



Boost your child's self-confidence

Children respond to love and encouragement more than rules; help your child understand his emotions so that he is able to handle change and enhance growth

Aruna Gracias Rathod

Children go through lots of big and little things that can feel overwhelming or disheartening. It could be a test, or a friend in class who is ignoring

them, or a teacher who shows dislike towards them, or losing a race, and bullying in school. As parents, it can be challenging to see their disappointments, fears

and moods. You can help them through it by checking in and asking questions, but there are simple things you can say specifically to help encourage them.

TALK TO THEM ABOUT FEELINGS. TELL THEM THAT "YOUR FEELINGS ARE VALID"

Before making any situation comfortable, learn to deal with the feeling even if it is an unpleasant one. This is called validating the feeling. Don't give the typical response like "It's ok or boys don't cry". Psychologists suggest actually digging into the negativity a bit and trying to refrain from saying "that's ok" or "it's OK," as you don't want your child to feel like you're erasing their thoughts and feelings.

Researchers have found that validation is critical because it can help with regulating distress, fostering learning, and strengthening self-identity. In case your child is feeling upset about missing a birthday party, because he is unwell, show them you understand. Say something like, "I'm sad about that, too." Add a coping statement like "What if we invite your friend when you are better and have an ice-cream party here?"

A FEW POINTERS ON HOW TO BUILD SELF-CONFIDENCE IN YOUR CHILD

YOU CAN ALWAYS 'TRY AGAIN'

In case your child doesn't succeed at an activity or test, you have to encourage him by saying, "You feel like you're not good at this yet because you haven't practiced." You can talk about your childhood where you weren't good at something but how you practised and got better. Applaud their persistence and make an exaggerated effort to rejoice with them when they do finally succeed.

You can reward your child for the small achievements, too but ensure that your child is not doing the activity just for the reward.

BRAINSTORMING HELPS AS IT CALMS DOWN CHILDREN

Brainstorming helps to calm down children when they are starting to feel frustrated with schoolwork or having to stay inside on another rainy day. Talk to them without probing, just to show that you care and are available. In case of intense emotions, put on his favourite song; or teach them to take 10 deep breaths. These meditative practices are all excellent ways to help your child regulate their emotions.



A CHILD MUST BE TOLD IN DIFFERENT WAYS THAT THERE IS 'SILVER LINING'

If you teach your child early in life that however bad a situation is, there is always a silver lining, they will grow up to be positive adults. Point out the silver linings, kids rely on predictable routines, which give them things to anticipate and look forward to. So, when they face disappointment,

inserting something to anticipate can help them move forward.

Make the silver lining an activity driven one; as these days an hour of games on the mobile phone/computer are more compelling. The silver lining will add to their day more than you can know.

The meeting of two mothers



Sr Molly Fernandes

Each year on May 31, Christians around the world celebrate the Feast of the Visitation, recalling the moment when Mary visited her cousin Elizabeth—an encounter rich with meaning and relevance even in today's fast-paced, self-focused world. The visitation of Mary to her cousin Elizabeth has a great significance to our day-to-day life. It is such an influential episode of inspiration that enforces encouragement and affirms one to imitate and walk in her footsteps.

This episode of annunciation in the gospel of St Luke and the yearly commemoration of the feast of the Visitation, is a constant reminder to reflect and contemplate the attitude of the great two women who help to understand the great mercy and love of God.

Mary set out and travelled to the hill country in haste to a town of Judah, where she entered the house of Zechariah and greeted Elizabeth. When Elizabeth heard Mary's greeting, the infant leaped in her womb, and Elizabeth, filled with the Holy Spirit, cried out in a loud voice and said, "Most blessed are you among women, and blessed is the fruit of your womb." (Lk. 1:39-42)

The restlessness of the interior impulses urged Mother Mary to go hastily to her cousin Elizabeth. There could be many possible reasons that drove the Virgin Mary to undertake that hazardous journey. It could also have been the deep desire to be of service to her cousin, Elizabeth, knowing that she was expecting a baby at an advanced

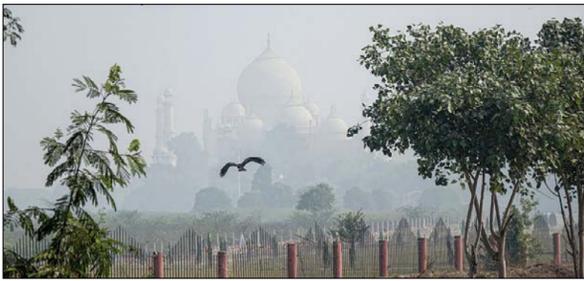
age. She also might have wanted to communicate what had happened to herself, knowing that she would be more easily understood by another woman who had been "visited" by an angel. And in this haste, unknowingly, The Virgin Mary reveals herself to be a woman portraying the missionary aspect by bearing and sharing the joy of the annunciation and a woman of charity by being of service to her elder cousin. Another fact of this amazing scene is the joy of the two mothers meeting together, in awe and wonder. Yes, two pregnant mothers with two promises being fulfilled.

This passage connects the two annunciations and fulfilment of God's promises.

Moreover, as soon as Elizabeth hears Mary's greeting, the baby in Elizabeth's womb begins to leap or dance. Jesus, the Messiah, who is not yet born, but is present in his mother's womb, meets his precursor, the prophet, who is also present in the womb of his mother, Elizabeth. He recognises the cause of joy, of exultation, of dancing, as did David before the ark of the Lord's presence (2 Sam. 6:12-15).

In every Christian life, there is a sacred domain of nascent growth in which Christ dwells. A domain in which we are more firmly rooted than we are in our own. There He works and grows, takes possession of our being, draws our strength toward Himself, penetrates our thoughts and desires, and sways our emotions and sentiments, so that our lives too may become vessels of service filled with praise and thanksgiving to God.

Photography exhibition Crossed Glances by Paulo Nabais



The images of Portugal correspond to a near-ethnographic portrayal of the country over the years, through travels to both central and remote places, capturing a strongly marked social and cultural reality.

From India, photographs emerge from two trips through the country, one in 2018/2019 and another in 2023, during which the photographer had the opportunity to witness various places, people, and cultures so representative of the reality of Indian life, where the exuberance of colour and light resembles that of Portugal.

The photographs now presented were captured "in an instant" — the precise instant of a facial or bodily expression, of the light, the reflections, the background image, and the photographer's momentary interpretation of the scene observed at that moment.

A commemorative catalogue accompanies the exhibition, and the artist will offer guided tours on select dates. The exhibition will be open to from May 31 to June 11, between 10 am and 6.30 hrs, from Monday to Saturday, at Sunaparanta - Goa Centre for the Arts, Altnho, Panjim



Camões Institute in India, as part of the celebrations of the fiftieth anniversary of the reestablishment of diplomatic relations between Portugal and India.

The photography exhibition aims to present the existing relations between Portugal and India through photographic records of realities that are at once so different and yet so similar. Through 31 carefully selected photographs, the exhibition offers a visual dialogue between Portugal and India, capturing the cultural richness, vibrant colours, and shared spirit of both nations.



The exhibition 'Crossed Glances' stems from an invitation by the Consulate General of Portugal in Goa and the

PLATEAU BIODIVERSITY WALK

Explore the hidden wilderness of the Socorro Plateau, where rocky outcrops, seasonal blooms, and unique plateau life come alive under the open sky.

Venue: Socorro Plateau
Date: May 31
Time: 5.30 pm onwards

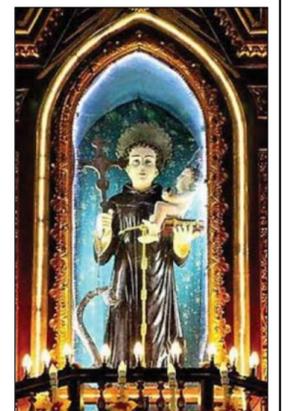
PLANT EXHIBITION IN DIVAR

Tiswadi Taluka Farmers Producer Company Ltd is organising a special plant exhibition and sale, featuring a wide variety of fruit plants, indoor plants, flower plants, and vegetable seeds.

Venue: In front of Sao Matias Malar Panchayat, Divar
Date: May 31 and June 1
Time: 10 am onwards

TREZENA OF ST ANTHONY AT SIOLIM

The Trezena of St Anthony will commence in the Parish of Siolim on June 2, and the Feast will be celebrated on June 15. The Masses from June 2 to 6 during the Trezena will be held at 5.30 am, 6.45 am (English), 8 am, 9.30 am and 4.30 pm. On June 7, Mass will be held at 5.30 am, 6.45 am (English), 8 am, 9.30 am and 4.30 pm. There will also be an obligatory Sunday Mass at 7 pm in English. On June 8, the Mass timings are as follows 5.30 am, 7 am, 8.30 am, 10 am and 4.30 pm. From June 9 to 13, Masses will be held at 5.30 am, 6.45 am (English), 8 am, 9.30 am and 4.30 pm. On June 14, Masses will be held at 5.30 am, 6.45 am (English), 8 am, 9.30 am and 4.30 am, while the Vespers will be at 6 pm. There will be no English Mass in the evening. On June 15, the Feast Masses are as follows 5.30 am, 7 am (English), 8.30 am, and 10 am. There will not be Mass in the evening. The Solemn Feast Mass will be presided over by Dr Fr



Romeo Monteiro, the Chancellor of the Archdiocese of Goa and Daman, at 10 am.

Venue: St Anthony Church, Siolim
Date: June 2 to 15

Herald Gaming Console

Dilbert



Garfield



Wizard of id



crossword 4859

ACROSS
1- Tempo; 5- Oohed and ____; 10- Enter; 14- Take ____ view of; 15- Uncle; 16- Part of AD; 17- Swedish auto; 18- Crowbar; 19- Requirement; 20- Less than lively; 22- Electrify; 24- Abominable snowman; 27- The ____ the limit; 28- Spanish Miss; 32- Start of a Dickens title; 36- Maui memento; 37- ____ lift?; 39- More current; 40- Pub pints; 42- Buddy; 44- Back; 45- Head supporters; 47- Prophets; 49- Legal ending; 50- Woody inhabitants of forests; 51- Raw; 53- Former Fords; 56- Sailors; 57- Exasperating; 61- Miss America topper; 65- Prepare a book or film for release; 66- Simmons rival; 69- Greek vowels; 70- Actress Ward; 71- Actress Verdugo; 72- Rolling in dough; 73- Hard to believe; 74- Narrow cuts; 75- Graf ____;

DOWN
1- Que ____?; 2- According to the Bible, he was the first man; 3- Arrivederci; 4- Early stage; 5- Feel lousy; 6- Mature, as wine; 7- Shelter for honeybees; 8- 2, 4, 6, 8, etc.; 9- Jeter of the Yankees; 10- Mobster; 11- Dedicated to the ____ Love; 12- Don Juan's mother; 13- Lymph ____; 21- Gull's cousin; 23- Tatum's dad; 25- ____ yellow ribbon...; 26- Things; 28- Bias; 29- Sniggler;

30- Bridget Fonda, to Jane; 31- Old French expression meaning "goodbye"; 33- Eight Days ____; 34- Rent; 35- Goofed up; 38- Spy; 41- Bare; 43- Shamu, for one; 46- Concordes; 48- Put in order; 52- Willows; 54- Medicine measures; 55- Sniff; 57- Assay; 58- Conception; 59- Small stream; 60- ____ saw Elba; 62- Take ____ from me...; 63- Speed contest; 64- Tennis great; 67- Explosive initials; 68- Small batteries;

solution 4858

ONETO ALG SYSTEMS
RADON BOO HORAE
SIGNATURE IRONS
ORE USER ASSES
SALAMILE TOWERS
LENECUP RETURNS
LENO EEE AERO
SISTERS SONARA
MADAT ERMA STE
AREST HEARTBEAT
NOLTE UPS ERECT
STEER BOS AORTA

sudoku 4859

		5	7					3
6			4				5	7
7	8		2					
			3	1				
8	7					6		3
					7	6		
						2		4 8
	4	3				8		
	6					7	3	

Instructions for Sudoku

9 x 9 letter: To solve a Sudoku puzzle, every number from 1 to 9 must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes

solution 4858

1	5	7	2	3	4	8	9	6
4	8	9	7	5	6	2	1	3
3	2	6	8	9	1	5	4	7
8	4	1	5	6	3	7	2	9
6	7	5	1	2	9	3	8	4
9	3	2	4	8	7	1	6	5
7	6	8	3	4	2	9	5	1
2	1	4	9	7	5	6	3	8
5	9	3	6	1	8	4	7	2