

# *Welcome Life*

*(For 4th class)*



ਪੜ੍ਹੋ ਸਾਰੇ ਵਧੋ ਸਾਰੇ  
ਸਿੱਖਿਆ ਅਤੇ ਭਲਾਈ ਵਿਭਾਗ, ਪੰਜਾਬ ਦਾ ਸਾਂਝਾ ਉਪਰਾਲਾ



**Punjab School Education Board**  
Sahibzada Ajit Singh Nagar

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First Edition : 2020-21.....54,483 copies

Revised Edition : 2022 .....13,000 copies

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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. 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 classes 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 of 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



The aim of modern education is not only to impart bookish knowledge, but also to teach the skills of living a good life to the student. It ultimately leads to the holistic development of his personality. An educated student must know the best standard of living and for that Punjab School Education Board has decided to make the year 2020-21 more effective by including a new subject 'Welcome Life' in its school curriculum to fulfill the objectives.

The responsibility for the basic planning of the curriculum and for presenting it in book form at the grass root level was very clear and the team of expert teachers in their subject was given this responsibility. They carried out this task with great diligence, seriousness and originality. The intellectual aspect of the children and their various scientific needs have been taken into consideration while preparing the content of this book. The entire book is illustrated and activity based. Children will learn from this book, not like a traditional book but through actions.

Punjab School Education Board would like to thank the composition committee which has made a precious gift for the students by compiling their valuable experiences in the form of this book.

**Dr. Davinder Singh Boha**

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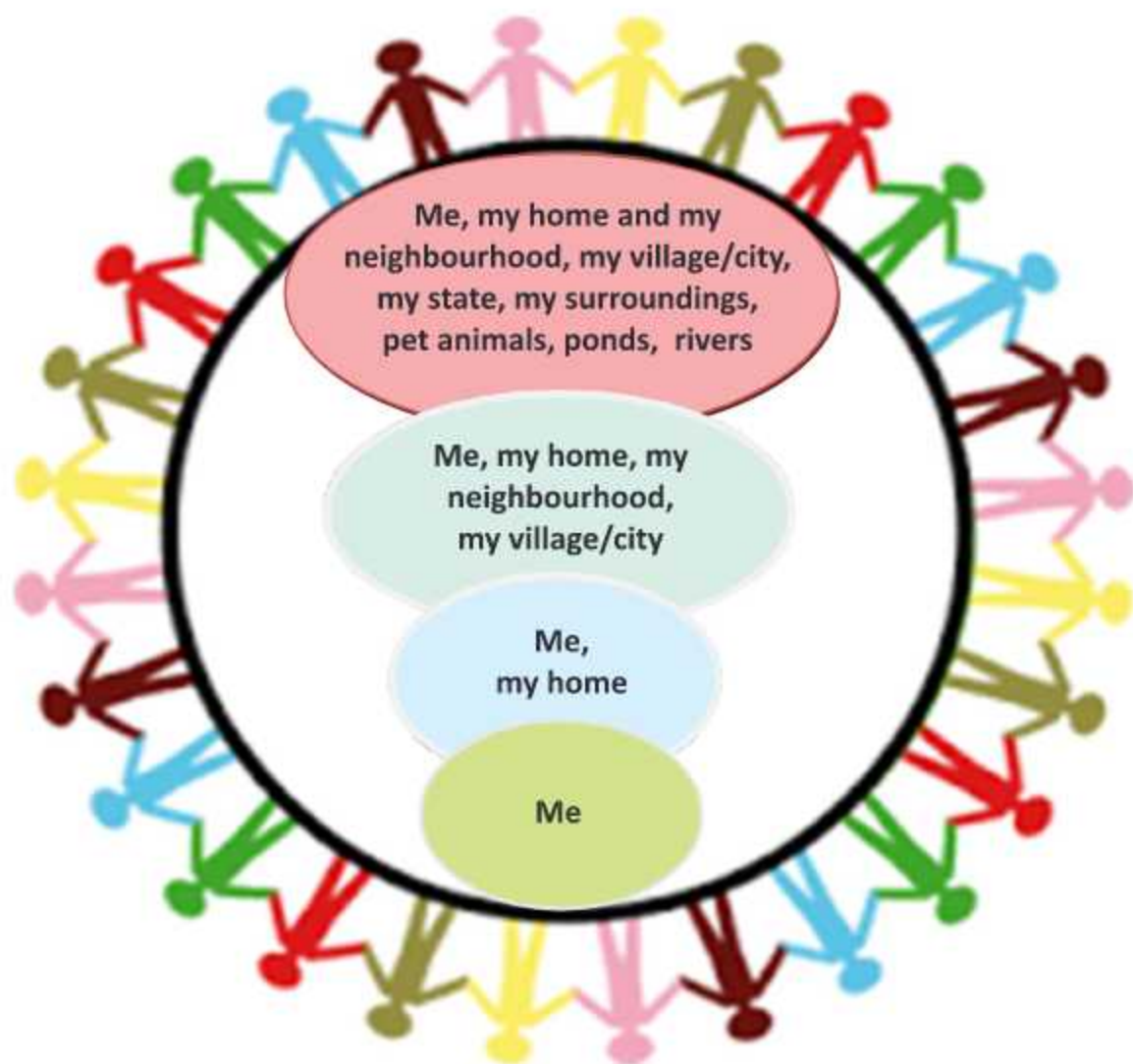
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# Hygiene : What and Why?

(a) What is hygiene?







**Why hygiene  
is required?**

**Hygiene gives happiness to mind**

**Hygiene makes us disease free**

**Hygiene provides good physical,  
mental and social health**

**How hygiene  
is maintained?**

**Keep yourself and  
your surroundings  
clean.**

- Take a pledge for hygiene.
- Start from yourself.
- Take a bath daily.
- Brush your teeth twice a day.
- Wear neat and clean clothes.
- Wash your hands before and after the meals.
- Flush the toilet after its use.
- Wash your hands properly after using the toilet.

- Keep the toilet clean
- Keep the kitchen clean
- Wash the fruits and vegetables before eating
- Keep the food and water covered
- Clean the utensils properly
- Sweep and mop the house daily.
- Dispose the garbage in a covered bin.

**If you keep  
cleanliness, you will  
not have to do cleaning.**

- Keep the streets, drains and roads clean.
- Prevent water stagnation.
- Don't throw garbage here and there
- Don't let the grass and weeds grow.
- Grow beautiful flowers and plants.



Write the things which should be kept 'hygienic' in the columns given below:

Myself	My home	My school	My surroundings
• My Body	• Kitchen		

### Fill in the blanks :

1. Hygiene gives ..... to mind.
2. Hygiene is the condition of .....
3. Take a .....for hygiene.
4. Start hygiene from.....

### Oral Questions :

Q1. Whose hygiene is necessary?

- a) Personal      b) Home      c) Surroundings      d) All of these

**Project :** Name the clean and unclean places at your home or in your surroundings. Find out the reasons and write down the suggestions in the table given below:

Name of the place at home or in the surrounding	Is it clean or not ?	Reason ?	How to make it clean ?



## (b) I won't eat street food

1. Children ! Do you like to eat at fairs, weddings or in the market?
2. What will happen if the street food is not cooked in a hygienic way?



### Let's hear this story about the 'Street Food'

As always when papa looked at the samosas, he said, "Oh! How many times have I told you not to give me street food! Ginni, take them away." Ginni took them away and with heavy heart kept the same in the kitchen. Even she didn't feel like eating today. As usual a question arose in Ginni's mind. She went to her grandmother to find the answer of this repeated question.

Grandmother, Why does papa always do like this? "Like what?" asked grandmother.

"He says that he doesn't want to eat street food." Ginni insisted to know the reason behind papa's behaviour. "Ginni, when your father was of your age; at that time, I, your father and your grandfather went to 'Baisakhi fair'. Your father had a ride on marry-go-round, bought toys and insisted upon eating 'golgappas'. We tried to make him understand that it wasn't good to eat without washing hands as we didn't know how many people could have taken this ride. Moreover there were many flies ! There was a lot of dust around ! Even the utensils were not cleaned properly. And in those days, there wasn't any availability of disposable plates. But he didn't act upon our advice. He grabbed and ate the same." "Then!" asked Ginni . "Then what! He got ill. Once we returned home, he started complaining about stomach ache."

After a short while, he started vomiting and got symptoms of diarrhoea as it usually happens in disease of cholera. He remained admitted in the hospital for a fortnight.

He was fed up with the medicines, injections and the drip needle. After that incident, he did not eat anything from outside." "So this is the matter! But grandmother, I am very much fond of eating 'golgappas'. Should we never take this street food?" asked Ginni.

“Yes! We can have it sometimes, but preferably from a hygienic shop. Its even better if we prepare the same at home only. These days recipes of many things are available on the phones.”

“Rightly said grandmother, let's make samosas at home; even I'll stop eating street food.” After some time, Ginni again took the samosas in the plate. “Ginni, you again brought samosas?” said papa.

“But papa, these are made at home!”

“Really! then I will surely eat.” replied papa.

**Activity 1.1** Prepare a list on the basis of understanding from the story :

**What and how much should we eat?**



**Oral Questions :**

1. Ginni's father was annoyed at which thing?
  - a) Ginni
  - b) Samosas
  - c) Ginni's grandmother
  - d) Street Food
2. Why did Ginni's father fall ill after eating golgappas?
  - a) He ate without washing hands
  - b) There were many flies on the stall
  - c) There was dust on golgappas
  - d) All of these
3. What have you learnt from this story?
  - a) We should not eat samosas.
  - b) We should never eat at fairs.
  - c) We should not eat street food.
  - d) We should eat hygienic food after washing our hands.



### (c) This is tasty but.....

Children ! You have prepared a list of many eatable things and you have also come to know that what is to be eaten and why?

Children ! There are many 'food items' which we can drink. Let's write the names of those things on the board.




#### Drinkable Items

E.g.: water

DE KEE DE DE DE  
DE KEE DE DE DE  
DE KEE DE DE DE  
DE KEE DE DE DE  
DE KEE DE DE DE

### Activity 1.2

Let's write these names in a tabular form:

Names of drinkable items	Tasty (Yes/No)	What do we get ? (utility)
1. Water		1. Quenches thirst, we can't live without water
2. Milk		2. Gives strength and makes our bones strong
3. Cold drink		3. It contains harmful chemicals which can cause serious diseases
4. Lemonade		4. Lemon contains Vitamin C which improves our digestion
5. Juice		5. Increases blood count and immunity
6. Buttermilk		6. It has Calcium. It boosts the immunity
7. Sugarcane juice		7. Strengthens the liver



Children! You must have realised after doing this activity that all drinkable items are tasty, but all don't make you healthy; it means that all do not give energy to your body. There are many harmful chemicals in packed juices which may cause dangerous diseases like cancer. So we must choose the drinkable items keeping our health in mind; not the taste.



**How did you find this activity?**

Useless



Good



Very Good



**What have you learnt from this activity ?**

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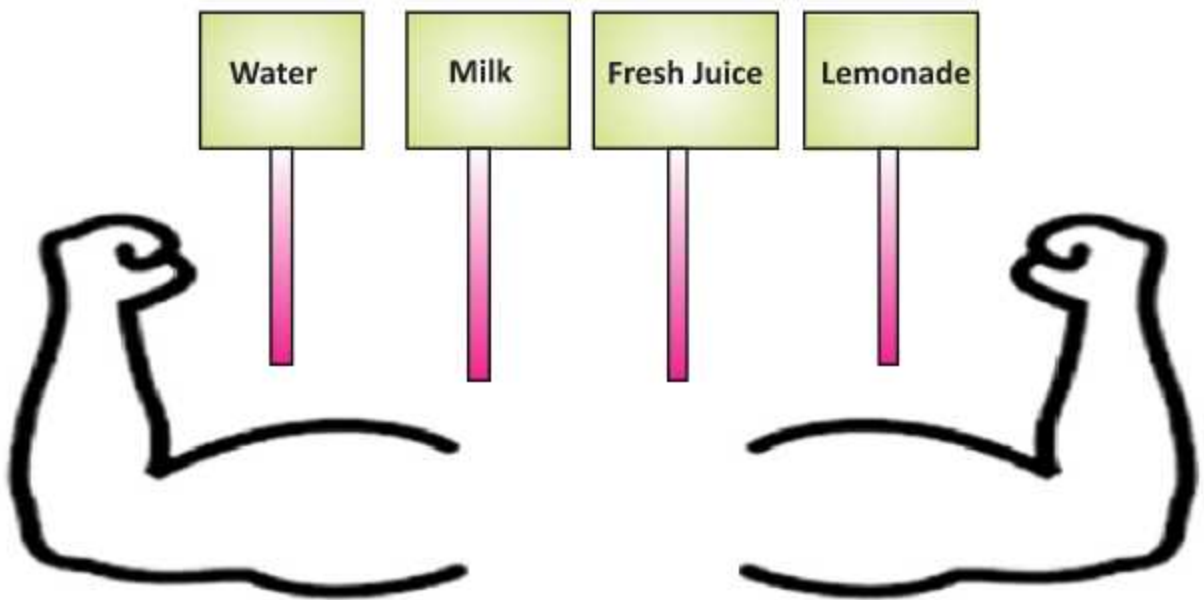
On the basis of above given study, arrange the items given in the table as per priority of usage in decreasing order :

..... > ..... > ..... > ..... > ..... > ..... >  
..... > ..... > ..... > ..... > .....





I have understood



### Oral questions :

- Q1. Which of the following drinkable items has no taste, but everyone drinks it?
- a) Milk
  - b) Juice
  - c) Water
  - d) Lemonade
- Q2. Which drinkable item is better for health than 'Sharbat'?
- a) Tea
  - b) Coffee
  - c) Lemonade
  - d) Soda/Cold drinks
- Q3. What serves as food for the infants?
- a) Tea
  - b) Coffee
  - c) Water
  - d) Milk



#### (d) Exercise and Health

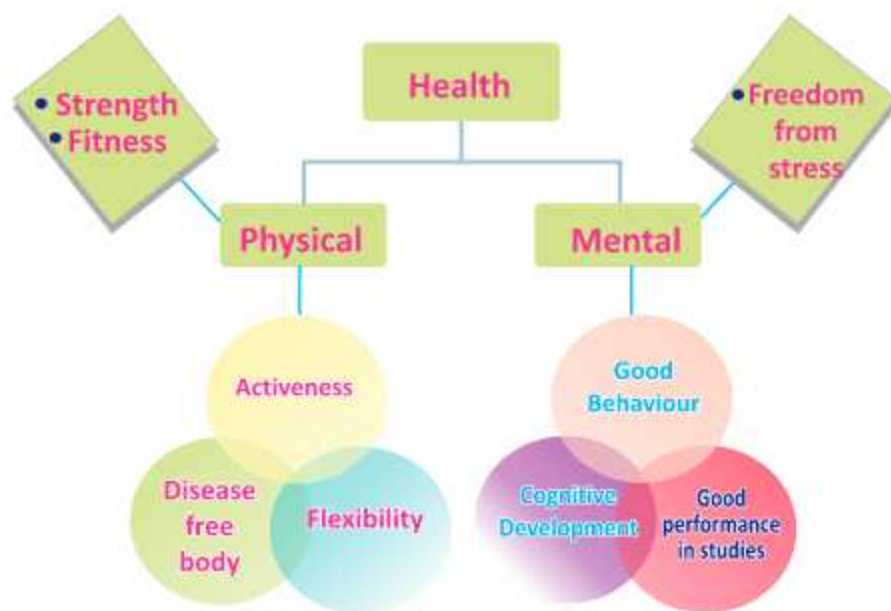
As I switched on the TV to watch cartoons; then 'Exercise and Health' channel got started. My grandfather must have been watching the same. I was about to change the channel but somehow I stopped to listen to the lines being spoken.



H – Have  
E – Exercise  
A – And  
L – Live  
T – To be  
H – Happy

To enjoy the glow of good health, you must exercise.





**I have understood:**

Exercise is good for health.



**My pledge**

I will exercise daily

**Activity 1.3**



I have noted some points to remember, but still some are left. Help me to complete these :

➤ Exercise is very good for our health.

➤ Exercise can be done in many ways.

E.g: Walk,.....

➤ .....disease free body .....

➤ .....stress.....

## Activity 1.4

Write vocabulary related to exercise

Health			

## Activity 1.5 : Let's do these 'Asanas'

Which out of these Asanas can you do ?



### Oral questions :

- Which out of these sports, involves very less movement of arms?  
a) Cricket      b) Kho-Kho      c) Volleyball      d) Badminton
- Which sport does not involve physical exercise?  
a) Long jump      b) Ludo, snake and ladders      c) Kabaddi      d) Stapu/Hopscotch
- When should we take exercise to get more benefits?  
a) In the evening      b) In the afternoon  
c) Whenever you get time      d) In the morning



*I have written a short poem on 'Exercise'.  
Can you also write a poem on 'Exercise'?*

Health is wealth,  
Health is wealth.  
Exercise daily to  
improve your health.  
Get up early before  
rising of the sun,  
Then you can walk, play or run.  
With yoga and asanas,  
you can assure good health,  
As Health is wealth,  
Health is wealth.

.....
.....
.....
.....
.....
.....
.....

## (a) Listen to me

(i)



Elder child :- Adab! Brother, we should wash our hands properly before taking meals. Our hands get germs free after washing. Otherwise we can be sick.

Younger child :- Okay brother, I will wash my hands every day.

Elder child :- We must wash our hands even after taking our meals too. In the same way, we must wash our hands after getting up in the morning, before going to bed and after playing too.

Younger child :- Alright brother, I will definitely follow this.



Balraj:- Children! You should not fight .This is indeed very bad practice. To speak loudly is also not good .Our parents and teachers make us understand this daily. Its written in our books too that fighting is wrong. One may get injured while fighting.

Children:- (Both speak together) Alright ,we will not fight now onwards and will not even speak loudly.



Elder child :- Gurwinder ! Give this pair of scissors to me .Its very dangerous.

Younger child :- Why brother, why is it dangerous?

Elder child :- Brother, it is very sharp. As it cuts the cloth, in the same way, it may cut any part of our body also. Just like scissors, we must take due precautions to save ourselves from sharp objects like axe, knife, needle, sickle and shovel etc.

Younger child:- Yes brother, I will take due care from now onwards.



Balraj Singh :- Hey! my dear sister, your notebook is crooked. Keep it straight and don't hold the pencil in the fist. Just hold it with the help of your fingers. (He helped her to hold the pencil).

Sister :- Okay brother.

Balraj Singh :- Hey our innocent brother! You are reading the book keeping your eyes too close to it. It can affect your eye sight. Keep it at a distance. (He tells him the proper way to hold the book).

Three of them start reading then:

First of all, the teacher will explain the meaning of the word 'leadership'. After talking about the above given activities, teacher will ask how can other leadership tasks be done. With the help of students, teacher will make a verbal list of such activities.

## (b) Tania's brother

### ( One Act Play )

Tania studies in fourth standard. Her brother Arman is enrolled in the first standard. Today, Tania is taking her brother to school. Its his first day at school.



Tania :- Come on Arman, Let's go to school.  
Hold my finger .

Arman :- Sister ! How far is the school?

Tania :- Brother! Its little far away .  
Look here! We are on the road. We  
will keep to the left on this road and  
walk here. As your shirt has pocket on  
the left side, in the same way this is  
also the left side where we are  
walking.

Arman :- Sister ! Here's Uncle coming from that  
side. He is walking on wrong side.

Tania :- No Arman! While coming back home,  
we would also come from that side. Then that would be our left side.

Arman :- Okay sister! Its alright.

Tania :- Look brother! Now we have to cross the road. First of all, we will look here  
(on the right), then on this side (on the left ). When the road will be clear,  
then we'll cross it. Look! the road is clear now. (Both cross the road).

Arman :- Come on Sister , Hurry up !

Tania :- Look here Arman! We have reached our beautiful school. We have to bow  
our head in respect and join our hands before entering the school. (Tania  
bows her head in respect and asks Arman to follow the same).

Arman :- Wow sister ! I can see so many children, swings and flowers !

Tania :- Yes , brother ! These are for you . Look at this beautiful room of your first  
standard. We shall keep your bag here. You will study here now onwards.  
Then you will play. Come on Arman, the bell has rung. There will be  
morning assembly now.

Arman :- (a little frightened)...Sister!

Tania :- Arman, this is your class lane . All these children are your companions.  
They will study and play with you .Now stand with them in the same row.  
There will be prayer.



## Second Scene :-

(The bell rings. Its recess time now. Tania brings Arman out from first standard).



Tania :- Come my dear brother, let us wash our hands as they are dirty. (Both wash hands under the tap). Now let's sit and have lunch. Let me feed you, my brother. We should eat food carefully, if the food gets spilled on our clothes or on the floor, it would look dirty.

We have eaten our meals. Let's clean our hands from the tap again .

Arman :- Sister ! I want to have swings.

Tania :- Of course! Let's play. (Both take swings ,run and catch each other .)

In the meantime, duration of recess ends.

Tania :- Come on Arman, recess is over. You go to your class. Study from your teacher. We will go home after the school is over. Now you go and study my sweet brother.

### Oral Questions:

1. Why did Tania have to help Arman ?
2. What example did Tania give to Arman to walk to the left side?
3. What should be done before crossing the road?
4. What did Tania ask Arman before entering the school?
5. Have you ever done this kind of leadership? Comment.

*I can lead :-*

### (c) Let's decorate our school (Song)

The children sat together and planned,  
Let's make such a preparation.  
Let's glorify our school,  
By beautiful presentation.  
Let everyone sings its praise,  
Let's add to its grace.



Jas suggested that he would  
make morning assembly interesting.  
Meet took the responsibility  
of organising 'Bal Sabha',  
And that was wondrous thing.

Shagun and Khushi speak together.  
We will make 'Bhagat Singh House'.  
We will decorate it by cleaning,  
So curiosity we will arouse.





Four of the children got up and shouted,  
We will form 'Relay team'.  
We'll handle baton to one another,  
On coming back winning, we'll scream.

Karan, Taran and Charan said,  
We will decorate our flower garden.  
By carefully pouring water,  
We'll glorify it now and then.



Five monitors got up,  
And make us understand.  
We would handle the class,  
Our duty would be wonderfully enhanced.



All the children got up and spoke,  
Let's all get ready.  
Let's all understand our responsibility,  
By always being steady.





Let's all work together,  
And make a wonderful plan.  
Let's get started,  
And let our school shine.

### Oral questions:

1. Which are the common children who organise morning assembly in our school?
2. Who is talking about organising the 'Bal Sabha' along with the teachers?
3. Shagun and Khushi wants to decorate the school, what is the name of their 'house'?
4. In relay race, which thing do the children hold in their hands while running?
5. What are the names of the children who take care of the garden?
6. In which activities does the monitor of class leads ?
7. Where have you led ? Share your experience.

### (d) Who leads?





**Match the following:**

- |                           |                          |
|---------------------------|--------------------------|
| 1. Home leadership        | Sarpanch/Head of village |
| 2. School leadership      | Parents                  |
| 3. Class leadership       | Teachers                 |
| 4. Leading the village    | Headmaster               |
| 5. Leading the hospital   | Bank manager             |
| 6. Post office leadership | Post-master              |
| 7. Bank leadership        | Doctor                   |

**Teacher will talk about the leadership of school, block, district, state and nation.**

**Lead, Follow and March ahead.**





## Values

### What is Family?

#### (a) Let's learn about family :-

A family is a unit of two or more people who are connected by love or kinship. Family is a very important unit of society. It is also called 'Tabbar'. A family can be small or big, nuclear or joint.

Father, Mother,  
Sister, Brother



Father, Mother, Sister,  
Brother, Grandfather,  
Grandmother

Father, Mother, Sister, Brother,  
Grandfather, Grandmother,  
Uncles, Aunts, Cousins



### Activity 3.1

The teacher will ask the students about their family members

#### (b) How can we become obedient?

We become obedient by respecting our parents and Complimenting what they say.

Don't argue



Focus on the task at hand



Apologise for your mistake



Respecting elders



Listen carefully

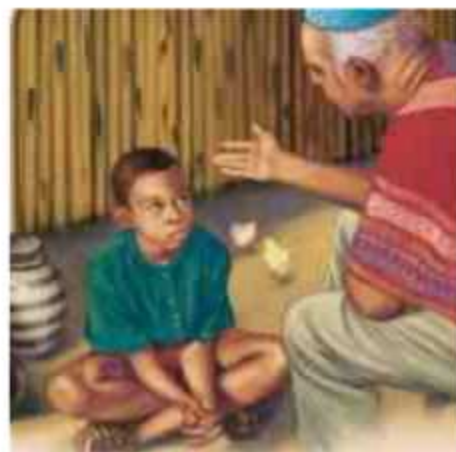
### Activity 3.2

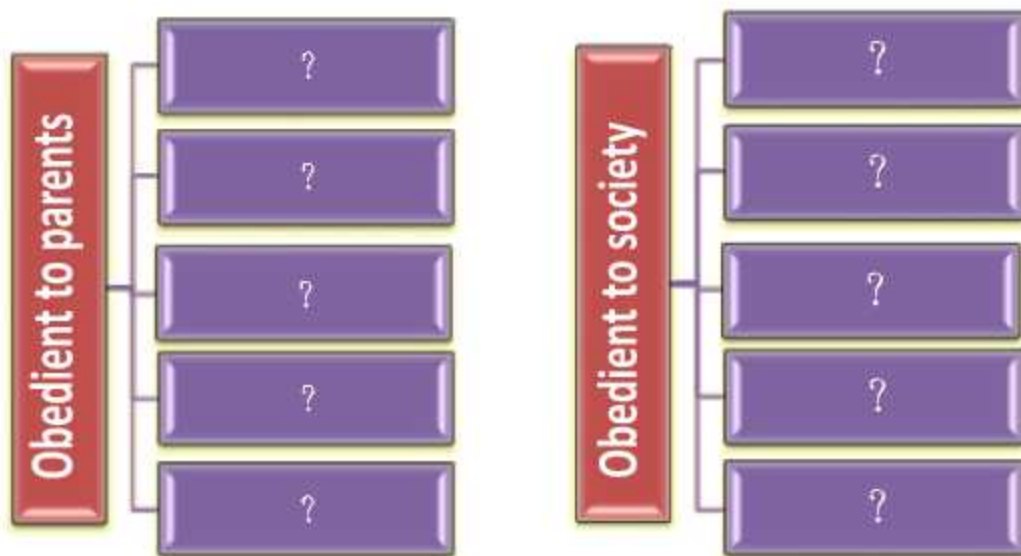
Teacher will ask the students to complete the following columns:

Obedient to the teacher	<input type="text"/>	<input type="text"/>
	<input type="text"/>	<input type="text"/>
	<input type="text"/>	<input type="text"/>
	<input type="text"/>	<input type="text"/>
	<input type="text"/>	<input type="text"/>
Obedient to the law	<input type="text"/>	<input type="text"/>
	<input type="text"/>	<input type="text"/>
	<input type="text"/>	<input type="text"/>
	<input type="text"/>	<input type="text"/>
	<input type="text"/>	<input type="text"/>



Serving parents





**(c) Let's understand through a story:**

A boy named Gopal lived in a village. He was an obedient child of his parents. Whatever they said, Gopal used to do everything happily. Other parents in the village also used to give examples of Gopal to their children .



Time passed on. Gopal had now grown up. Being their only son, Gopal's parents didn't let anything fall short of his needs. There was always good food to eat, sweets ,nuts, fruits ,expensive clothes to wear and all kinds of toys to play with.



Time turned the wheel. Gopal fell into bad company. He, along with his friends, indulged in spending his father's hard earned money on drugs. When parents came to know all about this, they got worried. Leaving behind all the worries of saving money,they started thinking about saving their son's life and how to bring him back on the right track.



Gopal loved apples. His father came up with a plan. He brought a basket of apples and kept them in Gopal's cupboard. He also put a rotten apple among other apples. Several days later, Gopal noticed the stench of apple cider in cupboard. On opening the cupboard, he found that all the apples were spoiled. Meanwhile his parents also came there. His father told that instead of eating apples, he didn't even give a glimpse to basket of apples kept in cupboard. If Gopal had seen and eaten the apples in time, not all the apples would have been spoiled. The rotten apples could have been taken out. There were tears in the eyes of parents. They told him that they do not want to lose him as he (Gopal), being their only son, is their only hope in old age. He will become their support. Money stands nowhere as compared to him. Bad Company not only could have led to his death, it could have also led to the loss of their hard earned money. On hearing this, Gopal repented and promised that from now onwards, he would not even think about keeping bad company and would again become the obedient son of his parents.

### Activity 3.3

**Teachers will listen the story from the students and ask them to narrate it in their own words keeping in mind the flow and rhythm of the story.**

### Activity 3.4

#### Summary/Re-practice/Evaluation

**Verbal expression :** Teacher will ask students to narrate any story, poem or personal experience related to obedience. He/she will take into account the views of students who are for and against 'Being obedient'.

#### True/ False :

- (A) After birth, family does not contribute to an individual. ☐
- (B) It is our duty to serve our parents and family members. ☐
- (C) A family that has parents, siblings, grandparents, uncles and aunts is called a small family. ☐
- (D) We must keep our family values alive. ☐
- (E) Values don't include being obedient. ☐

#### Fill in the blanks:

respect, rank, green, attention, left, importance

Select and fill in the words given above : 

1. Always walk on the \_\_\_\_\_ side of the road.
2. \_\_\_\_\_ light is an indication to go.
3. Family has a lot of \_\_\_\_\_ in life.
4. The teacher should be listened with full \_\_\_\_\_.
5. We should \_\_\_\_\_ every one.
6. All the family members should get equal \_\_\_\_\_.



## Love, respect and loyalty

### (a) Loyalty towards Family



In the family, we should have loving and affectionate relationships with one another. Selfishness and apathy should not come into our relationships. True relationships make life more beautiful.

Once upon a time there were two brothers in a town. The elder brother's name was Jatin. The younger one was Nitin. The elder brother was teacher in the same city. He lived with his mother, wife and children. He also used to do social work in the city. The younger brother was a big businessman in another city. He was always worried about expanding his business. He had also divorced his wife. When their mother died, the elder brother called the younger brother and asked him to come home. The younger brother said that he could not come that day. Rather, he would come on the day of 'Bhog'. If he comes today, he would lose millions of rupees in one day. Obviously, the elder brother used to prioritize relations and the younger one preferred money only.

This kind of story was there in a famous movie 'Deewar'. Vijay and Ravi were two brothers in that movie. Vijay makes a lot of money by wrong ways. He lives in a luxurious bungalow staying away from his family. Ravi works for police. He is an honest man. He is living with his mother, leading a simple life. Once they meet at a distant place and converse like this:

Vijay: Today, I am an owner of big buildings, property, bank deposits, a bungalow and a car. What do you have?

Ravi : I have my mother with me.

From this conversation, we can see that the two brothers have two different paths. Both have different thinking. We need to put relationships ahead of money or worldly pursuits.

### Oral Questions :

1. How should we live in a family?
2. Should we speak truth or should we lie to each other in the family?
3. Should we help our family members in the time of trouble or not?
4. How do you help others in your family? Please take turns while speaking.
5. How do other family members help you? All children will answer one by one.
6. What does it mean to be faithful to one another in the family?

The teacher will narrate the two story parts given in the lesson. If possible, the teacher can explain the meaning of loyalty in relationship by showing second story part from 'Deewar' movie with the help of You Tube video clip.

### (b) Love and Respect for School:



We should love and respect our school as our home. A school is not a building made of bricks and stones. School means every part of it and every person involved in it. We must have a good attitude towards all the students and teachers in our school. People who keep the school clean and beautiful in any way should also be respected.

After schooling, we go to big institutions for higher studies. After studying there, we become able to get good work or good job. In this way, school not only makes our life better but also lays the foundation for a good life. In school, we learn to speak well. We also learn how to treat others. School also teaches us to cope up with the adversities of life. This means that school is a good and respectable place. Overall we can say that school makes us a better person. We must contribute to our utmost level to make our school grow and rise. When we grow up and start earning good money, we must help to meet the demands of needy schools.

### Oral Questions:

1. What kind of place school is?
2. How to use school library books ?
3. Is it good or bad to draw lines on the school walls with the sketch pen?
4. Should we bring our animals to school after the school is closed ?
5. Should flowers be plucked from school flower beds or not ?
6. Will you remember your school after you finish schooling ?
7. Would you like to come to your elementary school when you become a famous man in future ?
8. Will you remember or forget the names of your teachers after many years ?

### Dramatic performance by children:

Suppose you are as old as your father. You notice a young boy damaging school. What would you suggest to stop the boy from doing that?

The teacher can ask two children to act by giving a situation. According to situation, a young person is doing some damage to the school and a wise person advises him refraining from the same.

### (C) About Patriots, Artists, Sports Persons and Social Workers:

Children! People, who work tirelessly irrespective of worrying about their comforts and even lives are called patriots. There are great patriots like : Shaheed Bhagat Singh, Rajguru, Sukhdev, Baba Sohan Singh Bhakna, Kartar Singh Sarabha and Shahid Udham Singh etc.

People who entertain others with their art and also give a good message to the society, are called artists. For example Lata Mangeshkar, Amitabh Bachchan, Surinder Kaur, Zakir Hussain and Sobha Singh etc.

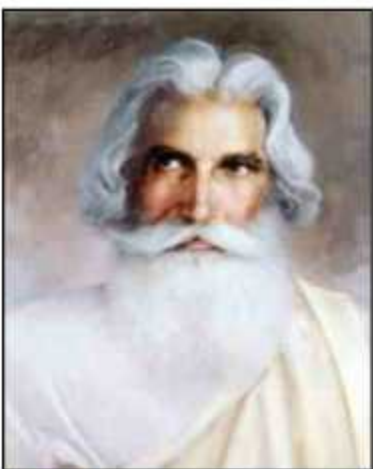
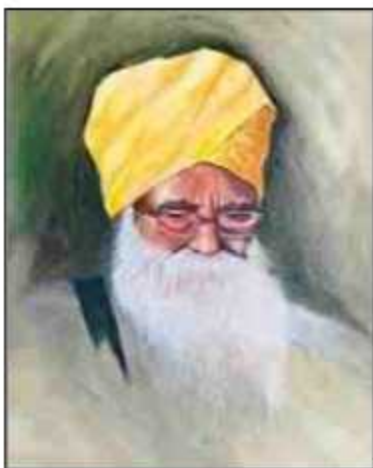


People who make the country famous with their great achievements through sports are called players or sports persons. Sachin Tendulkar , Rohit Sharma , Milkha Singh , Pargat Singh and Sania Mirza are famous players of India.

People who serve the poor, helpless and sick people around them in their time of need, are called social workers. Mother Teresa , Bhagat Pooran Singh and Baba Amte are the names of renowned social workers.

Patriots, artists, sports persons, social workers and many others like them are the pride of the country .They brighten the name of the country. We should have love and respect in our hearts for them. We should take inspiration from their lives.

**Identify the pictures:-**



### **(d) Salute the Farmers, Labourers and Artisans !**

Usually we know about very famous people. We also know about their contributions. But we know very little about ordinary workers and farmers. Even if we do know, we do not give much importance to their work. Infact, their work is very important.

No matter how rich or high ranking a person is, he depends on farmers, labourers and artisans. The food that a person eats is produced by the labour of a farmer. The farmer grows wheat, rice, maize, pulses and vegetables in the fields.

The labourer grinds the wheat to make flour. It is only with the efforts of a labourer that we are able to eat rice, it is the labourer who grinds the corn kernels to make flour. Therefore we should never underestimate the farmer and the labourer. We eat food only because of the crop produced by the farmer. That is why, farmer is called "God of Breads". It is the hard work of artisans and labourers that has created the tools of labour for us.

Most of the industrial goods are manufactured with the help of labourer's skills. Roads that are used by the people for driving cars are also built by the labourers with hard work. The work of the sweepers in the cities is very difficult. Even in many factories, some labourers do very difficult tasks. We can't run our society without farmers, labourers and artisans. Our life is incomplete without them. We must show utmost respect to them. We should always be faithful to their services. We should never disregard them. We should never betray their right.

#### **Verbal questions :**

1. What is roti that you eat made of ?
2. Who grows wheat ?
3. Who grows vegetables in the fields ?
4. Who builds roads ?
5. Who makes the clothes you wear ?
6. Who prepares beds, chairs and tables of your home ?
7. Who builds your house ?
8. Can we live without farmers and labourers ?





**(a) Pollution and conservation of natural resources.****Objective :**

To make students aware of various types of pollution and to encourage them to avoid the use of plastic bags.

Listen to my voice .....



I am the wind. All living beings breathe in me. I used to distribute flower fragrances to you. But the big industries you planted filled it with smoke. They are also toxic fumes. In this smoke there are such gases which are very harmful to human health.....

Good people, you even made it difficult for me to breathe

Make progress, I will not stop

but do not contaminate me.....

**Sing all together**

I am clean air for you,

I am just alive for you.

How do I keep you healthy

With poisonous smoke that I take!



I am water, the peer of all. Life is not possible without me. I was so clean that you could see your face in me ..... but now I am so dirty. You left no stone unturned to contaminate me. You throw into me whatever you think is useless. What has happened to me now is that if you drink that part of contaminated water, you can get sick. I was the giver of life, but now you have made me a life snatcher. I am afraid of myself now.

### All sing together

I am Veyi of Baba Nanak,  
Do some justice to me.  
Why did you make me dirty?  
Somone come and clean it.



I am the earth, the dust. All these trees and leaves grow in me, flowers bloom in me, they bear fruit. As soon as few drops of rain fell, I was filled with fragrance; but you are so selfish. You have defiled me for your own benefits. Pesticides and factory wastes have poisoned me too. I am becoming barren due to the excessive amount of water being expelled from within me. If you want to bloom like flowers, then stop polluting me.

### All sing together

I was the earth that was fertile,  
Humans have made me barren.  
I gave bread to all,  
But your greed ruined it.



I am the voice. It was sweet once. The birds look very nice while chirping. I would be their voice. I became the murmur of the water, sound of the blowing wind. But now my real voice is buried somewhere.

Now I have become sound of vehicles, sound of pressure horns, sound of DJ's, and sound of loudspeakers. I know this voice has torn the ears of human beings. Hearing these sounds increase the heart rate too. The sound has turned into noise.

### All sing together

I was a sweet song,  
Like peacocks sing in the gardens  
Now I am sound of cars,  
buses and speakers  
Hearing the noise everywhere.

#### Some Important Days

Earth Day: April 22

Water Day: March 22

Environment Day : June 05



*(Teacher will explain these special days in detail)*

### Oral Questions :

1. What are the major types of pollution ?
2. What do you know about air pollution ?
3. Water is life. Who is polluting this water ?
4. Explain in your own words what soil pollution is ?
5. What are the disadvantages of noise pollution ?
6. When is water day celebrated ?
7. What is the significance of celebrating Environment day and when is it celebrated ?
8. What day is celebrated on 22nd of April and why ?

*(The teacher will inform the students about the pollution and give more information about its prevention ).*

- The teacher can ask the students to perform these four different activities (I am Wind/Water/Earth/Sound) on four separate days.

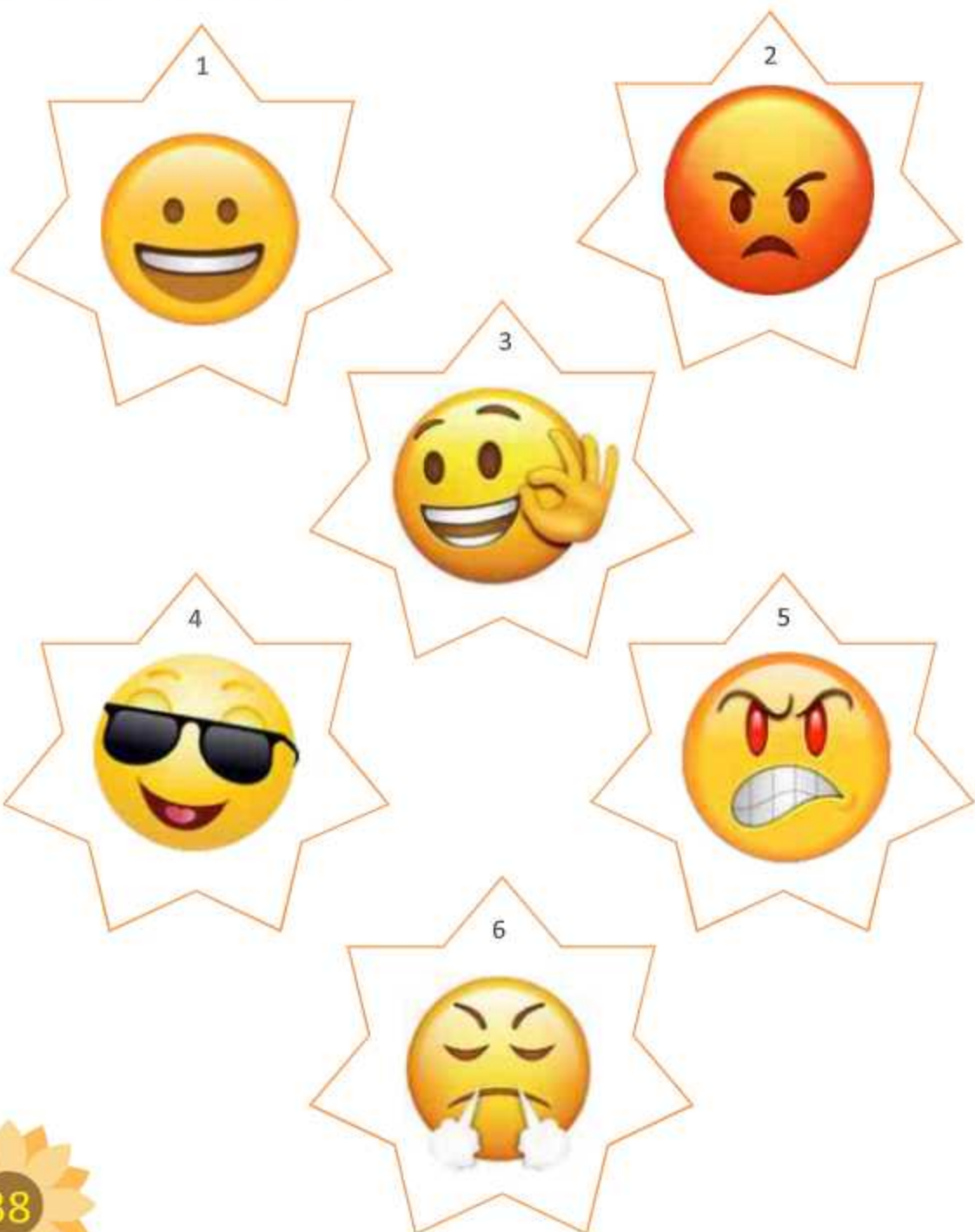


6

CHAPTER

## Controlling Anger

(a) Which face is beautiful ?



### Exercise/Activity for students : 1

#### FACIAL EXPRESSIONS

Right

Wrong

Face number one is happy	→		
Face number two is angry	→		
Face number three is happy	→		
Face number four is angry	→		
Face number five is happy	→		
Face number six is angry	→		

### Exercise/Activity for students : 2

Students will be told that angry, irritated and sad faces never look good. Nobody like this kind of faces. So we should always try to keep smiling. One should not get irritated by trivial matters. You should not make your face in such a meaningless anger that can displease the onlooker.

### Exercise/Activity for students : 3

Students will write down the names of people from their homes, neighbours and relatives whose faces are always smiling.



## (b) How is anger harmful !

Its recess time. Two students of fourth class, Rosie and Ashok, are talking.



Rosie : Ashok brother, you should not get angry at everything.

Ashok : Its my own wish to be angry, to cry or to laugh. Why do you bother?

Rosie: But this can lead to various diseases.

Ashok : You don't lie like this

Rosie: We will find out whether it is a lie or truth. Let us ask Navreet Madam.

**(Both Start Walking)**



Both came back there once again after taking a round and now Harkamal also joins them. The three students wish (greet ) Madam Navreet Kaur.

- Ashok : Madam, Rosie is lying by saying that various diseases are caused by getting angry.
- Navreet Mam : (Smiling) She is not lying son. She is absolutely right in saying so.
- Ashok : How is that ?
- Navreet Mam : There are many reasons for diseases. One of these is anger.
- Ashok : (Surprisingly) Mam! How it could be?
- Navreet Mam : You must have heard the proverb that if you kick a stone in anger, you will hurt your own foot. Do you know its meaning ?
- Rosie and Ashok : (speaking together) No Mam.
- Navreet Mam : Which utensil does your mother use to cook pulses and vegetables?
- Rosie : She uses wok.
- Ashok : Sometimes she cooks in the cooker and sometimes in the wok.

(Navreet Mam sits next to them)



- Navreet Mam : In our parents' time, there were no gas stoves. There were neither cookers nor steel utensils. An earthen was used to cook pulses and vegetables. It was called 'Todi' or 'Handi'. It was put on the stove and the fire was lit underneath. Boiling of pulses, vegetables or mustard leaves led to burning of the edges of the 'Todi'
- Rosie and Ashok : (Surprisingly) Really !
- Navreet Mam : Something similar happens with us too, kids!
- Ashok : (Surprisingly) Mam, but how's that ?

Navreet Mam : There is no harm to anyone else, those who are boiling in anger all the time, get themselves sick like a pot of clay (todi) burns into edges.

Ashok (Happily) : I have understood mam. Thankyou mam.

Rosie (Smiling) : Thank you Mam

(Three of them leave happily)

### For Teachers and Students

#### Activity 6.1

Students will read this dialogue in class. Both students as well as teachers can speak the dialogue of Madam Navreet. If teacher is male, then keep his name Gurmeet Sir.

#### Oral Questions :

Students will be asked some questions related to this dialogue.

- Question -1. What is the title of this dialogue ?
- Question-2. What is the name of the boy in this conversation ?
- Question-3. The name of the girl advising Ashok not to get angry is Amrit. (True/False)
- Question-4. What is the name of the teacher involved in this conversation?
- Question-5. Fill in the blanks:  
A pot of clay in which pulses, vegetables or mustard leaves are cooked is called .....  
(Cooker, Wok, Todi/Handi)
- Question-6. What lesson do you get from this conversation?

#### Activity 6.2

Teacher will ask those students to raise hands who would take pledge not to get angry by little things after reading and listening the above given conversation.

### (c) How to control anger ?



1. Take deep breath in and out.



2. Take rest for sometime.



3. Do Yoga



4. Play together with friends.



5. Walk Swiftly.



6. Take out the inner anger with game like Boxing.



7. Count till ten before saying something in anger.

### Activity-6.3

- a. Teacher will give information to the students about the physical and mental harms which are caused due to anger. He will explain that we lose our control on our tongue when we are angry. We spoil our relationships by saying something wrong. Even angry words sometimes become the reason of enmity.
- b. Teacher will give information about the physical and mental methods. He will tell that how we can get rid of anger with these methods.

### Match the Columns

PHYSICAL /MENTAL ACTIVITIES	NO. OF ACTIVITY
Take rest for sometime	1
Do Yoga	2
Play together with friends	3
Take deep breath in and exhale it out	4

## Don't Bother/Annoy anyone

### (a) Bother not, but co-operate



### Story

"Grandpa, grandpa ! Tell a new story today. " Kamal and Daman asked their grandfather.

"Tell me kids ! Would you listen about the worldly tales or my own self experienced story?" asked grandfather.

"Grandpa, Today you just narrate your own life related story."

"Listen kids! At that time only two children from our courtyard used to study at school. It was me and Jita from our neighbourhood. Jita always remained out of the house. He used to come home in the evening. He always kept on troubling his parents. He had a little sister. He always teased his little sister and made her cry. His parents kept on scolding him for being so indisciplined.

We were very poor. I always helped my parents at work. It was also my responsibility to take care of my younger brother and take him to school. My father also used to tell me that you should never bother your younger brother. You should always help him. I would do the same. At school, I also got the award for the wisest child. The two of us continued to study in the higher classes by supporting each other and our parents. Then we both became senior officers in the army. Jita of our neighbourhood could not study much as he wasted lot of time out of the house and did not work hard.

Kids, if you too want to become a successful person, then you have to support all your friends and family.

Yes grandpa ! We will become great officers like you. Now we'll make some good tea for you. Both the children ran away bursting out happily.

**What do you like to be?**



## (b) Advantages of support or co-operation

How do things become easy ?



How to have more fun while working?

**STORY :** There was a big country. Many kings ruled over small areas in it. Instead of cooperating with one another, these kings kept on fighting among themselves. Seeing their continuous fights, a big country started attacking them. In each attack, it would seize the territories of one or two kings and enslave them. Now those small territory kings began to worry that one day their turn would come too but they were not talking about cooperation with one another due to their ego. One day a wise old king humbled himself and begged all the kings to come together. When all the kings got together, the old king explained, " If we do not cooperate with one another in this difficult time, we will all be enslaved. If we want to be free, we must all come together. Your identity cannot survive without co-operation".

All the kings agreed to the old man and took the oath to fight the enemy together. Next time, when the king of that big country came to attack a small territory king, the combined forces of all the kings shattered the armies of that king and took back all the small kingdoms

he had conquered. Now all the small territory kings were happy and from now onwards, they swore to cooperate with each other. Seeing their co-operation, no big country dared to attack them ever again.

### Question Bank :

1. Why did the king of the big country attack the small kings ?
2. Why were the small territory kings not cooperating with one another ?
3. Who advised the small territory kings?
4. What did the old king preach to others ?
5. Why did the great king lose to the kings of small kingdoms?
6. Is cooperating with one another useful or not?

### (c) As you sow, so shall you reap



**Story :** A hardworking farmer named Gurmukh lived in a village. When he got old, his sons and daughters forgot his hard work of day and night and put his bed in the store. He was also given too little to eat. The old man kept on coughing all day due to some ailment. His daughter in law and son did not pay any attention to him.

One day the old man's son said to his ten years old son, "Son, it's too cold now. You go and give a blanket to your grandfather." The blanket he asked to give to his grandfather was an old one and torn from various places. The boy gave half of the blanket to his grandfather and kept the other half somewhere. Next day, the old man complained to his son. "Son, the blanket you gave me last night was too small. It kept me shivering all night."

The old man's son was surprised when he saw the blanket. It was a half blanket only. He asked his son, "Son! Where is the other half of the blanket that you gave to your grandpa yesterday?"

"Dad, I have kept the other half of the blanket safe with me so that when you get older, it can come in handy for you". The child answered.

On hearing the child's response, the man quickly realized that if we won't take care of our parents, our children would treat us the same way as we do. The man apologised to his child and elderly father, saying, "Today my eyes are opened, I have realised that what we sow today will be reaped someday."

#### Question Bank :

1. How did the old man's son take care of his father?
2. What did the old man's grandson do to him ?
3. What did the little boy answer to his father ?
4. What did the man understand from the child's words ?

#### (d) I am happy in the happiness of others



**Story :** In a village, there lived a very noble and hardworking man named Allah Ditta. He always wanted the best for everyone. He would not disappoint anyone who came to his door in the hour of need. A small river flowed near this village. This river used to destroy the crops of that village every year. Many poor households ran out of food because of the destruction of crops. When those people went to the house of Allah Ditta and asked for food, Allah Ditta would distribute all the food of his house among them. Allah Ditta himself would remain hungry but he could not see the little children of his village crying due to hunger.

One day Allah Ditta thought of building a dam on the river side of the village so that the crops of his village would be saved and all the people would be happy. He persuaded the whole village to come together and build a dam. All the people had full respect for Allah Ditta. The people obeyed him and agreed to build a dam. The whole village worked together for six months to build a dam on the river. The dam was completed. Now the rainy season had begun. Water came into the river. The water could not hit this side as it was blocked by the dam built towards the village. There was abundance of crops this time all over the village.

This was the time when no one's food ran out and no one came to Allah Ditta's house to beg for. It was the first time in the season of floods that Allah Ditta slept after eating enough food. Now the people were happy and Allah Ditta was happy along with people.

### Question Bank:-

1. What was the nature of Allah Ditta ?
2. Why did Allah Ditta himself remain hungry?
3. What did Allah Ditta say to villagers?
4. Why didn't anyone come to Allah Ditta's house to ask for food after the construction of the dam ?
5. How did Allah Ditta become happy?

### Activities

- a) Getting children ready to do school chores.
- b) How did you help someone ? Write or talk about it with other children.



**8****CHAPTER**

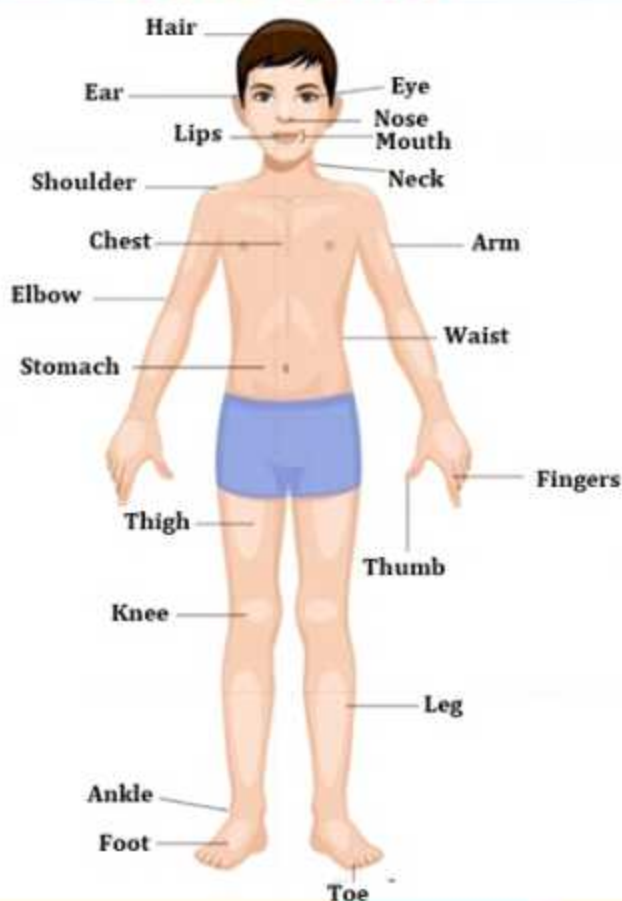
## Physical Safety

### (a) Understanding Body Language:



Language that can be expressed through body parts, facial expressions, hand gestures and eye gestures is called body language.

### Parts of Body



### Oral Questions:-

1. What is the function of the mouth?
2. What is the function of hands?
3. What is the function of eyes?



The teacher will explain, through activity, about body language to the children : "When you do PT in the morning assembly in the school or play kho-kho or kabaddi or when you parade on Independence day, then you follow the hand gestures of PT and sound of whistle during the PT or parade. In this way, you understand their body language and act accordingly."

### Oral Questions :

1. Have you seen the P.T. show ?
2. Which game do you play ?

## (b) Understanding facial expressions :



Happy



Sad



Smile



Angry

The teacher will make the children understand the gestures in a dramatic way like a circus clown makes faces in different ways

Making these gestures on a clean piece of paper and putting them on the children faces, the teacher will ask what kind of gestures they are.

The teacher will tell that life is a combination of joys and sorrows, laughter and tears.

The teacher will tell that anger is harmful to life.

### ORAL QUESTIONS :-

1. When are you happy ?
2. When are you sad ?
3. When do you get angry ?

[ Note : The teacher will also talk about these gestures ]

### C. Understanding Lip gestures:

Children, you have to be smart enough to understand the body language of the person in front of you. You understand from the gestures and the face expressions of the person that how he is giving expressions. If you feel that the gesture is made with the lips, then you should tell your parents or elders, but there is no point in keeping silence. This creates confidence in the children.

The teacher will tell you that when you suddenly pick up something hot, you make your lips round and blow out air through lips. The teacher will motivate for tolerance.

The teacher can also play this game with the children in the class as one child speaks in the mouth and the other child guesses it. The happiness on the face of the guesser is worth watching. This action will motivate children to create the tendency to learn.

The teacher will ask the students to express the words of Punjabi/Hindi/English through sign language. This action will help in instilling self confidence in the child.

#### ORAL QUESTIONS :-

1. What should be kept in mind while talking ?
2. Do you support each other while working in the classroom ?



## D. Understanding through hand movements :

The teacher will tell the children about the importance of hands as well as its gestures. There was noise in the class. The teacher clapped his hands two or three times. The children sat down in silence. The teacher will tell you about hand movements (clapping) that it is wrong to make noise in the class, so your attention is attracted through clapping. Children, whenever a child does good work, he gets appreciated through clapping which means that this child has done something good. The other children can be inspired like this to become honest, truthful, good players and good human beings.

The teacher will tell the children that success is possible only if you work hard. The teacher will explain that we have got an idiom in the conversation - 'Receiving a hand' which means 'getting something'. The teacher will ask the children to find the idioms related to the hand. This activity will inculcate the habit of finding new things in the child and make him hard worker.

The teacher will tell the children (facing the girls) if someone makes bad gestures with his hands to you, tell your teacher, parents or elders immediately. You must not be silent or fearful but be courageous.

### Oral Questions :

1. What are the qualities of a good child ?
2. Is it good or bad to conceal a thing ?
3. What do you do when you see expressions of an angry teacher ?

*[In this way the teacher can talk about understanding through eye-gestures]*



## Match the following



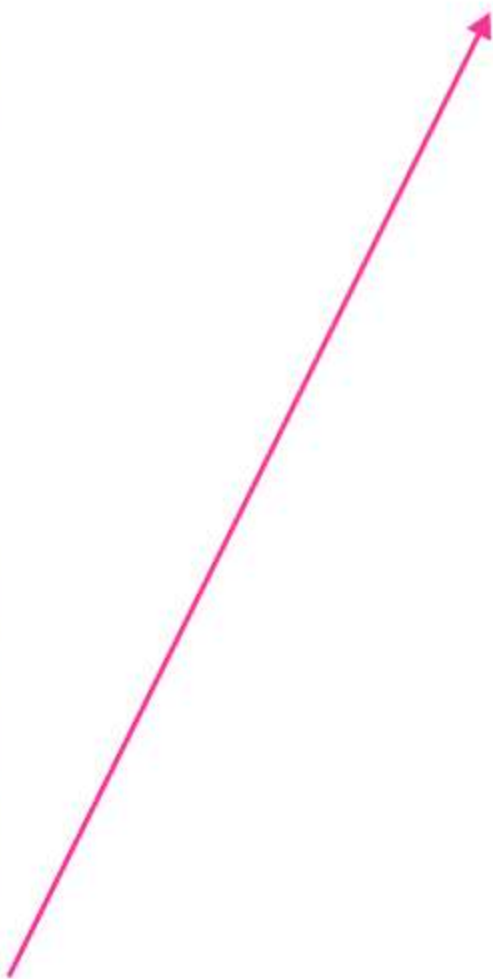
Walking

Working

Listening

Seeing

Speaking





## Good Thinking

### (a) Identifying Right/Wrong



#### Conversation:

Teacher: Children ! What do your parents say when you help them with household chores ?

Diksha : They feel happy and say well done !

Teacher: Do your parents ever scold you ?

Mohit : Yes Sir, when something goes wrong, they scold us.

Teacher : How can you get the happiness and praise from your parents ?

Gurmukh Singh : By doing right thing and by studying well.

Teacher: What might be the right things to do for a student in school ?

Simran : Attending school on time.

Anu : Obeying the teacher.

Arif : Being disciplined.





Teacher : (pausing) Which of your friends do your parents like ?

Sultan : Those who are intelligent in studies.

Teacher : Which children do you want to stay away from ?

Meghna : The ones who have a habit of staying dirty .

Teacher : Can you make friends with inactive and lazy people?

Balraj : No.

So children, only by recognizing right and wrong you can step forward on a right path. At home, our family tells us about right and wrong. In schools, teachers tell us about this. Books give you information about right/wrong. Our community and wise people also tell us what is right/wrong.

Children! Right path of life leads to right destination. The wrong path gets you in trouble. So always try to choose the right one.



TICK THE RIGHT CHOICE	WRONG (x)	RIGHT (✓)
Planting trees		
Lying		
Respecting elders		
Postponing the work		
Helping		
Maintaining cleanliness		
Staying in discipline		
Copying in exams		
Being in bad company		
Being Lazy		

### ORAL QUESTIONS:-

1. Who guides you to identify right/wrong from your family ?
2. Make a list of five right things to do ?
3. Why is it important to identify right/wrong ?

### (b) STORY OF THE FOREST

There was a lush green tree in the forest. The tree was very beautiful. It was also very huge and dense. There were birds' nests on the tree. The birds sang day and night. The tree also began to sing along with them. The day would pass happily. Night would pass happily. The monkey did not like the birds. The songs didn't sound good to him. One day a strange thing struck monkey's mind. He set to the dry bush on fire. The fire spread quickly.





It reached that tree. The heat of the fire touched tree. The heat of the fire reached the branches. Then the green leaves were scorched. The branches began to burn. The leaves began to burn too.

The heat of the fire disturbed the sleep of the parrot first. He shouted. Then the crow also got up. The pigeons also woke up. The doves also became frightened. There was fire all around. There was heat all around. There was a heat of fire. Black sparrow began to cry. She was the youngest. She was very scared.



The first flight was taken by the parrots. Then the crows flew away cawing. The pigeons and doves also flew away. They also told the sparrow to fly away but the sparrow said, "I can't leave the tree, this is my friend. This is your friend also". But no bird listened to her. Then she went to a river. She filled water in its beak and put it on the burning tree. A man saw the sparrow. The man was pleased. He called on his other friends for help. Everyone poured water on fire. The fire was extinguished.



The tree thanked the black sparrow. It thanked the people also. A poet has also written a poem on that sparrow.



### Oral Questions :

1. Where did the birds live ?
2. Who set the fire ?
3. What did the birds do after the fire broke out ?
4. Which birds flew away ?
5. Why didn't the sparrow leave the tree ?



### (c) STORY OF A BEGGAR

A beggar was very hungry. He walked around all day. But there was nothing to eat. The night fell. The markets were closed. The people went home. The beggar wandered in the streets hungry and thirsty.

Suddenly he saw the small door of a confectionery shop opened. He went inside the shop. The shop was full of sweets. There was none inside.

He pounced upon the sweets. He ate everything to his heart's content. His belly was full, but he was still desiring more. Then suddenly, he fell asleep. Hearing the noise he got up and saw that he had been caught. A police vehicle was waiting for him outside. So, although he was too hungry, but stealing is never the right thing to do.



### Oral Questions:

1. Why did the beggar go inside the shop?
2. What did the beggar do all day ?
3. How did the beggar enter the Confectionery shop ?
4. Why did the beggar fall asleep ?
5. Why did the confectioner call the police ?

### Tick the correct option :

Q1. What mistake did the beggar make ?

- a. Begging
- b. Sleeping in the shop
- c. Stealing
- d. Eating too much sweets

Q2. Stealing is a bad thing. Write two lines.

1. \_\_\_\_\_
2. \_\_\_\_\_

