

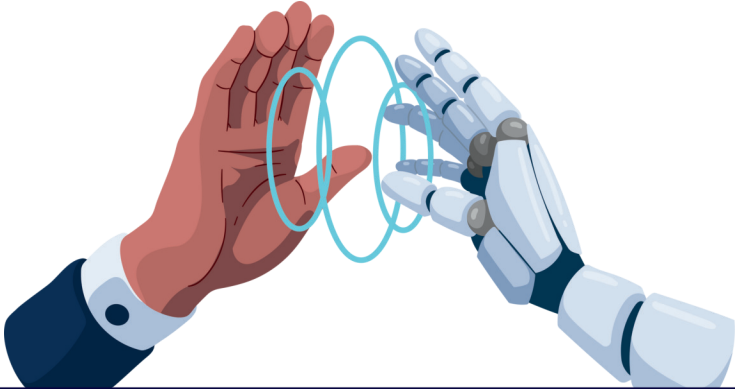
Version 0.2



**AI COMPUTER  
COMMUNICATION  
LITERACY**  
BOOK ONE



**REHAN ALLAHWALA**



Name

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F/Name

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Class

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rehanschool/accl

# ABOUT THIS WORKBOOK

## Author:

Rehan Allahwala

Founder of Rehan School



## Curriculum Designed By:

Rehan Allahwala

## Content Compiled Using ChatGPT By:

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# TABLE OF CONTENTS



**1** Introduction

**2** Accounts Setup

**3** Tasks

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**5** Conclusion

# INTRODUCTION

## Welcome to Ai Computer Communication Literacy Book.

Welcome to the "Daily Workbook Plan for 5th Graders in Pakistan," designed for children aged 8 to 16 years. This workbook provides young learners with essential skills and knowledge in just 35 minutes a day. Students will explore the basics of Artificial Intelligence, understanding its role in our world through engaging activities. They will learn how to use social media responsibly, emphasizing online safety and effective digital communication. Through various exercises, students will build self-esteem and learn to express themselves confidently. By leveraging AI-powered tools, students will enhance their English language skills with interactive lessons and personalized feedback. We hope this workbook becomes a valuable resource, helping students develop crucial skills for the future while enjoying the learning process.

At Rehan School, we believe humanity has mastered creating professionals like doctors, engineers, and athletes, yet we lack a system to intentionally create visionary leaders like Steve Jobs, Bill Gates, and Elon Musk. Leadership cannot be left to chance. Our mission is to design a process to nurture young minds into becoming world-class leaders capable of addressing the challenges our world faces today. This workbook is a step toward that goal, empowering students to think innovatively and lead with purpose.

Best regards,  
Rehan Allahwala

**DAY:01**

# How to Create a Gmail Account?

## Open Your Browser

- Visit [www.gmail.com](http://www.gmail.com).
- Click on "Create Account" and choose "For Myself" or "For Business", depending on your needs.

## Enter Personal Information

- Type in your First Name and Last Name.
- Select a Username for your email (e.g., yourname@gmail.com).
- Create a strong password and confirm it by typing it again.

## Verify Your Phone Number

- Enter your mobile number for security verification.
- Google will send you a 6-digit code via SMS. Enter the code when prompted.

## Add Recovery Details (Optional)

- Provide a recovery email address (optional) to safeguard your account.
- Enter your birth date and select your gender.

## Agree to Google's Terms

- Read and review Google's Privacy Policy and Terms of Service.
- Click "I Agree" to continue.

## Set Up Your Profile (Optional)

- Upload a profile picture to personalize your account (optional).

## Complete the Setup

- After completing these steps, you'll be redirected to your Gmail inbox.

# facebook

DAY:02

## How to Make a Facebook Account and Set It Up?

### 1. Open Facebook

- Visit [www.facebook.com](http://www.facebook.com) and click "Create New Account."

### 2. Enter Your Details

- Fill in your name, email/phone number, password, birth date, and gender.

### 3. Verify Your Account

- Check your email or phone for a verification code and enter it to confirm your account.

### 4. Set Up Your Profile

- Add a profile picture and optional details like your hometown or education.

### 5. Find and Connect with Friends

- Use the Find Friends feature to connect with people .

### 6. Done! Your Facebook account is ready to help you stay connected and share your moments.

# facebook

**DAY:03**

## **Follow Rehan Allahwala and Make 10 Mutual Friends.**

### **1. Log In to Facebook**

- Open [www.facebook.com](http://www.facebook.com) and log in to your account.

### **2. Search for Rehan Allahwala**

- Use the search bar at the top and type "Rehan Allahwala."

### **3. Follow Rehan Allahwala**

- Click on his profile and then press the "Follow" button.

### **4. Find Mutual Friends**

- Go to Rehan Allahwala's friends list.
- Send friend requests to at least **10 people** you find interesting or relevant.

### **5. Engage and Expand Your Network**

- Once accepted, you'll have **10 new mutual friends**, helping you grow your connections.

**Done!** You're now following Rehan Allahwala and building a network of like-minded individuals.



**DAY:04**

# How to Create a YouTube Account?

## 1. Open YouTube

- Go to [www.youtube.com](http://www.youtube.com).
- Click on "Sign In" in the top-right corner.

## 2. Log In with a Google Account

- Enter your Gmail address and password.
- If you don't have a Google account, click "Create Account" and follow the prompts to set one up.

## 3. Set Up Your YouTube Channel

- Click your profile icon in the top-right corner.
- Select "Create a Channel" and follow the steps to set up your channel name and details.

## 4. Customize Your Channel

- Add a profile picture and banner image.
- Fill out the "About" section with a description of your channel.

## 5. Start Exploring and Uploading

- Click the "Upload Video" button to post your first video.
- Customize privacy settings for your videos and start sharing content.

**Done!** You're ready to create and share content on YouTube.



**DAY:05**

# How to Create an Instagram Account?

## 1. Download the Instagram App

- Go to the **App Store** (for iPhone) or **Google Play Store** (for Android).
- Search for **Instagram** and download the app.

## 2. Sign Up

- Open the app and tap "**Sign Up**" with your **email** or **phone number**.
- Enter your **email/phone number**, **full name**, and create a **username** and **password**.

## 3. Set Up Your Profile

- Upload a **profile picture**.
- Add a **short bio** and your **website** (optional).

## 4. Find People to Follow

- Instagram will suggest people to follow.
- You can also connect to **Facebook** to find friends or search for people manually.

## 5. Start Sharing

- Post **photos** or **videos**, follow others, and explore content on your feed.

**Done!** You now have an Instagram account. Start posting, exploring, and engaging with others!



**DAY:06**

# How to Create a LinkedIn Account?

## 1. Visit LinkedIn

- Go to [www.linkedin.com](http://www.linkedin.com).

## 2. Join LinkedIn

- Click on "Join Now" and enter your email address and password.
- Click "Agree & Join".

## 3. Fill in Your Personal Information

- Enter your first name, last name, location, job title, and company (if applicable).
- Click Next.

## 4. Verify Your Email

- Check your email inbox for a verification email from LinkedIn and click on the verification link.

## 5. Complete Your Profile

- Add a professional profile picture.
- Fill out the "About" section with a brief description of your professional background.

## 6. Connect with Others

- Start by connecting with people you know or colleagues. You can also search for professionals in your field.

**Done!** You now have a LinkedIn account to build your professional network.

# Canva

**DAY:07**

## How to Download and Use Canva?

### 1. Download the Canva App

- Go to the **App Store** (for iPhone) or **Google Play Store** (for Android).
- Search for "Canva" and download the app.

2. Alternatively, you can use Canva on your computer by visiting [www.canva.com](http://www.canva.com).

### 3. Sign Up or Log In

- Open the app and sign up using your **email address** or log in with your **Google** or **Facebook account**.

### 4. Choose a Template

- Once logged in, browse through various templates such as **social media posts, presentations, flyers, and more**.
- You can start from scratch or select a template to customize.

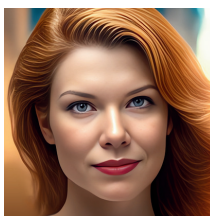
### 5. Create Your Design

- Click on a template or blank page.
- **Add text, images, elements, and adjust colors** to personalize your design.

### 6. Save and Share

- Once your design is complete, click on the **Download** button to save it to your device.
- You can also share your design directly to social media platforms.

**Done!** You're ready to create stunning designs with Canva!

**DAY:08**

# How to Download and Use CallAnnie?

## 1. Download the CallAnnie App

- Go to the **App Store** (for iPhone) or **Google Play Store** (for Android).
- Search for "**CallAnnie**" and download the app.

## 2. Sign Up or Log In

- Open the app and sign up using your **email address** or log in with your **Google** or **Facebook** account.

## 3. Start Using CallAnnie

- Once logged in, you can start interacting with **CallAnnie**.
- You can **ask questions**, practice **English**, or engage in **conversation** to improve your skills.

## 4. Explore Features

- Explore features like **voice chats**, **language learning tools**, and other resources available within the app.

## 5. Save or Share Your Progress

- You can record your sessions or conversations to review and track your progress.

**Done!** You're all set to improve your language skills and more with CallAnnie.

**DAY:09**

# How to use streamyard for interviews?

**1. Sign Up or Log In**

- Go to [www.streamyard.com](http://www.streamyard.com) and sign up or log in.

**2. Create a Broadcast**

- Click "Create a Broadcast", choose a platform (e.g., YouTube), and enter a title.

**3. Enter the Studio**

- Click "Enter Studio" and allow access to your camera and microphone.

**4. Invite Your Guest**

- Click "Invite" to copy the link and send it to your guest.

**5. Start the Interview**

- Click "Go Live" to start streaming and ask questions.

**6. End the Broadcast**

- Click "End Broadcast" when done.

**Done!** You've successfully conducted an interview on StreamYard.

# NINE DAYS REPORT SHEET

Student Name: \_\_\_\_\_

Campus: \_\_\_\_\_

Student Roll Number: \_\_\_\_\_

Joining Date: \_\_\_\_\_

Day	Tasks	Possible Score	Score	Done
Day 1	Created Gmail account	10		
Day 2	Created Facebook account	10		
Day 3	Followed Rehan Allahwala, made 10 mutual friends	10		
Day 4	Created a YouTube account	10		
Day 5	Created an Instagram account	10		
Day 6	Created LinkedIn account	10		
Day 7	Downloaded and used Canva	10		
Day 8	Downloaded and used CallAnnie	10		
Day 9	Interview	10		
Total		90		

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Parents Singnature

\_\_\_\_\_  
Facilitator Signature

# WELCOME TO YOUR DAILY ROUTINE!

Now that you've set up essential accounts and tools, it's time to dive into your daily tasks. Each day, you'll spend just 35 minutes on activities that will help you grow and learn in various areas.



# STORY POSTS

## Story Posts

**What:** Create story posts on the given topic.

**Why:** Story posts help build your online presence, engage your audience, and enhance your communication skills. They also encourage you to explore and present new perspectives on the assigned topic.

**How:** Select the Given Topic: Focus on the topic provided to you and create a story post that is informative, engaging, and aligned with the central theme of the topic.

### **Write a Story Using ChatGPT:**

Use ChatGPT to generate a well-structured story. Provide a clear and specific prompt to get the desired story. For example, you might prompt, "Write a story about how AI is transforming the healthcare industry."

### **Generate an Image Using Meta AI:**

Create an image based on your story using Meta AI to visually represent your content.

Post Daily on Social Media Platforms:

Share your story and generated image on platforms like LinkedIn, Twitter, Facebook, and Instagram. Engage with your audience by responding to comments and messages to foster interaction and community building.





Atiya Remotejob Wali

3 May · 🌐

...

Story post No : 152

ایک دن، ایک چھوٹے سے گاؤں میں، ایک ننھی پری 🧚 نے اپنے جادوئی باغ 🌸 میں قدم رکھا۔ وہ باغ میں پھولوں 🌺 کو خوشبو دینے اور تتلیوں 🦋 کو رنگ بخشنے کا کام کرتی تھی۔

ایک دن، باغ میں ایک اداس چھوٹا بچہ 🧒 آیا، جس کا دل 📖 ٹوٹ گیا تھا کیونکہ اس کی پتنگ 🦋 ٹوٹ گئی تھی۔ پری نے بچے کو دیکھا اور اس کی مدد کرنے کا فیصلہ کیا۔

پری ن... See more

See translation



👍❤️ You, Saba Ibrahim, Bert-Ola Bergstrand and 5 others

6 comments

[rehanschool.com/storypost](https://rehanschool.com/storypost)

# CANVA POSTS

## What:

Canva Post is a short-form type of content or message that gets published on social media platforms such as Facebook, Instagram, Twitter, LinkedIn, and other similar channels.

## How:

Creating the Post:

Go to Canva: Visit [www.canva.com](http://www.canva.com).

Search for "Facebook Post": Look for "Facebook Post" or any specific template related to your social media need.

Choose a Template or Start from Scratch: Select from the available templates or create a design on a blank page.

Select a Quote: Pick a quote to feature in your design.

Use Relevant Elements: Use elements from Canva, such as icons, images, or shapes, found on the right side of the interface while designing your post.

## Posting on Social Media:

Once your design is complete, post it on your social media account.

## Why:

Graphic Designing Skills: You will develop essential graphic design skills.

Laptop Proficiency: You will improve your efficiency in using your laptop.

Monetize Skills: You can sell these newly learned design skills.

Creativity: This task will enhance your creativity and visual storytelling ability.





Ayan Fiverrwala is with Manoj Yogawala and 2 others.

3d · 🌐



The only way to become a champion is by training harder every day. No shortcuts!

Post No 841 dedication. 🙏❤️ Let me bring your vision to life today, Custom designs that will take your breath away! 🎨 ✨ #customcreations #madebyme Rehan Allahwala



[rehanschool.com/canvapost](https://rehanschool.com/canvapost)

# REHAN TASK HELPER!

## **What is Rehan School Task Helper?**

Rehan School Task Helper is a Gpt designed to assist students in writing and perfecting their captions for social media posts. It ensures that students create impactful and relevant captions for various tasks or events.

## **Why Use Rehan School Task Helper?**

- **To Enhance Social Media Skills:** Helps students write effective captions so they can confidently share their experiences and achievements online.
- **Practical Learning:** Encourages students to engage with social media positively and develop their skills.
- **Ease of Use:** Provides straightforward support so students can quickly prepare their posts.

## **How to Use Rehan School Task Helper?**

1. Access the tool by logging into Chatgpt.
2. Upload a screenshot or describe your task that requires a caption.
3. Request assistance by asking the helper to provide a caption specific to your task.
4. Copy and paste the caption into your social media post and share it.



## Rehan School Task Helper

Rehan School Task Helper

 ChatGPT



## Rehan School Task Helper

By Rehan Ahmed 

Rehan School Task Helper

Can you check my TEDxTalk review caption?

I forgot how to tag my principal on Facebook, can you...

Can you review my post and check if I included...

I can't find the TEDx speaker's Facebook page, can you help?

Message Rehan School Task Helper








[chatgpt.com/g/g-zmoaagd5T-rehan-school-task-helper](https://chatgpt.com/g/g-zmoaagd5T-rehan-school-task-helper)

## Day 10 - 15

# DAILY TASKS

<b>STORY</b>	Create a story post title Mulla Nasrudin and the Donkey's Price and post the story on social media.	
<b>STORY</b>	Create a story post title Mulla Nasrudin's Wise Answer and post the story on social media.	
<b>STORY</b>	Create a story post title The Clever Plan of Mulla Nasrudin and post the story on social media.	
<b>STORY</b>	Create a story post title Mulla Nasrudin's Missing Ring and post the story on social media.	
<b>STORY</b>	Create a story post title Mulla Nasrudin and the Tightrope Walker and post the story on social media.	

## Day 16-20

	<p>Canva Posts</p> <p>The only way to achieve the impossible is to believe it is possible." – Charles Kingsleigh</p>	
	<p>Success is not final, failure is not fatal: It is the courage to continue that counts." – Winston Churchill</p>	
	<p>Don't watch the clock; do what it does. Keep going." – Sam Levenson</p>	
	<p>Keep your face always toward the sunshine—and shadows will fall behind you." – Walt Whitman</p>	
	<p>The future belongs to those who believe in the beauty of their dreams." – Eleanor Roosevelt</p>	



# 10-20 DAYS REPORT SHEET

Student Name: \_\_\_\_\_

Campus: \_\_\_\_\_

Student Roll Number: \_\_\_\_\_

Joining Date: \_\_\_\_\_

Day	Tasks	Possible Score	Score	Post on YouTube	Post on Facebook	LinkedIn	YouTube	Instagram
Day 10	Create a story post: Mulla Nasrudin & the Donkey's Price	10						
Day 11	Create a story post: Mulla Nasrudin's Wise Answer	10						
Day 12	Create a story post: The Clever Plan of Mulla Nasrudin	10						
Day 13	Create a story post: Mulla Nasrudin's Missing Ring	10						
Day 14	Create a story post: Mulla Nasrudin & the Tightrope Walker	10						
Day 16	Canva Post: "Believe in the impossible" - Charles Kingsley	10						
Day 17	Canva Post: "Success is not final, failure is not fatal" - Churchill	10						
Day 18	Canva Post: "Keep going" - Sam Levenson	10						
Day 19	Canva Post: "Keep your face to the sunshine" - Whitman	10						
Day 20	Canva Post: "The future belongs to dreamers" - Roosevelt	10						
<b>Total</b>		<b>100</b>						

\_\_\_\_\_  
Parents Singnature

\_\_\_\_\_  
Facilitator Signature

# TALK WITH CALL ANNIE

## What:

Call Annie is an AI that assists in improving your English language skills, listening skills, and more. It answers every question you ask, providing real-time responses during calls or video chats. Call Annie excels in offering efficient and intelligent communication solutions.

## How:

Go to StreamYard:

Create a live link.

Enter the studio in StreamYard.

## Open a new tab in your browser:

Search for Call Annie.

Sign up for Call Annie.

Click on the video call option.

## In StreamYard:

Click on 'Present' and share the Call Annie screen.

Click 'Go Live' on StreamYard and have a 25-minute conversation with Call Annie.

## Why:

This task helps to improve your English, build confidence, and enhances communication skills.





Manahil Remotejobwali was live.

6 days ago · 🌐



An Exculsive Talk with Call AnnieToday Annie will interview me ! Let's see what she wants to ask me.

About Annie

Annie is an Ai who can help us improve our English language skills , listening skills and more. Annie Give us Answer Every Questions

<https://callannie.ai/call>

About me

Currently pursuing my studies at Rehan School, Korangi Campus.

A young and dynamic professional at just 15 years old.

Skilled interviewer with a knack for bringing out the best stories and insights.

Adept graphic designer crafting visual stories that captivate and inspire.

Talented video editor, bringing content to life with precision and creativity.

On a mission: Committed to helping every graduate in Pakistan earn a minimum of \$500 per month.

Because everyone deserves a prosperous future!

Call Annie Episode 162

[Rehan Allahwala](#)

[Altaf EducationWala](#)

[Misbah Altaf Talantwali](#)



Yusra Educationwali, M Ahsan Bhatti and 6 others

3 comments

[rehanschool.com/callannie](https://rehanschool.com/callannie)

# INTERVIEW

## What?

An interview is a structured conversation where one person (the interviewer) asks questions, and the other person (the interviewee) responds. It is commonly used to gather information, understand perspectives, assess skills, or explore experiences. Interviews can be conducted for various purposes, such as job recruitment, gathering insights, media coverage, or academic research.

## Why?

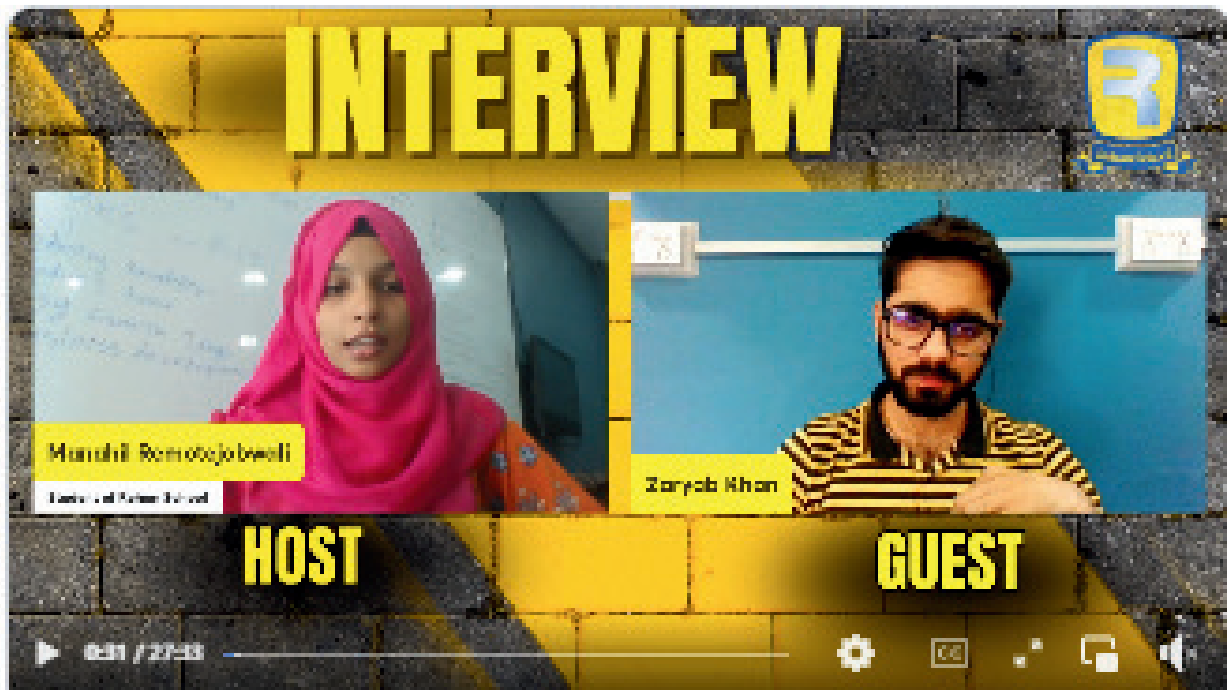
Interviews help in gaining in-depth knowledge about an individual's experiences, opinions, and expertise. They offer a chance to connect with people, understand their journey, and learn from their insights. Interviews also allow interviewers to assess and evaluate the skills, values, and cultural fit of the interviewee in professional settings. For content creators, interviews are valuable to engage their audience and share new perspectives.

## How?

1. Find a Guest:
  - Interview students from Rehan School.
  - Interview friends of Rehan Allahwala.
2. Prepare in Advance: Research the interviewee and draft relevant questions that align with the interview's purpose. Ensure a balance of open-ended and specific questions.
3. Set Up the Interview:
  - Create a live link using StreamYard.
  - Enter the studio and send the live link to your guest.
4. Conduct the Interview: Follow through with the interview session. Start with a warm introduction and icebreakers to make the guest comfortable. Ask thoughtful questions and encourage detailed responses. Show genuine interest and engage actively.
5. Conclude with Gratitude: Thank the interviewee for their time and insights. Summarize key takeaways and ask if there's anything else they'd like to add.
6. Post-Interview Tasks: If the interview is for content creation, edit and share it on social media or relevant platforms. Tag the interviewee to acknowledge and appreciate their participation.

By following these steps, you can conduct a successful interview that gathers valuable information and creates meaningful connections.








 Manahil Remotejobwali was live.  
5 May · 🌐

Podcast Name: The Future Work

Guest Introduction:

 Zaryab Khan is a skilled software developer currently shaping innovations at DIDx. His passion for coding is matched only by his dedication to excellence.  With a knack for problem-solving and a commitment to staying ahead of the curve, Zaryab is a driving force in the software development realm. In our interview, we explored his journey, revealing insights and inspirations that fuel his impactful contributions. 

Connect With Him On:


Facebook: <https://www.facebook.com/profile.php?id=100007107167266...>

LinkedIn: <https://www.linkedin.com/in/muhammadzaryabkhan/>

WhatsApp: +92 331 2199962

About me 



 Currently pursuing my studies at Rehan School, Korangi Campus.

 A young and dynamic professional at just 15 years old.

 Skilled interviewer with a knack for bringing out the best stories and insights.

 Adept graphic designer crafting visual stories that captivate and inspire.

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 On a mission: Committed to helping every graduate in Pakistan earn a minimum of \$500 per month. Because everyone deserves a prosperous future! 

Connect With Me On:

Facebook: <https://www.facebook.com/manahilremotejobwali>

LinkedIn: <https://www.linkedin.com/in/manahilremotejobwali/>

Instagram: <https://www.instagram.com/manahilremotejobwali/>

WhatsApp: +92 3112507084

The  Interview  series  is part of  Rehan Foundation and Rehan School Korangi Campus

 Episode  : 425

Roll no: 119

[rehanschool.com/interview](http://rehanschool.com/interview)

# GAMES WITH CLAUDE.AI

## What is Claude.ai?

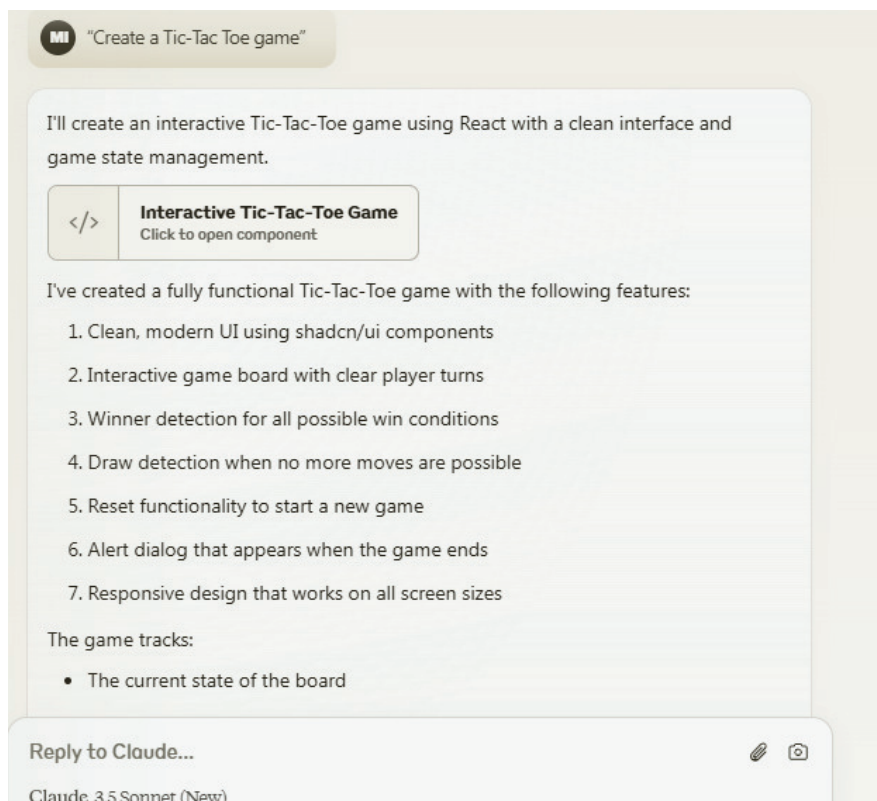
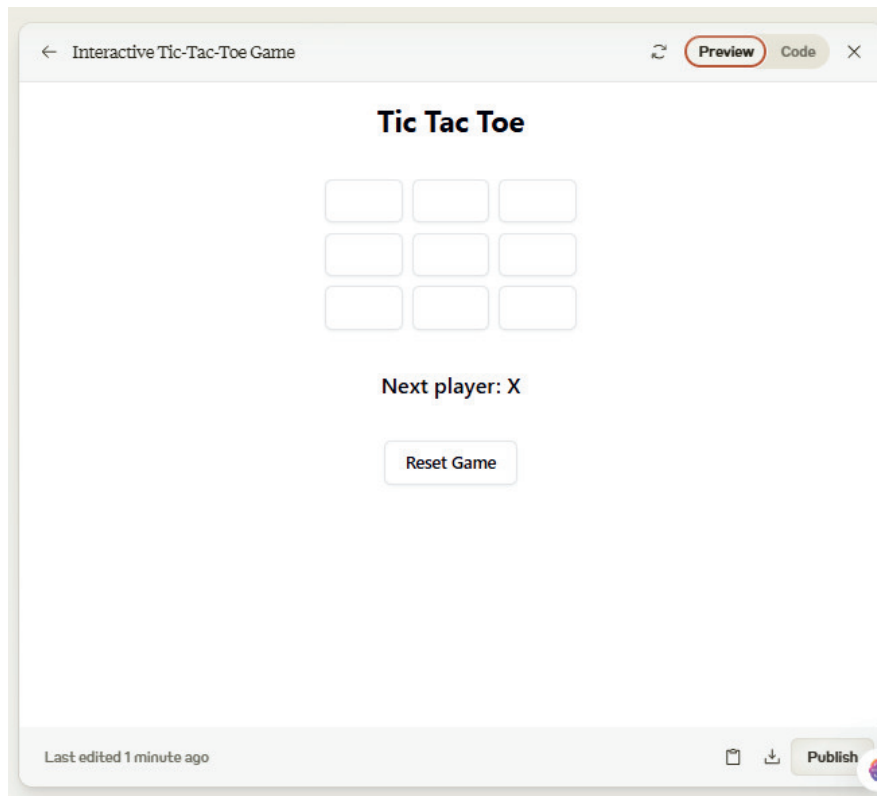
Claude.ai is an advanced artificial intelligence tool that helps users create applications and games by generating code based on simple instructions. It simplifies complex programming tasks, making it accessible for beginners and young learners. Claude.ai is perfect for those who want to explore coding and technology without prior experience, providing a user friendly platform to bring creative ideas to life.

## Why Use Claude.ai?

Claude.ai is a powerful tool for introducing students to the world of technology and coding. It allows them to create real projects quickly, fostering creativity and confidence. By using Claude.ai, students can see the immediate impact of their ideas, which keeps them engaged and motivated. It also serves as a stepping stone to more advanced coding skills by building a foundation of understanding how digital tools and applications work.






## How to Use Claude.ai?

**Choose a Project:** Start by deciding what kind of app or game you want to create. It could be a simple game like Tic-Tac-Toe or a useful app like a calculator. **Input Instructions:** Provide clear, simple instructions to Claude.ai, such as "Create a Tic-Tac Toe game" or "Build a To-Do list app." **Generate and Test:** Claude.ai will generate the code for your project. Test the app or game to ensure it works as expected. **Share Your Creation:** Once the project is ready, share the link on social media platforms like Facebook and LinkedIn to showcase your work and receive feedback. Using Claude.ai is an excellent way to make learning coding fun and accessible, empowering young minds to explore their creativity and develop valuable skills for the future

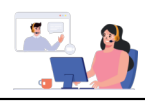



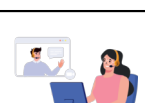


## Day 21-25

# DAILY TASKS

	Talk with Annie for 5 minutes on the topic "Hello" - Origins of a Simple Greeting and go live on your social media.	
	Talk with Annie for 5 minutes on the topic "Okay" - The Story Behind the World's Favorite Word and go live on your social media.	
	<p>Micro-Habits</p> <p>Hug mom/dad, perform NafI, say Salam to a new person.</p> <p>Mark on the tracker</p>	
	Talk with Annie for 5 minutes on the topic "Hurry Up!" - The Tale of a Time-Sensitive Phrase and go live on your social media.	
	Talk with Annie for 5 minutes on the topic "Bye-Bye" - Where Did Our Goodbye Come From? and go live on your social media.	

## Day 26 - 30

	<p>Interview</p> <p>Conduct a 5 min interview with a classmate/facilitator/family member.</p> <p>Post the recorded video.</p>	
	<p>Coding Task</p> <p>Complete a small coding challenge Create a Basic Calculator that performs basic arithmetic operations like addition, subtraction, multiplication, and division.</p> <p>Post a screenshot with a short explanation.</p>	
	<p>Interview</p> <p>Conduct a 25 min interview with a classmate/facilitator/family member.</p> <p>Post the recorded video.</p>	
	<p>Coding Task</p> <p>Complete a small coding challenge Create aTic-Tac-Toe Game**: Develop a two-player tic-tac-toe game that can be played in the console.</p> <p>Post a screenshot with a short explanation.</p>	
	<p>Interview</p> <p>Conduct a 25 min interview with a classmate/facilitator/family member.</p> <p>Post the recorded video.</p>	



# 21-30 DAYS REPORT SHEET

Student Name: \_\_\_\_\_

Campus: \_\_\_\_\_

Student Roll Number: \_\_\_\_\_

Joining Date: \_\_\_\_\_

Day	Tasks	Possible Score	Score	Post on YouTube	Post on Facebook	LinkedIn	YouTube	Instagram
Day 21	Watch and describe the cartoon: "Courage the Cowardly Dog"	10						
Day 22	Watch and describe the cartoon: "Tom and Jerry - The Missing Ring"	10						
Day 23	Watch and describe the cartoon: "Popeye - The Great Spinach"	10						
Day 24	Watch and describe the cartoon: "Jerry and the Invisible Cheese"	10						
Day 25	Watch and describe the cartoon: "The Road Runner and the Coyote"	10						
Day 26	Conduct an interview: Class Fellow/Peer (StreamYard Session)	10						
Day 27	Conduct an interview: Teacher/Coach (StreamYard Session)	10						
Day 28	Conduct an interview: Senior Citizen (StreamYard Session)	10						
Day 29	Conduct an interview: Family Member (StreamYard Session)	10						
Day 30	Conduct an interview: Friend or Neighbor (StreamYard Session)	10						
<b>Total</b>		<b>100</b>						

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Facilitator Signature

# SONG

**What:**

The task is to create a song using the Suno.ai platform, generate the script or lyrics with ChatGPT, and create visually appealing social media posts using Canva.

**Why:**

Creating and sharing a song on social media can be a way to express devotion, share inspiration, and engage with your audience in a meaningful and artistic manner. Using AI tools and design platforms enhances the quality and appeal of your content.

**How:**

Step 1: Create a Song with Suno.ai

Access Suno.ai: Go to [www.suno.ai](http://www.suno.ai) or open the app.

Generate Song or Poem: Use Suno.ai for voice generation.

Step 2: Generate the Script or Lyrics with ChatGPT

Open ChatGPT: Access the ChatGPT platform.

**Prompt for Lyrics:** Use a prompt like "Write a song about Pakistan" to generate the lyrics.

**Refine the Output:** Adjust the generated content to suit your style and preferences.

Step 3: Create a Visual Post with Canva

Open Canva: Access Canva to design a visually appealing post.

Add Clips: Include clips or elements that relate to your voice or the theme of the song.

Step 3: Learn Full Tutorial on Youtube

Create Song And Video With Suno AI and Canva Video Editor | Rehan School Kids Video Training Course

Link: <https://www.youtube.com/watch?v=fPol4r4Y79Q&t=5s>

**Post on Social Media:** Share the final song and visuals on your social media platforms. Engage with your audience through comments and messages.



Khansa EmpowermentWali

17 October at 00:40 · 🌐



🎵 Suno.AI song delivers an inspiring track, blending AI-driven beats with heartfelt lyrics. 🌟 The song takes listeners on a journey of resilience and self-discovery, mixing modern sounds with deep emotions. 🎧 🔥”

Yasmeen Khan Rubab Fatima Nabeel Canvawala Ali Raza Panjwani Jobwala @followers @highlight



👤 Arslan EnergyWala and Khansa EmpowermentWali

1 comment 1 share

👍 Like

💬 Comment

📧 Send

➦ Share

[rehanschool.com/song](https://rehanschool.com/song)

# TEDXTALK REVIEWS

## **What?**

A TEDx Talk is a short presentation or speech given at independently organized TED events, known as TEDx. These talks cover various topics, sharing inspiring ideas, stories, and insights within 18 minutes.

## **Why?**

Reviewing a TEDx Talk helps you reflect on what you've learned and share valuable insights with others on social media. By tagging the speaker, you express appreciation, build connections, and open doors for meaningful interactions.

## **Steps to Create a TEDx Talk Review:**

**Watch the TEDx Talk:** Search on YouTube or the TED website for a talk that interests you. Focus on the speaker's key message.

**Record a Review Video:** Summarize what you learned and why it was impactful. Keep it concise.

**Post on Social Media:** Upload the video on platforms like Facebook, LinkedIn, Instagram, or Twitter. Use relevant hashtags.

**Tag the Speaker:** Appreciate their efforts and connect by tagging them in your post.

**Ask for a Caption:** Go to Rehan School Task Helper to get a suitable caption for your review post.

By following these simple steps, you'll effectively share your learning experience and engage with thought leaders!



Hijab Upworkwali

28 August at 21:55 · 🌐

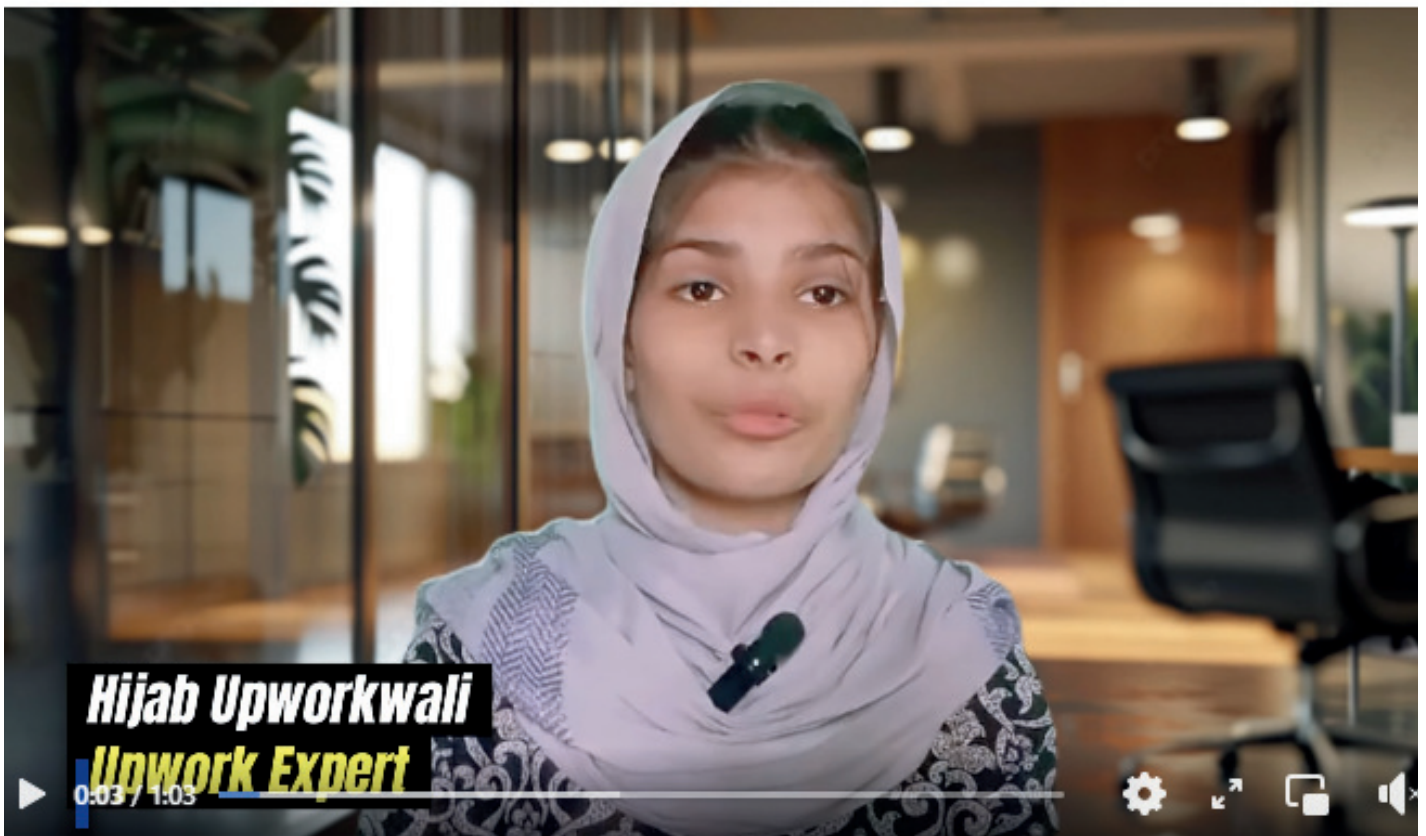


Video # 713

In English

Setting clear boundaries with Upwork clients is vital for a successful freelance career. 📌 Communicate your payment terms, working hours, and preferred communication methods upfront. 🚫 Don't hesitate to say no to free samples and clearly define project scope and revision limits to avoid misunderstandings. By establishing these boundaries, you protect your time and foster respectful collaborations. 🙌

[#upwork](#) [#freelancing](#) [#clientboundaries](#) [#Professionalism](#)... See more








Rahat CounsellingWali, Hijab Upworkwali and 355 others

13 comments 23 shares

[rehanschool.com/tedxtalk](https://rehanschool.com/tedxtalk)

## Day 31-35

# DAILY TASKS

	Create a song title The Heartbeat of Punjab and post it on your social media.	
	Create a song title Sindh: Melody of the Indus, City Lights and post it on your social media.	
	Create a song title Balochistan: Whisper of the Desert and post it on your social media.	
	Create a song title Khyber's Echo: Peaks and Valleys and post it on your social media.	
	Create a song title Symphony of Pakistan: A Land of Four Dreams and post it on your social media.	

## Day 36-40

<b>TEDx</b>	TEDx Talk Watch: "The Power of Dreams and Curiosity" – Adeel Hashmi (in English & Urdu). Post both videos on social media.	
<b>TEDx</b>	TEDx Talk Watch: "Fly I Must" – Afreen Mushtaq (Review video in English & Urdu). Post both videos on social media.	
<b>TEDx</b>	TEDx Talk Watch: "Living in Denial – Climate Change" – Iqra Khilji (Review video in English & Urdu). Post both videos on social media.	
<b>TEDx</b>	TEDx Talk Watch: "Never Give Up on Your Dreams" – Imran Khan (Review video in English & Urdu). Post both videos on social media.	
<b>TEDx</b>	TEDx Talk Watch: "Power of a Single Decision" by Zara Noor Abbas (Review video in English & Urdu). Post both videos on social media.	



# 31-40 DAYS REPORT SHEET

Student Name: \_\_\_\_\_

Campus: \_\_\_\_\_

Student Roll Number: \_\_\_\_\_

Joining Date: \_\_\_\_\_

Day	Tasks	Possible Score	Score	Post on YouTube	Post on Facebook	LinkedIn	YouTube	Instagram
Day 31	Create a song title: Waves of Karachi	10						
Day 32	Create a song title: Karachi Nights, City Lights	10						
Day 33	Create a song title: Islamabad Dreams	10						
Day 34	Create a song title: Rawalpindi Blues	10						
Day 35	Create a song title: Multan's Fiery Glow	10						
Day 36	Watch TEDx Talk: "The Power of Dreams and Curiosity" – Adeel Hashmi	10						
Day 37	Watch TEDx Talk: "Fly I Must" – Afreen Mushtaq	10						
Day 38	Watch TEDx Talk: "Living in Denial – Climate Change" – Iqra Khilji	10						
Day 39	Watch TEDx Talk: "Never Give Up on Your Dreams" – Imran Khan	10						
Day 40	Watch TEDx Talk: "Power of a Single Decision" by Zara Noor Abbas	10						
<b>Total</b>		<b>100</b>						

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## Day 41- 47

# DAILY TASKS

<b>Day:41</b>	Create a story post title The Mystery of Life: Exploring the World of Cells and post the story on social media.	
<b>Day:42</b>	Create a song title The Human Body: A Marvel of Creation and post it on your social media.	
<b>Day:43</b>	Canva Posts 1: "Great things are done by a series of small things brought together." – Vincent Van Gogh	
<b>Day:43</b>	2: "Opportunities are usually disguised as hard work, so most people don't recognize them." – Ann Landers	
<b>Day:43</b>	3: "Don't be pushed around by the fears in your mind. Be led by the dreams in your heart." – Roy T. Bennett	
<b>Day:44</b>	Talk with Annie for 5 minutes on the topic "Thank You" - The Etymology of Gratitude and go live on your social media.	
<b>Day:45</b>	TEDx Talk Watch:"Making Peace is a Marathon" – May El-Khalil (in English & Urdu).Post both videos on social media.	
<b>Day:46</b>	Interview Conduct a 25 min interview with a classmate/facilitator/family member and go live on your social media.	
<b>Day:47</b>	Coding Task Complete a small coding challenge Build a simple to-do list where users can add, remove, and view tasks. Post a screenshot with a short explanation.	



## Day 48- 54

# DAILY TASKS

<b>Day:48</b>	Create a story post title The Journey of Dinosaurs: A Scientific Perspective and post the story on social media.	
<b>Day:49</b>	Create a song title Health and DNA: The Struggle of Life and post it on your social media.	
<b>Day:50</b>	Canva Posts 1: "Success is not overnight. It's when every day you get a little better than the day before. It all adds up." – Dwayne Johnson	
<b>Day:50</b>	2: "Hustle beats talent when talent doesn't hustle." – Ross Simmonds	
<b>Day:50</b>	3: "Courage doesn't always roar. Sometimes courage is the little voice at the end of the day that says, 'I'll try again tomorrow.'" – Mary Anne Radmacher	
<b>Day:51</b>	Talk with Annie for 5 minutes on the topic "Please" - The Evolution of Politeness and go live on your social media.	
<b>Day:52</b>	TEDx Talk Watch: Abiha Haider - Challenging Norms (in English & Urdu).Post both videos on social media.	
<b>Day:53</b>	Interview Conduct a 25 min interview with a classmate/facilitator/family member and go live on your social media.	
<b>Day:54</b>	Coding Task Complete a small coding challenge Number Guessing Game. Post a screenshot with a short explanation.	



## Day 55-61

# DAILY TASKS

<b>Day:55</b>	Create a story post title Winds and Environment: The Impact of Change and post the story on social media.	
<b>Day:56</b>	Create a song title Chemical Reactions: The Engine of Life and post it on your social media.	
<b>Day:57</b>	Canva Posts 1: "If you don't build your dream, someone else will hire you to help build theirs." – Tony Gaskins	
<b>Day:57</b>	2: "Perseverance is not a long race; it is many short races one after the other." – Walter Elliot	
<b>Day:57</b>	3: "The difference between ordinary and extraordinary is that little extra." – Jimmy Johnson	
<b>Day:58</b>	Talk with Annie for 10 minutes on the topic "Good Morning" - The Tradition Behind the Greeting and go live on your social media.	
<b>Day:59</b>	TEDx Talk Watch:Rida Shah - A New Tomorrow (in English & Urdu).Post both videos on social media.	
<b>Day:60</b>	Interview Conduct a 25 min interview with a classmate/facilitator/family member and go live on your social media.	
<b>Day:61</b>	Coding Task Complete a small coding challenge Countdown Timer. Post a screenshot with a short explanation.	



# 41-61 DAYS REPORT SHEET

Student Name: \_\_\_\_\_

Campus: \_\_\_\_\_

Student Roll Number: \_\_\_\_\_

Joining Date: \_\_\_\_\_

Tasks	Possible Score	Score	Post on YouTube	Post on Facebook	LinkedIn	YouTube	Instagram
TedxTalk	03						
Song	03						
Canva Post	09						
Coding Task	03						
Story Post	03						
Interview	03						
Talk with Call Annie	03						
	27						

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## Day 62-68

# DAILY TASKS

<b>Day:62</b>	Create a story post title Periodic Table: The Language of Science and post the story on social media.	
<b>Day:63</b>	Create a song title The Story of Elements: From Carbon to Gold and post it on your social media.	
<b>Day:64</b>	Canva Posts 1: "Focus on being productive instead of busy." – Tim Ferriss	
<b>Day:64</b>	2: "Do what you can, with what you have, where you are." – Theodore Roosevelt	
<b>Day:64</b>	3: "Chase the vision, not the money; the money will end up following you." – Tony Hsieh	
<b>Day:65</b>	Talk with Annie for 10 minutes on the topic "Sorry" - Tracing the Roots of Apology and go live on your social media.	
<b>Day:66</b>	TEDx Talk Watch: Neelam Hanif - Finding Your Passion (in English & Urdu). Post both videos on social media.	
<b>Day:67</b>	Interview Conduct a 25 min interview with a classmate/facilitator/family member and go live on your social media.	
<b>Day:68</b>	Coding Task Simple Alarm Clock Post a screenshot with a short explanation.	



## Day 69-75

# DAILY TASKS

<b>Day:69</b>	Create a story post title Acids and Bases: The Balance of Nature and post the story on social media.	
<b>Day:70</b>	Create a song title Chemical Bonding: The Relationship of Molecules and post it on your social media.	
<b>Day:71</b>	Canva Posts 1: "Work hard in silence; let your success make the noise." – Frank Ocean	
<b>Day:71</b>	2: "Your limitation—it's only your imagination." – Anonymous	
<b>Day:71</b>	3: "Strive not to be a success, but rather to be of value." – Albert Einstein	
<b>Day:72</b>	Talk with Annie for 10 minutes on the topic "Wow" - The Origin of an Expression of Surprise and go live on your social media.	
<b>Day:73</b>	TEDx Talk Watch: "Log Kya Kahien Gey" – Moiz Shaukat (in English & Urdu).Post both videos on social media.	
<b>Day:74</b>	Interview Conduct a 25 min interview with a classmate/facilitator/family member and go live on your social media.	
<b>Day:75</b>	Coding Task Basic Quiz Application Post a screenshot with a short explanation.	



## Day 76-82

# DAILY TASKS

<b>Day:76</b>	Create a story post title The Quran and Science: A Bond of Knowledge and post the story on social media.	
<b>Day:77</b>	Create a song title The Magic of Algebra: Solving Problems and post it on your social media.	
<b>Day:78</b>	Canva Posts 1: "Don't downgrade your dream just to fit your reality. Upgrade your conviction to match your destiny." – John Assaraf	
<b>Day:78</b>	2: "Go the extra mile. It's never crowded there." – Dr. Wayne D. Dyer	
<b>Day:78</b>	3: "Do not wait; the time will never be 'just right.' Start where you stand." – Napoleon Hill	
<b>Day:79</b>	Talk with Annie for 10 minutes on the topic "Sorry, Not Sorry" - How This Modern Phrase Evolved and go live on your social media.	
<b>Day:80</b>	TEDx Talk Watch: "Moving Forward" – Jannat Ali (in English & Urdu).Post both videos on social media.	
<b>Day:81</b>	Interview Conduct a 25 min interview with a classmate/facilitator/family member and go live on your social media.	
<b>Day:82</b>	Coding Task Currency Converter and Post a screenshot with a short explanation.	



# 62-82 DAYS REPORT SHEET

Student Name: \_\_\_\_\_

Campus: \_\_\_\_\_

Student Roll Number: \_\_\_\_\_

Joining Date: \_\_\_\_\_

Tasks	Possible Score	Score	Post on YouTube	Post on Facebook	LinkedIn	YouTube	Instagram
TedxTalk	03						
Song	03						
Canva Post	09						
Coding Task	03						
Story Post	03						
Interview	03						
Talk with Call Annie	03						
	27						

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## Day 83-89

# DAILY TASKS

<b>Day:83</b>	Create a story post title "The Wonders of Geometry: Shapes and Philosophy" and post the story on social media.	
<b>Day:84</b>	Create a song title "Calculus: The Journey of Numbers and Sacred Spaces" and post it on your social media.	
<b>Day:85</b>	Canva Posts 1: "Do not wait; the time will never be 'just right.' Start where you stand." – Napoleon Hill	
<b>Day:85</b>	2: "Go the extra mile. It's never crowded there." – Dr. Wayne D. Dyer	
<b>Day:85</b>	3: "Life isn't about finding yourself. It's about creating yourself." – George Bernard Shaw	
<b>Day:86</b>	Talk with Annie for 10 minutes on the topic "What's the Matter?" - The Roots of Concern and go live on your social media.	
<b>Day:87</b>	TEDx Talk Watch: "To Learn Is To Be Free" – Shameem Akhtar (in English & Urdu). Post both videos on social media.	
<b>Day:88</b>	Interview Conduct a 25 min interview with a classmate/facilitator/family member and go live on your social media.	
<b>Day:89</b>	Coding Task Unit Converter and Post a screenshot with a short explanation.	



## Day 90-96

# DAILY TASKS

<b>Day:90</b>	Create a story post title Trigonometry: The Story of Angles and post the story on social media.	
<b>Day:91</b>	Create a song title Science and Faith: A Harmonious Comparison and post it on your social media.	
<b>Day:92</b>	Canva Posts 1: "Success is the sum of small efforts repeated day in and day out." – Robert Collier	
<b>Day:92</b>	2: "Dream big, start small, but most of all, start." – Simon Sinek	
<b>Day:92</b>	3: "Believe you can, and you're halfway there." – Theodore Roosevelt	
<b>Day:93</b>	Talk with Annie for 10 minutes on the topic "Take It Easy" - The Origins of a Laid-Back Expression and go live on your social media.	
<b>Day:94</b>	TEDx Talk Watch: "Inside a School for Suicide Bombers" – Sharmeen Obaid-Chinoy (in English & Urdu).Post both videos on social media.	
<b>Day:95</b>	Interview Conduct a 25 min interview with a classmate/facilitator/family member and go live on your social media.	
<b>Day:96</b>	Coding Task Simple Contact Book to store and manage contact information and Post a screenshot with a short explanation.	



## Day 97-103

# DAILY TASKS

<b>Day:97</b>	Create a story post title The Earth's Chemistry: Connecting Biology and Chemistry and post the story on social media.	
<b>Day:98</b>	Create a song title The Blueprint of Existence: Unraveling DNA and the Origins of Life and post it on your social media.	
<b>Day:99</b>	Canva Posts 1: "The only limit to our realization of tomorrow will be our doubts of today." – Franklin D. Roosevelt	
<b>Day:99</b>	2: "Action is the foundational key to all success." – Pablo Picasso	
<b>Day:99</b>	3: "The best way to predict the future is to create it." – Peter Drucker	
<b>Day:100</b>	Talk with Annie for 10 minutes on the topic "Shhh" - The Evolution of a Quiet Command and go live on your social media.	
<b>Day:101</b>	TEDx Talk Watch: "The Power in Us" – Rehmat Ajmal (in English & Urdu). Post both videos on social media.	
<b>Day:102</b>	Interview Conduct a 25 min interview with a classmate/facilitator/family member and go live on your social media.	
<b>Day:103</b>	Coding Task Basic Calculator with GUI and Post a screenshot with a short explanation.	



# 83-103 DAYS REPORT SHEET

Student Name: \_\_\_\_\_

Campus: \_\_\_\_\_

Student Roll Number: \_\_\_\_\_

Joining Date: \_\_\_\_\_

Tasks	Possible Score	Score	Post on YouTube	Post on Facebook	LinkedIn	YouTube	Instagram
TedxTalk	03						
Song	03						
Canva Post	09						
Coding Task	03						
Story Post	03						
Interview	03						
Talk with Call Annie	03						
	27						

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Facilitator Signature

## Day 104-110

# DAILY TASKS

<b>Day:104</b>	Create a story post title The Blueprint of Existence: Unraveling DNA and the Origins of Life and post the story on social media.	
<b>Day:105</b>	Create a song title Cellular Symphony: The Intricate Dance of Life's Building Blocks and post it on your social media.	
<b>Day:106</b>	Canva Posts 1: "The only limit to our realization of tomorrow will be our doubts of today." – Franklin D. Roosevelt	
<b>Day:106</b>	2: "Action is the foundational key to all success." – Pablo Picasso	
<b>Day:106</b>	3: "The best way to predict the future is to create it." – Peter Drucker	
<b>Day:107</b>	Talk with Annie for 10 minutes on the topic "Shhh" - The Evolution of a Quiet Command and go live on your social media.	
<b>Day:108</b>	TEDx Talk Watch: "The Power in Us" – Rehmat Ajmal (in English & Urdu).Post both videos on social media.	
<b>Day:109</b>	Interview Conduct a 25 min interview with a classmate/facilitator/family member and go live on your social media.	
<b>Day:110</b>	Coding Task Basic Calculator with GUI and Post a screenshot with a short explanation.	



## Day 111-117

# DAILY TASKS

<b>Day:111</b>	Create a story post title The Evolution Paradox: Bridging Theories of Life with Divine Design and post the story on social media.	
<b>Day:112</b>	Create a song title Microbial Universe: The Power of the Invisible World and post it on your social media.	
<b>Day:113</b>	Canva Posts 1: "Don't watch the clock; do what it does. Keep going." – Sam Levenson	
<b>Day:113</b>	2: "It's not about having the time; it's about making the time." – Unknown	
<b>Day:113</b>	3: "Hardships often prepare ordinary people for an extraordinary destiny." – C.S. Lewis	
<b>Day:114</b>	Talk with Annie for 10 minutes on the topic "Alright" - How This Simple Affirmation Came to Be and go live on your social media.	
<b>Day:115</b>	TEDx Talk Watch: "How to Build a New Tomorrow for Yourself" – Sidra Iqbal (in English & Urdu). Post both videos on social media.	
<b>Day:116</b>	Interview Conduct a 25 min interview with a classmate/facilitator/family member and go live on your social media.	
<b>Day:117</b>	Coding Task Rock, Paper, Scissors Game and Post a screenshot with a short explanation.	



## Day 118-124

# DAILY TASKS

<b>Day:118</b>	Create a story post title Atoms and Eternity: How Chemistry Shapes the Cosmos Pot and post the story on social media.	
<b>Day:119</b>	Create a song title Energy, Matter, and Transformation: The Philosophy of Chemical Reactions and post it on your social media.	
<b>Day:120</b>	Canva Posts 1: "The way to get started is to quit talking and begin doing." – Walt Disney	
<b>Day:120</b>	2: "A year from now, you may wish you had started today." – Karen Lamb	
<b>Day:120</b>	3: "Start where you are. Use what you have. Do what you can." – Arthur Ashe	
<b>Day:121</b>	Talk with Annie for 25 minutes on the topic "Whatever" - A Journey Through Indifference and go live on your social media.	
<b>Day:122</b>	TEDx Talk Watch: "How to Invest in Yourself" – Meenah Tariq (in English & Urdu).Post both videos on social media.	
<b>Day:123</b>	Interview Conduct a 25 min interview with a classmate/facilitator/family member and go live on your social media.	
<b>Day:124</b>	Coding Task Create a basic text editor with functionalities to open, edit, and save text files. and Post a screenshot with a short explanation.	



# 104-124 DAYS REPORT SHEET

Student Name: \_\_\_\_\_

Campus: \_\_\_\_\_

Student Roll Number: \_\_\_\_\_

Joining Date: \_\_\_\_\_

Tasks	Possible Score	Score	Post on YouTube	Post on Facebook	LinkedIn	YouTube	Instagram
TedxTalk	03						
Song	03						
Canva Post	09						
Coding Task	03						
Story Post	03						
Interview	03						
Talk with Call Annie	03						
	27						

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Facilitator Signature

## Day 125-131

# DAILY TASKS

Day:125	Create a story post title Why Frogs? Understanding the Anatomy of Life and post the story on social media.	
Day:126	Create a song title Dissecting Frogs: A Gateway to Human Anatomy and post it on your social media.	
Day:127	Canva Posts 1: "Great things never come from comfort zones." – Anonymous	
Day:127	2: "Success is getting what you want. Happiness is wanting what you get." – Dale Carnegie	
Day:127	3: "Opportunities don't happen. You create them." – Chris Grosser	
Day:128	Talk with Annie for 25 minutes on the topic "I'm Fine" - The Truth Behind a Common Answer and go live on your social media.	
Day:129	TEDx Talk Watch: "What Makes an Idea" – Nabeel Qadeer (in English & Urdu). Post both videos on social media.	
Day:130	Interview Conduct a 25 min interview with a classmate/facilitator/family member and go live on your social media.	
Day:131	Coding Task Password Generator that generates random, secure passwords based on user-defined criteria and Post a screenshot with a short explanation.	



## Day 132-138

# DAILY TASKS

<b>Day:132</b>	Create a story post title Peering Inside: The Role of Dissections in Understanding Life and post the story on social media.	
<b>Day:133</b>	Create a song title Learning Through Layers: The Importance of Animal Anatomy Studies and post it on your social media.	
<b>Day:134</b>	Canva Posts 1: "Your time is limited, don't waste it living someone else's life." – Steve Jobs	
<b>Day:134</b>	2: "Fall seven times and stand up eight." – Japanese Proverb	
<b>Day:134</b>	3: "Success doesn't come from what you do occasionally; it comes from what you do consistently." – Marie Forleo	
<b>Day:135</b>	Talk with Annie for 25 minutes on the topic "Water" - The Origin of Life and Language and go live on your social media.	
<b>Day:136</b>	TEDx Talk Watch: "The Wheel of Life" – Bilal Bin Saqib (in English & Urdu).Post both videos on social media.	
<b>Day:137</b>	Interview Conduct a 25 min interview with a classmate/facilitator/family member and go live on your social media.	
<b>Day:138</b>	Coding Task BMI Calculator and Post a screenshot with a short explanation.	



## Day 139-145

# DAILY TASKS

<b>Day:139</b>	Create a story post title "Exploring Life's Mechanisms Through Experimentation" and post the story on social media.	
<b>Day:140</b>	Create a song title "Why Do We Experiment? The Search for Truth in Biology" and post it on your social media.	
<b>Day:141</b>	Canva Posts 1: "You don't have to be great to start, but you have to start to be great." – Zig Ziglar	
<b>Day:141</b>	2: "Do what you can, with what you have, where you are." – Theodore Roosevelt	
<b>Day:141</b>	3: "Hustle until your haters ask if you're hiring." – Anonymous	
<b>Day:142</b>	Talk with Annie for 25 minutes on the topic "Food" - From Basic Need to Cultural Icon and go live on your social media.	
<b>Day:143</b>	TEDx Talk Watch: "A Message of Peace from Pakistan" – Asher Hasan (in English & Urdu).Post both videos on social media.	
<b>Day:144</b>	Interview Conduct a 25 min interview with a classmate/facilitator/family member and go live on your social media.	
<b>Day:145</b>	Coding Task Flashcard App and Post a screenshot with a short explanation.	



# 125-145 DAYS REPORT SHEET

Student Name: \_\_\_\_\_

Campus: \_\_\_\_\_

Student Roll Number: \_\_\_\_\_

Joining Date: \_\_\_\_\_

Tasks	Possible Score	Score	Post on YouTube	Post on Facebook	LinkedIn	YouTube	Instagram
TedxTalk	03						
Song	03						
Canva Post	09						
Coding Task	03						
Story Post	03						
Interview	03						
Talk with Call Annie	03						
	27						

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## Day 146-152

# DAILY TASKS

<b>Day:146</b>	Create a story post title "The Ethics and Education of Animal Dissections" and post the story on social media.	
<b>Day:147</b>	Create a song title From Specimens to Knowledge: The Purpose of Science Experiments and post it on your social media.	
<b>Day:148</b>	Canva Posts 1: "Discipline is the bridge between goals and accomplishment." – Jim Rohn	
<b>Day:148</b>	2: "Focus on being productive instead of busy." – Tim Ferriss	
<b>Day:148</b>	3: "If opportunity doesn't knock, build a door." – Milton Berle	
<b>Day:149</b>	Talk with Annie for 25 minutes on the topic "Wood" - The Backbone of Early Civilization and go live on your social media.	
<b>Day:150</b>	TEDx Talk Watch:"Challenging Norms" – Abiha Haider (in English & Urdu).Post both videos on social media.	
<b>Day:151</b>	Interview Conduct a 25 min interview with a classmate/facilitator/family member and go live on your social media.	
<b>Day:152</b>	Coding Task Expense Tracker to record and categorize personal expenses and Post a screenshot with a short explanation.	



## Day 153-159

# DAILY TASKS

<b>Day:153</b>	Create a story post title The Force Behind Motion: Understanding Newton's Laws and post the story on social media.	
<b>Day:154</b>	Create a song title Energy and Power: The Invisible Forces That Shape Our World and post it on your social media.	
<b>Day:155</b>	Canva Posts 1: "The secret of getting ahead is getting started." – Mark Twain	
<b>Day:155</b>	2: "It always seems impossible until it's done." – Nelson Mandela	
<b>Day:155</b>	3: "Start with why." – Simon Sinek	
<b>Day:156</b>	Talk with Annie for 25 minutes on the topic "Conscious" - Tracing the Evolution of Awareness and go live on your social media.	
<b>Day:157</b>	TEDx Talk Watch: Tech-Enabled Opportunity: Transforming Lives in Pakistan   Rehan Allahwala (in English & Urdu).Post both videos on social media.	
<b>Day:158</b>	Interview Conduct a 25 min interview with a classmate/facilitator/family member and go live on your social media.	
<b>Day:159</b>	Coding Task Simple Chat Application and Post a screenshot with a short explanation.	



## Day 160-166

# DAILY TASKS

<b>Day:160</b>	Create a story post title The Nature of Light: Exploring Waves and Particles and post the story on social media.	
<b>Day:161</b>	Create a song title The Physics of Everyday Life: How Science Affects Our World and post it on your social media.	
<b>Day:162</b>	Canva Posts 1: "You are never too old to set another goal or to dream a new dream." – C.S. Lewis	
<b>Day:162</b>	2: "A little progress each day adds up to big results." – Satya Nani	
<b>Day:162</b>	3: "Work hard in silence; let success make the noise." – Frank Ocean	
<b>Day:163</b>	Talk with Annie for 25 minutes on the topic "Air" - Breathing Life into Language and go live on your social media.	
<b>Day:164</b>	TEDx Talk Watch: Fear - what holds you back   Zoya Nasir (in English & Urdu).Post both videos on social media.	
<b>Day:165</b>	Interview Conduct a 25 min interview with a classmate/facilitator/family member and go live on your social media.	
<b>Day:166</b>	Coding Task Digital Clock that displays the current time and updates every second and Post a screenshot with a short explanation.	



# 146-166 DAYS REPORT SHEET

Student Name: \_\_\_\_\_

Campus: \_\_\_\_\_

Student Roll Number: \_\_\_\_\_

Joining Date: \_\_\_\_\_

Tasks	Possible Score	Score	Post on YouTube	Post on Facebook	LinkedIn	YouTube	Instagram
TedxTalk	03						
Song	03						
Canva Post	09						
Coding Task	03						
Story Post	03						
Interview	03						
Talk with Call Annie	03						
	27						

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## Day 167-173

# DAILY TASKS

<b>Day:167</b>	Create a story post title Climate and Culture: How Geography Shapes Our Way of Life and post the story on social media.	
<b>Day:168</b>	Create a song title The Role of Law: How Legal Systems Maintain Order in Society and post it on your social media.	
<b>Day:169</b>	Canva Posts 1: "The journey of a thousand miles begins with a single step." – Lao Tzu	
<b>Day:169</b>	2: "Success is not final, failure is not fatal: It is the courage to continue that counts." – Winston Churchill	
<b>Day:169</b>	3: "What lies behind us and what lies before us are tiny matters compared to what lies within us." – Ralph Waldo Emerson	
<b>Day:170</b>	Talk with Annie for 25 minutes on the topic "Earth" - The History of Our Home in a Word and go live on your social media.	
<b>Day:171</b>	TEDx Talk Watch: How to gain control of your free time   Laura Vanderkam (in English & Urdu). Post both videos on social media.	
<b>Day:172</b>	Interview Conduct a 25 min interview with a classmate/facilitator/family member and go live on your social media.	
<b>Day:173</b>	Coding Task Create a word-guessing game where the user tries to guess a word letter by letter and Post a screenshot with a short explanation.	



## Day 174-180

# DAILY TASKS

<b>Day:174</b>	Create a story post title Sound Waves: The Physics of Hearing and Communication and post the story on social media.	
<b>Day:175</b>	Create a song title Black Holes and Beyond: Exploring the Limits of Physic and post it on your social media.	
<b>Day:176</b>	Canva Posts 1: "Doubt kills more dreams than failure ever will." – Suzy Kassem	
<b>Day:176</b>	2: "Dream it. Believe it. Build it	
<b>Day:176</b>	3: "The harder you work for something, the greater you'll feel when you achieve it."	
<b>Day:177</b>	Talk with Annie for 25 minutes on the topic "Sky" - The Word That Stretches Beyond Horizons and go live on your social media.	
<b>Day:178</b>	TEDx Talk Watch: The first 20 hours -- how to learn anything (in English & Urdu).Post both videos on social media.	
<b>Day:179</b>	Interview Conduct a 25 min interview with a classmate/facilitator/family member and go live on your social media.	
<b>Day:180</b>	Coding Task Create a Prime Number Checker and Post a screenshot with a short explanation.	



# 167-180 DAYS REPORT SHEET

Student Name: \_\_\_\_\_

Campus: \_\_\_\_\_

Student Roll Number: \_\_\_\_\_

Joining Date: \_\_\_\_\_

Tasks	Possible Score	Score	Post on YouTube	Post on Facebook	LinkedIn	YouTube	Instagram
TedxTalk	02						
Song	02						
Canva Post	06						
Coding Task	02						
Story Post	02						
Interview	02						
Talk with Call Annie	02						
	19						

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# FINAL REPORT SHEET

Student Name: \_\_\_\_\_

Campus: \_\_\_\_\_

Student Roll Number: \_\_\_\_\_

Joining Date: \_\_\_\_\_

Tasks	Possible Score	Score	Post on YouTube	Post on Facebook	LinkedIn	YouTube	Instagram
TedxTalk	30						
Song	30						
Canva Post	80						
Coding Task	27						
Story Post	30						
Interview	28						
Talk with Call Annie	30						
	255						

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# CONCLUSION

Congratulations on completing the Foundation Level Program at Rehan School! This journey has been about more than just learning; it has been about discovering your potential and the impact you can make in the world.

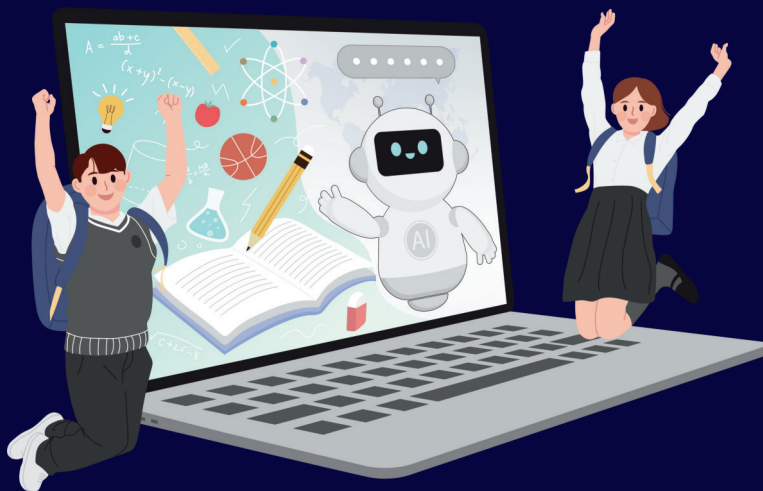
Throughout this program, you have developed essential skills in technology, communication, and personal growth. You have explored new ideas, built confidence, and learned the importance of values such as teamwork, honesty, and respect for others. Each activity and lesson has brought you closer to becoming a responsible global citizen.

As you move forward, remember that the skills and knowledge you have gained here will serve as a strong foundation for your future endeavors. Embrace every opportunity to learn, grow, and contribute positively to the lives of others. The world is full of possibilities, and you have the power to shape your own path.

Thank you for being a part of this program. We believe in your ability to make a difference, and we look forward to seeing the amazing things you will achieve!

Best wishes for your journey ahead,  
Rehan Allahwala

Welcome to an exciting 180-day adventure! This daily workbook will help you discover the wonders of AI, enhance your social media skills, build confidence in English, and much more—all in just 35 minutes a day. Get ready to learn, laugh, and grow smarter with fun and engaging activities.



Retail Price: Rs 1,500

