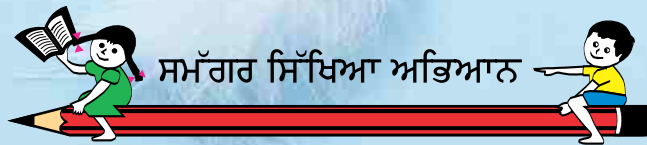


Welcome Life

(For Class – VI)



ਸਮੱਗਰ ਸਿੱਖਿਆ ਅਭਿਆਨ

ਪੜ੍ਹੋ ਸਾਰੇ ਵਧੇ ਸਾਰੇ

ਸਿੱਖਿਆ ਅਤੇ ਭਲਾਈ ਵਿਭਾਗ, ਪੰਜਾਬ ਦਾ ਸਾਂਝਾ ਉਪਰਾਲਾ



Punjab School Education Board

Sahibzada Ajit Singh Nagar

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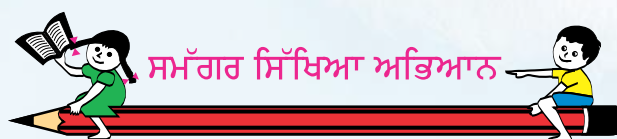
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ਪੜ੍ਹੋ ਸਾਰੇ ਵਧੇ ਸਾਰੇ
ਸਿੱਖਿਆ ਅਤੇ ਭਲਾਈ ਵਿਭਾਗ, ਪੰਜਾਬ ਦਾ ਸਾਂਝਾ ਉਪਰਾਲਾ
ਇਹ ਪੁਸਤਕ ਵਿਕਰੀ ਲਈ ਨਹੀਂ ਹੈ।

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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, I.A.S., Ex. Secretary, Department of 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 text-book 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 text-book.

Chairman

Punjab School Education Board

Acknowledgement and Gratitude

The Department of School Education, Punjab is indebted to the eminent teachers who thought positively and worked dedicatedly and tirelessly, to prepare the books under the guidance of Hon'ble Secretary, School Education, Punjab and following the directions of Director, SCERT, Punjab and Sate Coordinator Padho Punjab Padhao Punjab, to inculcate moral values in students. The following teachers prepared the book of class 6th and gave it the final outline. The Department shall always be grateful to these teachers and the experts of the Punjab School Education Board who corrected the entire textbook from the psychological and language point of view.

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Note : The questionnaires/ tools used in this book are prepared by the teachers and shall not be used for research purposes.

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My Photograph

My Identity

- My Name _____
- My Father's Name _____
- My Mother's Name _____
- My Paternal Grandfather's Name _____
- My Paternal Grandmother's Name _____
- My Maternal Grandfather's Name _____
- My Maternal Grandmother's Name _____
- My Special Characteristic _____
- The Aim of My Life _____



La Rochefoucauld rightly said,
 “To eat is a necessity, but to eat intelligently is an art.”

1.1 Introduction

Dear children, maintaining good eating habits and manners while eating is as important as to eat food. Good eating habits make us a disciplined, healthy and remarkable member of the society. Everyone likes such a child who possesses good eating habits and eats well.

☆ **Let’s know about our good / bad habits.**

(Answer yes or no to the following questions.)

Sr. No.	Good/ Bad Eating Habits	Yes	No
1	I brush my teeth twice a day.		
2	I help my mother in serving food.		
3	I wash my hands with soap before and after meal.		
4	I wait patiently for my turn.		
5	I use a spoon while eating.		
6	I share my food with others.		
7	I always keep a handkerchief or towel with me while eating.		
8	I don’t talk while eating.		
9	I don’t waste food.		
10	I don’t make my place dirty while eating.		
11	I like to eat nutritious food.		
12	I wash my hands and rinse my mouth after eating.		

Give yourself a score as follows.

Yes = 02 points,

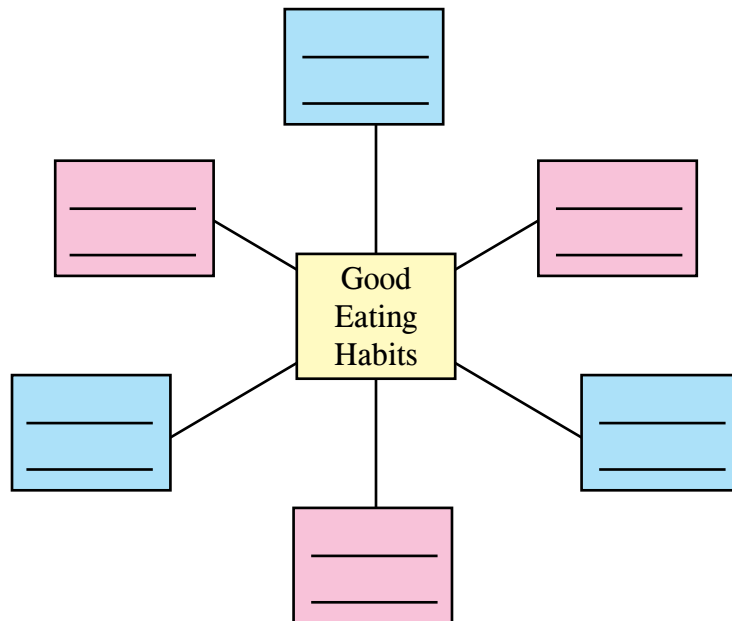
No = 01 point

Total points = 24

Your Score =

I will do the following things to refine my eating habits :

☆ Let's discuss the good eating habits in the class and fill the following mind map.



1.2 Activity Time

Story - Hunger

It was Saturday. All the students were happy because the following day was Sunday. They gathered in the dining-room for mid-day- meal. The teacher, Mrs Kamal instructed the students to wash their hands with soap. After washing the hands, students sat down on their chairs to eat. The food was served to all of them. The children folded their hands in prayer and then started eating food. Some children were eating quietly while some were babbling.



Neha staggered with a sad face. As she was too hungry, so the only thing that she could see was food. She sat down at her place in a hurry and started devouring food without washing her hands. Some food fell here and there but she didn't care about it. After finishing the meal, she hurriedly went away without washing her hands. She looked satiated after having her meal.



Mrs Kamal was catching sight of all this silently, but she didn't think it was appropriate to say something at that time, rather she waited for the right time. She had perceived that something wrong must have happened to her. Curiously, after half day, she went to Neha's class. Some students were chatting while some were reading. The children became quiet the grave on seeing Mrs Kamal. She conversed with the students and enquired, "How many of you have taken breakfast today?" All the students nodded yes but Neha was tongue-tied. Tears rolled down her cheeks. Mrs Kamal approached her and while pacifying her, she enquired the reason for shedding tears. Neha hung her head and kept on crying. Her friend, sitting beside her, disclosed that Neha had not eaten anything since the previous night. Mrs Kamal raised her and took her out of the class. She offered her water and asked her why she did not eat anything. Neha replied that there was nothing to eat at her home. Conditions at her home were unfortunate because of her father's illness. So she hadn't eaten anything since the last night. That made her come to school hungry. Starvation and poverty were reflecting in her eyes. Mrs Kamal calmed her and advised all the students to share food with each other. She also explained to them the importance of washing hands before and after meals, proper etiquettes at the dinner table and good eating habits as well as manners.





Excerpts from this story are based on the eyewitness accounts. We have learnt many things from this story.

- a) Write in your own words what have you learnt from this story ?

- b) What would Mrs. Kamal have explained about the good eating habits and manners that are to be followed at dining table ?



1.3 Dear children, remember, there is no age to learn. We can learn from anything, anywhere and anyone, and inculcate good habits in ourselves. By adopting good eating habits in real life, you can take your future to the new heights. Our habits guide us. These tiny habits build our personality over time.

Let's see what we have imbibed.

(Discuss the following five questions with your teacher one by one.)

- a) You know you shouldn't talk while eating. There is a student in your class who chats a lot while eating food. What will you do to improve his/her habit?

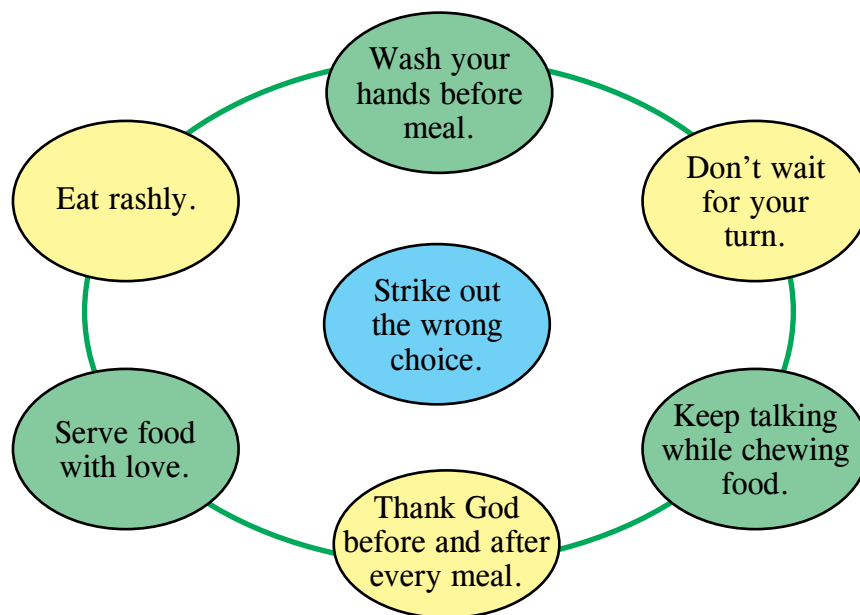
- b) What are the things one should keep in mind at the dining table? Give your views.

- c) It is not a good habit to eat something while studying. What will you do to help a student improve his or her habits if he or she eats toffees or something else while studying in the classroom?

- d) Food is our basic need and is valuable. A student wastes a lot of food. How will you explain to him/her the value of food ?

- e) Suppose a student in your class is crying because he/she is feeling famished(too hungry). How will you help him/her?

1.4 Let's choose between right and wrong.



Dear children, you must follow good eating habits and manners. These habits will become a golden part of your future life.

1. Have you made any changes in yourself? If so, list at least five good eating habits:

- a) _____
- a) _____
- a) _____
- a) _____
- a) _____

2. Make a poster showing good eating habits :

3. Discuss about the good eating habits in the morning assembly.

Good eating habits instill confidence in us and make us healthy.

Live a happy and healthy life.

Special suggestions from the teacher to the student





2.1 Introduction

Do You Know ???

"Dear Students !

*There was a child.
An honest child,
Who was innocent.
But was never punctual.
He used to be late in everything.
He used to be late in getting up.
He used to be late in going to bed.
He used to be late in reaching the school.
He used to be late in coming back home.
He used to be late in finishing his school assignment.
He used to be late in playing with mates.
What was the reason?
He was never punctual....
Do you know who was 'he'?
Is that child 'You'?"*

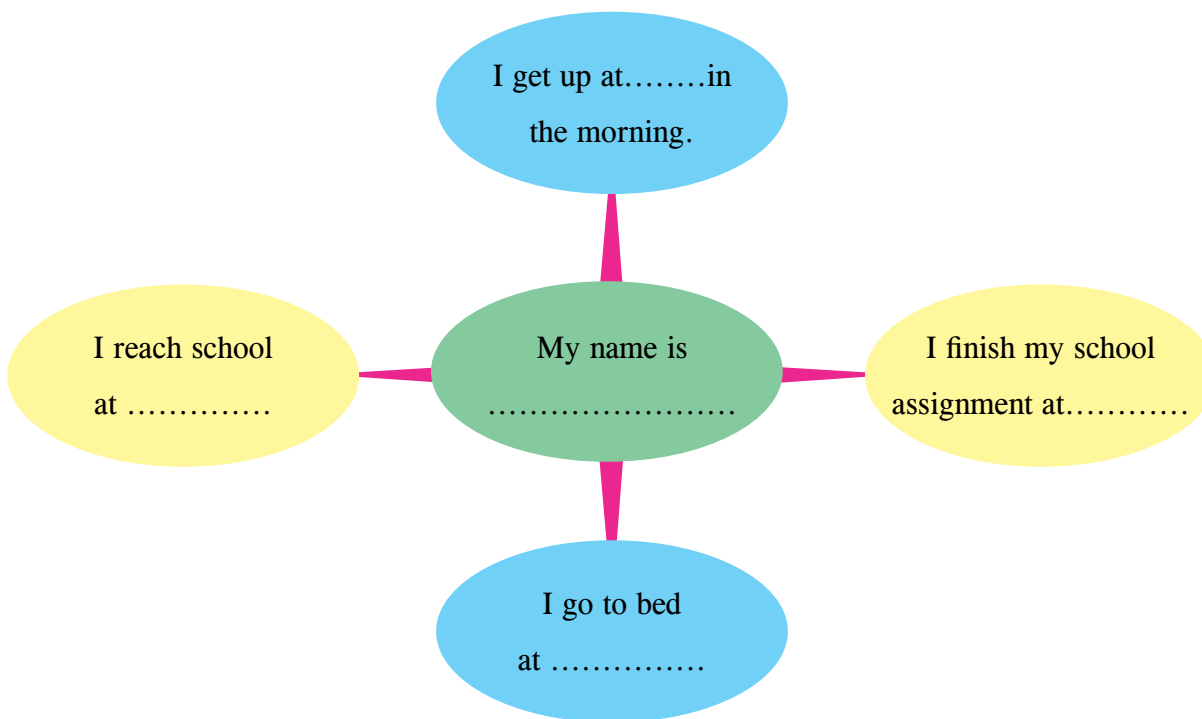


Let us introspect

Do we just spend the available time or make proper use of it? Let us introspect and see how happy our lives will be if we finish every task on time. If we learn to value time, then our worth will also increase.

My daily schedule :-

Dear students, let us make our daily timetable/schedule:-



Am I a smart student or a lazy one ????

Let us find out now who is a smart student and who is a lazy student. You have to tick (✓) only one option out of “Always” / “Sometimes” / “Never” in the table given below:-

Sr. No.	Statement	Always	Sometimes	Never
1.	I get up early in the morning.			
2.	I reach school on time.			
3.	I take my meals on scheduled time.			
4.	I finish my school assignments on time.			
5.	I go to play at a specific time.			
6.	I go to bed at night after packing my school bag properly.			
7.	I properly maintain/iron my school uniform before going to bed at night.			

Now see the score:

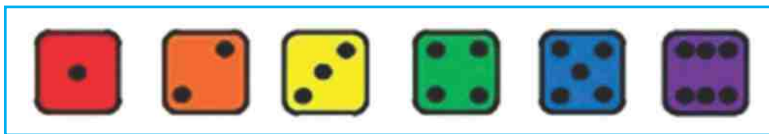
Always = 3, Sometimes = 2, Never = 1.

Your Score =

What efforts would you make to increase your score?

2.1 ACTIVITY

☆ Roll the dice and learn the value of time



Dear students, divide yourselves into six teams. Roll a dice on the table and see the number. The number on the dice represents the team that has to respond and answer the question as given in the following table:



How did people in ancient times estimate time?



Describe some natural things around you that are always punctual.



Tell about some people around you who are always punctual.



What if one day the sun forgets to be punctual in rising up?



What will happen if one day the sun forgets to set?



What if one day your teachers forget to reach the school on time?

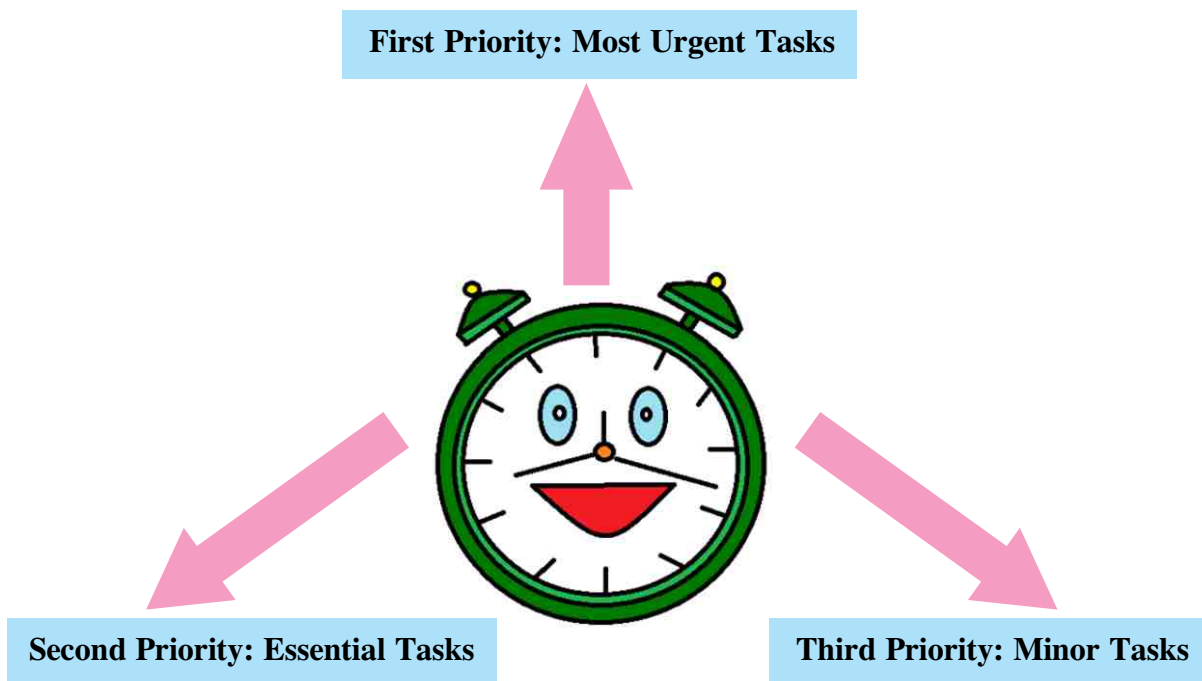
Now try to know more about the importance of punctuality. Discuss with your classmates, teachers, parents and gather more information about time management. Note down the gathered information in your own words.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

2.3 Time Management : First priority, second priority or third priority ???

Dear students, we get 24 hours daily and thus 60 minutes every hour and 60 seconds every minute. Just think! How much time do we have each day to make our lives better? So, we need to manage our time wisely. We must learn to prioritize our tasks. We must organise our assignments by keeping these on our first, second or third priority. There are some essential tips to manage the available time:-

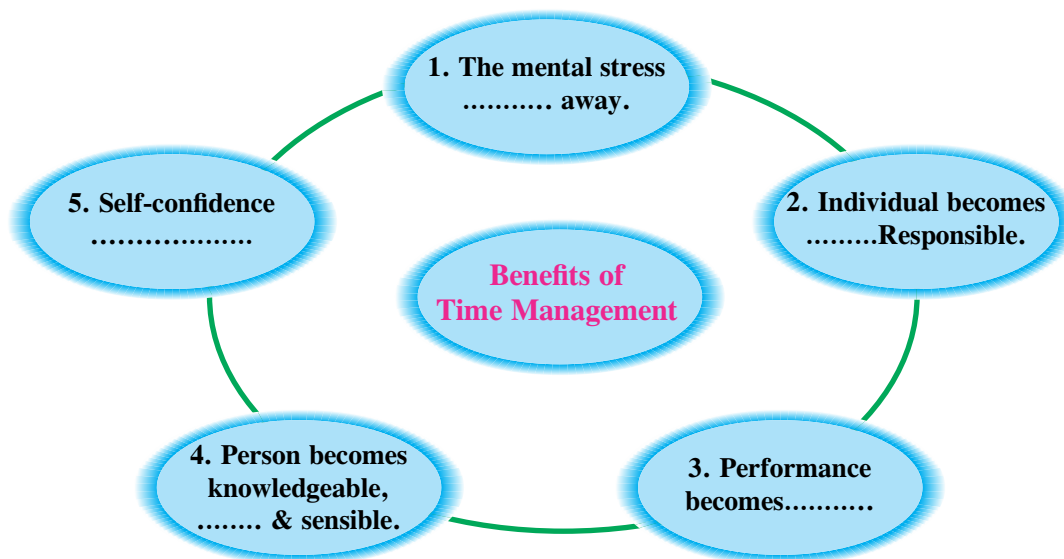
- (a) Which task is most urgent?
- (b) Which task can be postponed for a while, or what can be done little later?
- (c) How much time is to be allotted for different works?



To make proper use of the available time, we should organise our tasks into most urgent tasks, essential tasks and minor tasks and so on. The work should be done based on this division by proper time management.

The Benefits of Time Management :- Read, understand and fill in the blanks:

wiser, fades, enhances, better, more



My Planner for important Assignments of the day:-

Now try to make your time table planner mentioning your urgent tasks for the day as suggested below and assign a star ★ to yourself when you successfully finish your assignment on time. Then calculate how many total stars you earned during the week for a particular task:-

Name.....Class..... Date.....

Sr.No.	Task	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total Stars ★
1									
2									
3									
4									
5									
6									
7									
8									
9									
10									

Signature:



2.4 Think and Write

1. What efforts did you make to be punctual, according to your time-table?

2. Describe a situation in which you felt embarrassed or suffered a loss for reaching late.

3. Enlist the drawbacks of wasting time.

★ ★ ★ Firm Determination ★ ★ ★
management, time, priority, punctual

1. I will become from today onwards.
2. I will always complete my tasks on
3. I will follow time
4. I will complete my daily tasks on time by dividing these based on

Special suggestions from the teacher to the student





The most beautiful thing in this world is to see your parents smiling and to know that you are the reason behind that smile.

Anonymous

3.1 Introduction

Dear children, family is a gift given to the human being which plays the most important role in beautifying his/her life. No matter where we go in the world and whatever we become, our mind and soul always stay in our home because home is the place where our family lives. We all love our family very much.

While answering the following questions, let's see how much we know about our family.

My family and I

1. There are total _____ members in my family.
2. Names of my family members and my relationship with them.

Name	Relationship



3. I am the eldest / intermediate / smallest of my siblings.

Write down the three advantages and disadvantages of being in _____ position among siblings.

Advantages	Disadvantages

4. Responsibilities of elders and children in my home.

--

5. Skills of my parents.

Relation	Their skills	What have I learnt?
Mother		
Father		

6. I talk to my grandparents on the following topics.

--

7. My family spends its evenings at home in the following ways.

--

8. _____ is the closest to me in my family.

9. Complete the following sentence.

I am proud of my family because

Children, you are so lucky that you have a very lovely family, but have you ever told your family members that you love them very much?

- Today you will go home and tell the whole family how much you love them.
- From today onwards you will spend half an hour every day with your grandparents for a week and next week you will tell the class what you have learned from them.

3.2

Dear children, whatever we are today is because of our parents. Many of our qualities are inherited. In fact our existence is our parents' greatest gift to us.

Let's try to connect more with our parents today and find out how much you know about your parents. Fill the following proforma about your mother or father. (You can also write about your grandparents or any other elder in the house.) Also fill the certificate, and get it signed from the receiver.

<p style="text-align: center;">My _____</p> <ol style="list-style-type: none"> Name : _____ Age : _____ Education : _____ Favourite colour : _____ Favourite food : _____ Hobby : _____ His / her dream : _____ His / her biggest disappointment : _____ The good things in his / her nature : _____ The bad things in his / her nature : _____ My qualities that match him / her : _____ 	<div style="text-align: center;"> <p>THE AWARD FOR WORLD'S BEST</p> <p>_____</p> <p>Goes to,</p> <p>MR./MRS. _____</p> <p>from</p> <p>_____, I love you very much. You are truly the best _____ in the world.</p> <p>SIGNATURE</p> </div>
---	---

Receiver _____ (Signature)

After going home, write down with the help of your parents, what you were not able to write in the above proforma and get the certificate signed by the recipient at home.

Children, do you know that in our country Mother's Day is celebrated on the second Sunday of May, Father's Day on third Sunday of June and Grandparent's Day on the first Sunday of September. Make a card for them on these days and congratulate them. Find out the dates on which these days will be celebrated this year.

Mother's Day: _____

Father's Day: _____

Grandparent's Day: _____

- Today you will go home and thank your parents for their unconditional love for you and for the work they do for the family and will try to help them as much as possible throughout the week.

3.3

Dear children, let's try to find out through a questionnaire how your family relations are. Read the following and describe your behaviour.

My Relations

Sr. No.	Your Behaviour	Always	Sometimes	Never
1	I speak to my parents respectfully.			
2	I help with household chores.			
3	I spend time with my siblings.			
4	I apologize on committing mistakes.			
5	I accomplish the task on the first call of my parents.			
6	I clean my room myself.			
7	I share everything with my siblings.			
8	I keep my promises made to my parents.			
9	I try to keep congenial environment at my home.			
10	I remain calm even when my demand is not fulfilled.			

Score yourself : - Always – 03, Sometimes -02, Never -01

Marks obtained: _____ (Maximum marks = 30, Minimum marks = 10)

Children, high scores reflect your good family relations. Review your behaviour according to the questionnaire given above and write down in the given space what you will do to improve your relationships.



3.4 Dear children, good family relationships are not only essential for family peace but also for our development. It is only the family that stands by us in every situation. We should pay special attention towards the improvement of our family relations.

Explain according to the following gestures, how you will apply them in your family.

1. Respect _____

2. Learn _____

3. Appreciate _____

4. Apologize _____

5. Help _____

6. Be thankful _____

7. Give time _____

8. Forgive _____

9. Show love _____

10. Sacrifice _____

JOY OF SHARING

Children, sharing is important not only for a loving and comfortable family environment but also for creating a good society. Remember, to give something to someone, you need not be rich with money but rich by heart. Think and write down which things you have that you can give to someone else. For this, you can set up a Virtue Shop (ਨੇਕੀ ਦੀ ਦੁਕਾਨ) in your street/locality or the school/class with the consent of your teacher.

JOY OF SHARING

Special suggestions from the teacher to the student





STAY AWARE, STAY SAFE !

4.1 Introduction

Dear children, touch is an act of physical contact with a person or object. It can be good or bad.

GOOD TOUCH : A good touch gives you a feeling of warmth, comfort and safety internally.

BAD TOUCH : A bad touch makes you feel restless and frightened and gives you a sense of insecurity.

Read the following situations and divide them into good or bad touches according to the emotions associated with them.

Sr.No.	Situations	Good touch	Bad touch
1.	Patting the shoulder by the teacher.		
2.	An adult making you sit in his/her lap against your wish.		
3.	Siblings playing with each other.		
4.	Someone trying to touch you while travelling in a bus.		
5.	Parents taking care of you.		
6.	Mother giving you bath.		
7.	Stranger trying to hug you.		
8.	A doctor examining your body with your parents by your side.		

Keeping the above activities in mind, describe what you will feel during a good and bad touch.

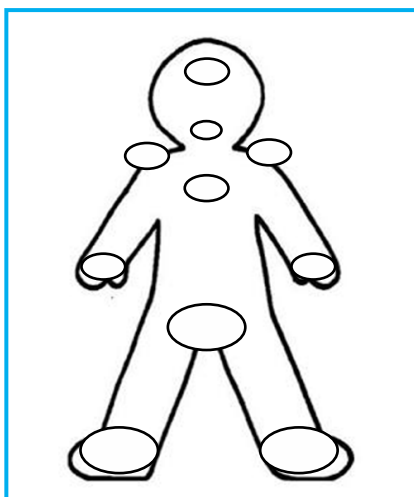
Feelings during good touch	Feelings during bad touch
I) _____	i) _____
ii) _____	ii) _____
iii) _____	iii) _____
iv) _____	
v) _____	

Talk to your teacher and tell:

- What should you do in this type of situation?
- In which situations you feel insecure except the above given situations and know if it is a good touch or bad touch.

4.2 Dear children, your body is yours and belongs only to you. No one can touch you unless you allow them. No one should be allowed to touch certain parts of your body (private parts) except your parents when they are giving you bath and touch these special parts to clean you up.

In the circles provided in the given picture, colour the parts that make you feel uncomfortable when touched by someone else.



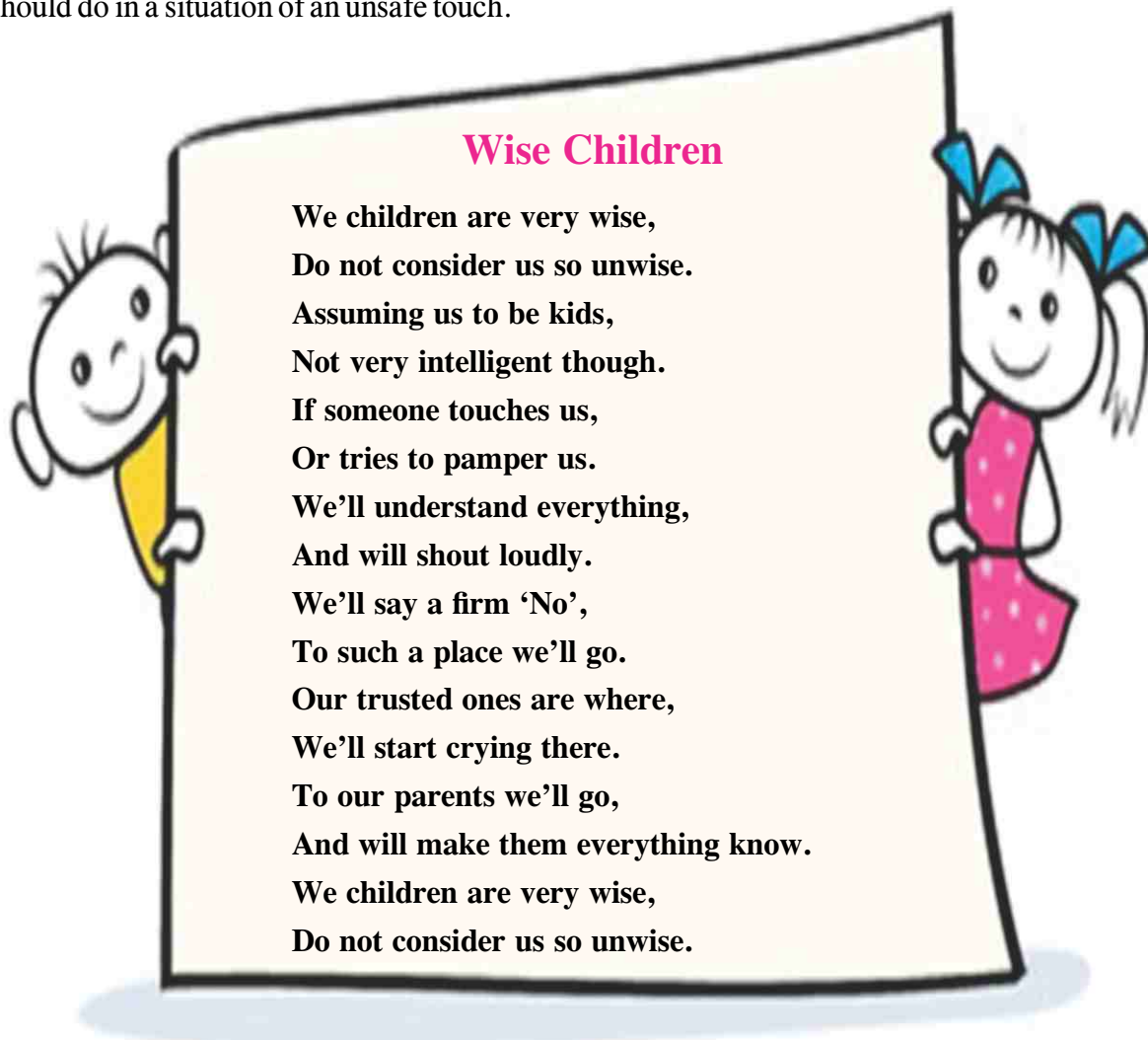
Through the above activity we have learned about the personal parts of our body but it is not so that touching only these parts is wrong. In fact, the intention behind any touch makes it good or bad. If someone touches you anywhere with a wrong feeling, it will be considered a bad touch. It is important to know the difference between good and bad touch if you want to be safe. So you have to rely on your intelligence and try to understand the other person's intentions.

Each creature has its unique way of responding to an insecure touch. Guess how the following creatures respond to unsafe touches and threats.

Match the Following :

A	B
CREATURES	WAY TO RESPOND TO THE DANGER
1. Butterfly	1. Hiding in the hard rot of skin
2. Dog	2. Going to mother's lap
3. Turtle	3. Fly away
4. Deer	4. Bark loudly
5. Baby monkey	5. Run fast

Children, these creatures are also fully aware of good and bad touch. In the same way, you need to be aware of these touches to save your life. Let's know through a poem what we should do in a situation of an unsafe touch.



4.3 Dear children, a good touch is a way for people to show their love and care. It will give you a sense of happiness and security, but with a bad touch you will feel a sense of insecurity, fear, restlessness and nervousness. You need to be alert and aware to differentiate between the two touches.

It is also very important for you to know what to do if someone tries to touch you without your permission or abuse you. In such situations, you must do three things. Match column A with column B to find out about them.

A

1. SAY NO
2. GO
3. TELL

B

- To a safe place where other people are present
- To a trusted elder
- In a loud voice

Keeping the above in mind, think about the following situations and write down in the space provided what you would do in that situation.

Sr.No.	Situation	Action
1.	A stranger gives you chocolate, money or some other temptation to come with him/ her.	
2.	Someone shows you videos or pictures of people without clothes.	
3.	Someone forcibly hugs or cuddles you.	
4.	You find someone's behaviour strange.	
5.	Someone tries to sit too close to you.	
6.	Someone threatens you to keep his / her behaviour secret.	

Discuss with your teacher to find out if your reaction was correct.



4.4 Dear children, your safety is largely in your own hands. You must see to it that no one should be allowed to touch your private parts (such as your buttocks, chest, hips and genitals). If someone does so, it falls into the category of physical abuse. Read the following statements about child abuse and find out if they are true or false.

		TRUE	FALSE
1.	Child abuse is a good thing.		
2.	Many children are victims of abuse.		
3.	Only girls are victims of abuse.		
4.	Child abuse can be prevented by being aware and vigilant.		
5.	Child abusers are easily identified.		
6.	Usually the child abusers are well known to the child and his / her family.		
7.	Child abuses happen in slums only.		
8.	Child sexual abuse is a crime.		

Get the right answers by discussing them with your teacher.

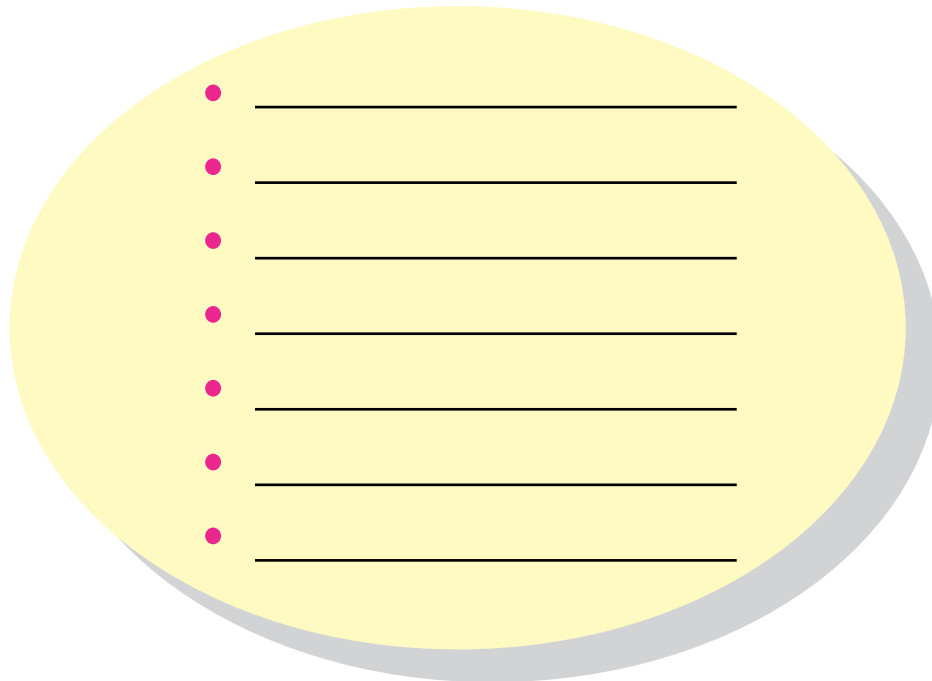
Children, you can face any situation by being aware and alert. Remember, if someone touches you without your permission, you need not be afraid; say no loudly, go to a safe place and tell a trusted elder.

- Always remember the three safety rules:



- Identify the seven persons whom you trust and write their names in your circle of trust.

My Circle of Trust



Special suggestions from the teacher to the student





Someone is sitting in the shade today because someone planted a tree a long time ago.

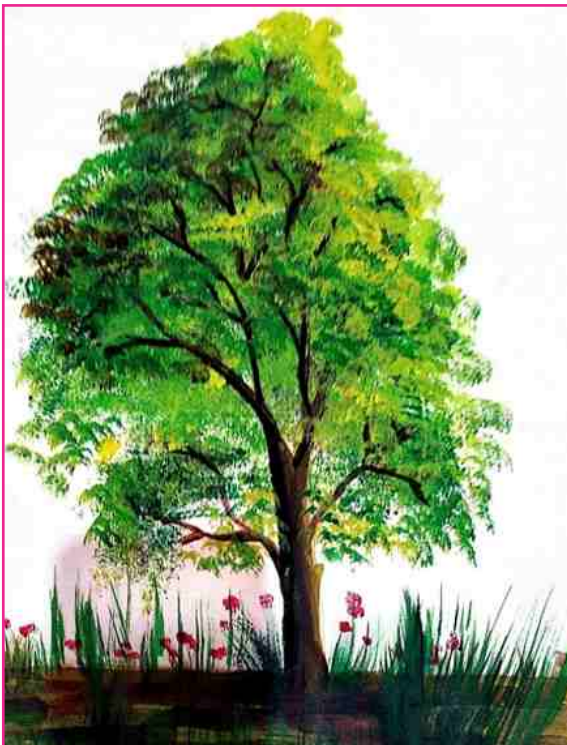
Warren Buffet

5.1 Why should each one plant one?

Dear children, as we know that trees play an important role in our life. They not only meet our needs but also sustain our existence on earth. It is the importance of trees in our life that makes us indebted to them.

Let's try to figure out how important trees are to us. Working in small groups, write down the benefits of trees with your peers.

Benefits of Trees to Man



1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Share the benefits you have written with your teacher and see which group has recorded the maximum benefits.

Children, remember trees are the lifeline of our world. Without them, life on earth would be lost because they give us oxygen, which makes it possible for humans and wildlife to breathe. Trees are our natural filters which purify the air.

5.2 What if there were no trees?

Dear children, trees play an important role in enhancing the quality of our lives, but human beings have forgotten their importance and have come down to remove greenery from the earth with their selfish activities. Children, have you ever wondered what the world would look like without trees? Take five minutes, close your eyes and imagine the land without trees and write down how the earth will be look like if the trees disappear.

Earth without Trees

- _____
- _____
- _____
- _____
- _____
- _____

Suggestions : - Effects on air, soil, rain, various products, water resources, life and earth etc.

Children, you should know that every year Van Mahotsav Day is celebrated on July 1, Earth Day on April 22 and Environment Day on June 5. Think and write down the reasons for celebrating these days.

Children, draw the picture as instructed in the given space.

Earth Without Trees	Earth With Trees

5.3 Which tree should I plant?

Dear children, let us examine our knowledge about trees. Complete the following paragraph by finding the correct word from the box.

WORD BOX

tree, world, selfish intentions, plant, indispensable, life, cut, impossible

Trees are the source of _____ on earth. To imagine the world without trees seems _____. Trees give us oxygen, rain, wood, fruits and shelter; they make the _____ a beautiful place to live in. Still the selfish man kills them for his _____. Trees are _____ for evolution and smooth running of all the forms of life on our planet Earth. We must not let anyone _____ a tree. Instead, each one of us must plant at least one _____ and make sure it grows into a big _____.

Let's make a vow today that we will plant a plant in or around our house and will take care of it until it becomes a big tree. Decide which plant you want to plant. After discussing with the teacher in class, gather the following information about the plant of your choice.



Each One	Plant One
Name of the plant.	
Place where you want to plant it.	
Benefits of the plant.	
Whose help do you want to take to plant it?	
What kind of things do you need for the plantation?	



You also have to remember that a plant requires a long time and care to grow into a large tree. Tell how you will take care of your plant.

<div style="text-align: center; background-color: #ffcc99; padding: 5px;">Maintenance</div> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
--

Dear children, it is our responsibility to make our home as well as our school green. Next week we will accomplish this task together. Your teacher will divide you into groups and each group will bring a plant to plant in the school.

★ 5.4 I will plant a tree.

Dear children, as we complete our vow today, we will plant beautiful plants in the school. Fill in your name in the following pledge.

MY PLEDGE	
I, _____ and my friends have planted a _____ plant in the school collectively. We take full responsibility for its care. We vow that as long as we stay in this school we will take care of this plant every day.	
	<div>Signature</div>
	

**EACH
ONE**



**PLANT
ONE**

Special suggestions from the teacher to the student





Superstitions eat the wisdom, like weeds.

6.1 Introduction

In today's scientific world, the man has reached the moon, but still, he is backward in his thinking. He does not think rationally in every situation. The man has made some false beliefs and myths and follows the same. He is unable to come out of his thoughts. His mind becomes the slave of superstitions and misconceptions.



Dear students, you might be aware of many bad rituals and myths prevailing in your families and your neighbourhood. Superstition is the thinking that creates phobias and false concepts, leaving behind reality. Such orthodox thinking hinders our progress and pulls us back. Can you guess some of the superstitions?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Have you ever heard at home, when you are going out for some important work, not to leave home if a cat crosses your way? While leaving for the exam, your mother gives you some sweet things to eat, with a notion that it will bring a good result, as it is a lucky charm. Can you think of the logic behind these notions?

They have made some positive or negative associations with these thoughts.

Now, make a list of such beliefs that you feel are wrong but you follow them, due to some phobias.

- _____
- _____
- _____
- _____
- _____

Collect views about superstitions of any 5 persons from your family and neighbourhood and fill the table or sequence.

	PERSON'S NAME	VIEWS	REASON OF BELIEF
1.	_____	_____	_____
	_____	_____	_____
2.	_____	_____	_____
	_____	_____	_____
3.	_____	_____	_____
	_____	_____	_____
4.	_____	_____	_____
	_____	_____	_____

6.2

Hello students, last week you were given a survey activity. You were asked to record the responses of your family members and friends related to superstitions. Hope you all have done it. Now, let us count how many believe and how many don't believe in superstitions.

Do you know why people become superstitious? Have you ever thought why people have such false beliefs in their minds?

Now we will try to know the actual reasons behind these false beliefs. Sometimes, a person's behaviour is not good for the self and society. Despite the endless efforts, the person refuses to change his/her behaviour. Then, the people associate various superstitions to the wrong behaviour, just to improve his behaviour. He/She starts following them out of fear.

Write some of the superstitions along with the logic behind them. First is done, as an example.

- **Superstition :** Don't sleep under the trees during the night. The ghosts live on trees at night.
- **Explanation :** During the night, trees emit Carbon Dioxide, whereas we need Oxygen to respire. So, when people deny understanding this fact, often the fear of ghosts is attached to it. Under the influence of instilled fear, almost everyone with the superstition.
- **Superstition:** _____

- **Explanation:** _____

- **Superstition:** _____

- **Explanation:** _____

- **Superstition:** _____

- **Explanation:** _____

● **Superstition:** _____

● **Explanation:** _____

Now you will probably have a better understanding of how some false beliefs initiate and are being spread, which are many times used for the welfare of people.

HOMEWORK : Children the coming week, visit the school library and read some books related to superstitions. If you find good material related to the topic in some book or newspaper, bring it in the class and share it with other students.



6.3 Questions

Dear students, read the following incident and try to think the answer to the questions following this incident.

Mohit was going to his school for an exam. A black cat crossed his way. He immediately returned home and said to his parents, “I have returned because a black cat crossed my path. So, I would have failed, even if I appear in the exam.”

Answer the following questions:

1. In your opinion, whether Mohit was right or wrong? Why?

2. What should be his parents’ reaction?

3. What would be the ending of the incident, if you were one of the characters in it?

Dear students, hope you have understood about that the superstitions. You have to aware others about it. We will organize painting and slogan writing competitions next week.



6.4

Dear students, hope you have collected information related to superstitions, from various books and newspapers, in the last week. Till now, you might have understood that the superstitions hinder the path of progress and pull over society backwards. Today we will organize competitions related to the same.

- **Painting competition**
- **Slogan writing competition**

The theme of the competitions is 'Awareness against Superstitions'. You are free to participate in any competition. Your paintings and slogans will be presented on the display board for the whole month.

Well done students! Keep it up!

Special suggestions from the teacher to the student





“Coming together is a beginning, keeping together is progress, and working together is success.”
- Henry Ford

7.1 Introduction

Dear children, cooperation is the feeling of working together with someone and belongingness is the feeling of being attached to someone special.

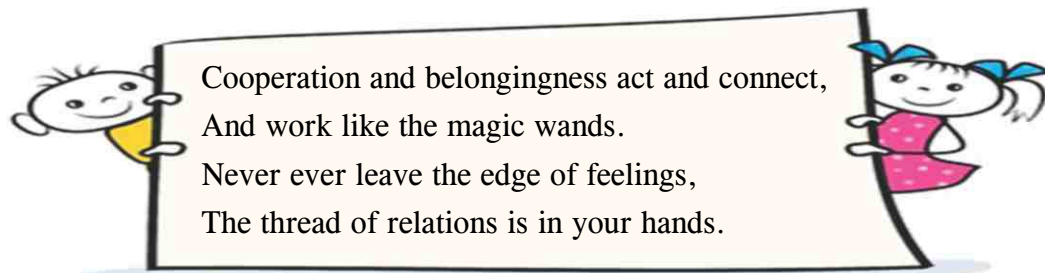
Life is a journey that starts at the time of birth. This journey of life begins with some kinship but some more relationships are formed during the passage. All of these relationships- parents, siblings, relatives, friends and teachers- are with you at every step. They make your life better and more enticing by cooperating with you in every possible way. They contribute significantly to your progress and success.

Answer the following questions:

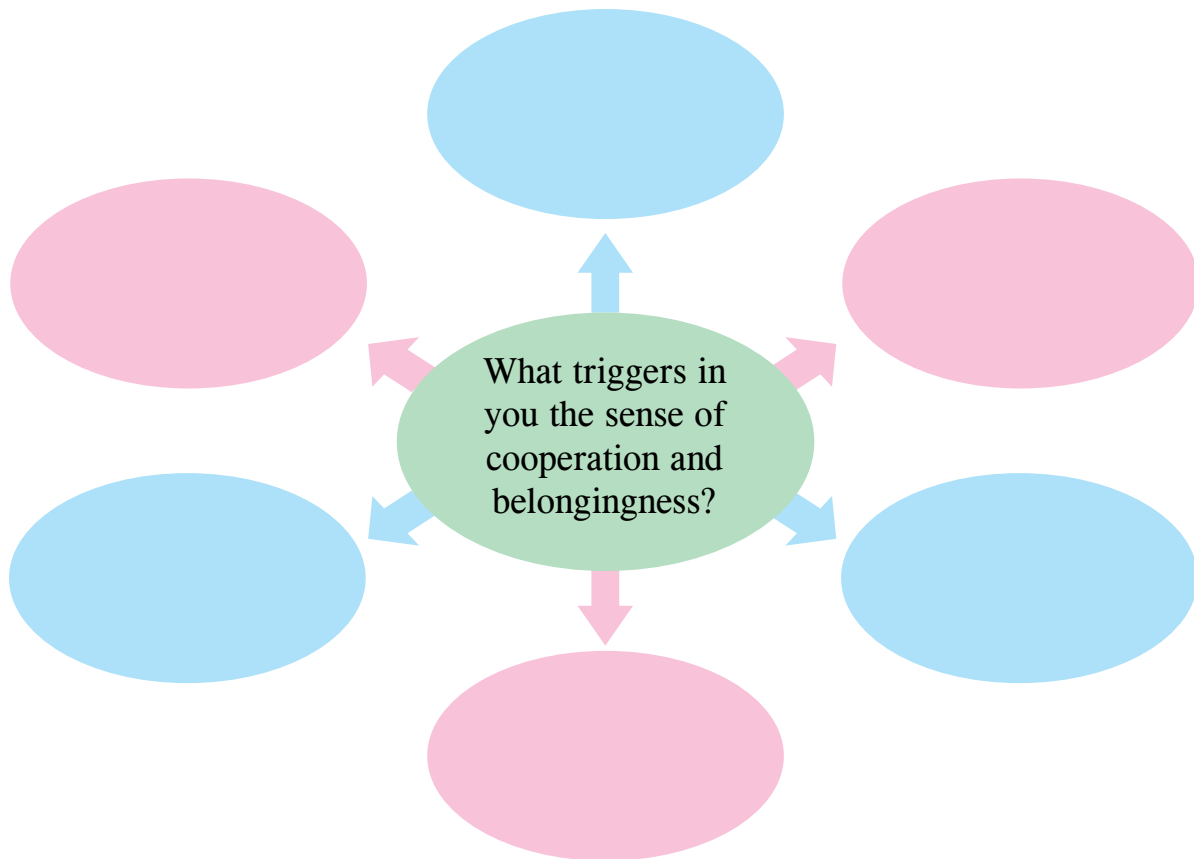
☆ **Let’s learn about the importance of cooperation and belongingness in our life.**

a) What are three things you can do alone?

b) What are some of the things you need to take help for?



☆ **Mind Map;** Let's learn about cooperation and belongingness through classroom discussions and fill out the following mind map.



7.2 Activity Time

★ Story - "The Baby of a Nightingale"

It was the month of June last year which was piping hot. Two nightingales searched twigs from somewhere and worked indefatigably tirelessly the whole day to build nests on our home papaya plants. They did this with great joy and fervour, why won't they! Home is just as essential to animals as it is to humans. With collaboration and alliance, they were able to construct their home. Before dawn, they both flew in search of food. Sometimes they would sit on the parapet and take care of their nest. They relished this job. Singing songs all day long was as if they were offering thanks to God.

After a few days, the female nightingale began to spend more time in the nest and the male one would guard them like a watchman. Now the responsibility of both was increased. They foraged for food not only for themselves but also for their baby. They didn't go to far-off places. The baby nightingale would wait impatiently and call in for its parents. Hearing their baby's voice, they would both get there in a moment.



One day, the female nightingale reached with a worm (food) in her beak and found the nest empty. Saddened, she called her mate. The male nightingale also reached there. Together they hunted for their baby everywhere. The baby was sitting on the parapet. Their joy knew no bounds on seeing their fledgling. Their offspring had now learnt well how to fly. The three happily flew away and never returned.

☆ **This story is based on the eyewitness accounts. We have learnt a lot by reading the story “The Baby of a Nightingale”.**

a) Write in your own words what have you learnt from this story.

b) Read the story and tell how one nightingale collaborated with another nightingale to make the nest a home and a family.

Dear children, the house becomes a palace of dreams only because of cooperation, adjustment, respect, understanding, love and feeling of belongingness.

7.3 Remember

CAB RULE

1. C = Cooperation
2. A = Adjustment
3. B = Belongingness
4. R = Respect
5. U = Understanding
6. L = Love
7. E = Emotion

Let's see what we have imbibed.

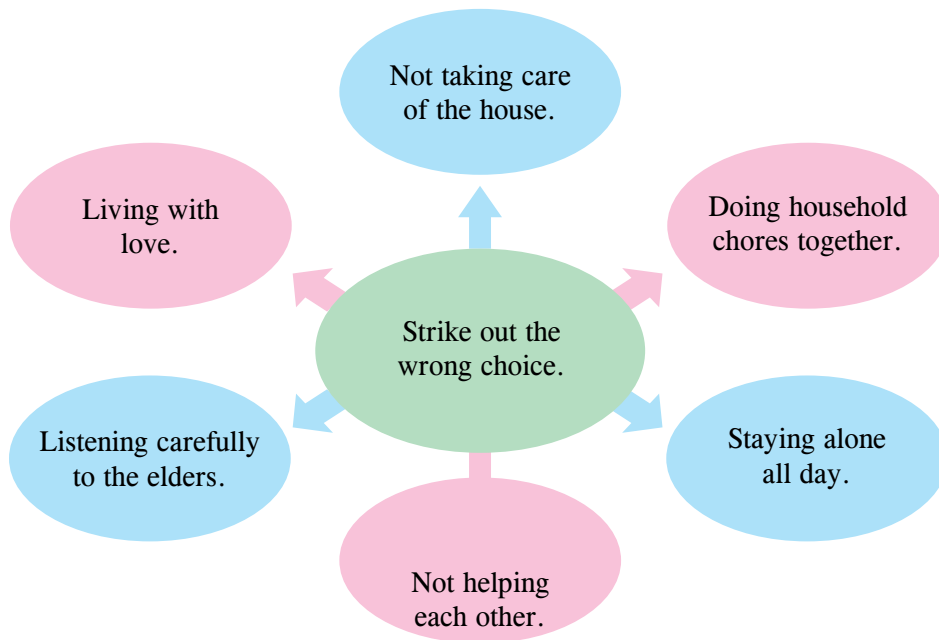
(Discuss the following five questions with your teacher one by one.)

- a) Suppose your younger brother does not share his toys with you. What will you do to help him improve this habit?

- b) How do you cooperate with your parents? Make a list of any five ways.

- c) Your grandfather is old. He keeps asking for help for small tasks. If he calls you while you are studying, what will you do?

- d) Let's choose what is right and what is wrong.



7.4 The spirit of cooperation unites us and improves mutual relationships.

- a) Write the name of the person who always supports you.

- b) Who is there to aid you with everything, big or small?

- c) Say thanks by writing the names of such people who take care of your necessities.

Dear children, you must follow the CAB RULE to sweeten every relationship. If you follow these rules, then these habits will become a golden part of your future life.

State: Have you made any changes in yourself ? If so, list at least five such habits:

- a) _____

- b) _____

- c) _____

- d) _____

- e) _____

- f) _____

- g) _____

- h) _____

Special suggestions from the teacher to the student





Rights and duties are two sides of the same coin.

8.1 Introduction

Dear students, our country has a great culture and heritage. Our elders went through a long struggle to achieve independence. The facilities we are enjoying today are the result of the sacrifices of our freedom fighters. Ours is a vast country. It is divided into many states and union territories. Despite diversities, the whole country is like a beautiful garland of different flowers. Our national symbols and constitution play the role of the thread to tie these flowers.

Dear children, we will play an interesting game. But, before that answer the following questions.

1. What freedom do you enjoy at home that you never get anywhere else?

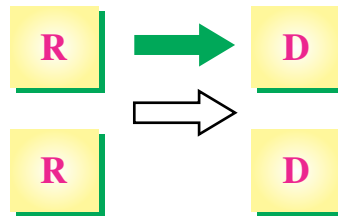
2. What are your duties towards your family?

8.2 Activity Time

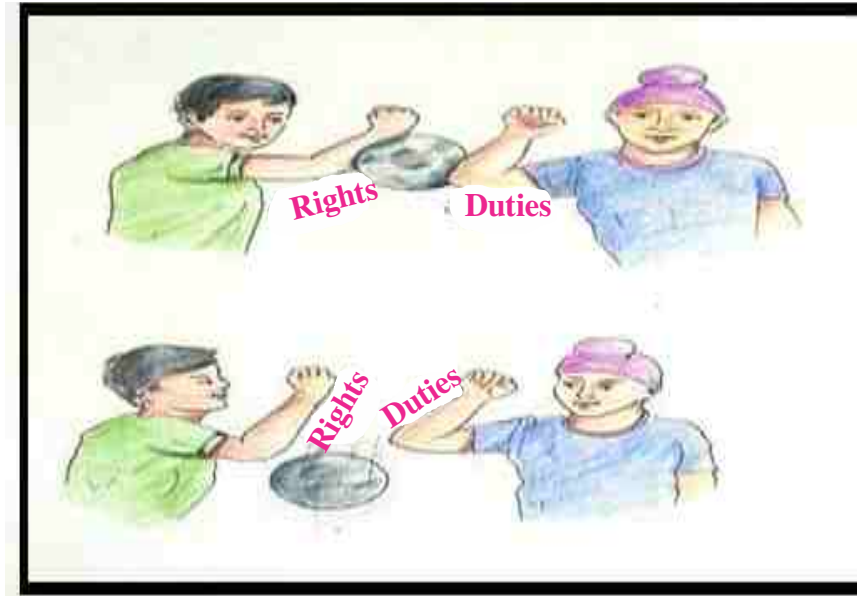
Just think while living in the family, we remember all our duties, then how we can forget our responsibilities towards our country. The Indian constitution has provided some fundamental rights, along with some fundamental duties to all its citizens. There must be coordination between the two.

Let us play a game. All students sit in two groups. Each student will prepare a slip. The students in group one, write 'R', i.e. Rights and the students in group two write 'D', i.e. 'Duties' on their slips. One student from each group will come forward with the slip. You will be given a ball. Now, both the players have to carry the ball to the back wall of the classroom and return while holding it with their elbows instead of hands.

Correct Coordination



Incorrect Coordination



1. We have seen that the team with good coordination was the winners.
What have you learnt from this activity/game?

Well done!!!!

Home work: Bring pictures related to our National symbols.

8.3 Questions

Dear students, answer the following questions.

- How do you show respect for elders?

- How do you show respect when the teacher enters the classroom?

- How do you show respect to our National Anthem?

- How will you maintain honour and dignity of our National Flag?

- Which is our National Flower? What does it signify?

- Some people pluck the feathers of peacock or other birds. This is wrong. How?

Dear children, paste the pictures of National symbols of our country in the given space.

PASTE THE PICTURES HERE !



8.4 Questions

Dear students, by now you might have understood the importance of our Constitution and National symbols. Students, get divided into four groups and discuss the following questions. Now, a leader from each group will come forward to tell the views of his or her group.

Dear students, now write the answers to the following questions.

1. Fundamental Rights and Duties go hand in hand. How?

2. If we respect our Constitution and our National Symbols, we are true Patriots of our country. How?

3. We will motivate others also to do so. How?

What will you do?

For the Respect of our Constitution and National Symbols

DO'S
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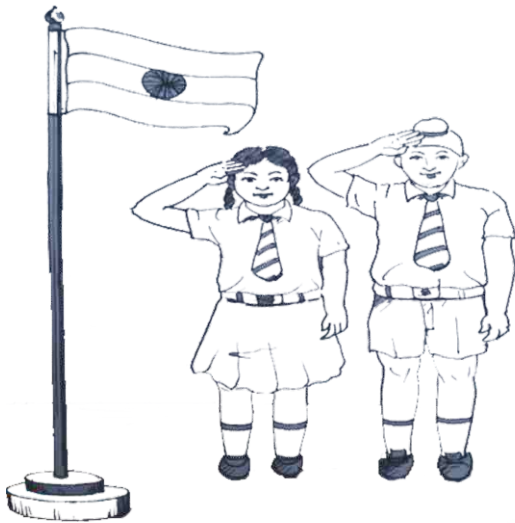
DON'TS
<hr/>
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Answer The Following

1. What are the children in the following picture doing?

2. How will you show respect to our National Flag?

Colour the picture



Write slogans to show your respect for your country :

Very well done! Hope you will always keep the same spirit and motivate others also.

Special suggestions from the teacher to the student





Empathy is seeing with the eyes of another, listening with the ears of another and feeling with the heart of another.

Alfred Adler

9.1 Introduction

Dear children, empathy means the ability to feel and understand the feelings of others. In fact, it is the ability to imagine what the other person is feeling by standing in his / her place. We often have a sympathetic attitude towards some people, like our near and dear ones who are always worthy of our empathy but we should have an empathetic attitude towards everyone. Empathy is the foundation of our good relationships.

Children, we must remember that empathy is not a feeling of pity or compassion towards anyone but it is the feeling in which we can fully understand the other person's mental state and can relate with him/her. We often find that our relationships with friends and family members are very strong. If any of them is in trouble we also feel sad and always look forward to help them whereas the level of empathy towards strangers is a little low. Still, we help a stranger finding him/her in distress at a strange place or help a wounded animal lying on the side of the road with the sense of empathy. This feeling plays a very important role in the creation of an ideal society. This feeling not only helps individuals to understand each other but also helps all people to live respectfully in society.

What is empathy?

Let us take a look at some of the rules of empathetic behaviour.

- Understand the feelings of others.
- Be a good listener.
- Treat others with humility, love and respect.
- Neither make fun of others nor harass them.
- Do not insult anyone.
- Treat others the way you want to be treated.

Dear children, it is said that the face is a mirror of our inner self. The emotions of a person are reflected on his/her face.

Let us try to figure out how many emotions you can recognize by looking at the following faces.

Understanding Emotions




WORD BOX
Happiness, Sadness,
Irritability, Love, Faith,
Fear, Anger, Surprise, Anxiety



9.2 Children, consider the following situations related to our daily lives and tell what you would do in that situation. (The teacher will form groups in class and will give each group a situation.)

Sr.No.	Situation	Your Behaviour
1.	When you go to class during the recess, you find your friends making fun of a physically challenged student.	
2.	When you go out to play in the street, you find some children teasing a puppy by repeatedly pulling its tail.	
3.	Your team won the quiz held in the school and your friend's team did not get a place.	
4.	You demanded a bicycle from your parents as a birthday gift. Today is your birthday but for some reason your parents could not give you that present.	

Now try to find out by discussing with the teacher in the class how compassionate your chosen behaviour was.

 **9.3** Dear children, we often treat other people regardless of their feelings and so the other people do. If you want others to treat you well and understand you, then you have to first start with yourself. Let's try to find out through a worksheet how much kind and compassionate you are towards others.

Sr.No.	Behaviour	Yes	Sometimes	No
1	I talk respectfully with my elders.			
2	I apologize without any hesitation for making a mistake.			
3	I appreciate the good deeds of others.			
4	I listen to others carefully.			
5	I thank the other person after receiving an item.			
6	I don't make fun of others.			
7	I treat everyone with humility.			
8	I try to understand the view of others.			
9	I do not tease any animal.			
10	I help others finding them in trouble.			


Score yourself – Yes - 03 marks, Sometimes - 02 marks, No - 01 mark

Marks obtained : _____ (Maximum marks = 30, Minimum marks = 10)

Your marks reflect your empathetic feelings towards others. A high score represents high compassion and a low score represents low compassion. Considering the qualities and importance of empathy, introspect yourself and write down what change would you like to bring in yourself so that your behaviour becomes more empathetic.

HOW CAN I BECOME MORE EMPATHETIC TO OTHERS

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

 **9.4** Dear children, there are many aspects of looking at a situation, but often we consider our perspective only and do not try to understand any other aspect. Let's try to understand it through an activity.

“Manu is not only a brilliant student but also a very mischievous boy. He has some friends who always rhyme with him. He enjoys teasing other students of the class, especially Raju. Raju is a shy and timid child by nature. He is also a little weak in studies. He is very afraid of Manu because he never misses an opportunity to tease him. Manu often teases him by calling him a rat.”

Both Manu and Raju are fond of writing a diary. Keeping yourself in place of Manu or Raju (or both), write down your mental state in the diary according to the above mentioned scenario.

MANU

Dear Diary,

RAJU

Dear Diary,

While discussing in class, write down in the blank space given below the changes that Manu and Raju need to bring out in their behaviour.

Special suggestions from the teacher to the student

What I learnt from this book...?

1. Chapter 1

2. Chapter 2

3. Chapter 3

4. Chapter 4

5. Chapter 5

6. Chapter 6

7. Chapter 7

8. Chapter 8

9. Chapter 9

• *Writings from the Experience...*

• Education without morals is like a ship without a compass, merely wandering nowhere. Martin Luther King

• Until you spread your wings, you'll have no idea how far you can fly.

• Napoleon Bonaparte

• Falling down is not a failure, Failure comes when you stay where you have fallen. Socrates

• Every experience, no matter how bad it seems, holds within it a blessing of some kind. The goal is to find it. Gautama Buddha

• Never say NO, Never say, 'I cannot', for you are INFINITE. All the power is WITHIN you. You can do anything. Swami Vivekananda

• First we make our habits. then our habits make us. Charles C. Noble