

Children's Literary Resource

CHAI  
CHAI



# CONTENT

Sl.No	Content	Page No
1.	Thoughts	01
2.	Poem	02
3.	Story	03
4.	Song	04
5.	Articles	05
6.	Riddles	06
7.	Indoor Games & Benefits	07
8.	Outdoor Games & Benefits	08
9.	Local Games	09



THOUGHTS



Boxing



Cricket



Race



# THOUGHTS

"If It's important to you, you will find a way. If not, you will find Excuse."  
— Mazy Kom.



Boxing

Don't stop chasing your dreams, because dreams do come true.  
— Sachin Tendulkar



Cricket

"Don't be afraid of moving slowly. Be afraid of standing still."  
— Milkha Singh.



Race

P  
O  
E  
M



P  
O  
E  
M



The moon, with friendly clouds,  
playing hide and seek,  
it's delightful.  
The kid wants to join,  
But how, she wonders,  
They are high above.  
Mother will tell, she has no  
doubt.  
Till then,  
let her with delight  
watch them play.

-Sankarnarayanan Madava.



S  
T  
O  
R  
Y

S  
P  
O  
R  
T  
S

C  
H  
A  
L  
L  
E  
N  
G  
E



One time evening Gallu, Chinki (sister of gallu) and their parents were watching the performance. That day Ninaj Chopra won the Olympics, all Indian's fell proud. Gallu and Chinki got inspired after seeing the great performance of N.C Gallu also wanted to win the gold medal. So they moved to the playground and started practising cricket.

An Uncle came and said, "Do you play cricket everyday? you should obbers games too. After listening to uncle, children changed the game and they started practicing running game. All the children left at once like a shot of gun. Gallu was fox behind, he increased his speed and came front. When the end line was very closed and Gallu was very happy. Suddenly, his friend Hari come forward and touch the line.

After coming to home, Gallu was very tired. His mother was scolding him "What was the need to run in the field? I told you thousands time to stop all these and concentrate on your studies. If you play, you will become beggar, if you study you will become rich." At that time dad came and said, "This is wrong, along with studies, sports are also important. If you want your child to win medals then let them to play in the field along with studies." The children got inspired and started practicing every morning.

One day saw Gallu was eating something while playing on mobile games. Then dad said, "while eating you should only focus on the food, if you don't concentrate on the food then food won't get digested properly. If you want to increase your strength you should concentrate on your eating and drinking habits."

Next morning, when Gallu went to his friend Hari's house, he saw him to eat by seeing T.V. He explained all the things to Hari whatever he said to him. Hari told him, "Don't teach me, I do extra practice and I will always come first." Gallu wake up every morning and practice everyday. He started eating on time and perform all this work properly and sleep on time.

After two weeks, a sports competition was organised in the society. All the children had participated. When the race game started, They left together. Hari was running very fast and he was over confident. All of sudden Hari's speed got decreased and Gallu immediatly run fast and touched the ribbon. Voila, Gallu won the race. Everyone picked up Gallu and starting dance.

Hari realised that he was so overconfident. In the closing ceremony, Secretary gave Gallu gold medal and handed the speaker to him. He said, "If we will study we became rich and if we will <sup>play</sup> become achiever. So everyone should change their mentality."

S  
T  
O  
R  
Y

S  
O  
N  
G

LET'S  
PLAY  
SPORTS



SOON

PLAY

Let's go! Let's go! Let's play  
Sports!  
Shoot a basketball into the hoop.  
Let's go! Let's go! Let's play sports!  
Let's play, let's play sports.  
playing sports is really cool!  
Let's play, let's play sports.



Sports

Let's

PLAY

# ARTICLES



## Doyen of women's cricket, Mithali Raj calls it a day

NEW DELHI June 8: Mithali Raj, one of the greatest female cricketers to have played the game, on Wednesday announced retirement from all forms of international cricket, having made a significant contribution in popularising the women's game during a 23-year-long career.

The trailblazer ended her glorious career with a record 7,805 runs from 232 ODIs, the most in the format.

With an overall tally of 10,868 runs, she is also the leading-run getter in women's cricket across formats.

The 39-year-old featured in 89 T20 Internationals and even though she got to play only 12 Tests in her long career, she managed to score a double hundred and remains the only woman cricketer from India to do so in the longer format.

She had retired from the T20 format in 2019 and her decision to stop playing all formats was expected after India's underwhelming ODI World Cup campaign in March. She was the captain of the team in the ICC mega event.

"I set out as a little girl on the journey to wear the India blues as representing your country is the highest honour. The journey was full of highs and some lows," Mithali wrote in a statement posted on twitter.

"Each event taught me something unique and the last 23 years have been the most

Each event taught me something unique and the last 23 years have been the most fulfilling, challenging & enjoyable years of my life. Like all journeys, this one too must come to an end. Today is the day I retire from all forms of International Cricket.

— Mithali Raj

fulfilling, challenging & enjoyable years of my life. Like all journeys, this one too must come to an end. Today is the day I retire from all forms of International Cricket."

The cricketer from Rajasthan attained the legendary status with her exploits with the bat for over two decades.

When she made her India debut back in 1999, women's cricket was a neglected sport but now it has become a career choice with millions of girls aspiring to be like her.

"Each time I stepped on the field, I gave my very best with the intent to help India win. I will always cherish the opportunity given to me to represent the tricolour," she further wrote in her statement.

"I feel now is the perfect time to call curtains on my playing career as the team is in the capable hands of some very talented young players and the future of Indian Cricket is bright.

"It was an honour to have led the team for so many



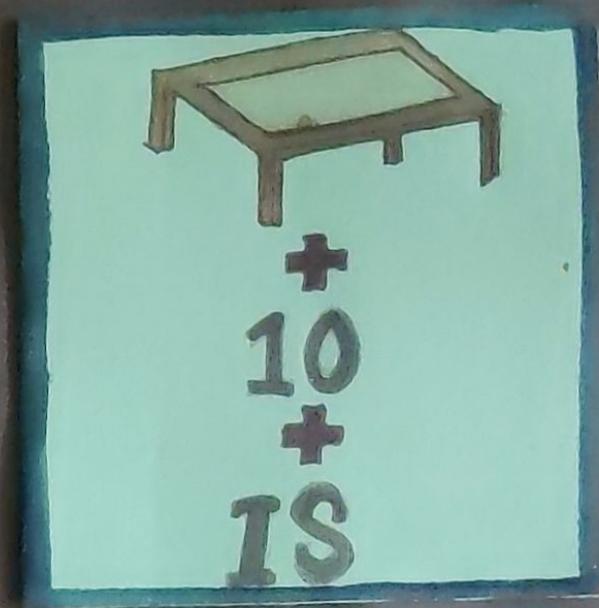
years. It definitely shaped me as a person & hopefully helped shape Indian Women's Cricket as well."

Mithali played in as many as six ODI World Cups and also

holds the record of scoring seven half-centuries in a row. She is the only Indian captain – male or female – to have led India in two World Cup finals (2005 and 2017). – PTI



R  
D  
D  
L  
S  
M  
S



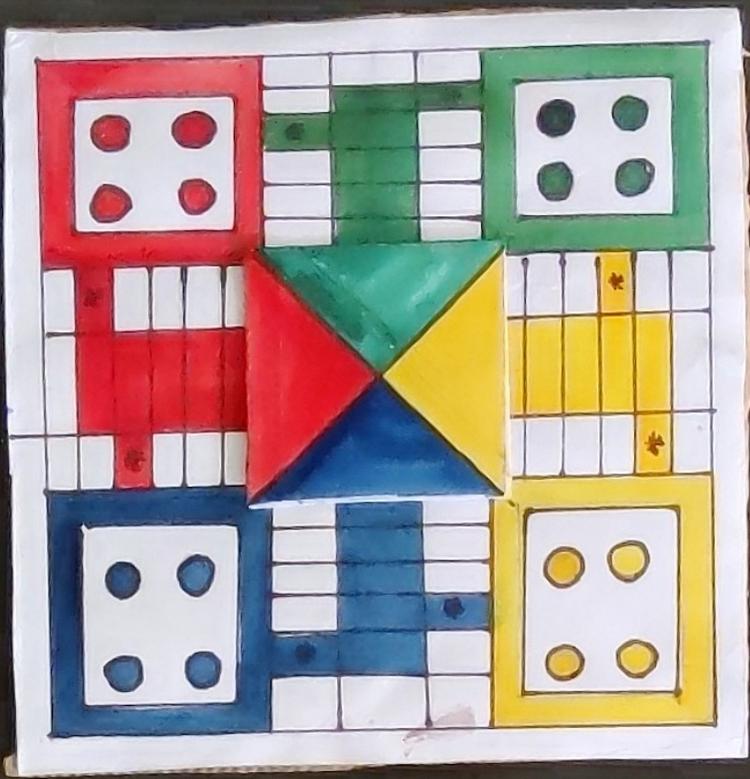
S  
T  
E  
L  
D

HOCKEY

FOOT  
BALL

TABLE  
TENNIS

BOARD GAMES



Ludo



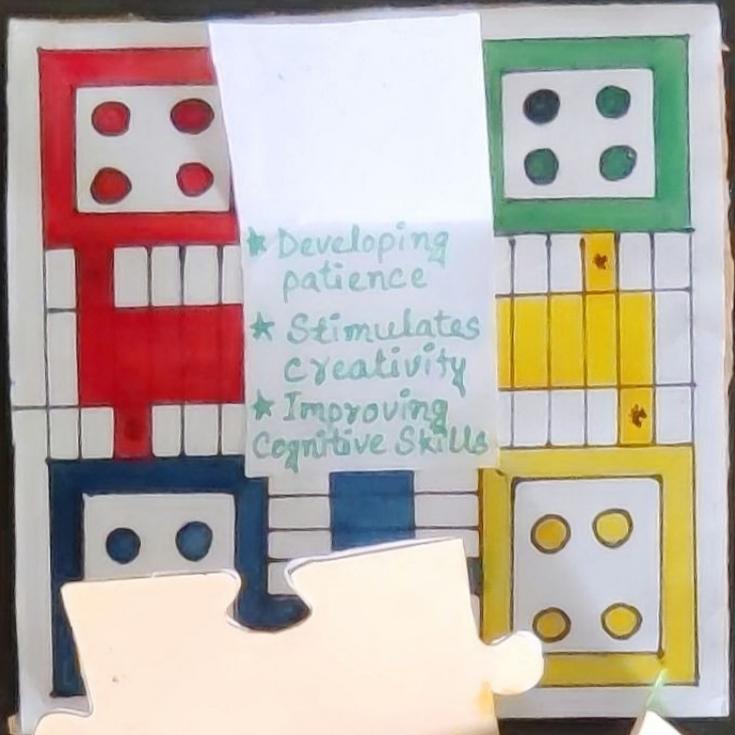
Chess



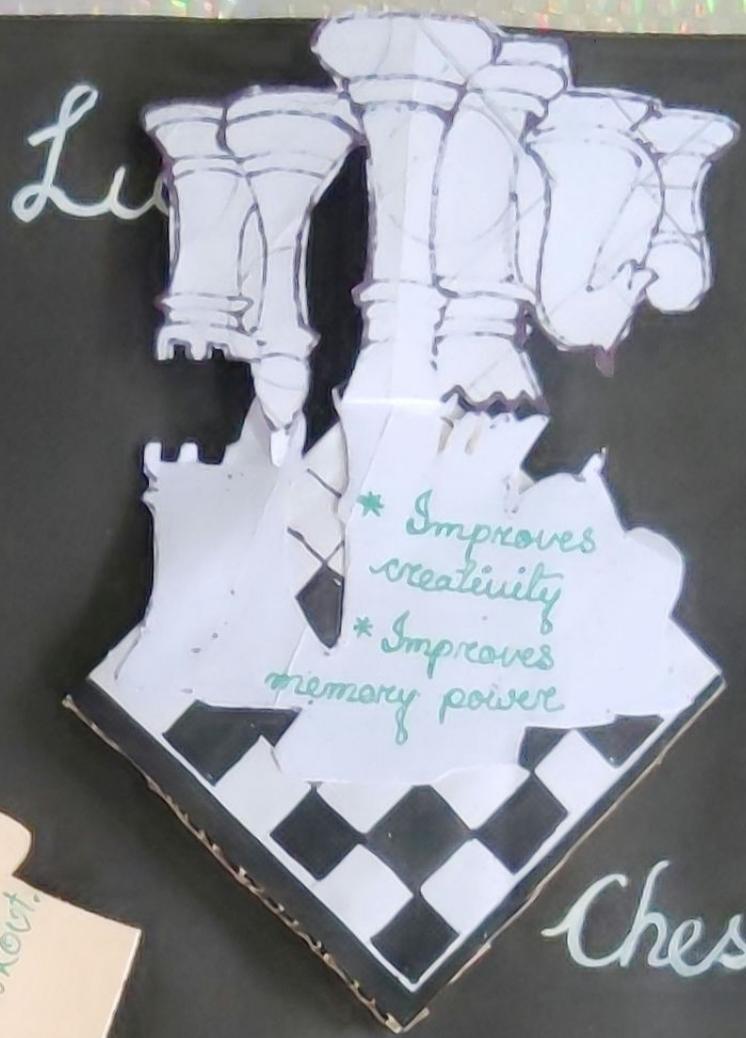
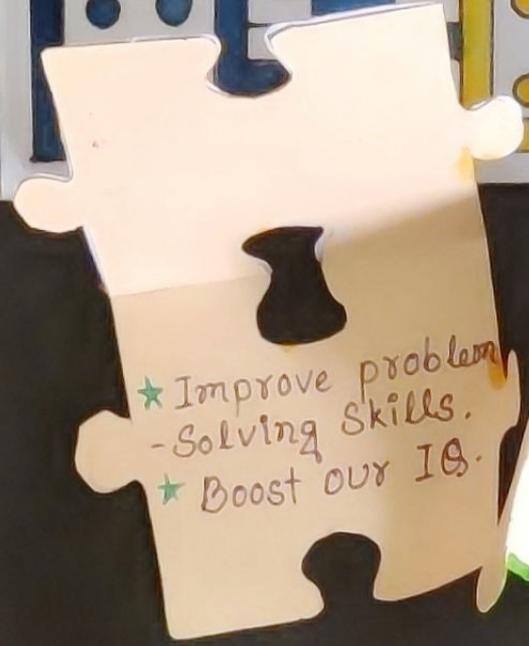
Puzzle

AND BENEFITS

# NUMBERS AND BENEFITS



- \* Developing patience
- \* Stimulates creativity
- \* Improving Cognitive Skills



Chess

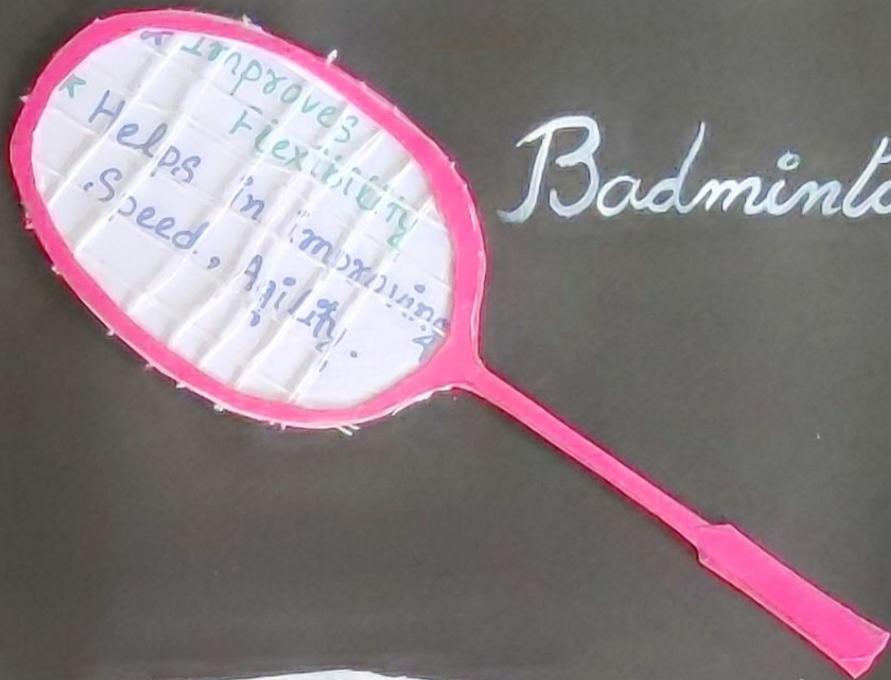
Puzzle

# AND BENEFITS

**GOOD FOODS  
AND BENEFITS**



*Basket Ball*



*Badminton*



*Football*

**AND BENEFITS**

Improves Flexibility  
Helps in improving Speed, Agility

# DOOR GAMES

Improve  
balance  
and  
coordina-  
-tion.

★ Develop  
Self-confidence  
★ Improves  
Body  
Composition.

★ Improves  
Flexibility  
★ Helps in improving  
Speed, Agility.

Badminton



Basket Ball



★ Sports  
Builds Muscle  
Strength.  
★ Sports encoura-  
-ge Teamwork and  
Sharing.  
★ Learning about  
Discipline and  
Commitment.

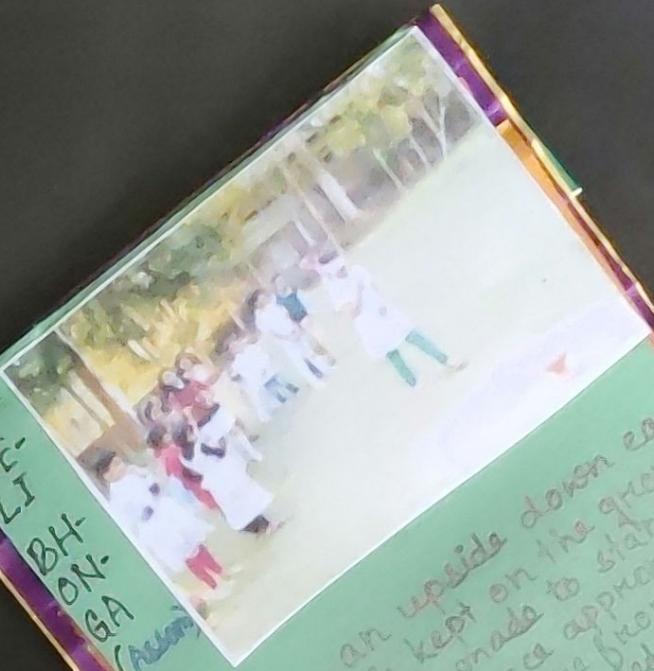


Football

# AND BENEFITS

# TE-KE-LI

TE-KE-LI  
BH-ON-GA  
(Asian)



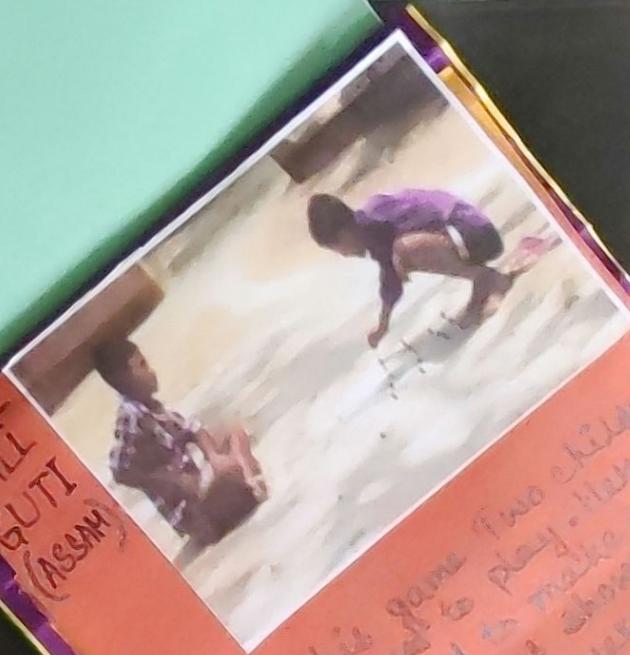
Here, an upside down earthen pot is kept on the ground. The players stand at a certain distance approximately 10-15 feet or more from the pot. The child is blind folded properly with a piece of cloth. Then to make an error a child is turned around and then he has to break the pot.

MOVEMENT IN MIND:



# SPORTS

MAR-BALL  
GUTI  
(ASSAM)



In this game two children are required to play. Make players need to make a table drawing lines as shown in the picture. The players need to use their own strategies and tactics to win over. The game helps to develop concentration.

MOVEMENT IN MIND.

PULL



# PAR-PANI

## PAR-PANI (Asana)



To play this game minimum two players or maximum as many as they can accommodate can play.

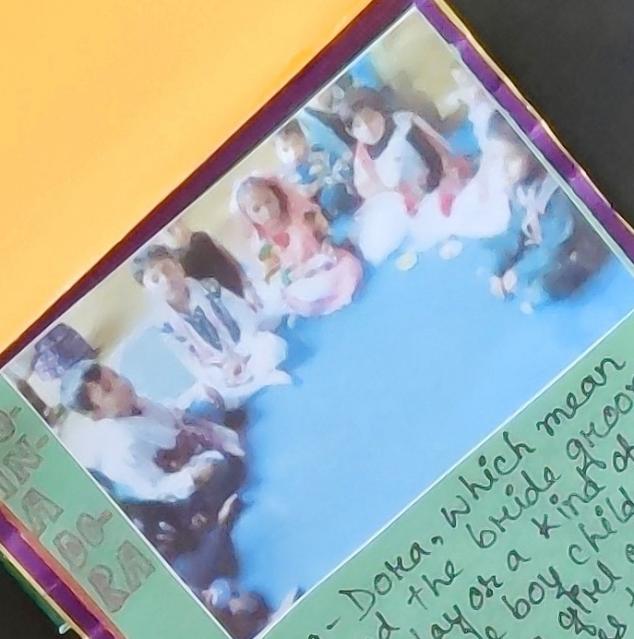
- Benefits:
1. Listening skill will be developed.
  2. The concentration span of the child will be increased.

IMPROVEMENT IN MIND.



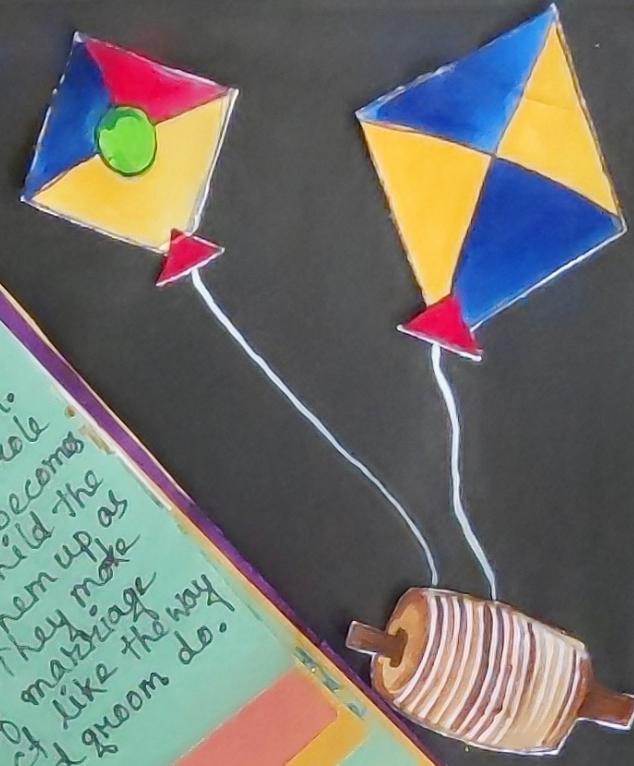
# LEMMAGLACC

## KOINA-DOKA



Koina-Doka, which means bride and the bride groom. This is a play of a kind of Kolo play where one boy child becomes the groom and a girl child the bride. Elders dress them up as an environment of marriage ceremony and act like the way the real bride and groom do.

MOVEMENT IN MIND



# MEMORIALS

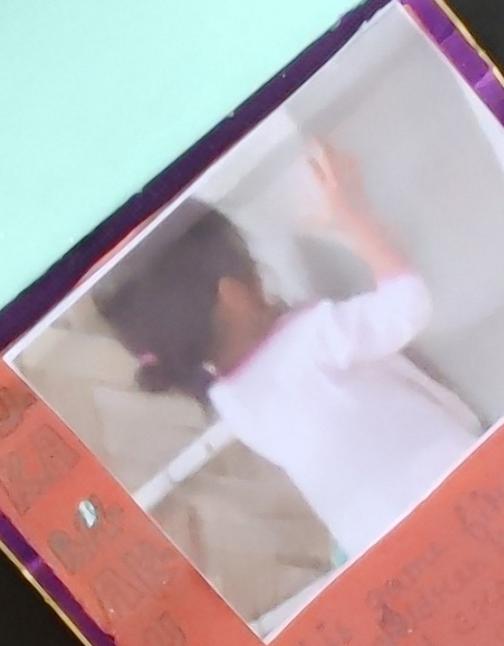
CO

CA

GL

AM

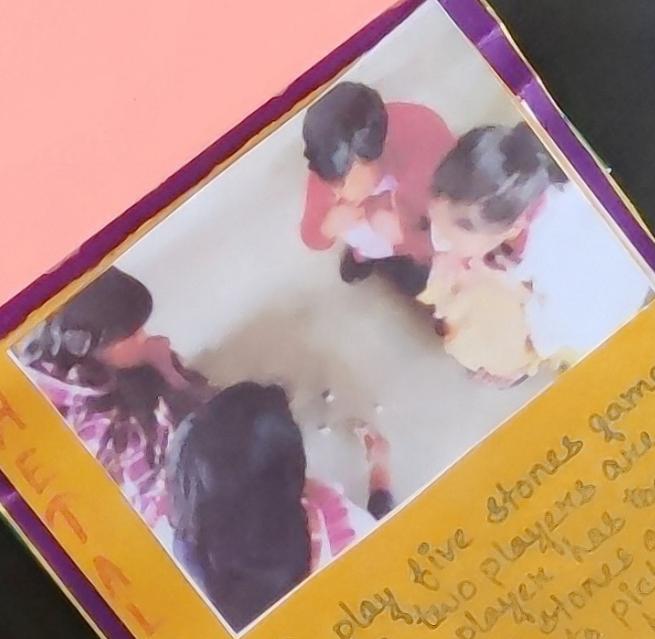
AL



MOVEMENT IN MIND.



# COCA MAM GAL GAL



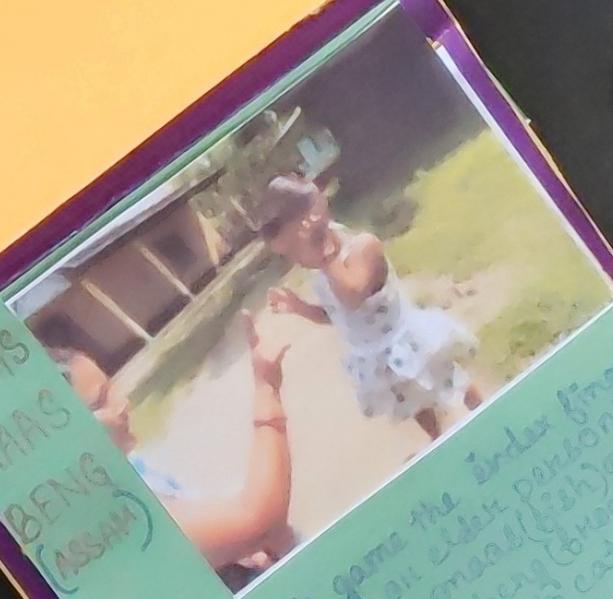
To play five stones game minimum two players are required. The player has to scatter all five stones on the ground and has to pick up one of those and again has to throw up in the air. The player should not allow to the pebble to fall on the ground.

MOVEMENT IN MIND



# CO CA G G A M M

MAAS  
MAAS  
BENG  
(ASSAM)

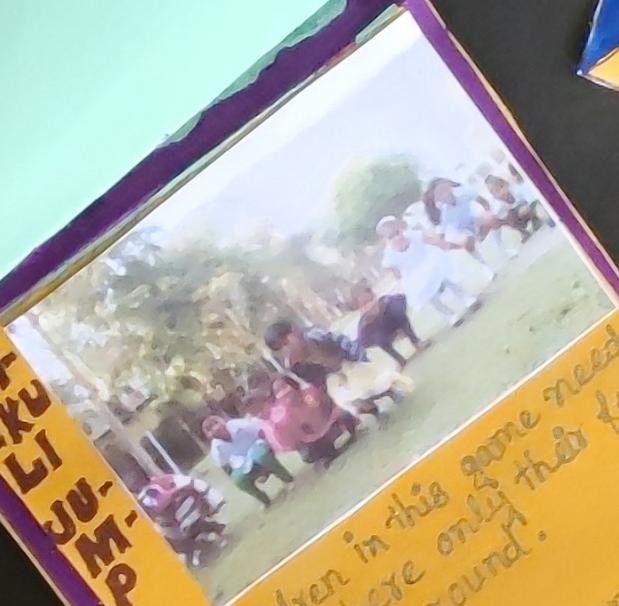


In this game the index finger of the player or elder person is considered the moad (fish) and the thumb is the beng (hook). This game asks the child to catch the index finger that is moved way & simultaneously right and left at times keeping the number of finger movement in mind.



# COOL GAMES

BH-  
EKU  
LI  
JU-  
M-  
P



Children in this game need to sit where only their feet touch the ground.

Benefits:-

1. This game strengthens the leg muscles and also the entire body as well.





SUBMITTED  
BY:

ANKITA DUTTA  
MAITREE DOHUTIA  
LIZA GOGOI  
Jatang RONRANG  
PUSHPANJALI DAS  
GEETARANI SONOWAL  
LASHMI SHARMA  
AKASH SONOWAL