

Welcome Life

(For 3rd Class)



ਪੜ੍ਹੋ ਸਾਰੇ ਵਧੋ ਸਾਰੇ

ਸਿੱਖਿਆ ਅਤੇ ਭਲਾਈ ਵਿਭਾਗ, ਪੰਜਾਬ ਦਾ ਸਾਂਝਾ ਉਪਰਾਲਾ



Punjab School Education Board

Sahibzada Ajit Singh Nagar



© Punjab Government

First Edition 2021-22.....23300

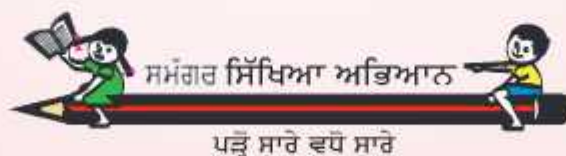
Second Edition 2022-23.....19500

All rights, including those of translation, reproduction
and annotation etc., are reserved by
the Punjab Government.

WARNING

1. The Agency-holders shall not add any extra binding with a view to charge extra money for the binding. (Ref. Cl. No. 7 of agreement with Agency-holders).
2. Printing, Publishing, Stocking, Holding or Selling etc., of spurious Text-books qua text-books printed and published by the Punjab School Education Board is a cognizable offence under Indian Penal Code.

(The textbooks of the Punjab School Education Board are printed on paper carrying water mark of the Board.)



ਸਿੱਖਿਆ ਅਤੇ ਭਲਾਈ ਵਿਭਾਗ, ਪੰਜਾਬ ਦਾ ਸਾਂਝਾ ਉਪਰਾਲਾ

ਇਹ ਪੁਸਤਕ ਵਿਕਰੀ ਲਈ ਨਹੀਂ ਹੈ।

Foreword

Punjab Curriculum Framework (PCF 2013) which is based on National Curriculum Framework (NCF) 2005 recommends that the child's knowledge must be connected to their life outside the school. It indicates the departure from the legacy of bookish learning and ensures that learning is shifted from rote methods to an activity based curriculum and should provide an opportunity for the holistic development of the students.

Under the leadership of Sh. Krishan Kumar (IAS), Ex.Secretary, School Education (Punjab) a new progressive spirit has been infused in the entire system of school education in the state of Punjab. In due course of time, it has been realised that the inculcation of moral values through a specific subject can bring a major transition in the overall development of our students.

The present education system is indeed enabling students to compete worldwide in the modern times of growing economic and materialistic attitude but it is only the values of life that can transform them into real human beings. Therefore, focusing upon this prime objective of education, the Department of School Education, Punjab, in collaboration with Punjab School Education Board has introduced a new subject '**Welcome Life**' which is based on human values. It will be implemented in class I to XII from Academic Session 2020-2021.

The main objective of this practical and thought provoking curriculum is to provide insight to the students in such a way that they will be able to realize their full potential and become well balanced and responsible individuals and dignified assets to the society. We believe that this new subject '**Welcome Life**', will undoubtedly prove beneficial in transforming the students into highly civilized individuals and sensitive to the diversity and human life. This textbook is an outcome of hard work and sincere efforts of 'Text book development committee' who have contributed immensely by their conscious efforts to nurture an over-riding identity of students through this Subject.

Punjab school Education Board welcomes suggestions and feedback from the stakeholders for the improvement of subsequent editions of the textbook.

Chairman

Punjab School Education Board



Preface

Good values form the basis of living a graceful life. When children start adopting these qualities in young age, their life is certain to be wonderful.

Good health is the most important for enjoying a good life. Honesty is to be inculcated in them in such a way that it remains with them throughout their life.

All children are equal and the teacher should make them understand about gender equality from the very beginning as this understanding/thinking forms a good family in the times to come.

Our family, our school and our society are our pride in the real sense. Affection, respect and loyalty for all these, will strengthen the foundation of a powerful nation. Patience, satisfaction, good conversation and good friends enrich our life and compliance of rules makes our life disciplined.

Love for books or literature in young age leads as well as guides us through out our life and proves to nourish our soul.

Your hearty guidance is a must to achieve the above mentioned objectives of this text book. A teacher is supposed to guide students about their life. Hopefully, all the teachers will contribute in this with their hearty efforts.

Dr. Davinder Singh Boha

State Coordinator

Parho Punjab Parhao Punjab



Text Book Formation Committee

Project Coordinator :

- 1 Dr. Davinder Singh Boha, Coordinator, Parho Punjab Parhao Punjab

Prepared by :

- 1 Dr. Pushvinder Kaur, Lecturer Punjabi, G.S.S.S. Multipurpose, Patiala.
- 2 Dr. Charan Pushpinder Singh, Lecturer Punjabi, G.S.S.S. Basi Kalan, Hoshiarpur.
- 3 Madan Veera, Punjabi Master, G.S.S.S. Chohal, Hoshiarpur.
- 4 Satpal Bhikhi, E.T.T. G.E.S. Asarpur, Block Bhunnarheri-2, Patiala.
- 5 Manjit Puri, Lecturer Punjabi, G.S.S.S. Khokhar, Sri Muktsar Sahib.
- 6 Dr. Shamsher Mohi, Punjabi Master, G.S.S.S. Bhunga, Hoshiarpur.
- 7 Gurpreet, Punjabi Master, G.S.S.S. (Boys) Mansa.
- 8 Pargat Singh Satauj, D.P.E, GHS Ugrahan, Sangrur.
- 9 Tarsem, Hindi Master, G.S.S.S. Khudi Kalan, Barnala.
- 10 Avtar Singh, Punjabi Master, G.M.S. Dedhna, Patiala.
- 11 Neelam Kumari, Science Mistress, G.M.S. Brahman Majra, Sri Fatehgarh Sahib.
- 12 Dr. Lakhwinder Kaur, Punjabi Mistress, G.S.S.S. Ghuteend, Sri Fatehgarh Sahib.
- 13 Sukhwinder Kaur, Punjabi Mistress, G.H.S. Fatehpur Rajputan, Patiala.

Translated by :

- 1 Mr. Gurmel Singh Sagoo, DM English, S.S. Sri Muktsar Sahib
- 2 Ms. Meera Narula, Lecturer English, G.S.S.S. Nihal Khera
- 3 Mr. Ranjeev Kumar, Lecturer English, G.S.S.S. Jhabel Wali, Sri Muktsar Sahib
- 4 Ms. Vaishaly, English Mistress, G.H.S. Kakhan Wali, Sri Muktsar Sahib
- 5 Mr. Balkaran Singh, English Master, G.S.S.S. Sikhwala, Sri Muktsar Sahib
- 6 Ms. Amanpreet Kaur Brar, English Mistress, G.S.S.S. (G), Sri Muktsar Sahib
- 7 Ms. Ashu Gupta, English Mistress, G.S.S.S. Ballamgarh, Sri Muktsar Sahib
- 8 Ms. Khushveer Kaur, English Mistress, G.H.S. Bhangewala, Sri Muktsar Sahib
- 9 Mr. Jaswinder Pal, S.S. Master, G.S.S.S. Hakuwala, Sri Muktsar Sahib

Artist :

- ▲ Sukhvir Sarwara, Art & Craft Teacher, Govt. Multipurpose Sr. Sec. School, Patiala



CONTENTS

Sr. No.	Name of Chapter	Chapters	Page No.
1.	Our Food and Water	a. Eat healthy food b. Houseflies ! c. How does the water get contaminated d. Lest the water finishes	1-12
2.	Be Honest	a. Picture story b. Honesty c. The Wood Cutter (Oral story) d. Well Done! Abdul	13-20
3.	We are all equal	a. Sons or Daughters, all are equal b. Let us work equally c. Flowers of the same garden	21-27
4.	Let us love - Be faithful	a. My rivers, fields and mountains b. About the great people of my country c. There should be love	28-33
5.	Love the trees	a. Let us meet our trees b. Friendship with trees c. Plant trees – save yourselves	34-39
6.	Contentment	a. The highest rank b. Difference between a contented and a greedy person c. Couplets about contentment	40-44
7.	Speak well and make friends	a. How to talk to your friends in school b. How to Address your kins c. What do we get by speaking sweet	45-48
8.	Let's walk on the road	a. Traffic Signs b. Which hand to keep c. How to cross the road	49-52
9.	Let's read books	a. Message b. Let us read a story c. Along the poem	53-58





Our Food and Water

A. Eat Healthy Food

Why has Avtar not come to school since four days?



Sir, he is ill and suffering from loose motions and vomits.

He must have eaten contaminated food.



Students, we should eat healthy food otherwise we will fall ill like Avtar.
Let us know how do we fall ill :

Contaminated food : The food that is not good for health



Discussion (open talk by the teacher)

- What do you understand after seeing the pictures ?
- Do you know how this happens ?
- If we eat such contaminated food what would happen ?

Activity 1.1 : Which things get contaminated at home ?

1 Milk	5
2	6
3	7
4	8

For the teacher

The Teacher will help the students in completing the list and ask if this list will remain the same for summer and winter.

How do we know that food is bad?

Through smell

From change in colour

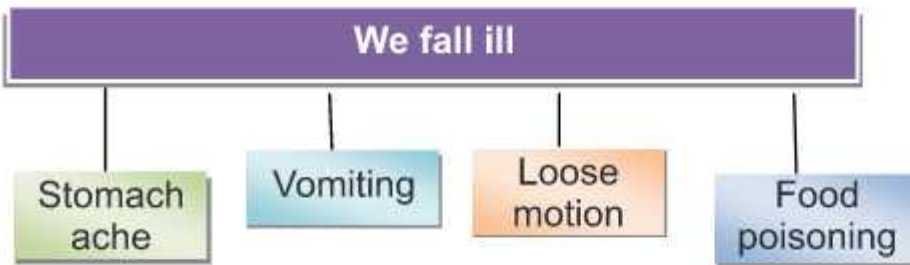
Through change in taste

From the expiry date written on packets

How does the food get contaminated?



Micro Organisms : What happens if we consume bad food ?



Take care : Never eat bad food.

- ❖ Cool milk after boiling
- ❖ Food can be protected from contamination by keeping it in cold place and refrigerators

Activity 1.2

How does the bread catch fungus?

Keep a loaf of wet bread in a covered box. After a few days, we will see what happens.



Oral Questions

- To check whether the canned food is contaminated or not, what would we do?
 - Colour of the packet
 - Size of the package/ box
 - Date written on the packet
 - All of these
- Sukhmani said that on opening the tiffin that vegetable had gone contaminated. How did she come to know ?
 - on seeing
 - from smell
 - from colour
 - from taste



Let's see what has happened to the loaf of bread?

What did you notice?

.....

.....

.....

.....

.....

.....

B. Houseflies

Students, you have already come to know about the causes of contaminated food. Can you tell me those causes?

There is one more cause of the contamination of food – Houseflies.

Houseflies! Houseflies !

See the houseflies,

They come buzzing

and sit on chapattis,

and everything you keep uncovered...

Leave... do not eat it.

Excreta sticking on their legs,

Cannot be seen but it's true,

You will fall ill ,

then you will weep,

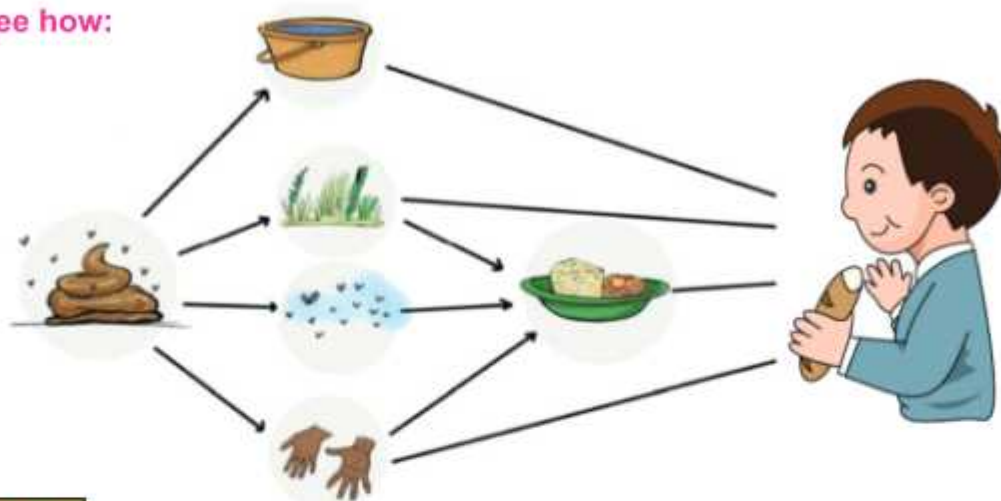
Understand this...



There are disease spreading micro organisms in animal and human excreta which reach our food through different ways :- contaminated water, air, houseflies, raw food (cereals vegetables fruits etc.)

Do you know how these micro organisms reach our food ?

Let's see how:



Activity 1.3

Students, in the above picture flies and other sources through which food gets contaminated are given. To solve this problem, below are given some pictures. See and write your answers as a solution to the problem:



.....



.....



.....



.....

Activity 1.4

Make a list of the things to be remembered on the basis of the above stated information.

- 1.....
- 2.....
- 3.....
- 4.....
- 5.....

Let's Check :

1. What is the main cause of the contamination of food according to above stated information ?
 - a) Excreta in open area
 - b) Houseflies
 - c) Water
 - d) Plants
2. What should be done to protect food from houseflies ?
 - a) Houseflies should be killed
 - b) Food should be covered
 - c) go in toilets
 - d) (b) and (c)both

C. How does the water get contaminated ?



Today the taste of water is somewhat different. But why?



Yes, I too feel the same..



It seems that water tank has not been cleaned since many days or there can be some other reason...



Come let's ask the teacher



Madam, today the taste of water is somewhat different.

Oh! Is that so?

Come, let's find out the reason. May be, the cover of water tank would remain open. No, it is closed. Let's see into it. The water is not clear. Let's check the water pipe, may be it is cut.





O yeah! Look here Ma'am. There is a crack in the water pipe. See how much muddy it is here.



Hmm! Lets call the plumber and get it repaired.



Teacher : Do you know students, Water gets polluted due to many other reasons also, like:

- Not covering water
- Putting dirty hands in water
- Throwing garbage in water
- To go for toilet in open or bathing cattle near rivers, ponds etc.
- Mixing of waste and chemicals of factories in rivers

Activity 1.4

Amit is talking to his grandfather regarding the homework given by his teacher. He is to fill the following table with the help of his grandfather. Can you guess what his grandfather has told him?

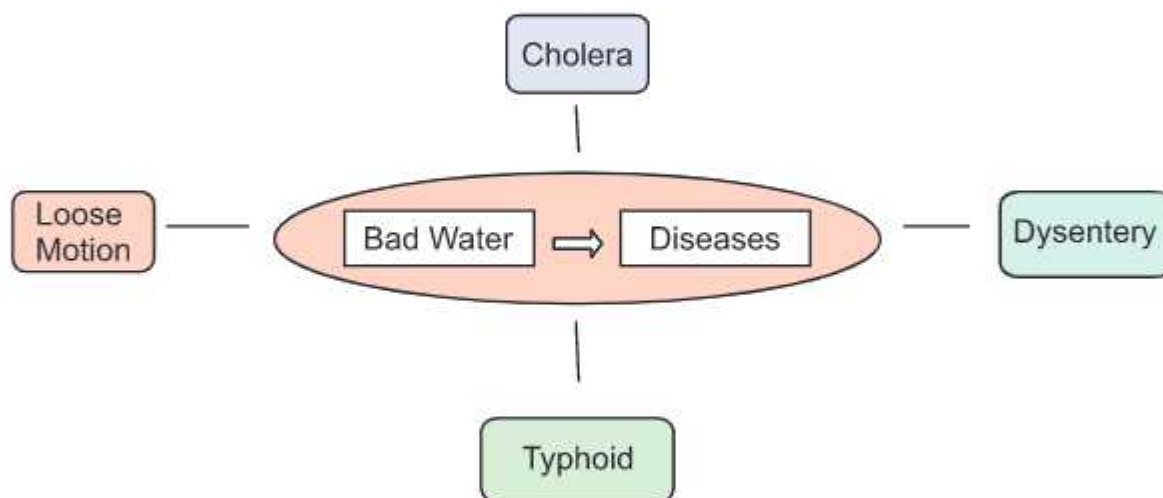
S. No.	Water Source	Reason of getting dirty

Activity 1.5

What can you do to keep water clean on the basis of reasons told by your teacher?

- 1
- 2
- 3
- 4

- ❖ We must not drink polluted/contaminated water because we can catch many diseases because of that like :



Oral Quiz

1. How will you judge that the water is dirty?
 - a. from color
 - b. from taste
 - c. from smell
 - d. all of these
2. What is the natural cause of water getting dirty?
 - a. garbage
 - b. dust or earth
 - c. excreta
 - d. wastage of factories

D. Lest the water should finish

Fortunately there were 22 members in the family. All sat in the verandah and it looked happy. But the real prosperity of our verandah was the hand pump which my grandfather had installed. To work at it and see the water coming from it, made me very nice. One thing more which I liked about it, was that it never got exhausted and above all, you could draw the amount of water you needed and it was crystal clear too.

My mother after getting up in the morning would wash it and worship it and sometimes on Sundays offered it porridge also. We were leading a happy and prosperous life. But the higher I grew the lesser its water became. I went on working at it only then the water would come. Mother served it but it did not get improved. I had to think where the water had gone now. My mother had to go to the tubewell. The hand pump had turned out into a non living statue. I had a fear all the time if the water of tubewell would also get exhausted?

With age, I went on gaining height but the water of the tubewell reduced to one fourth of its original water. Now, I was able enough to think about the answer of my question. Now, I realised that water being wasted everywhere had taken our



hand pump's water. In fact, to raise our life standards we have lowered the level of water.

What do we learn from this story?

.....

.....

.....

.....

Activity 1.6

I have made these posters. Can you also make a poster like these?



Activity 1.7

Write a poem/ story on the topic "Use water judiciously" and recite/ narrate in your Bal Sabha.

Oral Questions :

1. How can water be saved ?

- a) by putting in bucket b) by using water judiciously
- c) by not using water d) all of these

2. How do you think water will get exhausted ?

- a) by playing with water b) by washing clothes
- c) through sunlight d) by wasting





Be Honest

A. Picture Story



Scene of a sweets shop on the road. The shopkeeper is giving sweets to the customers. Harjot Singh, a 9 year old student, is passing by there. He notices a 100 rupee note in front of the shop and picks it up. He talks to himself:

Harjot : Oh! found Hundred Rupees! Whose may it be? Should I buy something? No, no this is wrong. I must give it to the shopkeeper.

Harjot : Uncle, I have found a 100 rupee note in front of your shop. Whose is it?

Shopkeeper : Wow! well done son. My customer had lost these rupees. He had come to ask me about it.

Harjot : Uncle, take this money.

Shopkeeper : Son, I'm very happy with your honesty.

Shopkeeper : Here is your 100 rupee note, Sham Singh Ji. This wise child has found it.

Sham Singh : Well done ! child. It is a matter of pleasure. Salute to your honesty. What is your name, child?



Harjot : My name is Harjot Singh. I study in the third class in Government Elementary School Bhullar. Our teacher always tells us to be honest and speak the truth.

Both : Well done ! son. We are very happy with your honesty. You will bring credit to the names of your parents, teachers and your school.

Oral Questions

- Who found a 100 rupee note?
- Whom did Harjot give the 100 rupee note to?
- Whose was the hundred rupee note?
- Whether Harjot did the right thing or not ?

B. Honesty



Kirpal Singh was very upset. Somebody had stolen the belt of his farm motor. He was a poor farmer. It was difficult for him to buy the new belt. The crop was in need of water.

Kirpal Singh's friend, Prem Singh was also sad to hear about that. Prem Singh gave an idea to Kirpal Singh that as somebody had stolen their belt they too would take off the belt of someone's motor tonight.

Both the friends reached the neighbour's Village Farm on a bicycle in the dark. They stole the belt off the motor in the farm. But it was very old and in bad condition. They left the belt there and went to another farm. At last they stole a new and branded belt from another motor. As they were about to leave after stealing the belt, suddenly Kirpal Singh turned to his friend and said, "Stop Prem"

Prem Singh said, "What happened ?"

Kirpal said, "we shall not take this belt." My grandfather used to tell that Honesty is the best policy. If you retaliate dishonesty with dishonesty you are the most dishonest person. Eat half a loaf of whole bread but don't give up honesty.

Both the friends looked at each other and came back home leaving the leash there only.

Let's check : Choose Yes or No

1. The man who stole belt of Kirpal Singh's motor was honest.

Yes

No

2. Was Kirpal Singh right to think of stealing?

Yes

No

3. Did Kirpal Singh's grandfather show him the right path?

Yes

No

Oral Questions:

1. What is a belt?
2. What was the name of Kirpal Singh's friend?
3. Why did Kirpal Singh decide not to steal the belt even after taking it off?

Activity 2.1 :

The Woodcutter (Oral Story)



- The teacher will tell the story in an interesting way, in details and with full expressions.
- The teacher will talk to the students using Question - Answer method after telling the story.

D. Well Done Abdul !

Teacher : (addressing all the children) : Listen children, check your bags, pencil-boxes and surroundings if there is something missing?

All the children check their bags, pencil-boxes notebooks and mats etc.



Some of them speak: No, I have not lost anything...

Gurman : (in a sad mood): Sir, my pencil is missing.

Teacher : OK, how was it?

Gurman : Sir, it was red in colour with black stripes. A day before yesterday, my mother brought it. It was new.

Teacher : Are you sure?

Gurman : Yes sir, you may ask Raman. He has sharpened it with his sharpener.

Teacher : (Happily taking out a pencil from the Register): Here, take your pencil.

Gurman : (happy to see the pencil) yes sir, it is mine. Thank you.



Teacher : (addressing all the children): Dear children, you should take care of all your belongings. Abdul had found this pencil. He gave it to me. Well done Abdul! come to me. Where did you find it?

Abdul comes.

Abdul : I had gone to take water and found it lying near the tap.

Gurman : Sir, I too had gone to take water.

Teacher : Children, when you leave the class, put your belongings in your bag. This is the reason why the things are lost. I am happy that Abdul has honestly given the pencil to Gurman. Bravo Abdul! Children, give a big round of applause for Abdul.

All the children clap and the whole room is filled with applause.



Activity 2.2

- The teacher will share some incidents related to honesty from his/ her experience.
- The children will be asked to share any story or self experienced incident relating to honesty.
- The teacher will ask the students to listen to the stories of honesty from their grandparents and parents and share them with others in the class.





We are all Equal

A. Sons or Daughters, all are equal

If son is happiness, daughter is the light of the house.

Children are always fragrance in the house and ask for the blessings of their parents.

Children are the pride of family and give respect to their parents.

Both are forms of God. Is there any difference between son or daughter?

No... Both are equal.

Should we discriminate between boy and girl?

No... Both are equal

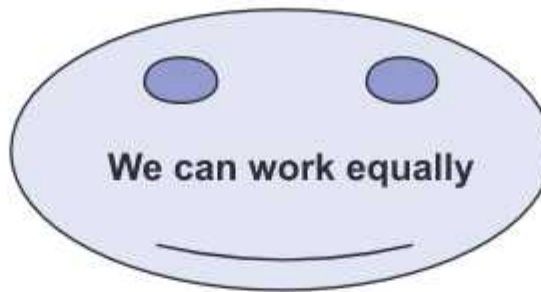
We should not differentiate between boy and girl...



Time to Ponder

1. Should we discriminate between boy and girl?
2. Should we not differentiate between boy and girl?

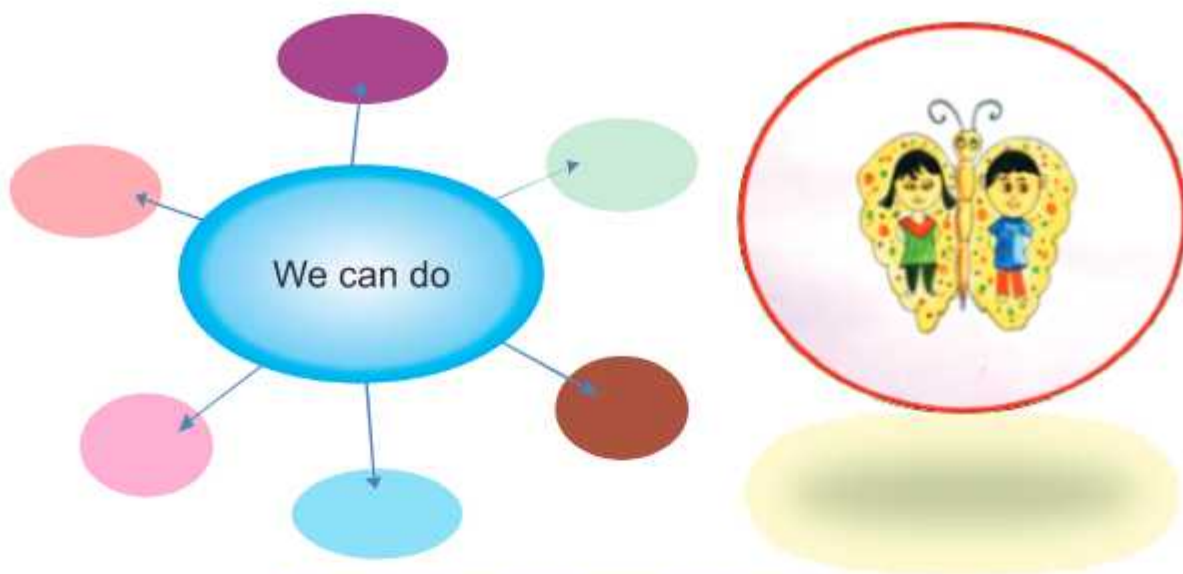
(B) Let us work equally



Dear students, tell who can do this work? Tick in the appropriate column.

Work	Boys	Girls	Both
Cooking			
Cleaning			
Washing Clothes			
Looking after cattle			
Studying			
Playing Games			
Working in Movies			
Working in Plays			
Working in Factories			
Singing Songs			
Riding bicycle or scooter			
Driving car or bus			
Flying air planes			
Going into space			
To become a doctor, advocate or teacher			
To work in army			

After asking about the above tasks, the teacher will tell the students that both boy and girl can do all the work. if they can do the work equally, there is no difference between a girl and a boy. This would generate the feeling of equality and Justice among the students.



C. Flowers of the Same Garden

Dear students, we see that all people in nature are equal. Nature also provides justice to all. In this way a human being should not discriminate against any one. Come on! we bring you into a family where all the members are equal and live happily.

Mandeep and Karamveer are twins, who studied in the same class and in the same school. Both used to go to school together, come home, play and finish school work. They like their clean room very much. So after finishing school work, they would start cleaning their room. If Mandeep had cleaned the cupboard, Karamveer would pack all the scattered toys in the box. On one side Mandeep would fix the sheet and on the other side



Karamveer would pick up all the books and put them on the table in a line. They would then recite the lines taught by their grandmother, "Cleanliness is next to Godliness." This would make them more passionate about cleaning the room. After a few minutes, they would see the room clean. Whenever mother came in the room, she would be happy to see a clean room and say happily, "Well done! my children, studying in a clean room is so good." Their mother used to teach them that no work is big or small and there is no difference that it is for a boy or a girl. Rather all works are equal. In the olden days men used to go out to work and women worked inside the house. But



now a days outside and inside works are common to both. They used to hear their mother taking in the neighbourhood that there is no difference between a boy and a girl. Both of them are the children of their parents. In the old age, both girl and boy listen to their joys and sorrows and take care of them. She often uttered the words, "If the son is sweet fruit, the daughter is a sweet candy." Which work the girls cannot do? After finishing their homework, they used to look after the plants with their father. If one would water the plants, the other would clean the plants. They felt as if flowers were talking to them. At this time, their dog 'Dabbu' also ran with them. The baby sparrows in the nest on a tree and the mother sparrow flying around was liked by them very much. Their father used to teach them that as much as you love the animals and birds the same love they will gave back to you.

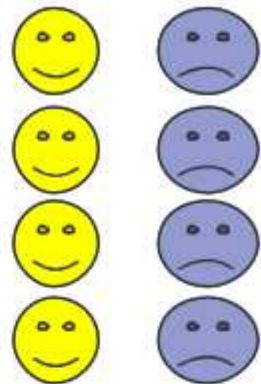


The more you take care of your plants, the more they will grow. They enjoyed this work very much. The yard of Mandeep and Karamveer's house was open for all children to play. Children from the neighbourhood used to come to their house to play. They used to play games like picho, catch catch and Hide and Seek. In summer, their grandmother gave Sharbat and lemonad juice to all the children. It got dark while playing and all the children went to their homes. Mother's voice would come from inside to eat. They would wash their hands before eating, then taking food in their plates lemonad after eating they would come and put their utensils in the kitchen sink.

Before going to bed, they would go and sit with their grandparents, talk to them and listen to them. The grandmother always explained, "My children, all the people in this world are equal. We should not discriminate against anyone because nature has created all. We should not think that there is any difference between the rich and the poor, the white and the black, religion, caste. It is because everyone has the same colour of blood. Then grandfather said that Earth is common to all i.e. birds, animals and human beings. All have equal right to live. We should conserve all the gifts of nature like air, water and earth. If you love nature, nature will bless us with many things. While talking like this, they would fall asleep.

A. If the statement is right, tick the smiling face and if it is wrong, click the sad face.

1. We should respect everyone in the house.
2. We should help each other in household tasks.
3. Only boys are smart in studies.
4. All members of the household are equal.



B. Mark the Correct

1. Which activities can girls do?

- | | | | |
|---------------|--------------------------|------------------|--------------------------|
| (a) education | <input type="checkbox"/> | (b) job | <input type="checkbox"/> |
| (c) housework | <input type="checkbox"/> | (d) all of these | <input type="checkbox"/> |

2. Who said this proverb, "if the son is sweet fruit then the daughter is sweet candy."

- | | | | |
|-----------------|--------------------------|-----------------|--------------------------|
| (a) mother | <input type="checkbox"/> | (b) father | <input type="checkbox"/> |
| (c) grandfather | <input type="checkbox"/> | (d) grandmother | <input type="checkbox"/> |

3. On the basis of Which of the among we should not discriminate?

- | | | | |
|--------------|--------------------------|-------------------|--------------------------|
| (a) colour | <input type="checkbox"/> | (b) caste | <input type="checkbox"/> |
| (c) religion | <input type="checkbox"/> | (d) none of these | <input type="checkbox"/> |

4. Whom should we love?

- | | | | |
|------------------|--------------------------|--------------|--------------------------|
| (a) birds | <input type="checkbox"/> | (b) animals | <input type="checkbox"/> |
| (c) human beings | <input type="checkbox"/> | (d) with all | <input type="checkbox"/> |

5. Whom should we respect?

- | | | | |
|--------------|--------------------------|------------------|--------------------------|
| (a) elders | <input type="checkbox"/> | (b) youngers | <input type="checkbox"/> |
| (c) teachers | <input type="checkbox"/> | (d) all of these | <input type="checkbox"/> |

The teacher will motivate the students that all the people living in the house, animals and birds have the equal rights to live. There is harmony in living together. There is no difference between boys and girls with this equality, there is justice for all. All the household tasks should be done together. The teacher will ask in the next class that which of the above teachings did they follow friends the students follow.

I know that you are good children like us...





Let Us Love – Be Faithful

A. My rivers, fields and mountains

The place where we were born and grow is called the motherland. Every human being loves his motherland very much. our Punjab is very beautiful. There is so much to see. There are rivers, fields and mountains. They make our Punjab beautiful and prosperous too.



Great people never break ties with their motherland. Pandit Jawaharlal Nehru, the first Prime Minister of our independent India, also loved his motherland very much. He had said before his death that when he died, some of his ashes should be thrown into the river, Ganga. And the remaining ashes to be scattered from the plane at a height, into the fields of his country.

We can not survive without fields, rivers, mountains and forests. Things that hurt/harm them should not be done. Stubble should not be set burnt the fields.

Garbage should not be dumped in the rivers. Mountains should not be dug down for no reason. Forests should not be cut down indiscriminately.

Oral Questions :

- A) What is the place called where we are born?
- B) Will you stop your parents from throwing garbage into the river?
- C) Have you seen the mountains in real or just on the television?
- D) Which crops have you seen?
- E) Have you heard any song for motherland or for Punjab?

(The Teacher can sing a song or play a song from Youtube, expressing love for motherland or Punjab)

B. About the great people of our Country

Great people are born in our country, India. Great people are those who do great things for others. They think less of their own benefit and more of the welfare of the people. It is because of such people that the name of our country is great. It is because of such people that the country moves forward.



About some great people

Dr. Bhim Rao Ambedkar was born in 1891 in Mahau, a military Cantonment in present day Madhya Pradesh. He did all the studies despite many difficulties. He also went abroad to study. The law book of our country is called the Constitution. The framer of this constitution is, Dr. Bhim Rao Ambedkar. He became the first law minister of India.

He made many laws for the poor, labourers and women. He wrote many books. He is respectfully called Baba Sahib. We should learn to struggle from his life.

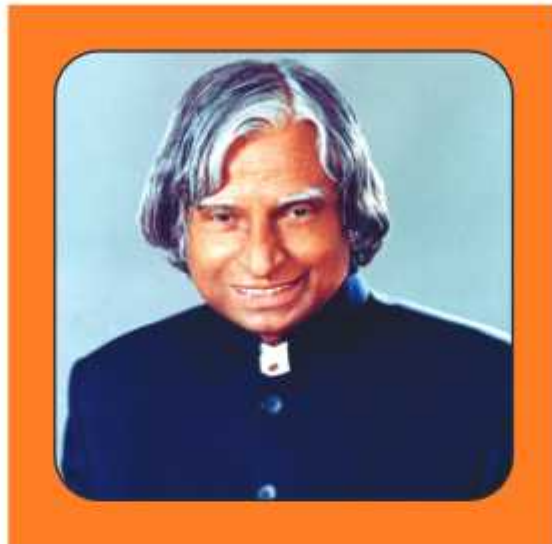


India remained a slave to the British for a long time. Many people tried to liberate India. Many had to lose their lives. Bhagat Singh also fought against the British to liberate India. Bhagat Singh was born in 1907 in the village of Banga, in the district of Lyallpur, now in Pakistan. Bhagat Singh was a very intelligent and enthusiastic young man. He was hanged along with his comrades for taking part in the struggle for freedom, on March 23, 1931. He was accompanied by his comrades Rajguru and Sukhdev. Bhagat Singh's name is very famous for sacrificing his life for the independence of India.



Mother Teresa was born in 1910 in Albania. Later she came to India. In the city of Kolkata, India, she formed an organisation and served the

poor, the sick and the helpless, for 45 years. The Govt of India, held her in high esteem. she received many awards from all over the world. She died in kolkata in 1997 . From her life, we should learn to serve the poor and the helpless.



Dr. APJ Abdul Kalam, was a scientist. He was born in 1931 in the state of Tamil Nadu. He was born in a poor family. From his childhood, he studied and simultaneously worked with his family. He was the President of India from 2002 to 2007. He also wrote some excellent books. Although he was a great man, his life was very simple. He received India's biggest awards. He died in 2015. We learn hard work, simplicity & high thinking

These verses about the lives of all great people seem to be correct:

They never worry about their own comfort..

They live for the people, they die for the people...

Verbal Questions :

- 1) Who are the great people?
- 2) Why should the great people of our country be remembered?
- 3) Fill in the blanks:

They never worry about their comfort

.....

4) Matching Columns:

Constitution

Service

Was Hanged

Science

APJ Abdul Kalam

Dr. B R Ambedkar

Mother Teresa

Shaheed Bhagat Singh

5) Apart from these great people, who are the other great people of our country?

(Finally the teacher will create curiosity about other great personalities including the above four personalities. He will take the students to reading corner and show them books related to the great people of the country and make a list of the names of some great men.)

C. There should be love

This is how our world should be,
There should be love everywhere,
The sight of living together is great
The heart then sings in joy,
We must trust each other
This is how



Never speak harshly to anyone
Always think before we speak
Jealousy and hatred should be out
from heart.
This is how.....

Think good about others as well
We would not covet everything
for ourselves
Each one must cross the raft.
This is how.....

Nothing is there in wars and battles
This is told by those who have tasted it.
The world must be like a family.
This is how.....



Oral Questions :

1. What should the whole world be like?
A – Where there is only love
B – Where there is war
2. What should we speak?
A – Whatever comes to our mind
B – Just good words
3. When will this world be like a family?
A – When all people will live in love
B – When people do not care for each other

(The teacher will tell the students about the need and importance of living in love with each other. He will tell them to live in love by telling them about the devastation caused by wars.)





Love the Trees

A. Let us meet the trees

(Teacher will tell the story orally)

Conversation with the Guava Plant

Sadgi and Sukhan were free after taking the exams of first and 8th class respectively. They were playing in the kitchen garden of their home.

Sadgi said to her brother, "Brother, plants recognise our relatives. They are like us."



"How do you know?" Sukhan asked surprisingly.

"Brother, I have read in the book. Let us talk to it."

"How are you? Mr plant of guava."

The plant shook from right to left. Both were surprised.

"It is not well."

"Will you drink water Mr. plant?"

Guava plant moved leaning down towards both of them. Sadgi stood up. There was soapy water lying nearby. Her mother had just washed the clothes.

"Mr plant, would you take soapy water?"

Plant shook from right to left. Sadgi said to Sukan, "Guava plant says: I will not drink soapy water. It will make me sick."

"Will you drink clean water?"

Mr plant, "Yes, Yes..."

Sadgi filled the clean water from the tap in a fountain and put it to the guava plant.

"Brother, shall we bathe the plant? It is dirty."

"Let us ask it first."

"Mr. Plant, will you take a bath?" Sadgi asked with a laugh.

Guava plant shook again. Both of them got excited.

Then both started bathing guava plant with fountain. Every leaf was sparkling now.

"Mr. plant..."

Guava plant remained mum.

"Plant of sweet guavas! please speak something."

Plant shook.

"Do you like my mother?"

"Yes, yes" plant nodded.

"My father?"

"Yes yes."

"My grandmother?"

"Yes, yes."

"And my grandfather?"

Plant shook with full force as if to say, "Too much.. Too much..."

Looking at Sukhan, Sadgi said, "Brother, guava plant likes our grandfather the most."

"Why not, this plant was planted by our grandfather."

Sukhan and Sadgi were talking to the guava plant.

Their mother called for the food from the kitchen.

Sadgi said innocently, "Today the guava plant will also eat food with us."

Plant swings as if it laughs at its peers'talk.

Activity 5.1

After telling the story, the teacher will start his conversation with the following questions. These are just for examples. Teachers can do better with their creative insights.

Oral Questions :

1. Which class exam did Sukhan take?
2. Who planted the guava plant?
3. Why should not the guava plant get soapy water?
4. Where was the guava plant planted?

Fill in the blanks:

1. Plant shook leaning towards_____.
2. Do you_____ my mother?
3. From the kitchen, their mother called for_____

Some other Activities:

- Have you ever talked to a tree? How did you feel by talking to guava plant?
- Which tree do you like? If you are named after a tree name, which name would you like?
- Try to talk to a tree in your school, it would be happy to talk to you.

B. Friendship With Trees

Dear Children, the relationship between trees and human beings is very close, like your relation with your mom and dad. How much do you love your mom? . I know, you all will say with your open arms, "This much." Your love for your dad is just as much. Isn't it? I know, all of you will say loudly, "Yes." Your "yes" we, teachers, feel as if the wind has blown in the summer days.

"Where does the gust of wind come from?"

"From the trees." all the children say in a very loud voice.



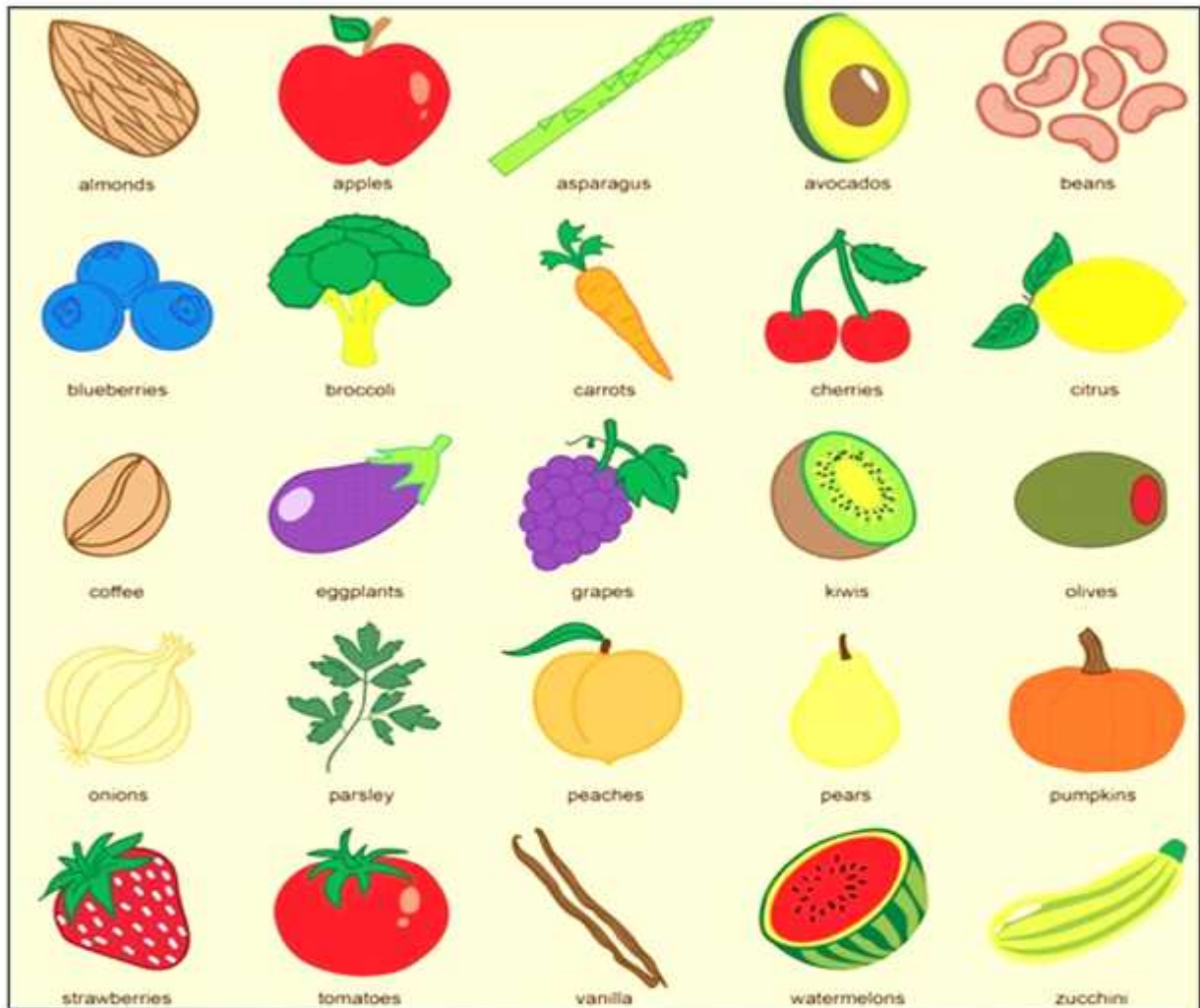
"Absolutely! as the mother fans her child, in the same way the trees give us air. You, all the children are smiling. That is a good thing. Everyone likes air. Come on! now tell what else do trees give us?"

"Fuel... my mother bakes bread on the stove then she burns the wood."

Many children say, "Yes"

"You are right. Trees give air and shade for warmth and fuel for making bread and vegetables."

“We use the fire to avoid the cold in winter” says another child standing up. Many children in the back say, “Yes.. yes...”



“I told you in the beginning that the relationship of human beings with trees is very close, just like the relationship of children with their parents and siblings. Trees give us too much. And so we should love trees just as parents love you and you love your parents. Isn't it?”

The voice of , “Yes.. yes...” soothes the heart of the teacher. Trees love us very much and give us too much.

Activity 5.2

- Ask students to write the names of trees from home .
- Ask the students to talk to their father, mother or grandparents about trees and ask them to write them down.

C. Plant Trees – Save Yourself

Teacher : Sat Sri Akal, dear students.

Students : Sat Sri Akal ji (everyone speaks loudly together)

Teacher : We shall talk about trees again today. Have you all written down the names of the trees ?

Students : Yes

Teacher : One by one all the students will tell me the name of the first tree and the name of the last tree written on your notebooks.

Students will name the trees one by one and the teacher will write the names of those trees on the blackboard at the same time many names can be repeated the teacher will write them too. In this way names of some trees may be left. The teacher will speak their names and ask the students to write the names. The board will be filled. To make this activity interesting the teacher will write down the names of the trees in such a way that it becomes the shape of a tree on the board. In this way by conversation method the teacher will tell the students about the importance of trees. Bread, cloth and house are the basic needs of a human being. We get all the three from trees. Regarding this, the teacher will explain in his own way how trees meet these three requirements. Trees provide us with oxygen. Trees prevent soil erosion. Birds make nests on trees. Trees increase soil fertility. Trees make our surroundings beautiful.





Contentment

A. The Highest Rank

The teacher will tell the story to the students after explaining the pictures



There was a Jungle. All the animals were living there happily. One day the fox told the lion that there was a conspiracy against him in the forest. All the animals and birds wanted to kill him and make someone else the king. The lion summoned all the chiefs of the animals. So all the chiefs gathered and the lion gave them a speech: "I am too old now and I want to distribute all my powers among the chiefs of all the animals."

All the leaders were surprised and happy. After the speech was over, the lion allotted all departments to all the chiefs one by one. In the end one department was left unallotted. The lion was surprised. So the fox was asked to take attendance and it was found that the sparrow was absent who was head of the birds. The lion thought that the sparrow might not have got the message.

After the allotment, the chiefs were offered the royal food by the lion. But the food was poisoned with some herbs which caused faintness. One by one all the chiefs fainted. The sparrow sat on the branch of a banyan tree nearby hidden behind a leaf and was watching everything. When the lion was about to start killing the unconscious chiefs, the sparrow said, "O King! Don't commit this sin, or I will tell about it to everyone in the jungle."

The lion was shocked. All his efforts went into vain.

"First of all, tell me O bird! why did you not come to the meeting?" The lion said angrily.

"Because I did not need a rank," the bird laughed and said.

"Why?" the lion asked in amazement.

"Because I have something bigger than every position of yours", The bird answered calmly.

"What is that?" The lion whispered in surprise.

"Contentment" said the bird and flew away.

Moral : A self contented person is not greedy for positions.

The teacher will give the activity to the students and ask the number of the related picture

Animals having food

The flying bird

Surprised lion and fox

Unconscious animals

Animals at the meeting

The fox talking to the lion



1



2



3



4



5













6

Practice/Exercise for the students

- Q.1. Who was the king of the jungle ?
- Q.2. Who told the lion about the conspiracy going on against him ?
- Q.3. Who did not come to the meeting ?
- Q.4. What did the lion mix in the food ?
- Q.5. What did the sparrow say to the lion at the end of the story ?

B. The difference between

	A contented person	A greedy person
1. Toys		
2. Food		
3. Things		
4. Money		
5. Result		

After explaining the pictures above, the teacher will ask the students to tick the Greedy or Contented by pointing out the quality of the person in the table below:

The right choice (Tick mark)

Quality	Contented	Greedy
Shares food with other		
Collecting a lot of money		
Plays together with friends		
Shares money with the needy		
Collects a lot of things		

Activity 6.1

The students will ask their parents about the characteristics of the contented people and share these characteristics in class.

C. Couplets about Contentment

Needs can be fulfilled, but desires never ever.
Everybody gains in life, according to their endeavour.

Patience is the best quality, that makes you happy..
Thank to the God for all you have, keep your spirits like a scrappy.

Run after your peace of mind, never run after wealth and fame.
Be satisfied, be content, and you will be the winner of the game.

Wish for goodness don't be greedy, Try your best and don't be tired.
You'll get my dear children, What your pure heart desired.

Don't get confused in your desires, Wish for Stars Wish for Moon.
But wear the jewel of patience, it'll be your pleasures' boon.

Exercise 1. : Lesson and Word – Meaning

Exercise 2. : Students will read the couplets and the teacher will explain the meaning of the couplets

Exercise 3. : Questions and answers:

1. The wise say that needs are met, but not fulfilled.
(Wishes / Desires)
2. What is the greatest source of happiness? (Patience, wealth)
3. We should spend according to our pocket. (True / False)
4. Greed makes a person (low/ beautiful) and patience makes one (difficult/ high).

Exercise 4. : Assignment for the students

The students will memorise two couplets of their choice





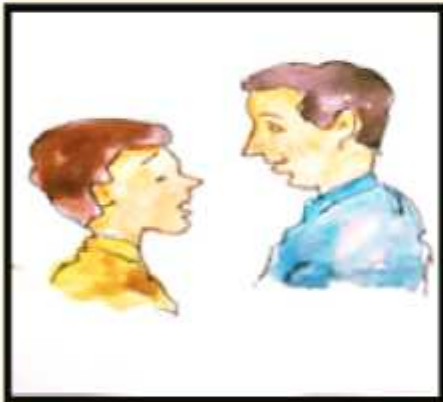
Speak Well and Make Friends

A. How to talk to your friends in school



(The teacher will tell the story orally)

Sukhdeep did not want to go to school at all. Whenever his family members asked him to go to school, he would start crying or make an excuse. That is why he did not go to school for many years. One day when his maternal uncle came, he persuaded Sukheep's father, "Send him to school, he would become wise by studying. He would understand the world. By the time Sukhdeep started going to school, he grew quite older. He was older than all the children. He was rude to everyone. All the children kept distance from him. Sukhdeep did not understand their behaviour towards him.



One day he went to his maternal uncle's house. When his uncle asked about his school, Sukhdeep told him all about the school. On hearing this, his uncle laughed and said, "Son, this is all about your behavior with others. Your speech can make you ride donkeys or horses. You must be rude to the children, so they are not your

friends. If you love them, then, they will surely become your friends. Promise yourself that you will speak politely to everyone. Respect your elders and be polite to your younger ones."

Sukhdeep followed mamaji's advice and went to school. Now he was kind to everyone. Within a few days, many children joined his circle of friends. Now he became interested in school too.

Questions :

1. Why did all the children keep distance from Sukhdeep ?
2. What did his uncle explain to Sukhdeep ?
3. What promise did Sukhdeep make with himself ?

Activity 7.1

The teacher will discuss the following topics with the students:

1. Train children to speak politely with their young ones.
2. Respecting the elders by younger children .
3. How and what to call each other ?

B. How to address your kins (Sister and Brother)





(The teacher will administer the following activities with the students)

Activity 7.2

- A. Two students will act as greeting each other – Hello Brother, Hello Sister (the students may say Sat Sri Akal or Namaste instead of Hello)
- B. Two students will act as talking to each other while addressing each other as Sister/ Brother

C. What do we get by speaking sweetly

(The teacher will recite the poem aloud and may ask the students to sing along)

Learn the way of perfect living,
That is Good Manners and Sweet Talk..

Bad behaviour do to our character,
That a duster does to the chalk..

A lot of respect and love I find,
Because my words are always kind.



I respect my parents and grandparents,
These are my character's merits..



I wake up early and touch their feet,
They shower their blessings and call me sweet..



I love my younger ones and share my stock,
Sweet kind words and a humble walk..



Learn the way of perfect living
That is Good Manners and Sweet Talk..

Questions :

1. What is the way of perfect living?
2. What do you find if your words are kind?
3. What are character's merits?
4. How does the child behave with elders?
5. How does the child behave with younger ones?





Let's Walk On The Road

A. Traffic Signs



School



Hospital



No horn



No Parking



Railway Crossing



Stop

The teacher will explain the Traffic Signs to the students so that we can remain safe and keep others safe while walking on the road or crossing a road

Oral Questions:

1. What do we mean by Traffic Signs?
2. Do we need to follow the Traffic Signs?

B. Which Hand To Keep



Let's walk with dignity and be cool,

Oh sweet children! never break the rule.

You will be fine,
if you follow the traffic sign.
Never walk in the middle of the road,

The car can smash us like a toad.

Always keep to the left,
This is your wisdom test.

So be wise children,
Don't be fool,
Oh sweet children, never break the traffic rule.

Let's walk with dignity,
And be cool.

Oral Questions:

- Q.1. According the poem what is that we should do?
- Q2. According the poem what is that we should not do?

C. How to cross the road



Characters

Hari

Saffy

Pamma

Simar

Hari : Let's play guys.

All the other children: What shall we play?

Hari : (Happily) Road-Road

All the other children (in amazement): Road-Road?

Hari : Road-Road means, how to cross the road.

Saffy (laughs) : Not a big deal. Run across the road.

Hari : No! Running across the road can be harmful if there is traffic.

Saffy : Oh ! yes, I didn't think so.

Pamma : Then we shouldn't even do it while using a mobile phone.

Hari : Using a phone a person gets distracted so accident can take place.

Saffy (laughing at everyone's face): Run through the cars, stopped at the chowk.

The three children (together) : Oh no ! What do you do if there is a green light?

Saffy : (Slapping his shoulder) Yes man, I don't think so.

Other children : So when do we cross the road?

Hari : When the road is clear, we can cross the road safely through zebra crossing. Understand Saffy?

Saffy (Suddenly) : Oh-oh yes

All children laugh heartily

(With the help of the teacher, the children can play this little drama)

Verbal Questions :

1. What game do the children play?
2. How to cross the road?
3. Should mobile be used while crossing the road?
4. What is zebra- crossing?





Let's Read Books

A. Message



Students, today, we are going to listen to a recorded message delivered by our former student. He was a promising student. Now he lives in Canada. But he is always in touch with his village and school.

Hello Children ! When I was a kid, I was afraid of school. Even I was afraid of my teachers. All the students used to say that the teacher was very strict.

My Parents advised me to be obedient to the teachers, do school work, whole heartedly. After completing school work, getting the notebook checked over.

The advice of the parents proved useful to me. The school started appealing me. The fear was no more there. I made some friends. Harjeet was a calligrapher. Nidhi was quick in mathematics. Parvez was the most intelligent of all. We formed a group. Competitions started amongst us. We took part in each and every activity held in the school.



I was one of the favourite students of the teacher. All the teachers taught us, made us play and loved us. Sometimes, there was a volley of rebukes but no fear. In academic competitions, we were given books as rewards.

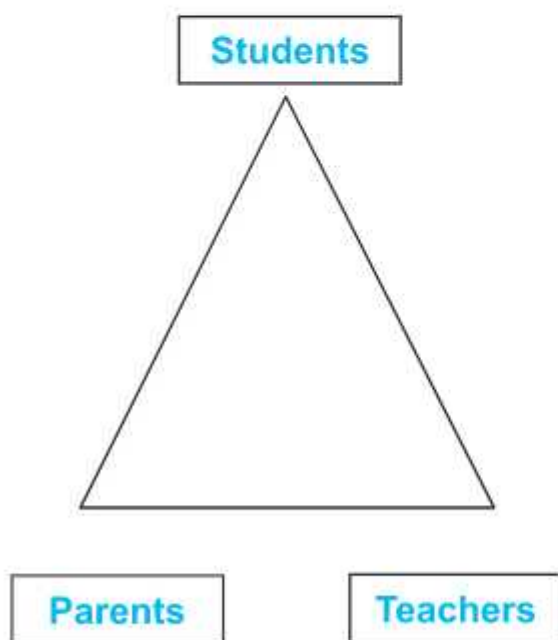
New magazines used to be available for reading corners. Madam encouraged us to read. We would read newly learnt lessons and madam would listen to us. She would always say, “read, understand and imbibe.”

Children! I do remember my school, send regards to my foundation teachers. With love I have sent you some books. My friends! three things are of paramount importance in my success.

First : My parents who guided me.

Second: My teachers who taught me.

Third : The books that taught me art of life along the livelihood and made me get attached to knowledge and science.



You too go ahead, under the direction of parents, teachers and books.
Make friends with books.

****Best Wishes!****

Dear Children:

- Don't be afraid of coming to school.
- Obey your teachers.
- Love books.
- Books are your friends.

Question/Answers:

1. Write a message in two lines for your parents.

2. Write a message in two lines for your school.

3. Write the names of the books you read in the reading corner.

1.

2.

B. Let's read a story

Keeping in mind the rules of inculcating reading habits in the students, the teacher would read the following story. The following week he will recite to them some stanzas of a poem written in regard to book.



Children ! yesterday I read a story by Principal Sujan Singh. The story was named 'Moti'. Moti was a dog. He was very intelligent. Bachu was very fond of him(Moti) After school, both of them played. All were pleased at their friendship.



One day Bachu was leaving for school. Moti followed him to school. Bachu was not aware of it. Moti entered the classroom. Children were afraid to see Moti. A child even shrieked.

Even the class teacher was surprised. He advised the children and made them sit at their respective seats. The teacher said, "Don't be afraid, he will not harm you." Even the animals understand the language of love. So no panic, no frightening.

Moti too was surprised. Bachu was upset. The teacher said that a dreaded dog can attack. But the pet animal is not allowed in school. Bachu said sorry and took Moti to home. All the children were happy.

The teacher in accordance with the classroom atmosphere can let the students know about the story books related to birds and animals.

Question/Answers:

1. Tell something about any pet animals.
2. How should we take care of pet animals ?
3. List some pet animals around you.

C. Along the poem

Dear children! Last week, I told you a story. Today I will recite a poem related to books. In this poem, the poet has told us about books. In this poem, the poet makes mention of four worth reading books meant for all. I will read a poem but five students will come forward.

Four Books

Father, buy me four books
Shower love more, books.
One book teaches how to respect
And love for each other
Grace the house more, books
Father buy me four books.

The second book teaches service to country
Without which there is no gain
Like Ajit and Jhujhar to we, adore books
Father, buy me four books.

The third book teaches mother tongue
Inculcate feeling of brotherhood.
My friend Avtar will read more books
Father, buy me four books

The fourth book talks of greenery
Blooming colours and flowers
bring miracles to the world more books
Father buy me four books.



Activity 9.1

Read the lines below and tick the suitable word for the blank:

1. Father buy me.....books.

two

five

four

one

2. They shower more

love

dove

hate

weight

3. My friend..... will read books.

Kartar

Avtar

Jagtar

Sardar

4. These books bring in the world.

actors

business

government

miracles

Write down your views about a book
you read in the reading corner

Oral Questions

1. Name the four books from the reading corner.
2. Name your favourite poem.

Find a patriotic poem for Children- Meet (Bal Sabha)

