

PICK YOUR POTENTIAL

activity book

By Jaiveer Inder Chadha

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MESSAGE FROM THE AUTHOR

Who we are, what we can become, and what we want to do with our lives are all important questions to ask ourselves. Often, they aren't simple questions either! In the age of information, we are exposed to more possibilities than ever before. We now know just how much we can achieve in this world, which makes it all the more difficult to be focused on our dreams. In some cases, such as when one is exploring their interests for the joy of it, this can mean adventure, but in other cases, it may just feel like an absolute lack of direction. I designed this activity book as a guide for those times when we simply cannot decide what to do. The aim is to give readers a far greater degree of control over the narrative around their passions, and considerable agency in being able to decide how they would like to pursue them. I hope that readers will have great fun going through the creative and immersive activities, and I'm certain that by the end of the book, you will feel a greater sense of confidence about your abilities. I hope this activity book fosters your strengths and helps you bring out the best in yourself, dear reader!

- Jaiveer Inder Chadha



activity 1

SUPERPOWER SHOWDOWN

Young reader, do you like superheroes? Well, the world of superheroes is full of fun, stimulation, excitement, and adventure. Let your favorite superheroes inspire you to hone your strengths and work on your weaknesses.

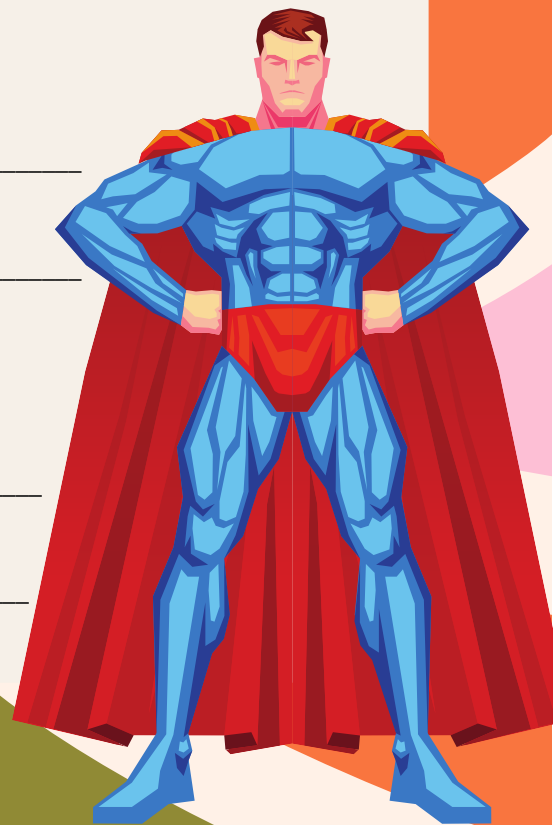
A career is what you choose to do on your professional journey, in order to achieve your life goals and acquire knowledge and experience. Earning money is also an important part of choosing a career. Go through this activity book to learn about the various career possibilities that await you based on your specific strengths!

Activity 1: Selecting your super strengths

Answer the following questions to design your favorite superhero:

Q1. What is your superhero called?

Q2. Describe the dress worn by your favorite superhero.



Q3. List three qualities in your favorite superhero that you wish you had too.

Q4. If your favorite superhero asks you to help them, how do you think you could help them the best?

Q5. Can you think of any way of improving yourself so that you would be able to help them better?

Activity 2: Real-world heroes

Write down three occupations in the real world that interest you the most and also state why they interest you. Then, research a famous person who was in that same occupation and state how they created an impact on the world.

Occupation 1:

a) Why it interests me:

b) A famous person with the same occupation:

c) How did they create an impact in the world?

Occupation 2:

a) Why it interests me:

b) A famous person with the same occupation:

c) How did they create an impact in the world?

Occupation 3:

a) Why it interests me:

b) A famous person with the same occupation:

c) How did they create an impact in the world?

Activity 3: Circling choices

Answer the following questions honestly, and choose the option that you identify with the most. Keep track of the number of A, B, or C answers you have chosen.

1. How do you deal with stress and anxiety?
 - a. Breaking down complicated tasks into smaller, more manageable pieces.
 - b. Taking a break, and finding inspiration through art or nature.
 - c. Seeking the help of your friends and family.

2. What activity brings you the most sense of happiness?
 - a. Solving puzzles, creating codes, designing solutions
 - b. Creating art, writing, singing, reading
 - c. Organizing events, talking to people, helping friends

3. How are your friends likely to describe you?
 - a. The strategist
 - b. The visionary
 - c. The motivator

4. What movies do you like the most?
 - a. Science-fiction, mystery
 - b. Fantasy, romance, literary
 - c. Adventure, biopics

5. How do you like to learn about new things?
 - a. Studying conceptually through flow charts and diagrams
 - b. Exploring new ideas through first-hand experience and through comparing and contrasting with other similar ideas
 - c. Studying through group discussions and collaborative learning

Now count the number of a, b, and c options you've chosen.



If most of your answers are **option a**, here are the career possibilities you might want to pursue:

Pilot, Architect, Chef, Engineer, Doctor, Nurse, Therapist, Police Officer, Archaeologist, Programmer, Dentist, Economist, Geographer, Market Research Analyst, Medical Officer, Air Traffic Controller, Accountant, Bank Officer

If most of your answers are **option b**, here are the career possibilities you might want to pursue:

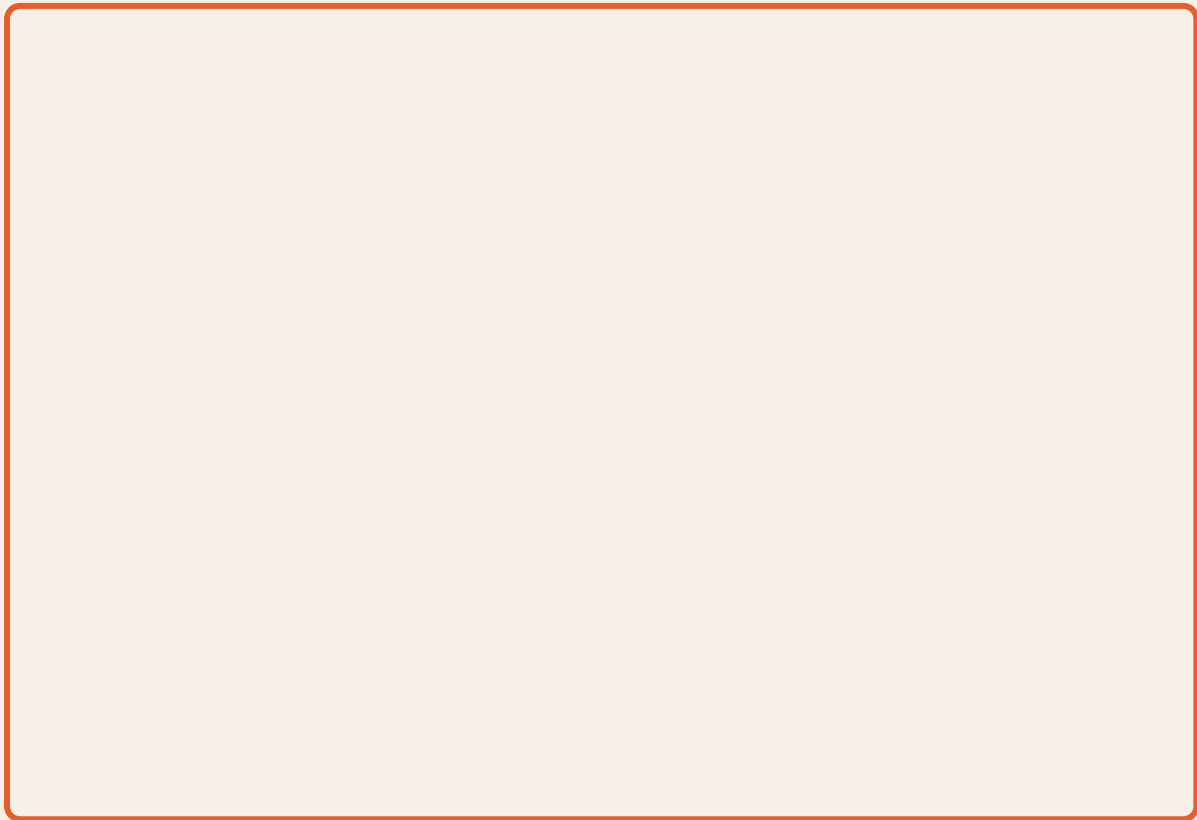
Actor, Poet, Writer, Photographer, Teacher, Designer, Journalist, Screenwriter, Director, Painter, Dancer, Singer, Playwright, Cartoonist, Illustrator, Journalist, Editor, Model, Animator

If most of your answers are **option c**, here are the career possibilities you might want to pursue:

Life-Coach, Politician, HR Manager, Social Worker, Bank Manager, Lawyer, Financial Planner, Consultant, Investor, Entrepreneur, Supervisor, Principal

Activity 4: Insignia design

Every superhero has an insignia or emblem. Think of Superman's famous emblem of the red S over the yellow background, Captain America's shield, or Batman's bat symbol. Now design an emblem for yourself if you were a superhero. You can incorporate symbols, colors, and elements that reflect your interests, strengths, and choices.



As you do these activities remember that none of your interests are set in stone! As you grow up and your interests change, you can find other career opportunities. Just remember to do something that you like doing!

Sources:

1. <https://www.coursera.org/articles/how-to-choose-a-career>

ACTIVITY 2

PASSION PURSUIT

How wonderful is it to inhabit the beautiful planet Earth we reside in? Every sunrise comes with new possibilities, every corner of every place has a story to whisper into your ears, and every day has the power to introduce us to new secrets we never knew before. How many secrets have we found so far? While nature guides us through its infinite beauty, we often learn, unlearn, and relearn so much about ourselves. That is life – it is a journey of endless learning where we will continue to surprise ourselves with what we are capable of every day. There are many more secrets buried deep within the many places we find ourselves in. All we have to do is look more closely. And if you look beneath the surface, you will find more secrets unearthed and learn more about yourself.

Why don't we embark on such a journey today to learn more about ourselves? The journey is not to a strange place – we're heading to our school. But this time, you will have to push yourself out of your comfort zone because we will be exploring every little corner of the school, and you have an entire day to yourself for this. Trust me! This is going to be fun if you're ready to run around, experiment, explore, and let yourself have fun.



Activity 1: Schoolyard Foraging

Has it been a while since you've participated in a scavenger hunt? Waste no time, and let's embark on this journey to the center of your school then. You must be wondering what makes this journey through the school any different from a regular week at school. This time, we are not leaving a single corner of the school – every nook and corner is to be conquered!

Here is a list of a handful of spaces in and across your school – from indoor to outdoor facilities. It is very likely that you have not been to all these spaces, and the task is simple: go to as many of the below-mentioned destinations as possible. Once you reach a destination, spend some time to introspect and understand what are two things you like about this place and two things that you find interesting and wish to know more about. Keep that in mind and once you're done identifying what piques your interest, move to the next place and the goal is to cover as many places as possible. If your school doesn't have a space titled the way it is on the table below, fret not! Go to the room/area that fulfills the purpose of the intended place.

Music Room	Garden and Lawns	Indoor Sports Room	Chemistry Lab
Stage and Auditorium	Office and Lobby	Library	Art and Craft Room
Cafeteria	Physics Lab	Staff Room	Mathematics Lab
Biology Lab	Basketball Court	Computer Science Lab	Football Field

How many places were you able to strike off from the table? Congrats if you explored all the places – that’s the spirit we need in this pursuit!

Activity 2: From the schoolyard to your inner self

Based on your scavenger hunt experience, let’s get to an interesting exercise. Below are 5 tables for you to complete with two things you liked about the spaces you explored in school and two things that you wish to know more about. Not more than 3 out of the 5 activities you fill in below should be related to a subject you study at school. That is, at least 2 of your choices must be from the following: music room, stage and auditorium, cafeteria, garden and lawns, office and lobby, basketball court, indoor sports room, library, art and craft room, and football field. Now time to note down what you found interesting in these spaces:

Space 1:

Two favorite things about the place:

Two things that piqued your interest and want to know more about:

Space 2:

Two favorite things about the place:

Two things that piqued your interest and want to know more about:

Space 3:

Two favorite things about the place:

Two things that piqued your interest and want to know more about:

Space 4:

Two favorite things about the place:

Two things that piqued your interest and want to know more about:

Space 5:

Two favorite things about the place:

Two things that piqued your interest and want to know more about:



EXPLORE.

Did you find something new in every place when you paused to look around and introspect? In these rooms and spaces in our school that we pass through every other day, there are things that will be fascinating to us.

All we have to do is look closer and see the information you were able to gather when you looked around. Like a friend who never thought imagist poetry was their favorite thing to read until they spent an evening in one corner of the library with nineteenth and twentieth-century literature and another friend who realized their passion for culinary arts and hospitality after cafe-hopping alone on weekends, these tiny corners of our school might be where our future and careers find their beginnings.

Activity 3: Collage Goals

Do you realize how the factors that piqued your interest and the spaces you find more interesting are all a product of who you are? It is your inner self and its interests that are reflected when you are fascinated by the titration experiment in the chemistry lab or when the theatre club is working on a musical. Listen to that inner voice – to your gut feeling!

After some running around and writing, the next task is for you to look within and channel your observations outside by letting your creativity run wild.

After some running around and writing, the next task is for you to look within and channel your observations outside by letting your creativity run wild.

Curate a collage that according to you best represents the person you are and the things you hope to achieve in the future. It should include at least one habit of yours, one art form and artist you like, one favorite subject, and everything you think makes you what you are!

Good luck letting your imagination and artistic abilities run free!

Sources:

1. <https://education-reimagined.org/learning-atmosphere-self-discovery/>
2. <https://careerhub.students.duke.edu/resources/self-awareness-for-career-exploration/>



ACTIVITY 3

THE ENCHANTED FOREST OF PERSONALITIES

Welcome to this mystical forest, where you will encounter magic at every turn and embark on a fascinating journey of self-discovery! The forest holds many answers for you, but only if you are willing to explore new paths and listen closely to the curious creatures you will encounter.

As you venture into the dense greenery of the unknown forest, a nymph appears before you. Eve, the Explorer, has twinkling eyes and shimmers every time she moves.

Her melodious voice calls out: “I’m glad to see you here, dear adventurer! My name is Eve, and I am the most inquisitive nymph you’ll ever meet. And now I want to learn more about you! Are you ready to embark on a journey of questions and revelations?”

Activity: Question Quest

- Find a cozy spot on the forest floor and pull out your favorite journal or notebook.
- Make sure there are no distractions around you, then close your eyes and take a few deep breaths.
- Your task is to identify some things you’ve always been curious about.



Question 1

Question 2

Question 3

Question 4

Question 5

You can now research and discover the answers to these questions at your own pace! This exploration could reveal potential fields of study and careers that align with your inquisitive nature.

As you say goodbye to your new friend and move along, you see a centaur drinking water by the flowing stream. His majesty and strength are captivating, and you immediately know there is much to learn from him. When he looks up at you, his eyes have a depth of wisdom you are amazed by.

“Welcome to the forest, seeker of knowledge! I am known as Cyrus the Commander, the leader of forest beings. Nothing escapes my eyes, and I have seen that you wish to learn more about yourself. Come, let us begin.”

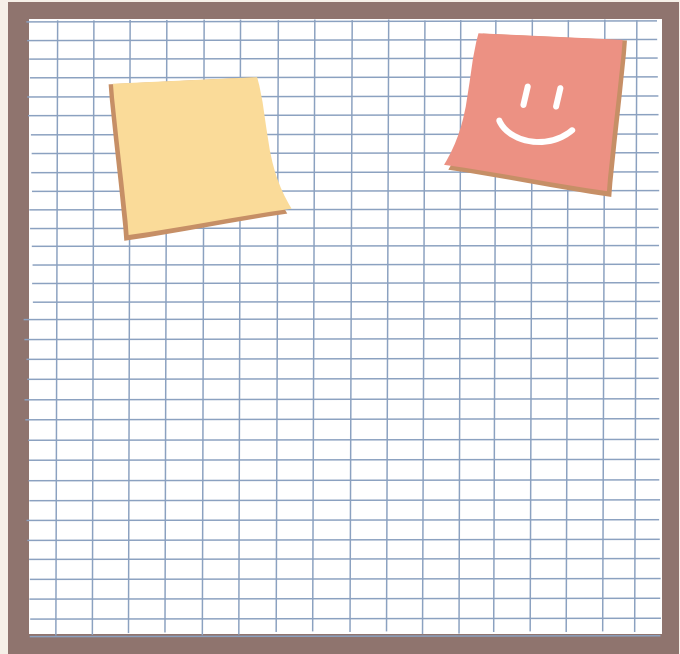
Activity 2: Vision Board

- Lay out the materials Cyrus brings you: a large sheet of paper, pens and crayons, magazines, scissors, and glue.
- Now you can begin the process of creating a vision board that represents your goals and aspirations!
- First, jot down some realistic goals with different time frames: one for the coming month, another for the next 6 months, a third for one year on, and a last for a five-year time period.
- Think about the causes, endeavors, or changes you'd like to lead or be a part of. What kind of positive impact do you see yourself making?
- Start adding words, phrases, and quotes that align with these dreams.

- Add a personal touch by incorporating images cut out from the magazines and drawings to make it visually engaging!

Our intentions will feel much more achievable when they're pinned down on this board where we can see them.

Remember to visit your vision board regularly – it will serve as a guide whenever you feel lost or defeated, inspiring you to choose paths where your leadership can flourish.



Cyrus smiles at you as you pack up your board and begin your journey again. As you keep walking, the daylight begins to dim, until the only light you see around you is thousands of happy fireflies. Right after you decide to sit by an oak tree for a short break and settle in, you hear a soft rustle from above: a tiny pixie with colorful clothes and delicate wings is looking down at you from the treetop!

She flies down slowly and looks curiously at you. “I’ve heard about you, small human! Are you not tired by now?”

The pixie introduces herself as Maia the Maven, proudly stating that there’s no one sharper than her in this vast forest. When Maia realizes that you’re still dedicated to your quest for knowledge, she’s excited.

“I usually solve all my puzzles alone - let’s do it together today!”

Activity 3: Puzzle Play

- Settle in with the variety of games your new pixie companion has brought you: crossword, math problems, Sudoku, riddles, logic puzzles and board games.
- Begin solving them, allowing yourself to try various problem-solving techniques with patience, such as breaking down the puzzle into smaller parts, looking for patterns, and thinking about various possible answers.
- Record your progress and also note which kind of puzzles you most enjoy and excel at! Are you drawn to numerical problems, linguistic challenges, or maybe even spatial puzzles?
- Similarly, note the puzzles you find challenging and need to practice more on. What strategies did you use to solve them?

Q1. What kind of brain games did you like the most?

Q2. Which did you find challenging?

Q3. What problem-solving strategies did you use?

Taking time to work on diverse kinds of problems and puzzles will refine your analytical skills and make you sharp like Maia! This is a great way to expand your skillset and if you decide you enjoy analytical thinking, you can work towards careers that value logic and problem-solving skills.

As you become friends with each of these magical creatures and complete their tasks, reflect on the qualities that resonate with you the most. Eve's curiosity, Cyrus' leadership, and Maia's problem-solving are all amazing traits to develop and keep close to your heart as you continue to ponder over your future. The forest has much more to offer whenever you're ready - remember, the goal is not simply to find a career, but rather to discover who you are and understand your true potential!

Sources:

1. <https://www.wikihow.com/Improve-Analytical-Skills>
2. <https://brilliantio.com/importance-of-questioning/>
3. <https://www.yougotplanb.com/blogs/news/how-to-make-a-vision-board-along-with-your-child-to-aid-creativity>

such as the stethoscope around your neck.

- Now, shift your focus onto the environment and surroundings around you. Describe them to yourself, and pay attention to the sounds in the background and the smells around you! For example, if you're a chef, focus on the sizzling of food being fried, the loud chopping sounds, or the smell of your favorite dish being cooked!
- Next, picture yourself as a participating member of this environment. Here, pay attention to the tasks or aspects of the career that you feel most drawn to! For instance, if you're an architect, do you feel more excited to be sitting at your desk and drawing plans or being on-site and overlooking the development?
- Take your time to experience each profession! Feel free to experiment with multiple professions to ascertain where your interests and skills intersect!

Activity 2: Discover Your Strengths

As you immerse yourself in each profession, be mindful of your emotions and level of engagement.

- Do you possess an innate aptitude for particular tasks?
- Were there any aspects of the profession that you were immediately drawn to or found to be particularly challenging?

Take note of your response to each profession.

Profession	Aptitude	Challenges & Attractions

Activity 3: Reflect

It's now time to reflect on your experience! Use the following questions to understand your journey better:

Q1. Did you discover any surprising talents or interests that were previously not known to you?

Q2. Were there any professions that stood out for you?

Q3. What aspects of these professions excited you the most?

Now, create a list of the 3 professions that excite you the most, and for each of these list down 5 qualities that you see as benefits and 5 drawbacks of each profession.

Profession	Advantages	Disadvantages

Activity 4: Explore the Real-World Applications

Now, take stock of the skills and interests that you have identified through this activity. Research professions that utilize these skills. Are there any skills or interests that you discovered that align with your career goals and dreams?

Next, list down your top 5 professions and the skills that professionals in these fields require to succeed.

Profession	Skills

Activity 5: Establish Goals

Keeping in mind your reflection, identify a few careers you felt most connected to. Now, set 3 short-term goals and 3 long-term goals for these careers. You can list opportunities that you would like to explore in each of these fields such as internships, competitions, research, volunteer work.

Profession	Short-Term Goals	Long-Term Goals

Activity 6: Explore Further

Now that you have a few potential careers, It's time to delve deeper into each of these professions by conducting thorough research! Look into the different educational pathways to each of these professions, the training and skill development required, and the responsibilities and roles of each of them. You can even consider the working environment, sectors, and compensation! This process will be highly beneficial in helping you make informed and well thought-out decisions regarding your future career!

After you've finished your research, fill out this table to organize your findings!

Profession	Educational Requirements	Skill & Training Requirements	Roles & Responsibilities	Sectors & Industries	Compensation Scale

Sources:

1. <https://timesofindia.indiatimes.com/blogs/voices/exploring-the-untapped-world-of-career-opportunities/>
2. <https://careerlabsvr.com/>

ACTIVITY 5

MEET THE LEGENDS

Hello, young reader, and welcome to a chapter that defies the laws of time and space, allowing you to lose yourself in history as you experience the lives and minds of historical legends that have shaped our world! Within these pages, you will find a host of activities that allow you to step into the shoes of historical legends. Use their lives as inspiration to follow your own dreams and aspirations!

Activity 1: Artistic Expression with Leonardo da Vinci

The name Leonardo da Vinci is synonymous with art, sculptures, and inventions. His passions ranged from painting to uncovering mechanical and scientific discoveries, and his fame remains undiminished. Along with a spirit of scientific inquiry, he was known for his unique vision and unbounded creativity.

Let da Vinci be your artistic guide, and step into his shoes to unleash your own power of creativity and imagination with this activity!

Materials Needed:

- Drawing paper or canvas



- Coloring pencils, markers, paints, or crayons
- Brushes
- Reference images for Leonardo da Vinci's work (optional)

Instructions:

- Begin by observing Leonardo da Vinci's famous paintings and sketches like the Mona Lisa, the Last Supper, and the Vitruvian Man. Pay attention to the way he uses light, color, and texture.
- Next, choose the kind of art you wish to create – a pen and pencil sketch, or a bright watercolor painting. Also, choose a theme that resonates with your dreams and aspirations. This could be a scene capturing you in the future, a place you'd like to visit, or an accomplishment you're working towards. The best artwork is inspired by something of personal significance, so try to capture this in your work.
- Use a pen or pencil to sketch your vision. Try not to erase too much, but embrace stray lines for what they are and seek ways to incorporate them into your work, and reflect on how your finished sketch may differ from what you originally envisioned.
- Once you're satisfied with the outline of your composition, add details, shade in parts, or add colors as you wish. Feel free to get creative here and bring out your unique spirit on the canvas!
- Once your masterpiece is complete, take a moment to reflect on what you've created. Think about how it makes you feel, what it symbolizes for you, and what kind of story it tells.

Activity 2: Mapping Routes with Amelia Earhart

Amelia Earhart is a true historical legend, as the first woman to fly an aircraft solo across the Atlantic Ocean. Her adventurous spirit and passion for aviation led her to challenge existing social norms and stereotypes, inspiring generations to reach for the stars.

Join Amelia Earhart in her aviation journey and embark on a flight adventure of your own! Take inspiration from her fearless attitude and a keen eye for adventure to design your own one-of-a-kind flight map.

Instructions:

- Think about a few key destinations you'd like to visit and explore, and make a list below. These can be real places or fantastical ones – let your imagination run wild!

Destination 1: _____

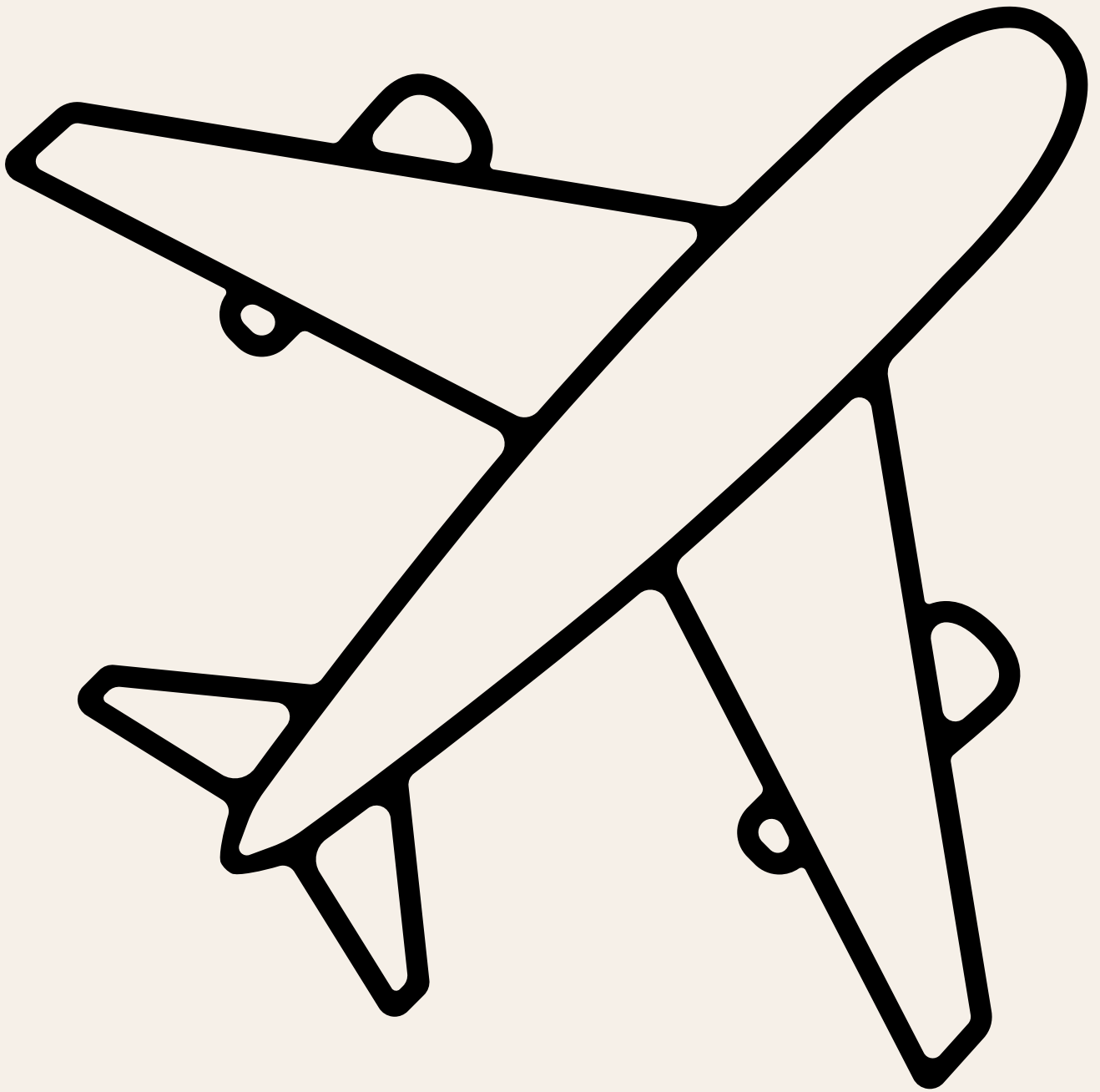
Destination 2: _____

Destination 3: _____

Destination 4: _____

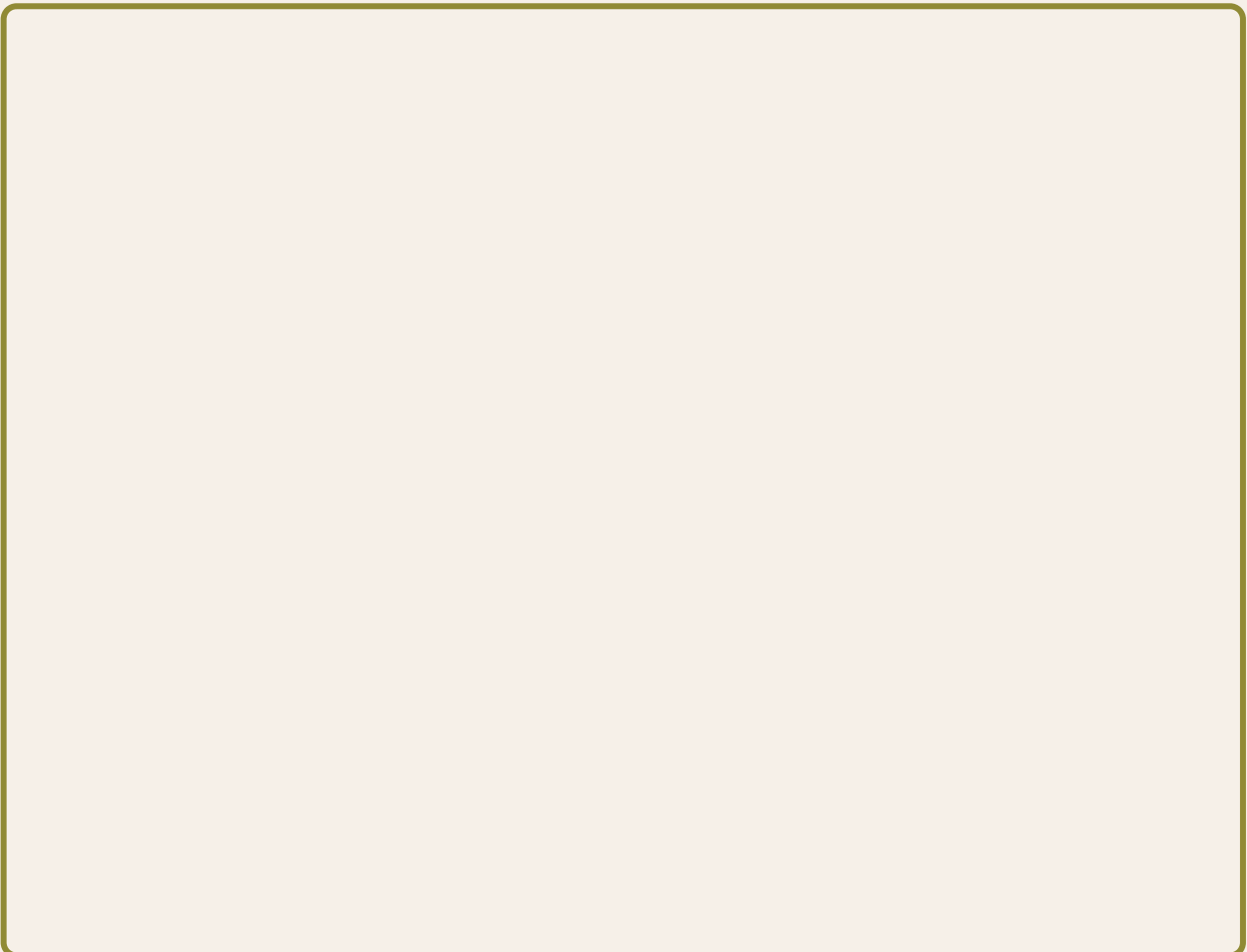
Destination 5: _____

- Now it's time to design the aircraft you'll be using for this adventure! Use the template below to design your aircraft, and get creative with any futuristic gadgets or designs you'd like to incorporate!



Design away!

- Now, use the space below to plot your route. Imagine the path you'll be taking from your first destination all the way to the last, and plan the route you'll embark upon. Add a mini version of your designed aircraft to the map as well!
- Research any key landmarks or interesting places along your flight route, and if your destinations are imaginary, feel free to add in some whimsical elements or spots of hidden treasure!
- Get out your sketch pens and color pencils and add vibrancy and details to your flight map, using the colors to capture the spirit of exploration and adventure!



- Take a step back and look at the flight route you have created. Reflect on the following questions:

Q1. How did designing your own flight adventure map allow you to explore your own dreams and goals?

Q2. In what way did Amelia Earhart's perseverance and adventurous spirit resonate with your own aspirations?

Q3. How does your map reflect symbols or places that are important to you?

Q4. How did you unleash your creativity to capture both realistic and imaginative elements while designing your aircraft or flight map?

Activity 3: Exploring Science with Albert Einstein

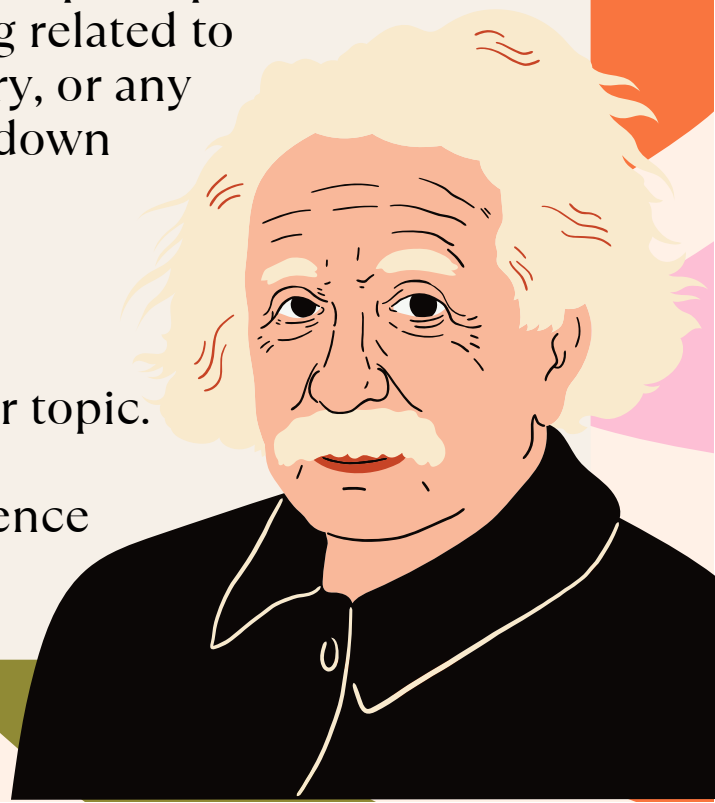
Albert Einstein was one of the most brilliant physicists and thinkers whose theories pioneered many key developments that we continue to use today, including groundbreaking discoveries like the theory of relativity. His undying curiosity, imagination, and willingness to challenge the status quo serve as a reminder to us all that we must continue to explore and question the world around us and innovate as we grow.

Come, step into Einstein's shoes for this activity, channeling his inquisitive spirit within yourself to create an interactive project that showcases your thirst for knowledge and innovation.

- Begin by conducting some research into Einstein's life and work to really get a feel of where he came from and what made his mind the incredible gift that it was. Read some biographies and articles and watch some videos depicting his life.
- Now, select a scientific topic or principle that interests you. This could be something related to space, time, energy, chemistry, or any other area of intrigue. Write down your chosen topic below:

My topic is _____

- Dive into research about your topic. Don't treat this like a school assignment, but rather, a science project that will help you



Q1. How did researching and creating your project allow you to engage with your natural curiosity?

Q2. What was the most fascinating aspect of the scientific topic you explored, and how did it ignite your curiosity?

Q3. Think about how your chosen topic relates to real-life situations. How does your understanding of the topic impact your perception of the world around you?

Sources:

1. <https://www.britannica.com/biography/Leonardo-da-Vinci>
2. <https://www.britannica.com/biography/Amelia-Earhart>
3. <https://www.britannica.com/biography/Albert-Einstein>

ACTIVITY 6

FORTUNE TELLER'S CAREER QUEST

Prepare, young reader, to enter the mysterious halls of the fortune teller's mansion, where they shall reveal to your future career possibilities. But alas! The fortune teller only speaks in riddles. It is on you to uncover what they mean. Nothing comes easy in this world. Therefore you must decode the clues and hints to find which path shall be the most ideal for you.

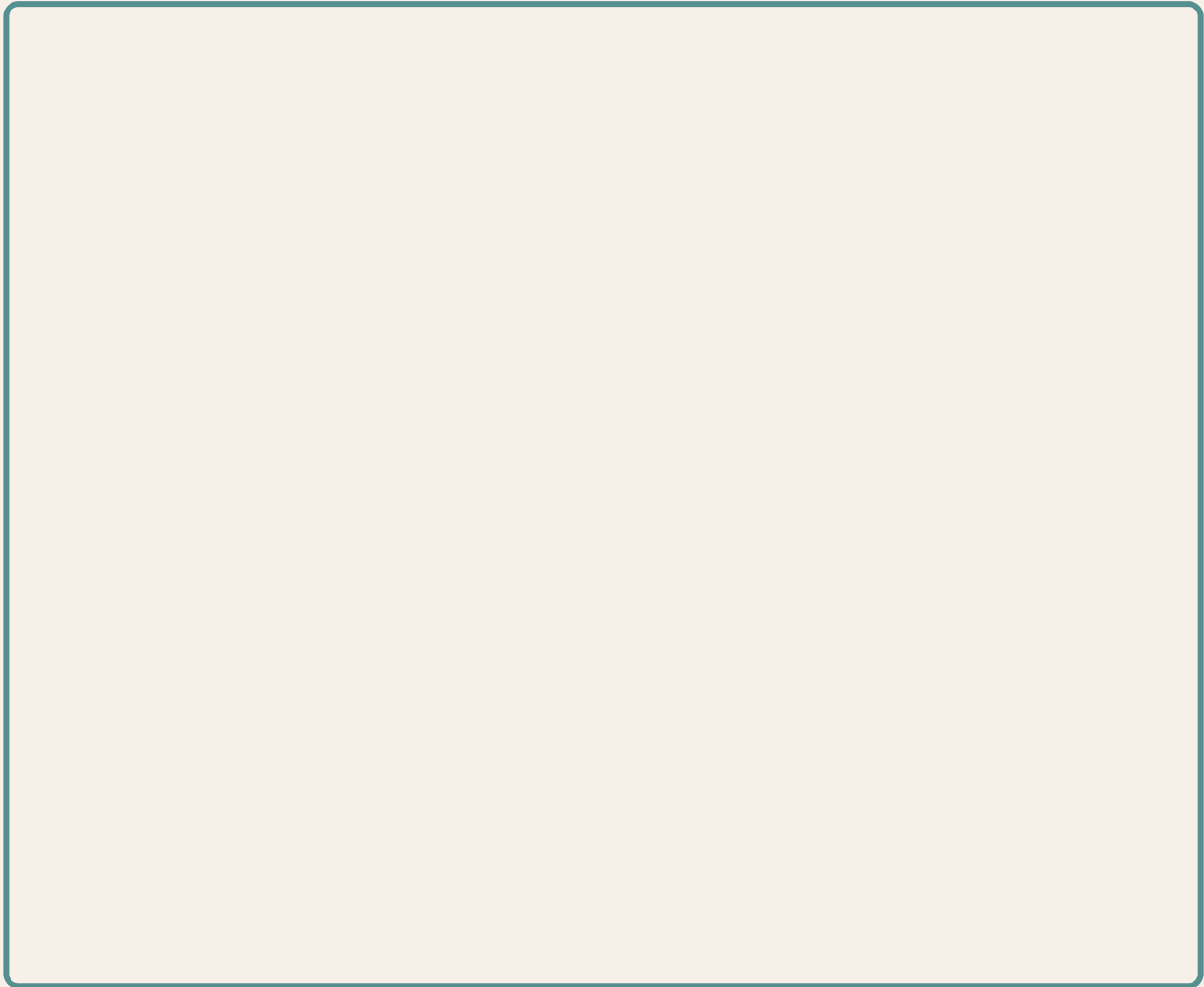
The fortune teller's room is a room full of mirrors and smoke. The smell of burning incense charges the room with vital energy to create a soothing ambiance. In the center, there is the glowing crystal ball, the most coveted of objects with the power to depict glimpses of the future.

Activity 1: Envisioning the fortune teller

What is the name of your fortune teller: _____



In the space provided below, draw and color some of the most common objects that you can find in a fortune teller's room, such as tarot cards, candles, incense, rings, crystal balls, glass objects, fire space, tea-sets, etc.



Activity 2: Reading riddles

Riddle 1:

*Delighting in the written word, your heart is a seeker:
Searching for wisdom, it dances like a letter.
The way is laced with learning: go take your chance,
Then you shall have the world, come take a glance!*

What do you think this riddle means? Reflect on your love for learning and acquiring knowledge.

Riddle 2:

*Bold streaks of color, laden with dreams,
Travel down paths of bright, fresh streams.
Creativity has found its way into your heart.
You're meant to delight the world of art.*

What do you think this riddle means? Reflect on your love for art and creativity.

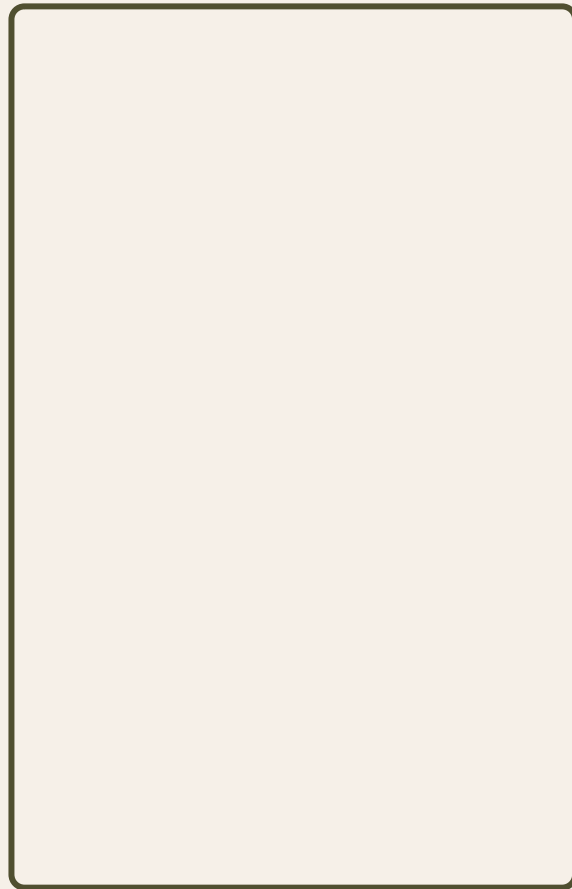
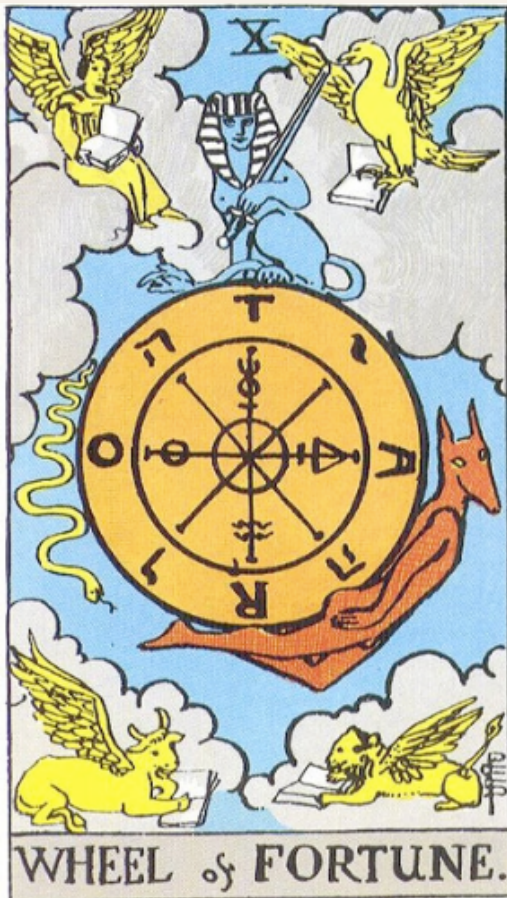
Riddle 3:

*Caring hearts and healing hands
Work together until welfare expands.
True empathy shines beyond compare;
True selflessness requires you to dare.*

What do you think this riddle means? Reflect on your love for helping others and creating an impact.

Activity 3: Teetering on tarot

Have a look at the tarot card given below. Tarot cards have been used since the 15th century to glean insights about the future. Now draw a tarot card of your own choice in the space given below. Use whatever symbols you find most appealing. Then reflect on the meaning of the symbols you have used.



The Wheel of Fortune Tarot Card means that major change is imminent

While fortune-telling is fascinating, it is not based on empirical evidence. Remember that your destiny is in your hands!

Sources:

1. <https://www.britannica.com/topic/tarot>
2. <https://www.britannica.com/topic/fortune-telling>
3. <https://chitravedicastrology.com/wheel-of-fortune-tarot-card/>

ACTIVITY 7

TIME MACHINE DILEMMA

Isn't it anxiety-inducing to be told again and again how the time we lose will never come back? As much as this is a fact, what if we time-travel back to the gone days (or to the days ahead) to rethink the possible mistakes we made and choose a different path? Let's get on a journey to different points in life - past, present, and future, and see how tapping into our talents and strengths can help us make informed decisions. Are you finding yourself caught at a crossroads? Worry not because it is time to be time travelers and resolve all the dilemmas we encounter.

Activity 1: The Multiverse of Possibilities

Choosing one's career path is often stressful. Though one must be able to experiment and explore through trial-and-error strategies, it often becomes hard to follow your heart due to multifarious limitations. However, if you can identify what kind of a person you are, that is what your inner voice is, the pathway to choosing the right career isn't that difficult of an exercise. Having stepped inside the time-traveling machine, we're now at the point where we get to decide on what profession we want to do in life. But how do we do that? We need to understand where our



interests lie and what piques our curiosity the most, not just for a brief moment but in the long run as well because we must be deeply passionate about the career we choose. So, fetch your magnifying glass and look at the box below:

Realistic (Doer)	Conventional (Organizer)
Artistic (Creator)	Enterprising (Persuader)
Investigative (Thinker)	Social (Helper)

Before moving on, it's time to sit down and look inwards. Of the categories mentioned here, what defines you the most? Is there more than one category that you think speaks about the person you are? In the following lines, circle the categories that define you the best (not more than 2) and add 3 sentences about what makes you believe that the chosen category encapsulates you the best:

Category: Realistic, Investigative, Social, Artistic, Enterprising, Conventional

That brings us to the end of the first part of our time-traveling journey. It was quite simple because the intent was to look inward, introspect, and know yourself better.

Activity 2: Onwards and Upwards

Now, it is time to delve deeper into the category that you felt defines you the best in the previous activity. The following tables contain a list of professions associated with each of the qualities mentioned in the last exercise. Go through the whole table, and circle the ones that interest you the most from the trait(s) you chose at the end of activity 1. If you find a profession from a different box interesting, fret not! Highlight the same using a different color.

Realistic	Investigative	Artistic	Social	Conventional	Enterprising
Engineer	Computer Programmer	Actor	Social Worker	HR Consultant	Hotel Manager
Pilot	Mathematician	Designer	Librarian	Bank Teller	Principal
Mechanic	Pharmacist	Art Teacher	Therapist	Bookkeeper	Sales
Carpenter	Biologist	Musician	Nurse	Mail Carrier	Attorney
Electrician	Surveyor	Editor	Counselor	Secretary	Real Estate

As our world is characterized by endless permutations and combinations of professions, it is very likely that the desired profession that fits your trait and interests isn't on the table. Take a minute and fill out the last two rows of the table and once you're ready, let's move on.

List down the profession(s) you have highlighted and state the reason you chose the same:

There you have it! You have found the profession that fits you the best in a simple exercise by time traveling. The lesson is – all one has to do is be mindful and listen to the inner voice. Your self knows what is best for you and once you decipher that, everything else will fall into place.

Sources:

1. <https://www.iofficecorp.com/blog/six-personality-types-how-they-impact-your-career-choice>

ACTIVITY 8

ARTSY ESCAPE ROOM

Welcome to the artsy escape room, where artistic expression offers several doorways into self-discovery! What better way to learn more about yourself than by engaging in a variety of creative exercises?

Let's start with a riddle:

*Plenty of sheets
But no bed in sight
It can cut you
But it doesn't bite*

Can you guess the answer? It's an easy one. Think hard and take a stab at the little puzzle, and only when you have a solid guess should you read below.

Well...the answer is **paper!**

Here's another one:

*Not food, but sometimes in a can,
Not a beverage, but in a bottle I stand,
Not a rainbow, but colours I spend,
Used with canvas, but not as a tent,
Like toothpaste, I'm used with a brush,
Tell me who I am, but be in no rush!
Who am I?*



People who enjoy art might find it easier to guess! Once you've decided on your answer, look below to see if you're right.

Are you ready? The answer is **paint!**

Are you ready for our next activity? It's a fun word search puzzle related to art. You might be familiar with some of these terms, and others could be new!

Art Terms

U P N T E R T I A R Y L I N E H F L E E O U I Z	watercolor
X W E S E W I N G F N B T E X T U R E J L B E C	sculpture
G J T Q B U E U E U C O O D T E R U Q W S V A Y	secondary
W M E J F R V G S C U L P T U R E I O P H P Y Y	painting
D K M F I A D S B B V E E O F B O A D B T D H I	abstract
X E P P M Q C P E O E S M X Y W H B O P Y E G G	tertiary
V F E B F D Z A F V V J N B X S M S C L F X E X	tempera
P G R N C Z M C H D S K L H V W Y T U J D T R N	collage
R R A I O I Q E R M C Y Q J E F G R I J E E U Q	drawing
A T L B L K J Q O Z O K E E W I W A F U C L E A	primary
T A Z J O F U R I Z L H G O A X S C G Q F G H L	texture
C Q R B R A E F I K L I T L T I V T C U O M D Q	sewing
B O U C Y K K R Q B A K Y B E P S Z Q T R X C T	space
S E C O N D A R Y Q G Z R H R T S U S V M H A I	value
N L L U N D W V A V E A D I C Z P P Y J K D O L	shape
P R I M A R Y F L A V D H N O U F A S E X Y K B	color
C K N T V K D B E L M R C N L V J I B W L L V X	form
S W I F X D R U C U R A P A O Z R N J M K G C H	line
W Q L K Z J A D Z E S Z A S R O Z T U W U V B B	
D C Y H H M W J R Z R T S I I O H I F H L S E B	
R V K V C A I M N S H M E I F A V N G R H O F H	
Q T W F J T N L B Q G L U A E J S G O K W W S X	
P E S C O O G A O O B M E Q S H A P E F D T S O	
U W P T I S Y U G I X A Z J H F F Y D K Q Y D Z	



Were you able to find all the terms in the grid?

We often think creativity is only relevant in art, when we're drawing or painting, but that's not true. Creativity is a skill used in all kinds of work and will be extremely useful in any career path. In fact, it's the foundation of innovation - because the first step is to be able to think outside the box and come up with new ideas!

Let's explore creativity through some writing prompts. Do you remember how all the fairytales start? "Once upon a time...in some land, far away..."

We're going to try going on a similar journey with endless possibilities. Try one prompt every day, taking 20 minutes to write, and remember to let your imagination fly. There are no rules, and you don't need to be worried about grammar or spelling!

- There is an old notebook in in the attic that you've found. What does it say? Who did it belong to?
- Where does thunder come from? And what about rain? Write a story about this!
- Write about a dinosaur that lived several hundred years ago.
- What happens when a spaceship crash lands in your backyard in the middle of the night?
- Write a story about a wooden door, a can



of soda, and a blue shoe.

- What if you turned into a squirrel? What would you do every day?
- You wake up to realize that you are now super tiny - only 3 inches tall. What do you do next?
- There is a monster in your neighbourhood and he is looking for friends. What will you do?
- A circus comes into town and you decide to run away with them. Write a story about this!
- Imagine a little boy who loves to eat apples - nothing but apples. What happened to him?

Now we'll do the same with drawing prompts! These are silly and fun, and help you convert your thoughts into visual art.

- A lion eating a lollipop.
- Your teacher eating pizza and dancing.
- A cat playing football.
- A banana slipping on banana peels.
- Yourself as a fairy.
- A pair of scissors running.



- The moon and sun fighting.
- A mouse riding a motorcycle.
- A person who has fruit for hair.
- A new note for a 100 rupee note.

Try these out and let your mind expand with new ideas! We might think these prompts are crazy: after all, how can a cat play football? But this is an important step in being innovative – one has to be able to imagine extraordinary things. Today, we take cell phones for granted, but for someone in the medieval age, it would probably feel like magic.

When you leave this artsy escape room where everything is possible, remember that creativity is a key that can open up many opportunities and career paths!

Sources:

1. <https://theartofeducation.edu/2020/03/27-art-activities-and-lessons-to-try-at-home/>
2. <https://www.indeed.com/career-advice/career-development/creativity-exercise>

ACTIVITY 9

PUZZLE OF POSSIBILITIES

Welcome, young reader, to the world of puzzles and possibilities, where each riddle brings you to an unexplored path full of opportunities! Brace yourself to conquer your mind, unravel mysteries, and open doors that you would have never imagined!

As you step on this journey, think of yourself as a curious explorer who is on the quest for hidden treasures of professional possibilities! To expand your horizons, craft a visual representation for each mystery you solve! Sky's the limit, so sketch, paint, or draw an image that captures your understanding of each profession!

As you solve each mystery, take a few minutes to explore it further! Look into the different responsibilities, skills, requirements, and impact, and reflect on what aspects of the profession draw you in the most!

Remember, once you solve each mystery, take a step back and reflect with the help of these questions:

- How does it feel to envision yourself in that career?
- What facets of the career excite you the most?
- Can you envision yourself pursuing this pathway in the future?



So let's embark on this journey!

Activity 1: Rhyming Riddles

Examine each riddle meticulously, and employ your creativity and problem-solving prowess to discover the solutions. Each solution will guide you to a distinct career alternative.

**I use a calculator and look at lists of figures,
using the numbers I configure,
I paint a picture of an organization to decipher if it
withers.**

Answer: Accountant

**Past, ancient and old are my present,
Digging in soil, stories I unfold.
By looking at things, tales are told.**

Answer: Historian

**In crime scenes and labs, I sometimes conduct research,
I also work in an office, preparing technical reports
Blood spatter, fingerprints, clues I interpret.**

Answer: Forensic Scientist

**I study ecosystems, nature's domain,
Conserving species, for Earth's sustainable gain.
Biodiversity and habitats, I strive to save.**

Answer: Conservation Biologist

To pack light or carry a coat,
To move around, you look at me for codes,
Rain or Shine, I'm always there
So you know to go where

Answer: Weatherman/Meteorologist

Activity 2: Crossword Clues

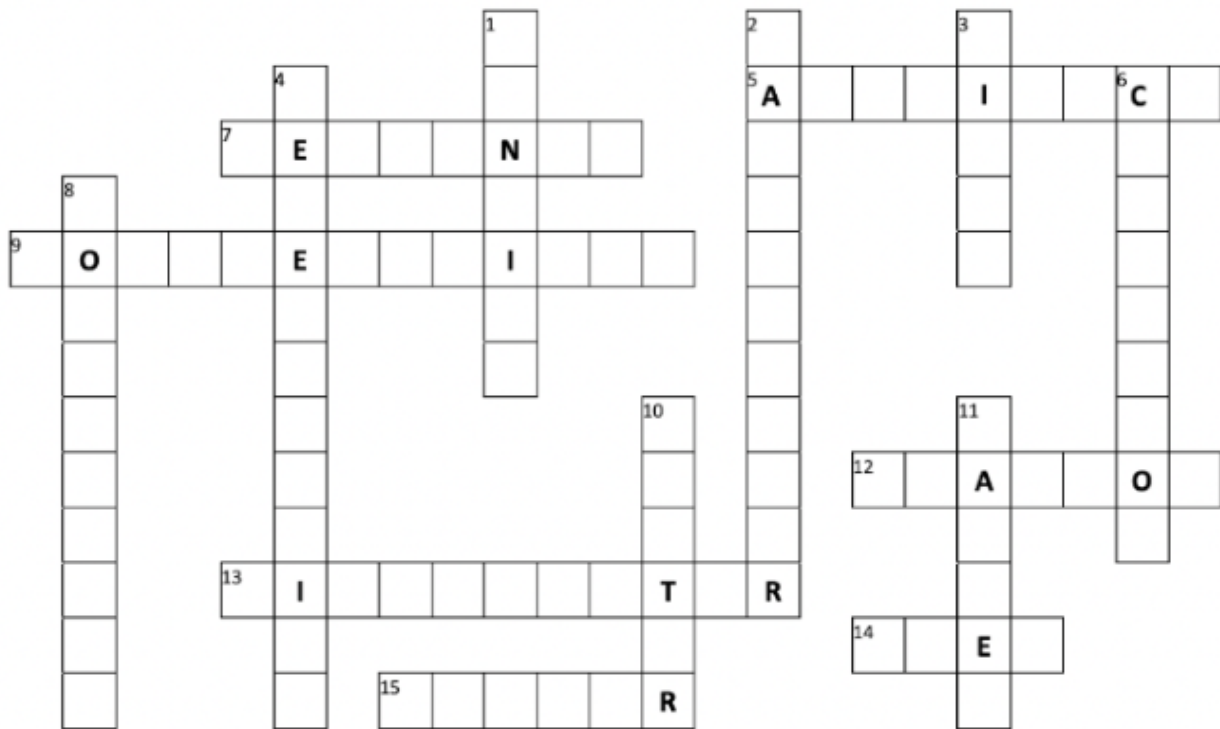
Next, let's use our skills to solve this puzzle using these clues!

Across

- 5 Designs buildings.
- 7 Fixes cars.
- 9 Keeps you and the law both safe
- 12 Helps you buy a house.
- 13 Puts out fires.
- 14 Cooks meals at a restaurant.
- 15 Keeps your money safe.

Down

- 1 Cleans your teeth and keeps them healthy.
- 2 Cuts your hair.
- 3 Can fly a plane.
- 4 Doctor that helps animals.
- 6 You can speak about your problems with them.
- 8 Writes newspaper articles.
- 10 You visit them when you are sick.
- 11 Grows fruits and vegetables.



Answers:

- | | |
|-----------------|-------------------|
| 1. Dentist | 9. Police Officer |
| 2. Hairdresser | 10. Doctor |
| 3. Pilot | 11. Farmer |
| 4. Veterinarian | 12. Realtor |
| 5. Architect | 13. Firefighter |
| 6. Counselor | 14. Chef |
| 7. Mechanic | 15. Banker |
| 8. Journalist | |

By conquering these challenges, you'll find keys to exceptional opportunities, expand your imagination, and find passions in undiscovered places. The world of professions is full of surprises waiting to be discovered. Use your imagination, problem-solving skills, and thinking to find the answers and embark on a journey of professional discovery!

Sources:

- https://www.michigan.gov/-/media/Project/Websites/leo/Folder19/Middle_Activity_-_Career_Crossword_Puzzle.pdf
- <https://7esl.com/jobs-and-occupations-vocabulary/>

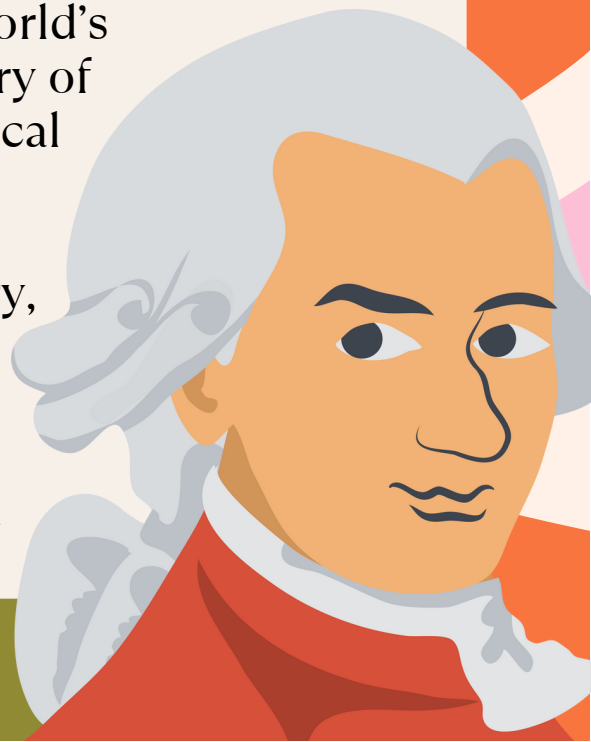
ACTIVITY 10

INSIDE THE MIND OF A PRODIGY

Have you ever wondered what it's like inside the mind of a prodigy, or a young genius who has shown exceptional talent and dedication in their chosen field from a young age? We all strive to achieve some key skill or be the best in our field, and these role models serve as a source of inspiration for us to follow our own journey and achieve our dreams as well. Within the pages of this chapter, you'll come across some famous prodigies in their chosen fields, with a set of activities designed to help you dive into their minds and gain key insights and advice from them. So come, let's get started!

Activity 1: Mozart's Melodies

Wolfgang Amadeus Mozart was an Austrian composer, commonly recognized as one of the world's greatest music composers in the history of Western music, with his range of musical expression and taste giving his compositions universal appeal. His early talent for music was extraordinary, and he could pick out chords at the age of three, scribble concertos at five, and demonstrate a perfect memory of pitch. While we may not all



be musicians, there is much to be learned from Mozart's life's work and his dedication to his craft.

- Put on one of Mozart's compositions such as his symphonies, piano sonatas, or operas, and immerse yourself in the music to really step into his shoes.
- Reflect on the emotions the music evokes within you, and note down parts that you particularly enjoy or intriguing musical notes.
- While Mozart's compositions play in the background, conduct research into his early life, background, daily routine, and musical abilities. Close your eyes and imagine a day in Mozart's life, interacting with people and making music. Jot down your thoughts below:

- Mozart was known for his diligence and unwavering commitment to his craft. Think about something you'd like to apply this dedication to in your life. Write down a few of these goals and how you would like to achieve them below:

Activity 2: Cubist Collaging with Picasso

A name that will forever resonate with the art world is that of Pablo Picasso's, the Spanish-born painter, sculptor, printmaker, and ceramicist who rose to fame because of his unique style and eye for modern creation. Picasso's adeptness for drawing manifested early on, when he was only 10 years old, and he quickly became extraordinarily proficient at artistry, creating over 20,000 paintings over the course of his career. Picasso is widely regarded as one of the most influential artists of all



time, with a remarkable range of work and a truly distinctive style in all his artwork.

Materials Needed:

- Magazines or printouts of pictures
- Cardboard
- Glue
- Scissors
- Colored pencils, markers, or crayons

Instructions:

- Begin with an in-depth exploration of the concept of cubism and Picasso's contribution to the artistic movement by going through articles and online resources
- Use magazines or images online to gather cutouts of various pictures of people, things, food, scenery, etc.
- Select one of the images that speaks to you most as the focus of your collage. This could be a person, a vase of flowers, an object like a book, or anything else from the images you have gathered.
- Take the chosen picture, cut it into several parts, and arrange the same in a way that allows you to view the subject from various angles. You can use geometric shapes or make a fragmented image like Picasso often did.
- Glue the cut-out images onto the cardboard and overlap images, rotate them sideways, and stick them

in different places to give the piece a sense of dimensionality and capture the art of cubist interpretation.

- Take your sketchpens, color pencils, or crayons and add color and texture to your collage. You can draw geometric shapes like circles or triangles around the images and also use colors to create contrast and vibrancy.
- Once you have completed the piece, take a few minutes to admire it and truly absorb it from each angle. Think about the following reflection questions while you do:

Q1. Why did you choose the central image that you did? What about it spoke to you?

Q2. How did creating this cubist collage alter your perception of everyday objects?

Q3. How did you incorporate your uniqueness and creativity into the collage? What techniques did you use?

Q4. What differences, if any, did you notice between your initial perception of an object and how you finally depicted it in your collage? What does this reveal about our perception and interpretation of the world around us?

Sources:

1. <https://www.britannica.com/biography/Wolfgang-Amadeus-Mozart>
2. <https://www.pablocicasso.org/>
3. <https://www.britannica.com/biography/Pablo-Picasso>

