strewn all over Chennai. Prasiddhi had watched the high-speed wind during the night through her window and says, “I could hear the trees calling out to me for help. I feel nature has gifted me with the ability to experience the emotions from birds and other living things’ interaction with trees!”

That moment changed Prasiddhi’s life—she decided to take care of the trees around her. She asked her parents what she could do to help, and they suggested she participate in various environment-related activities. She started studying the effects of pollution on Earth, and the things she learned made her anxious to save the planet.

“My parents noticed my inclination towards nature and they started signing me up for activities like planting new trees and cleaning the beaches. One such program was held at my school, called the Coconut Shell Planting Drive: we had to grow a plant in a coconut shell. I, too, grew a plant. I would talk to my plant during my free time.”

“My school, Mahindra World School, initiated a plan to plant one lakh trees. During the same time, I regularly asked my father to take me to the fields where trees were planted and whenever he could not take me, I would secretly go there and talk to the plants. I was afraid that my parents would not allow me to go there by myself, so I started going without informing them,” she recalls.

“Slowly, I developed a connection with the plants. I asked them if they were thirsty and if their leaves fluttered, I understood that they wanted water. I used the water from my bottle. That is when I came up with the idea to plant one lakh trees.”

In addition to her environmentalism, Prasiddhi visited orphanages with gifts for the children. “I realized that gifts were not helping the children enough and wondered what I could do for them. I wanted to do something more for them and help the plants and the trees, too. It was then I decided to plant the one lakh trees around them to help the children breathe pure air and eat nutritious fruits in the future.”

Prasiddhi resolved to plant fruit trees in government schools, so with the help of her parents, she established the Prasiddhi Forest Foundation in 2019.

A forest of love and knowledge

The forest provides free knowledge about plants and trees to anyone interested. “I started the forest at a small scale. I used to play a lot with soil, but Mummy



never scolded me. While planting saplings, I would sometimes hurt myself with the *khurpa*, or spade, but I did not cry and continued working. In the beginning, my friends laughed at me and said, ‘What are you doing playing in the mud?’ But I just laughed it out,” she says.

“I did not know money is also required for growing more plants and making the forest big. I used to go house to house to collect seeds.” Her friends would laugh, but she ignored their comments and invited them to join the “Kids Army” she had formed to collect seeds. Some of her friends refused, but some stayed on and encouraged her in her mission.

“Through this forest, I want to revive the dwindling population of birds in the city of Chennai. I want to create fruit gardens in schools. I will plant one lakh fruit trees with an army of schoolkids who will look after these saplings. This will increase the greenery in our state while providing organic fruits and pure air to the people.”

The first Prasiddhi Forest was started in a government school in Anjur on January 11, 2019. Since then, Prasiddhi has successfully planted 13 such forests in government schools, offices, and

public places with the help of her parents and the Kids Army.

Creating hope

Prasiddhi needed more seeds to plant the trees, and she needed more money for that. She started selling paper, pencils, bookmarks, and other items and used crowdfunding with the help of her parents. She even borrowed seeds from her neighbors.

“I don’t know how the future will turn out, but I definitely want to plant one lakh fruit trees in two years,” she states. The reasoning behind planting the trees in schools, colleges, and public places is that she wants to make the environment pollution-free while growing organic and chemical-free fruits for the people. Prasiddhi adds, “I am ready to go and plant trees anywhere as long as I am given space to plant them.”

Joining hands

Her awareness about the plants and trees at such a young age and her efforts in this direction

sometimes made her an object of ridicule and jealousy. She says, “Whenever I talked about sowing seeds and planting trees my friends teased me, or when I asked them to join my Kids Army, they refused and left. But there were always some friends who encouraged me to continue and even helped me to accomplish various tasks.”

Mission during coronavirus

Prasiddhi says this is her hobby and she tries her best to achieve it. “Sometimes it becomes difficult for me to achieve a balance between my studies and my hobby, but my school cooperates and helps me a lot. Whenever I travel, I try not to miss my online classes by logging in through my laptop or phone. But if sometimes I am unable to join the classes, I get full support from my school.”

During India’s first lockdown, Prasiddhi stayed at home, but as soon as the restrictions were lifted, she got back to accomplishing her mission. By following all the safety guidelines, she planted almost 5,500 trees during the last year.

National recognition

To reward Prasiddhi for her efforts and dedication, the Government of India presented her with the Pradhan Mantri Rashtriya Bal Puraskar award on January 26, 2021. This award is



given to children under the age of 18 who perform extraordinarily in the fields of innovation, scholastic achievements, sports, arts/culture, social services, and bravery.

Prasiddhi has been given this award for her efforts in social service. She was surprised to hear she had been chosen for this award. She tells us she was sleeping in her room when her parents woke her up and told her she had been chosen. She immediately shared the news with her green friends—her plants—and thanked them, saying, “Whatever I am today is because of you. You have played an important role in my journey.”

Currently, Prasiddhi is busy trying to complete her mission. So far, she has planted more than 13,000 trees, 12 fruit forests, and plans to plant one lakh trees in the coming years. 🌱



A KID AGAINST LEAKING CHEMICALS

At age seven, **Asvini Thivakaran** of Texas learned that batteries thrown in the trash leak dangerous chemicals into soil and water. Asvini started a battery-recycling program in her school and community that has already kept more than 50,000 batteries out of landfills.



The Dal Lake Warrior

By Anamika Mishra



Original
CHAMPS
Content

For 8-year-old Jannat, her home, Srinagar, is a beautiful wonderland. She enjoys watching the Dal Lake flowing in this paradise. Stretched over 18 square kilometers, the lake is surrounded by hills on three sides.

Jannat says, “I have lived with my Baba and Ma for 8 years at Golden Dal, near Dal Lake in Srinagar. My Baba owns a *shikara* and gives rides to tourists on it. *Shikaras* are wooden boats mainly used for transportation. I used to sail with him on the *shikara*, but now I don’t go out often due to the coronavirus pandemic.”

A valuable lesson

Jannat loves to keep her surroundings clean and says, “I developed this habit because of my Baba, who used to clean Dal Lake often. I didn’t see anyone else clean the lake. So I asked him why he was cleaning and he said, ‘I am cleaning it because it is our means of income and we should respect it and keep it clean.’”

Inspired by Baba

Her Baba’s words made an impression on Jannat and since

then, she has been lending him a hand. “I understood the importance of cleanliness from Baba and I wanted to help him so I began collecting dirt in nets, like he did.”

Her father, Tariq Ahmed, says, “I am very happy to see Jannat doing this work. She is supporting me at such a young age.”

Dal Lake: her world

Whenever Jannat sees Dal Lake get dirty, she feels disheartened. One day, when Jannat was on a trip with her Baba, she saw a man throw an empty bottle in the lake. “I got very angry when I saw that man litter because he was making a beautiful lake dirty,” Jannat says. “The dirtier the lake gets, the less people will want to come here. Then, it will no longer be heaven on Earth.”

Understanding the importance of cleanliness, she adds, “I don’t know why people litter, even though there are dustbins.”

Jannat wanted to stop the man from littering, but she was scared. “I was just a child. What if he shouted at me? But later when I saw him throw an empty bag of chips into the lake, I felt responsible. I finally approached him and asked him not to throw trash in the lake. He hesitated and kept it in the *shikara*. When he was leaving the *shikara*, I politely asked him to throw the empty bag in the dustbin. I think he realized that he shouldn’t have littered so he took the bag and apologized to me.”

Mission Dal Lake

Jannat started helping her father clean the Dal Lake when she was around two years old. But in the past year, she decided to speed things up. “The lake is so

big. When will all the garbage be removed?” she wondered.

“I asked my father if we could get more help. He told me about the cleanliness drive he had been running for the past five years, asking people to clean the lake and not litter. I thought we could do more so I asked him if he could start a page on social media to create awareness.”

Jannat started making efforts every day to draw the attention of the people visiting Dal Lake to keep it clean. She says, “When the coronavirus pandemic struck, Baba and I cleaned the lake only on Sundays.”

“My Baba keeps encouraging me. He bought me a microphone so that I could sit on the roof of an ambulance boat and talk about cleaning the lake.”

Her future plans

Jannat’s efforts bore fruit when her initiative was mentioned by Prime Minister Narendra Modi in his Mann Ki Baat program. Her story was even published in a Hyderabad school’s textbook, telling children about her initiative to clean the lake.

Jannat smiles and says, “It is all because of my Baba. He had uploaded a video on YouTube in which I was seen cleaning the lake. Many people took notice. Over here, people stopped littering. It has helped our mission a lot. I am happy to know that the campaign that my Baba has started to save Dal Lake is getting recognized.”

With hope in her eyes, Jannat adds, “I will always clean Dal Lake until it is as beautiful as I remember it to be. My dream is to become a scientist when I grow up and build a machine that will clean a waterbody. I hope the Dal Lake may never get as dirty as it was and it retains its name ‘The paradise of paradise.’”

IT'S YOUR TURN!

By Heather R. Taft, Ph.D.

You can be a hero for the environment! See page 11 for a few ideas. And check out this pile of trash. How many of these things can you recycle? **Communities have their own recycling rules, so find out what can be recycled where you live.** Here are some common guidelines.

RECYCLE THESE!

NOT THESE!

Paper
(unless it's wadded, greasy, or wet)

Paper towels and napkins

Flattened boxes

Loose bottle caps
(they fall out of the machine)

Plastic cups

Glass bottles

Soda cans

Light bulbs*

Batteries*

Tin cans

Plastic bottles

Foam cartons

* Recycle these as hazardous waste—not in the regular recycling bin.

Goofy Garden

BONUS!

How many words can you make from the letters in GARDEN?



What Junk Would You Find In Space?

We asked our readers and here's what they said...

Original
CHAMPS
Content

"If I were an astronaut who had to clean space, I would first try to find all the old satellites. These would help me compare the old and new ones. I also think I would find some belongings of astronauts and I'll be the first one to get ahold of them."

Jayesh Kader,
Age 12, Bengaluru



"I will collect pieces of the satellites that are floating in space and decorate my doll house with them."

Bhoomi,
Age 11, Meerut

"I will bring back the junk from the rockets that were sent to Mars and show them to my friends."

Rishabh,
Age 8, Bihar



"I will collect all the lost pieces of satellites and make something out of them here."

Aryan,
Age 10, New Delhi



"I want to travel to Jupiter and collect the junk from its rings. I may find diamonds."

Neeti,
Age 7, Mumbai



"I would like to go to space and collect the satellite that India sent to Mars. Since it failed, I would like to bring it back here so that we have a part of history with us."

Vaibhavi,
Age 9, Gujarat



"I want to collect the pieces of a comet that are around our planet so I can gift them to my friends as space dust."

Nikunj,
Age 12, Mumbai



Acres of Sheep to Help You Sleep

By Nancy Kichline • Art by Forrest Burdett

Miranda's cousins would be visiting the next day. She was so excited, she just couldn't sleep.

Morning is so far away!

Miranda

Finally, she stumbled to the kitchen to find Mom.

I can't sleep, Mom. When will morning get here?

It'll get here fast once you're sleeping.

Pretend you're counting sheep. That will help you relax.

Sheep? Like Percy? OK.

Back in bed, Miranda closed her eyes and counted. It became confusing fast.



... 21, 22, 23 ...
Wait! Didn't I just count that one?

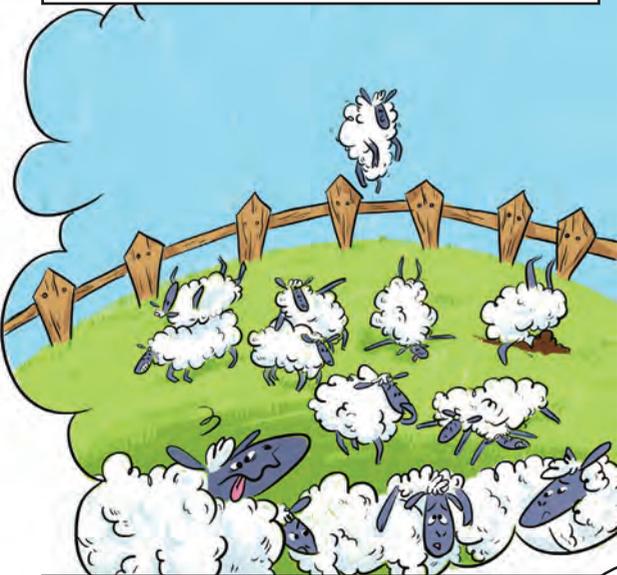
Miranda returned to the kitchen.

The field is crowded!
The sheep keep moving around.

Count them as they jump over a fence.
That makes things run smoothly.



Miranda counted as sheep jumped over the fence. But on the other side, there was a traffic jam.



Miranda imagined she was a traffic cop, but she could not straighten out that jam.



What do they do after they jump the fence?

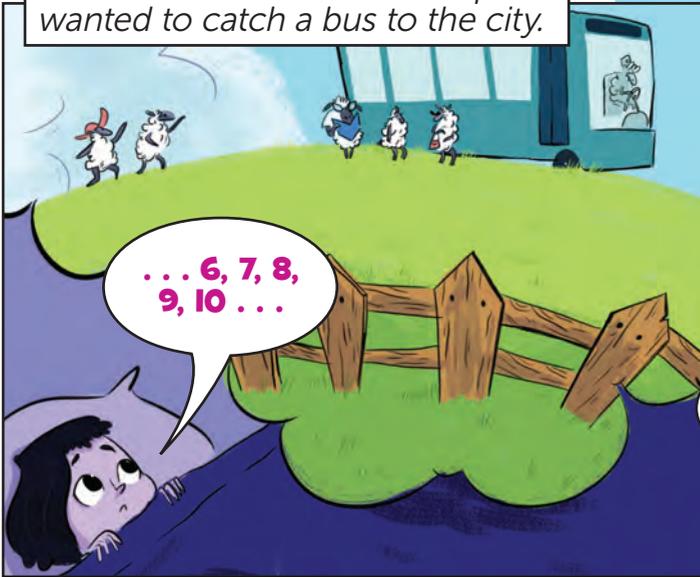
Anything you want them to, dear!



OK, Percy, let's see where those sheep want to go.



It turned out that some sheep wanted to catch a bus to the city.



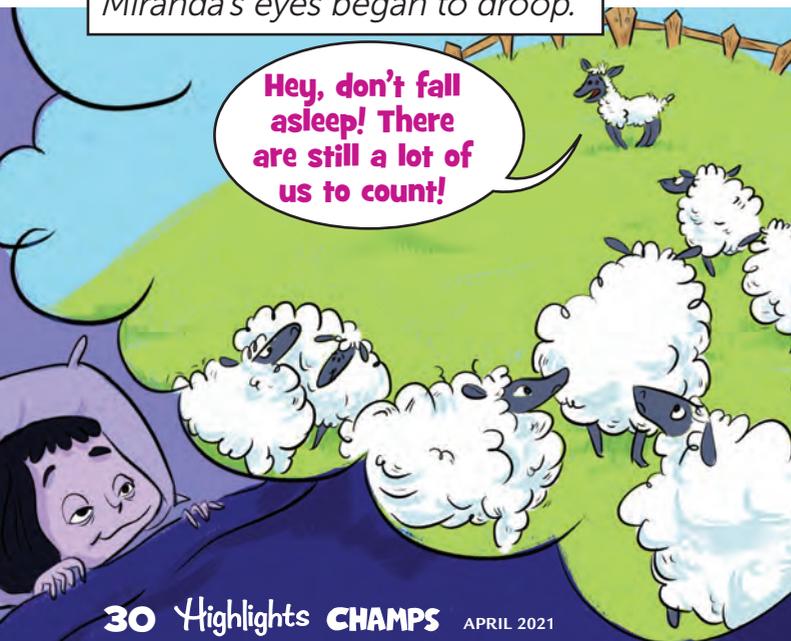
Some sheep spread a blanket on the hill for afternoon tea.



And some sheep found shady spots where they could nap.



Miranda's eyes began to droop.



But Miranda was too tired to hear him.



Missing Microphone

By Clare Mishica • Art by Mike Moran

Tonight is the Crittertown Talent Show. But Allie Gator can't find her lucky microphone! She suspects it was accidentally taken from backstage between 7:00 and 7:09, while she was changing in the dressing room. The other performers all had access to the backstage area. Use the clues to figure out which performer could have taken the microphone between 7:00 and 7:09.

CLUES

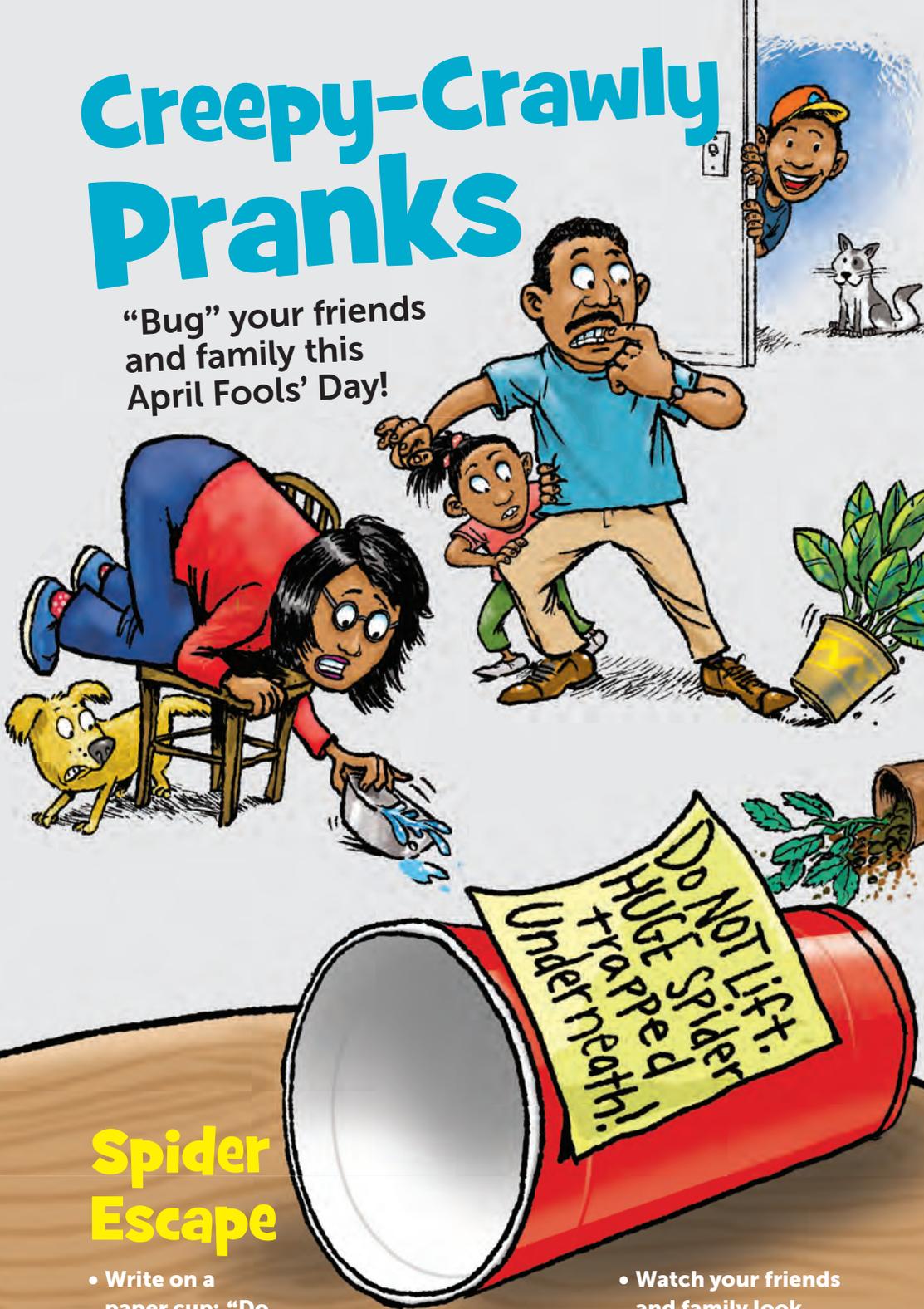
- Bella Phant practiced her four songs in a practice room starting at 6:30. Each song took 11 minutes to practice.
- Howie Wolfer spent 10 minutes practicing his scales and 10 minutes rehearsing his song. He started practicing 19 minutes after Bella Phant started.
- Red Bird practiced her violin 15 minutes more than Bella Phant practiced, but she started 9 minutes later.
- Gerry Raffé finished practicing his cello 40 minutes before Red Bird finished practicing.

Answer on page 38.

BONUS!
How many hidden music notes can you find?

Creepy-Crawly Pranks

“Bug” your friends and family this April Fools’ Day!



Spider Escape

- Write on a paper cup: “Do not lift. HUGE spider trapped underneath!”
- Place the cup on a table and knock it over.
- Watch your friends and family look around nervously for the spider.



Squirmy Surprise

- Make a hole in an apple with a straw or chopstick.
- Poke a gummy worm into the hole.



Sandwich Scare

- Draw ants on a sandwich bag with a black pen.
- Pack your sibling a “buggy” lunch.



Light Fright

- Cut a big, creepy bug shape from black construction paper.
- Tape the bug to the inside of a lampshade.

THE PRANKSTERS’ CODE Use your sense of humor and good judgment, and only pull pranks that prankees are likely to find funny!

Repairing the Road

Paws and Think



- 🐾 What machines do you see here? How might workers use these machines to fix the road?
- 🐾 What are some reasons roads need repair? Why might certain roads need to be fixed more often than others?
- 🐾 How can you tell that safety is important at this job site?
- 🐾 Have you seen road crews at work? What are some things you've noticed?

I'll help with the digging!

Your Own Pages



Aarohee Vaidya, Age 12

Winnie

Snag a rag.
Shampoo too.
Don't forget
a hand or two.
Grab your sister.
Grab your brother.
Maybe even get your mother.
Tub or sink,
whatever you think.
Don't be surprised,
it can change in a blink.
Hurry, hurry,
scrub with fury.
Quick! The dog is
sure to scurry.
Dry her off in a hurry.

Harloh Roberson, Age 10

Help the World

Bullying is bad.
Bullying means being a bad citizen.
A good citizen is a person who
gives peace.
Being peaceful means being a
person who stops violence.
If you make the world a better place,
Everybody will be peaceful
and happy.

Barin Barthwell



Siffat Kaur Nagra, Age 10

Waiting: A Haiku

For the bus, for a
Cake to bake in the oven.
Tick. Tock. Tick. Tock. Tick.

Madeline Aldrich, Age 11



Prachi Phanse, Age 9

Running

I ran.
My lungs were
burning, grasping
for air.
My breathless,
empty, puffing
chest could stand
it no more.

So I stopped.

Eleora Williamson, Age 11

Days and Nights

On windy nights,
you're filled with frights
On sunny days,
you go and play
On party days,
you say hooray!
When you go
to bed at night
You get tucked in
nice and tight

Aiden Cooper, Age 5



**The red truck
Looks like a fire truck
Sounds like a growling motor
Smells like fuel
Tastes like old grease
Feels like a smooth
candy cane
The red truck.**

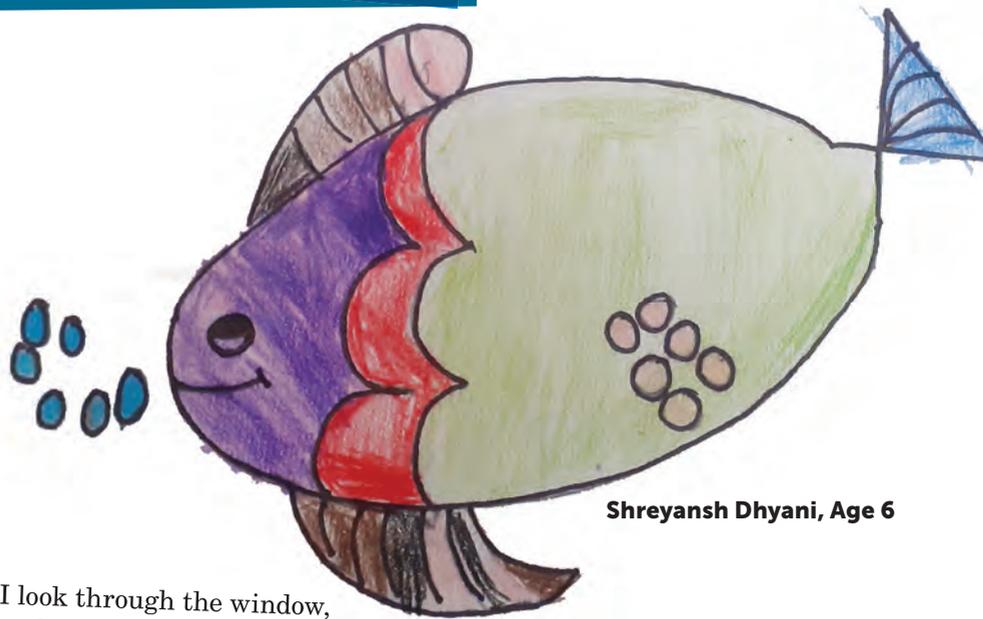
Daniel Allen, Age 8



Agraj Goyal, Age 8

What should I say to the trees
Because they make paper for us
What should I say to the air
Because it is the breath in us
What should I say to the earth
Because it cares for us

Naman Agrwal, Age 5



Shreyansh Dhyani, Age 6

I look through the window,
drinking my hot chocolate.
I watch the snowflakes land
softly on the ground.
With each snowflake, the
ground gets more covered
in snow.
Now it's like a big white
blanket has covered
the whole entire city.
I hear the sounds
of children laughing.
What a wonderful sight, I say,
what a wonderful sight.

Radha Nagrani, Age 8



Aadhiya Parekh, Age 7

Share Your Creative Work

We'd love to see it!
Art must be on unlined paper.
Poems must have fewer than
75 words. All submissions
must be created by you.

Include your name, age,
and address. Mail to

Highlights CHAMPS

A-4, Shriram Industrial Estate,
Wadala, Mumbai-400031,
Maharashtra

We cannot
return your
work, so you
might want to
keep a copy.

What's Behind Our

HA-HA-HA's

Art by Rob Justus

Just about everyone laughs—even babies. Laughter is natural, but what do we know about it?

Laughing Helps Our Bodies

When we laugh, our heart rate goes up, sending oxygen to our blood, muscles, brain, and lungs.

Chemicals called endorphins are released in our brain. This lowers stress and makes us feel good.

It's Contagious!

Scientists believe laughter helps people bond. We're 30 times more likely to laugh with others than alone. Just seeing people giggling can make us laugh, even if nothing very "funny" was said. Want to laugh more? Spend time with family and friends!



LAUGH-O-METER

TITTER

CHUCKLE

CHORTLE

GIGGLE

LOL

Nervous Laughter

Have you ever found yourself laughing when you're "not supposed to"? Laughing is one way we let go of tension. When we're uneasy, our body may respond with laughter. We don't *decide* to laugh—it just happens.

Do Animals Have a Sense of Humor?

Your dog won't be cracking up at your knock-knock jokes. But scientists have found that at least two animals—apes and rats—make "play" sounds when they're tickled. Apes make panting sounds and rats chirp.

WHY IS THAT FUNNY?

What we find funny depends a lot on our age, personality, and where we live.

But here are some of the more general reasons people laugh.



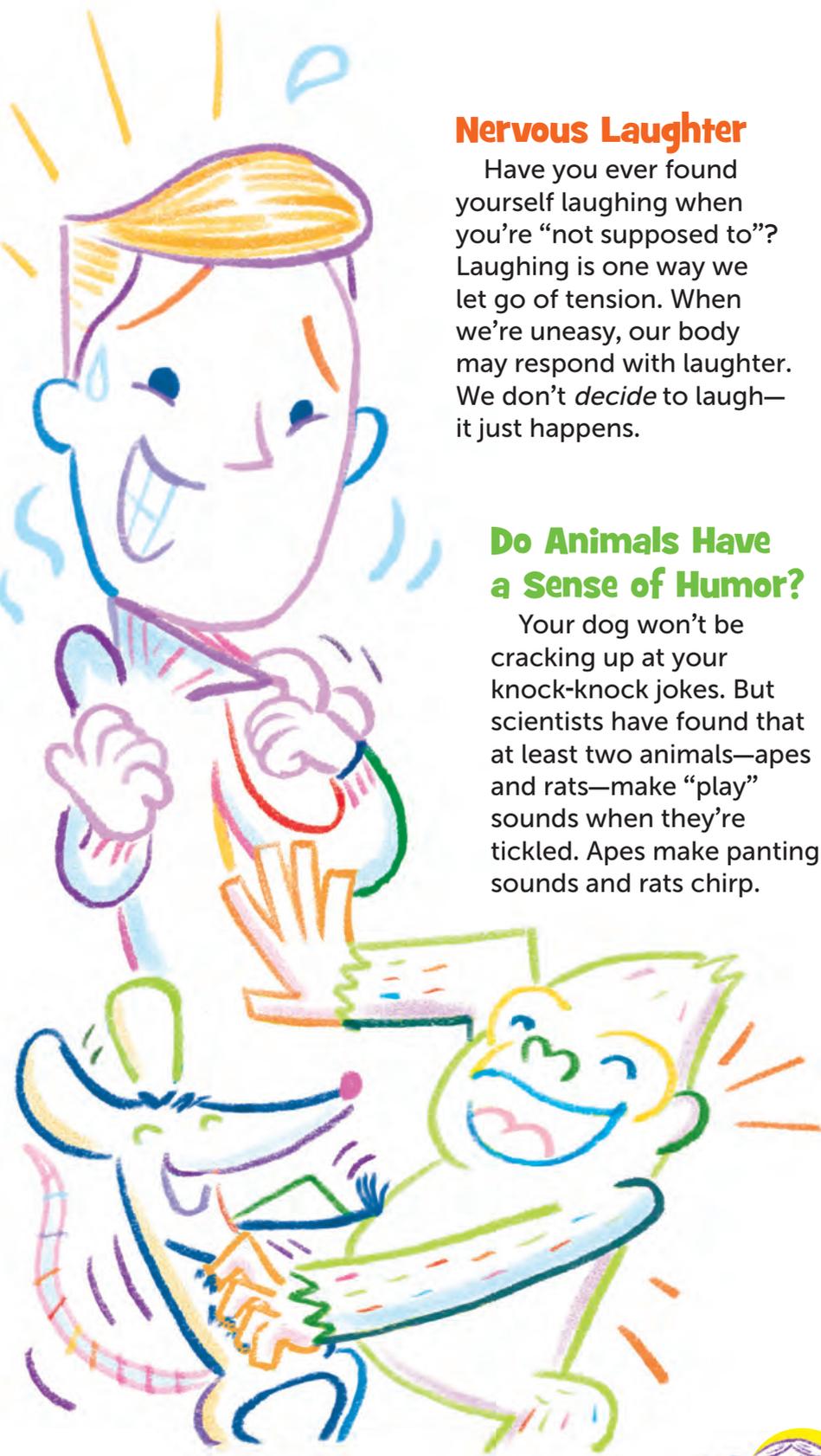
We're caught by surprise.



Others' silly mistakes make us feel better about ourselves.



We're communicating friendly feelings.



GUFFAW

SHRIEK

HOWL



Tongue Twisters



**Kate has a kite and a cat.
Kate made a cake for her cat.
The cat ate the cake,
and Kate flew the kite.**

Joey, Age 9

Answers

page 2

Fun This Month

Lily's Lollipops



Mystery Photo—Spork.



page 12

My Sci

Disappearing Act—We see objects because light reflects off them and travels to our eyes. Usually light moves through air. But it travels a bit more slowly through water than through air. The light bends, or “refracts,” where the air and water meet. When you stand to one side of the glass, the light reflecting off it bounces to a different spot rather than to your eyes. Light can play a disappearing act on you!

page 20

Make a Move

House 1 = 112 kilometers per week. House 2 = 110 kilometers per week. House 3 = 74 kilometers per week. House 4 = 116 kilometers per week. Mr. and Mrs. Melody should move into House 3 to travel the fewest kilometers each week.

What's the Word?

1. NAP. 2. HOUSE. 3. BACK or BARN. 4. OVER. 5. MAN. 6. SHORE. 7. BOARD. 8. FISH.

page 31

Missing Microphone

Gerry Raffae finished practicing at 6:58. He could have taken the microphone between 7:00 and 7:09.

page 43

Picture Puzzler



Covers: At the Aquarium! by Howard McWilliam; What's Wrong? by Kelly Kennedy

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RIDDLES

1

What does a cat use to stir pancake batter?
Madilyn Murchison



What is harder to catch the faster you run?
Henry Staykov

2

3

What is a dog's favorite vegetable?
Bryn Lenna

Why did the picture go to jail?
Faiza Khan

4

5

How can you tell when a traffic light is sick?

Madeline Powers

What kind of bird doesn't go to the barber?

Jack Kocha

6

7

What has 10 wheels and flies?
Rhys Christensen

What is an airplane's favorite holiday?
Owen Adams-Mao

8

9

What did the baby corn say to the mama corn?
Izetta Jones

1. A whisk-er. 2. Your breath. 3. Bark-oll. 4. Because it was framed. 5. It turns green. 6. A bald eagle. 7. A garbage truck. 8. Halloween, because it can go in disguise (the skies). 9. "Where's popcorn?"

Brain Play

START
Take your brain on a hike!

Where do you usually feel really relaxed?



ZZZ

Name some things you can still do when the power goes out.

Would a chair make a good pool toy?



How is a personal goal like a goal you'd aim for in a sport?



In one word, how would you describe a ...



"We paid a fair fare for a fair day at the fair."

Can you use a few meanings of a word in the same sentence?

Is an egg more likely to break if a chicken sits on it or if it's dropped on the floor?

WHY?



Can you be startled by a sound **EVEN IF YOU KNOW IT'S COMING?**



THAT'S TRUE. I DO!



What are three questions you could answer this way?

If you could be an insect, which kind would you be?

WHY?

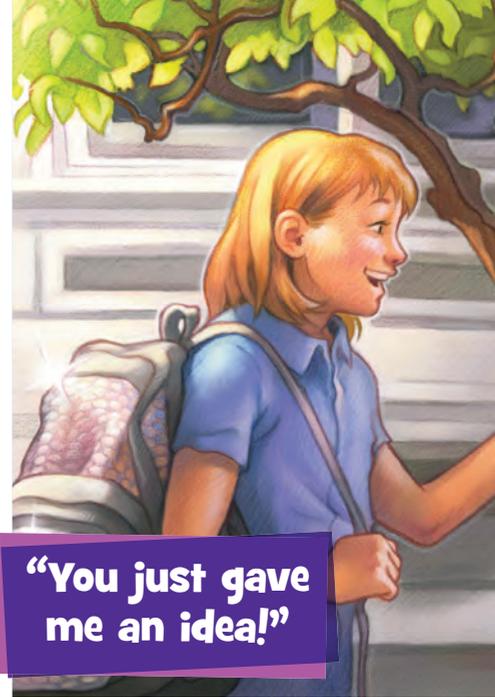


THE END



Ask Arizona

My brother and I want to sell some old toys to make money for new toys. Do you have any tips for successful garage sale-ing?
—Seller in Srinagar



An Even Trade

By Lissa Rovetch • Art by Amanda Morley

Dear Seller,

My tip is to get a boat because it's way easier to sail a boat than it is to sail a garage! Um, seriously, though, I don't have any very helpful garage sale-ing tips, but I do have an idea for something you can do instead. My friends and I stumbled upon it by accident.

Mareya and I were practicing some karate moves in front of Mareya's house when her neighbor Kelsey walked by.

"Whoa," I said to Kelsey. "The material on your backpack looks like a million tiny mirrors. That's the coolest thing ever!"

"Thanks!" said Kelsey. "I just bought it at that new Sun-Star shop on Market Street."

Mareya put her face close to the magical backpack and laughed. "Look! A million tiny

Mareyas are staring back."

Kelsey giggled. "The shop had two more backpacks like this. You should go and get them."

"I wish," I said. "There's no way my parents will buy me a brand-new backpack when my old one is still in one piece."

"Same," Mareya said. "My mom likes to remind me that money doesn't grow on trees."

"Ding, ding!" said Kelsey.

"You just gave me an idea!"

"To plant money-tree seeds?" I asked.

"I bet my parents would let us have a mini sale."

Kelsey laughed. "No. The idea of making cash. My family has an annual garage sale later in

the year, and we always make a little money. I bet my parents would let the three of us have a mini sale in our front yard this weekend."

"I definitely have some old things I could sell," said Mareya.

"Me too!" I said. "My dad is always asking me to get rid of stuff."

"Perfect," said Kelsey. "This is going to be awesome!"

Luckily, our parents were all OK with the plan. We met on Friday afternoon to make signs, bake cookies, and figure out our cash-box system.

"Wow!" I said. "All we have to do tomorrow is put everything out and get rich!"

But sadly (or maybe happily), it didn't quite turn out that way. Here's what happened the next day as we were setting up.

"Wait," said Kelsey to Mareya. "You're selling that whale T-shirt?"

"Yeah," said Mareya. "I've worn it forever."

"I have always loved that shirt," said Kelsey. "I definitely need to buy it!"

"And I've been looking



everywhere for a cozy, fuzzy hoodie exactly like this!" said Mareya.

I spied a neon-orange San Francisco Giants cap. "This is great!" I said. "Which one of you is selling it?"

After we scooped up everything we wanted, there wasn't much to sell.

You can probably see where this is going. By the time we'd scooped up everything we wanted, there wasn't much to sell. And instead of figuring out exactly how much we owed each other, we decided to call it an even trade.

"Wow, we should have stopped by sooner," a woman said, looking at our empty tables.

"I guess the early bird really does get the worm!" said her friend.

"Yes, we had some, uh, very

busy shoppers!" said Kelsey. "Can we offer you these complimentary homemade cookies instead?"

Here's the bad news: Because we either gave away (or ate) our cookies and traded instead of sold almost all of our things, we didn't make enough money to buy those backpacks. But here's the good news: all three of us ended up with a bunch of fantastic stuff that didn't cost us a single cent!

So, dear Seller, if you'd actually like to make some money, be sure to *sell* your merchandise instead of giving it away. But if you'd like to get rid of some toys and find some new ones, think about organizing a toy swap and then donating what's left to charity. Trading what you already have instead of buying new stuff isn't just a fun thing to do with friends. It's also a great way to cut down on some of the clutter on our planet.

**Ciao for now,
Arizona**



"I have always loved that shirt."

Dear Highlights



The rubber spacers in my teeth are uncomfortable. How can I avoid picking them out?

Camden

You and your parents might ask your dentist or orthodontist if there's any way to make the spacers more comfortable. You can also ask how the spacers work and what they are doing for your teeth. Once you know their purpose, you may find it easier to leave them in.

When you feel the urge to remove the spacers, do something to keep your hands busy. Draw, write, juggle, or solve a Rubik's cube. You can even try sitting on your hands!



Whenever my sister and I read, she reads out loud. It's annoying.

Evelyn

The next time you and your sister are going to read, you might say something such as "I like reading with you nearby, but I hope you'll read quietly. It's hard for me to concentrate when you read out loud."

Sometimes annoying behaviors become less annoying if we understand why a person is doing them. Your sister might have a good reason for reading this way. Maybe it helps her understand what she's reading. You can try asking her nicely why she reads out loud. Then listen to her reasons.

If she continues to read out loud, you can wear foam earplugs if your parents say it's OK. You can read in another room. Or you can try to ignore the distraction. It's not easy, but it can be done. Try to get so absorbed in what you're reading that you block out the noise around you. This is a skill you can also use in school to do work in a noisy classroom.



When I go on vacation, I get scared when I get close to the airport security scanner.

Vivian

The scanners at airports help keep travelers safe.

Perhaps your family could make a plan the next time you fly. For example, a parent could go through the scanner

first. You could go second, and another family member could go next. Being between two people you know may help you feel more comfortable. Or a parent might ask the person working the scanner if he or she could scan you with a wand instead.

Learning how the scanner works might help you fear it less. You and a parent could do some research before your next trip.

Write to us!

Please include your name, age, and full address. Mail to

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Picture Puzzler

Art by Dave Whamond

Can you find a beach ball, a hot dog, a striped hat, 4 pairs of twin dinos, a backpack, a red flag, an ice-cream cone, a green T-shirt, 3 baseball caps, a watermelon, and a pink chair?





TASTE KA BOSS PARLE FULLTOSS

