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Time to Link

A. Answer the following questions:

- (1) Integrity is doing the right things with strong moral principles, even when no one is looking.
- (2) David's interest was to become a sailor.
- (3) David saw a compass in the shop window.
- (4) Integrity is an important quality. This quality makes a person successful.
- (5) David thought about his integrity when he returned the compass.
- (6) The shop owner was touched by David's honesty of returning the compass and he did not take advantage of the situation. The shop owner was happy and gifted David the compass.

B. Say True or False:

- (1) False (2) True (3) True (4) False (5) True



Think and Answer

Discuss and answer the following questions:

- (1) From this story we learn about integrity and honesty.
- (2) Integrity is important as it makes a person successful.
- (3) Some qualities of a person with integrity are helpful, honesty, responsible, trustworthy, patient, hardworking, etc.
- (4) A person with integrity makes the right decisions. This helps a person to be successful.

- (5) It is easier to choose the dishonest path. I would choose to behave with integrity.



Life Skills

Given below are a few character traits. Circle the ones you think a person with integrity has.

- Honest Generous Loyal Sincere Liar
 Cunning Confident Jealous Confused Kind
 Guilty Sneaky Loving Rude Fearless
 Brave Careless Weak Trustworthy Responsible
 Selfish Unfair



Enrich Yourself

Think and write down what would a person with integrity do in the following situations.

The other boy should not look into Vikas's answer sheet.



Shamli should return the extra changes to the shopkeeper.



Time to Apply

(To be done by students.)

2

The Best Teachers

Self-Study

**Time to Link**

A. Answer the following questions:

- (1) Self-study means to help your own self to study.
- (2) Rahul was waiting for his parents who used to generally help him in his project.
- (3) Going out and exploring made Rahul feel confident and happy.
- (4) Rahul's grandfather taught about self-study.

B. Say True or False:

- (1) False (2) True (3) False (4) False
 (5) True (6) True (7) True

**Think and Answer**

Discuss and answer the following questions:

- (1) From this story we learnt about do self-study.
- (2) Self-study is important because it helps us to understand and study at our own pace.
- (3) Self-study can be used while leaning a new language, or while learning to play a new instrument.
- (4) Revising the learnt lesson, extracting additional information from books, internet, etc., are some ways to self-study.
- (5) Self-study urges students to makes study notes by themselves.

**Life Skills****(To be done by students.)****Enrich Yourself****(To be done by students.)****3**

The Resourceful Girl

Resourcefulness

**Time to Link**

A. Answer the following questions:

- (1) The ability to find clever ways to overcome difficulties is called resourcefulness.
- (2) Seema thought for a while and then tied her school bag handle with her hair ribbon.
- (3) The girls got lost the forest.
- (4) Seema stood firm and brave and with confidence she said that she knew how to get out of the situation.
- (5) Seema managed to save the girls by thinking of a plan and confidently following it.

B. Say True or False:

- (1) False (2) True (3) False (4) True (5) True

**Think and Answer**

Discuss and answer the following questions:

- (1) From this story we learn that we can find solutions to most of our problems by being resourceful.
- (2) (i) When man did not know how to make and sew clothes; they wore animal skins.
 (ii) When man did not have cars, they rode horses and and other animals for transport.

- (3) Being resourceful helps us build our self-confidence and abilities.
- (4) Resourcefulness helps the planet as people learn to use and reuse things.
- (5) We can be resourceful in our daily life by being confident, alert, reusing things, etc.



Life Skills

(To be done by students.)



Enrich Yourself

Unscramble the following words which are related to resourcefulness.

1. CREATIVE
2. INVENTIVE
3. CLEVER
4. SMART
5. BRIGHT

4 Selfless Social Service Social Service



Time to Link

A. Answer the following questions:

- (1) Sudha Murthy build many toilets in Maharashtra and Karnataka because she remembered her days of struggle in her engineering college.

- (2) Shaheen Mistri started her Akanksha Foundation by gathering students from poorer areas and teaching them.
- (3) Shaheen Mistri was shocked to see the poor education given to the street children, this made her want to teach young children in India.
- (4) People who undertake a lot of social service are called social workers.
- (5) Whenever there has been a naturel calamity like floods, drought, etc., Infosys Foundation has always stepped in to help.

B. Complete the following:

- (1) of having access to sanitation.
- (2) remember to give back to society, once she earned a lot of money.
- (3) libraries in India.
- (4) to see the poor education given to the street children.
- (5) young Indians teach schools in rural and low income area.



Think and Answer

Discuss and answer the following questions:

- (1) From this story we learn to be kind, caring and helpful towards others.
- (2) Social works is a profession concerned that helps people and families deal with their different problems.
- (3) No, you do not have to be rich and famous to be involved with social work.
- (4) (1) Medical social worker
(2) Child welfare social worker

- (3) Family social worker
- (4) School social worker
- (5) The job of a social worker differs from day to day. They deal with new problems daily. However, they are kind and caring, and really went to make a helpful difference. They make a change in the society and make others live better.



Life Skills

(To be done by students.)



Enrich Yourself

(To be done by students.)

5 The Tolerant Man Tolerance



Time to Link

A. Answer the following questions:

- (1) The businessman was upset because a large stone hurt him while walking.
- (2) When the businessman learnt about how strong the tree stood inspite of being hit by stones he learnt about tolerance.
- (3) No, the lady did not hit the businessman on purpose.
- (4) The lady thrown a stone because she wanted to collect fruits.
- (5) The businessman forgave the old woman because she taught him to stay tolerant and humble towards everyone.

B. Say 'True' or 'False':

- (1) True (2) False (3) True (4) False (5) True



Think and Answer

Discuss and answer the following questions:

- (1) From this story we learn to stay tolerant.
- (2) A person can be more tolerant by valuing others opinions and thoughts.
- (3) When a person is tolerant, the society is peaceful.
- (4) When the people are tolerant the society develops by beings out spoken and sharing their views and the society brings in different solutions to theirs problems.
- (5) They treat others with respect.



Enrich Yourself

Unscramble the words to find words related to tolerance.

- | | |
|---------------|------------------|
| (1) TOLERANCE | (2) CO-OPERATION |
| (3) LOVE | (4) HARMONY |
| (5) RESPECT | (6) PEACE |
| (7) DIGNITY | |

6

A Loving Touch

Humansim



Time to Link

A. Answer the following questions:

- (1) Agnes Gonxha Bojaxhiu
- (2) Mother Teresa came to India on 6th January 1929.
- (3) Mother Teresa served the sick and needy.
- (4) Missionary of Charity.
- (5) Mother Teresa won the Nobel Prize in 1979.

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) From this story we learn to show compassion and empathy towards one another.
- (2) Humanism is important because it makes the world a better place.
- (3) One should expect nothing to be kind to others.
- (4)
 - (i) Helping a blind person to cross the road.
 - (ii) Giving food to the needy.
 - (iii) Give your seat on the bus to the elderly person.
 - (iv) Spend time with your grandparents.
- (5) Humanism can make the world a better place by doing small deeds like helping the needy with food, helping the blind cross the road, etc.



Life Skills

(To be done by students.)



Enrich Yourself

(To be done by students.)

7

A Punctual Day

Punctuality



Time to Link

A. Answer the following questions:

- (1) The children wanted to ask a lot of questions to Varun Singh, the famous cricketer.
- (2) Varun Singh, during his school days heard from the principal sir that punctuality is politeness of the kings.
- (3) Importance of punctuality –
 - (i) Things are done faster and better.
 - (ii) It shows you to value yourself and others.
 - (iii) It shows integrity.
- (4) A player missed an opportunity because of lack of punctuality, since, he arrived late to the selection trials.
- (5) The important trait that all successful people have is punctuality.

B. Say True or False:

- (1) True (2) True (3) False (4) True (5) True

 **Think and Answer**

Discuss and answer the following questions:

- (1) From this story we learn that success comes through punctuality.
- (2) Punctuality is good as it helps us to build a strong character. It helps us to be responsible and value ourselves.
- (3) Being punctual helps a person to be reliable, trustworthy and successful.
- (4) (To be done by students.)
- (5) Habits needed to cultivate to be punctual are : be organised, go to bed early and wake up early, value time.

 **Life Skills**

Punctuality is essential for everyone in life. However, what will happen if the following people are punctual:

- (1) Treatment given to a patient can get delayed.
- (2) Firefighting, rescue, emergency medical care and other related emergency services will be delayed and it can make the situation worst.
- (3) The teacher will not be able to inculcate discipline and punctuality in the students.
- (4) The flight will get delayed and the passenger will not reach their destination in time.
- (5) Transporting seriously ill patients to the hospital will get delayed.
- (6) The traffic flow will not be smooth.

 **Enrich Yourself**

(To be done by students.)

8 **The Non-Violent Movement by Mahatma Gandhi** Non-violence

 **Time to Link**

A. Answer the following questions:

- (1) Mahatma Gandhi was called the Father of the Nation.
- (2) Mahatma Gandhi preached about truth and non-violence.
- (3) Mahatma Gandhi believed that non-violence could help unite the country and gain freedom.
- (4) Dandi March achieved the unity of the people of India wherein Indians who held jobs for the British resigned from their posts and joined the march.
- (5) Gandhiji united all the Indians by deciding to do a peaceful march to Dandi to protest against the British salt laws.
- (6) Dalai Lama says, "Non-violence doesn't mean we have to passively accept injustice. We have to fight for our rights, we have to oppose injustice. Gandhiji fervently promoted non-violence but that didn't mean he was complacently accepting to the status quo. He resisted, but he did so without doing harm."

B. Choose the right answer / answers:

- (1) a. Non-violence (2) a. Dandi March
- (3) a. To fight and make your voice heard but without resorting to violence
- (4) a. Not long term
- (5) b. That a protest can be done peacefully and still achieve the same results.

Think and Answer

Discuss and answer the following questions:

- (1) From this story we learn about seeking non-violence.
- (2) Mahatma Gandhi's perception on violence was that when violence appears to have done something good, that good is only temporary, the evil it does is permanent.
- (3) People should be non-violent because non-violence is the only way that could help unite the country and gain freedom.
- (4) Non-violence is a way of courageous people because it takes a lot of courage to seek control to stop reacting violently and react peacefully.
- (5) The principle of non-violence that Dr. Martin Luther king presented are :
 - (i) Non-violence seeks to win friendship and understand. It does not need to conquer by force.
 - (ii) Non-violence seeks to defeat injustice and not people.
 - (iii) Non-violence chooses love instead of hate.

Life Skills

Apart from the Dandi March, Gandhiji used the non-violent 'Ahimsa' way in many more movements. Name a few and give their details.

- (i) Champaran Movement (1971) - It is the first popular movement.
- (ii) Khilafat Movement (1919) - The Muslims were protesting for the safety of their Ottoman Caliphate. They launched this movement under the guidance of Mahatma Gandhi.

- (iii) Quit India Movement (1942) - This was launched at the Bombay Session of the All-India Congress Committee by Mahatma Gandhi, demanding an end to British rule during World War II.

Enrich Yourself

How can the following situations be handled non-violently?



Vineet has to be told to look around properly for his pencil box and to not be judgemental towards others.

Preeti and Smriti both need to learn to share. They should take turns to sit on the front seat. They should be asked not to fight as there is no good outcome in it.



9

A True Story of Endurance

Endurance

Time to Link

A. Answer the following questions:

- (1) Endurance is not just the ability to bear a hard thing, but to turn it into glory.
- (2) Steve Callahan's boat collided with a whale.
- (3) Steve Callahan's survived in the ocean by hunting for fish and eating it, collecting rain water which he would drink. He had lost a lot of weight, but he managed to endure this

tough situation by his mental strength and his physical fitness.

- (4) Steve Callahan's endure the ocean for 76 days.
- (5) Steve Callahan's was rescued by some fisherman.

B. Say True or False:

- (1) True (2) True (3) False (4) False (5) True

Think and Answer

Discuss and answer the following questions:

- (1) From this story we learn about the importance of endurance.
- (2) Endurance is not just the ability to bear a hard thing, but to turn it into glory.
- (3) People who are involved in heavy physical activities - like soldiers, sports people, Marathon runners, swimmers, etc., need to have a lot of physical endurance.
- (4) People emerge out as winners in tough situations. They learn that hardships makes you strong and gives new tips and tricks to survive.
- (5) Building endurance is necessary for everyone.

Life Skills

(To be done by students.)

Enrich Yourself

(To be done by students.)

Time to Link

A. Answer the following questions:

- (1) Thinking about and planning for the future is forward thinking.
- (2) Forward thinking bring about development because they look for both opportunities so that they benefit later in life.
- (3) Visionaries mentioned in the story are Jamsetji Tata, Narayan Murthy, Ex-President Dr. Abdul Kalam and Dr. Kurien.
- (4) (1) Supportive (2) Honest (3) Problem solver
(4) Passionate (5) Committed (6) Responsible
- (5) Dr. Kurien brought about the White Revolution in India. It was about the development of dairy industry in India.

B. Choose the right option

- (1) a. It means he is thinking of the future
- (2) b. Think about the distant future
- (3) a. Infosys – an IT company that became world famous
- (4) a. They are great leaders
- (5) b. Spearheaded the nuclear development programme of India

Think and Answer

Discuss and answer the following questions:

- (1) From this story we learn to be good organizers and thinkers by attaining the quality of forward thinking.

- (2) Forward thinking helps in preparing for the future, achieves growth and success.
- (3) They are good organizers and thinkers.
- (4) It is important to develop a forward thinking attitude because in today's fast changing world it is essential that every person develops a forward thinking attitude so that the future is better.
- (5) (i) Dr. Homi Baba – Foundation for Nuclear Power
(ii) Marie Curie – Discovered radioactivity



Life Skills

(To be done by students.)



Time to Apply

He who doesn't look ahead remains behind. Explain the meaning of this proverb.

Explanations : People who do not plan or think about the future never moves ahead or cannot achieve goals.

11 The Importance of Self-Reliance Self-Reliance



Time to Link

A. Answer the following questions:

- (1) Self-reliance is the ability to do things and make decision by yourself, without the help of others.
- (2) Self-reliance develop confidence because it teaches us to do things by ourselves.

- (3) Three benefits of being self-reliant
 - (i) It makes your grateful
 - (ii) Enchances responsibility
 - (iii) Increases patience
- (4) Self-reliant makes us feel confident to handle things and therefore it teaches us responsibility.
- (5) Yes, it makes you grateful for all the help you get at times.

B. Say True or False:

- (1) False (2) False (3) True (4) True (5) False



Life Skills

How will you be self-reliant in the following places?

In school - (i) Listen and be attentive to the teacher.

- (ii) Polite and respectful to students and teachers.
- (iii) Follow the instruction given the first time.
- (iv) Finish all classwork in time.

At Home - (i) Cleaning your bedroom without someone asking you to do.

- (ii) Packing your school bag without being reminded.
- (iii) Finishing your chores.
- (iv) Doing your homework by yourself

Outside - (i) Helping ourselves with what we need.



Sort the following values into ones that are found in self-reliant people and ones that aren't.

Self-reliant people

Confident

Smart

Responsible

Hardworking

Kind

Supportive

Focused

Goal oriented

Proactive

Understanding

Ones that aren't

Irritable

Unlucky

Unhappy

Sulking

Unhelpful

Jealous

Backstabbing

Tired