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1

Mastering Self-Discipline

Self-Discipline



Time to Link

A. Answer the following questions:

1. Self-discipline is the ability to master one's own feelings and overcome one's weakness.
2. Self-discipline is important as it helps us in managing our mental and emotional strength.
3. You can understand your weakness by understanding the areas that affect your concentration on studies.
4. People who are self-disciplined succeed because they always look for ways and means to get better.
5. The steps to master self-discipline are :
 - (a) Understand your weakness
 - (b) Remove the temptations
 - (c) Make an action plan
 - (d) Keep it up

B. Complete the following :

1. It takes 66 days **to build a new habit**.
2. Self-discipline means the ability to master one's own **feelings and overcome one's weakness**.
3. Self-discipline makes a person **a perfectionist who is always looking for ways and means to get better**.
4. An action plan is **a detailed chart of what you need to do to achieve your goal**.
5. Accepting your weakness is **the first sign to building a strong mind**.

6. Self-discipline also shows a healthy **life style**.
7. Self-discipline is a key **ingredient to success**.



Think and Answer

Discuss and answer these questions :

1. In this lesson we learn to master self-discipline.
2. I wish to be self-discipline for gaining great mental and emotional strength.
3. Some benefits of self-discipline are : mastering one's own feelings and overcome one's weakness, mental and emotional strength, etc.
4. Self-discipline can be helpful for students as it keeps oneself neat and tidy, staying fit, keeping up with the school work and achieving success.
5. Self-discipline makes it easy for sports persons to recognise the importance of practice and preparing on in reaching their goals.



Enrich Yourself

(To be done by students.)

2

The Real Pearls

Sincerity



Time to Link

A. Answer the following questions:

1. Sincerity is the virtue of one who communicates and acts according to their feelings, beliefs, thoughts and desires.
2. The lovely pearl necklace attracted the young man towards the genuine pearls.

- Yes, the young man was sincere.
- Genuine pearls are formed when debris like sand invade an oyster and irritates the sensitive animal.

The oyster then produces a tear like substance called 'nacre' which drops over the particle that is irritating when it hardens, a pearl is formed.

Cultured pearls are formed when people implant the oyster with a small bead when a 'nacre' settles on it they remove it.

- Genuine pearls are more precious because they are naturally processed.

B. Say True or False :

- False
- False
- True
- False
- False

Think and Answer

Discuss and answer the following questions :

- From this story we learn how to be sincere,
- Sincerity is the virtue of one who communicates and acts according to their feelings, beliefs, thoughts and desires.
- Sincerity is important in life because it helps us to do things to the best of our ability.
- Strong moral character makes a sincere person trustworthy.
- Others like and trust sincere people because sincere people do not take undue advantage of others.

Life Skills

Tick (✓) the actions of a sincere person and cross (x) the ones that are not sincere.

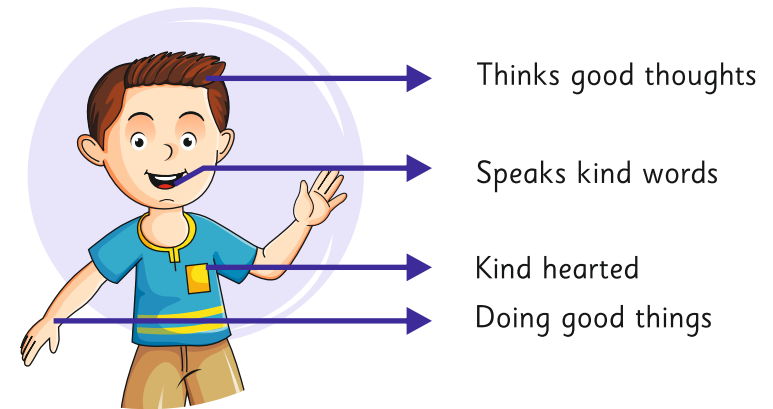
- Cheating in an exam



- Speaking the truth
- Disrespecting elders
- Respecting school property
- Staying fit and healthy
- Planning and finishing homework on time

Enrich Yourself

This is a sincere boy. Write down his qualities. For example: He thinks good thoughts.



3 Around the World

Appreciation of Cultural Values of Others

Time to Link

A. Answer the following questions:

- A particular language or a dressing style constitutes the culture of a place.
- Presenting yellow flowers to someone is considered as an ill omen in China.

- The cultural difference between Indians and Americans is that in India we take off our footwear before entering a house whereas, in America people do not necessarily take off their footwear when entering a house.
- Everyone can be global citizens by helping each other to stop stereotype of a particular region or community and become more tolerant.

B. Say True or False :

1. False 2. False 3. True 4. True 5. False



Discuss and answer the following questions :

- We learnt that there exist many different cultures all around the world.
- We can learn about other cultures by reading related books.
- We can appreciate other cultures when we earnestly seek to learn about or explore about a different culture. We should honor its beliefs and traditions.
- The world will be more peaceful when we learn to accept each others culture and do not push our beliefs on anyone.



(To be done by students.)



(To be done by students.)

4 The Importance of Team Spirit Team Spirit



A. Answer the following questions:

- The understanding between all members in a team and thinking together as one is called team spirit.
- Teams perform better than an individual because they divide the work among many so that the work is done quicker.
- The race was for the physically disabled children.
- When one boy fell down the other six helped him get up and holding hands they raced towards the finish line.
- “Team spirit means that you are willing to sacrifice personal gains for the welfare of all”, this is what the spectators learned about team spirit.

B. Choose and tick (✓) the right answer.

- In a team, it is important to,**
 - think about others and the benefit of the whole team.
 - make sure your individual preferences are met.
- The seven boys who participated in the race were,**
 - bored to run.
 - physically challenged.
- When one boy fell down,**
 - the rest of them continued letting him lie on the ground.
 - they all turned to help him.
- The seven boys showed,**
 - team spirit.
 - selfishness.

5. **People were touched to see,**
- the race.
 - the kind of team spirit that the boys showed.

 **Think and Answer**

Discuss and answer these questions :

- The importance of team spirit.
- The understanding between all members in a team and thinking together as one is called team spirit.
- Team spirit helps them to grow strong and confident, encouraging them to do work faster.
- Yes, team spirit is necessary for sports.
- Team spirit can be built through communication, responsibility, active listening and empathy.

 **Life Skills**

Mark with a tick (✓) or a cross (X) to check your team spirit level.

- I like to play games in teams.
- I like to help others.
- In a quiz, I like to help my team to win.
- I don't like to support other people who are slower.
- I can help others to win by supporting them.
- In a cricket match, I want to score the maximum runs to make my record the highest, whether we win or lose the match.

5 A Peaceful Painting Peace

 **Time to Link**

A. Answer the following questions:

- The king declared the winner of the painting competition.
- All artists made paintings of white dove, beautiful gardens of flowers and lush green fields, babies sleeping in their cots, etc.
- The stormy scene depicted inner peace.
- Peace is simply a state of mind when one is happy and content with one self.
- The king awarded the painter who painted the stormy scene because it depicted inner peace and according to the king peace is meant to be in the midst of all noise and adversity but still stay calm.

B. Choose and tick (✓) the right answer.

- The king wanted to see a painting themed,**
 - nature
 - peace
- Peace means,**
 - different things to different people.
 - sitting quietly in one place only.
- Many people who visited the royal gallery,**
 - loved the stormy picture.
 - loved the picture with the nature and mountains.

4. **The picture that won,**
- a. was the picture with beautiful mountains and lush green valleys.
- b. was the one that depicted inner peace.
5. **Peace is to be,**
- a. in a calm state of mind, no matter the outside situation.
- b. to stay quiet.



Discuss and answer these questions :

1. The story teaches that peace is evident.
2. World peace is important because it builds courage and strengthens all nations.
3. Inner peace is important because inner peace drives away fear, worries, stress and negative thoughts.
4. Through faith and believe one can find inner peace.
5. Yes, they are related to one another.



1. Meditate 2. Go for a walk 3. Be kind



(To be done by students.)

6 The Braveheart Duty



A. Answer the following questions:

1. A commitment or a responsibility to perform a certain action is a duty.
2. Neerja Bhanot was a young flight attendant.
3. Neerja Bhanot saved the American passengers by hiding all passports of Americans on board.
4. The flight attendant's duty is to save passengers on board in the event of an emergency.
5. Neerja Bhanot managed to do her duty by going above and beyond to ensure the safety of the passengers.

B. Fill in the blanks :

- | | |
|---------------------|---------------|
| 1. Pan Am flight 73 | 2. commitment |
| 3. teacher | 4. duty |



Discuss and answer these questions :

1. Fulfilling one's duty.
2. Our duty in school is to obey the teachers and follow the rules of the school.
3. Our duty at home is to help our parents in the house work like dusting furniture and keeping toys in place.
4. Everyone can fulfil their duties by taking charge of oneself.
5. If someone doesn't do their duty.

 **Life Skills**

(To be done by students.)

 **Enrich Yourself**

Observe the pictures given below. Write what is the duty of the people in the picture.

It is the man's duty to cross the road carefully without talk over the phone.

It is the boy's duty to help the blind man cross the road.

It is the duty of each person driving to follow the traffic rules.

 **7 Let's Ask Why** Curiosity **Time to Link**

A. Answer the following questions:

1. Curiosity is the quality of learning through exploration and investigation.
2. Einstein showed his curiosity in the classroom by asking many questions.
3. His teachers scolded him because he asked too many questions.
4. Curiosity makes one learn everything. It is the cause of many great inventions and discoveries.

B. Say True or False :

1. False 2. False 3. False 4. False 5. True

 **Think and Answer**

Discuss and answer these questions :

1. From this story we learn that curiosity increases our imagination.
2. I can be curious by asking many questions.
3. The benefits of being curious are - It keeps your imagination alive and it helps you face failure or rejection.
4. Few scientists who were curious are Isaac Newton, Charles Darwin, Albert Einstein, Pythagoras, etc.
5. We can overcome failure by keeping an open mind.

 **Life Skills**

Given below are names of scientists. Name their inventions/ discoveries.

- | | |
|--------------------------|---|
| 1. Albert Einstein | - <u>Theory of general relativity</u> |
| 2. Alexander Graham Bell | - <u>The first practical telephone</u> |
| 3. Isaac Newton | - <u>Laws of gravity</u> |
| 4. Charles Babbage | - <u>Automatic computing engines</u> |
| 5. Thomas Alva Edison | - <u>Incandescent light bulb</u> |
| 6. Daniel Fahrenheit | - <u>Mercury thermometer</u> |

 **Enrich Yourself**

Let's see why. Here are a few things that are curious. Find the answers and write them.

1. The birds fly south during winter to escape the cool winters and find food.

2. When the water boils, it bubbles, because water gets converted into water vapour. The water vapour is light hence it boils when heated.

When milk boils, it rises and spills because the upper layer of milk is covered with cream. Therefore, due to the thick layer on top when the milk below is heated it rises.

3. When warm air rises, it expands and cools. Cool air cannot hold much water vapour as warm air, so some of the vapour condenses onto tiny pieces of dust floating in the air. When many such dust particles come together, they form a cloud.

4. The days are shorter in the winter and longer in summer because half of the earth gets more sunlight than the other half. In summer, the northern, part of the earth tilts towards the sun making the days longer.

5. Allergies run in families. Also, gene that regulate the immune system are associated with allergies.



Time to Apply

(To be done by students.)

8 Lost Dignity Dignity of an Individual



Time to Link

A. Answer the following questions:

1. Dignity of an individual means taking care of their reputation, not spreading rumours or misleading others about them.
2. Raman's dignity was compromised by giving the old man a simple punishment and making him realize his mistake.
3. If there's a false rumour about a person his dignity and respect is lost.

4. Gossiping is harmful because at some point of time others will lose trust in you.

B. Say True or False :

1. True
2. True
3. False
4. True
5. False



Think and Answer

Discuss and answer the following questions :

1. From this story we learn about dignity of an individual.
2. It is important to maintain dignity of an individual because everyone deserves peace, joy and love.
3. We can help to maintain the dignity of an individual by not talking negative about a person.
4. No, physically hurting someone does not cause their dignity to be hurt.
5. Bullying/gossiping is not a good thing because it hurts and spoils the reputation of others.



Life Skills

(To be done by students.)



Enrich Yourself

(To be done by students.)



Time to Apply

What will you do / say if:

- a. Tell them that it is a bad habit and ask them to stop gossiping.

- Tell them to stop physical abuse and make the person understand.
- Ask them to stop the bad behaviour immediately.
- Tell that each person has his/her own choice and that we need to respect their choices.

9

Love For All

Universal Truth



Time to Link

A. Answer the following questions:

- Kalam believed in equality and universal truth.
- The teacher discriminated between the two students by not allowing the boys to sit next to each other.
- Love, brotherhood and humanity is the message that the teacher should have given to the students.
- Universal truth refers to a statement related to reality regardless of time and space.

B. Say True or False :

- True
- False
- True
- True
- True



Think and Answer

Discuss and answer the following questions :

- This story teaches us about humanity, love and brotherhood.
- The law of attraction is universal truth which means to create your own karma.
- The law of karma is what goes around comes around.

- We should treat others with love and respect so that we can attract good karma. As karma says, "What goes around comes around".
- Universal truth refers to a statement related to reality regardless of time and space. We can apply it in our daily life by talking the truth.



Life Skills

(To be done by students.)



Enrich Yourself

Solve the crossword. Find all the words related to the Universal Truth. Use the clues given below.





Time to Link

A. Answer the following questions:

- The types of freedom are :
 - Freedom of belief
 - Freedom of speech
 - Freedom of expression
 - Freedom of association
 - Freedom of bondage and slavery
- The few freedom fighters are :
 - Mahatma Gandhi
 - Bhagat Singh
 - Veer Savarkar
 - Bal Gangadhar Tilak
 - Lala Lajpat Rai
- Freedom is being 'You' without anyone's permission.
- Freedom of Speech is important so that people can speak out their thoughts.
- The British rules India for 150 years.

B. Choose and tick (✓) the right answer.

- Freedom of Expression means,**
 - to express oneself through any means of communication – written or verbal.
 - to make faces.
- Freedom of Speech is,**
 - to talk day and night.
 - to speak your mind freely, and in the language you wish to use.

- Freedom is important,**
 - for people to be happy and productive.
 - so people can misuse it.
- Freedom of Belief is to,**
 - be able to choose and practice a religion of one's own choice.
 - to be able to pray loudly.
- Bondage and Slavery,**
 - is okay for some.
 - has been abolished since 1843.



Life Skills

Let's check your knowledge about India. Answer in one word.

- Asia
- Delhi
- Shri. Narendra Modi
- Shri. Ram Nath Kovind
- Tiger
- Jana Gana Mana
- Tricolour



Enrich Yourself

(To be done by students.)



Time to Apply

(To be done by students.)



Time to Link

A. Answer the following questions:

1. "Treating others fairly, keeping the same rules applicable to all and being morally right is justice".
2. Justice is important to represent people who are ill treated or who don't have a voice.
3. The courts are set up for people of a country to get justice.
4. The good quality of just people are that they are very honest and hold their values high.
5. When the old man built a house of poor quality, he got what he deserved.

B. Say True or False :

1. True 2. False 3. True 4. True 5. False



Think and Answer

Discuss and answer the following questions :

1. In this topic we learn about how to be just and fair.
2. Justice is important in our daily lives just people are honest and never go back on their words. They choose and do the right thing.
3. Yes, I am a just person.
4. Treating others unfairly or violating the rights of another person is known as injustice.

5. Injustice can be fought by promoting gender equality, by educating self and others, etc.



Enrich Yourself

Stand up for what is right, even if you are standing alone.



Time to Apply

(To be done by students.)