

Moral Value

Teacher's Manual

1 to 8



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Moral Values-1

1. Reward of Honesty

Tune-up : Do it yourself. **From The Lesson. A.** 1. Ankit was six years old. 2. Ankit wanted to buy a red ball. 3. Purse was lying on the road. **B.** 1. Ankit was a little boy. 2. Ankit's mother had taught him to be honest in life. 3. Gentleman was searching for his purse on the road. 4. Because Ankit mother's told him to help others. 5. He gave a packet of toys to Ankit. **C.** 1. mother 2. honest 3. road 4. money 5. toys **D.** 1. disobeyed 2. red 3. gentleman 4. evening 5. packet **Value Pick : A. Good quality :** 1. honesty 2. kindness 3. truthfulness 4. generosity **Bad quality :** 1. cunningness 2. jealous 3. cruelty 4. telling a lie **B.** 1. ✓ 2. ✓ 4. ✓ 6. ✓ **Fun Time : A.** Do it yourself. **B** Swing, See saw, Fountain, Bench, Slide, Roundabout, Birds, Trees, Flowers.

2. The Jungle Race

Tune-up : Do it yourself. **From The Lesson. A.** 1. Lion 2. Racing 3. Under the banyan tree. **B.** 1. Animals lived in a forest. 2. Hare and tortoise were the two animals that had reached the last round. 3. The tortoise thought that he would try his best. 4. Bear, monkey and squirrel were waiting. 5. Because hare lost in the racing competition. **C.** 1. excited 2. win 3. hare 4. sound 5. animals **D.** 1. track 2. hare 3. bear 4. ran 5. tortoise **Value Pick : A.** 1. Yes 2. Yes 3. Yes **B.** Elephant, Deer, Lion, Giraffe, Monkey, Wolf, **Fun Time :** 1. Fish, swim 2. Parrot, talk, fly 3. Hen, run, peck, 4. Monkey, climb, sit, jump 5. Elephant, walk, carry, run

3. The Hen that Laid Golden Eggs

Tune-up : Do it yourself. **From The Lesson. A.** 1. Village 2. Market 3. Greed **B.** 1. Sometimes he had nothing to eat. 2. A holy saint came to his house one day. 3. The holy saint gave him a hen. 4. Hen laid a golden egg every day and the farmer sold eggs in the market. 5. To got all the eggs at once. **C.** 1. eat 2. pity 3. golden 4. stomach 5. repented **D.** 1. holy 2. golden 3. stomach 4. sad 5. poor **Value Pick : A.** Cow, Buffalo; Sheep, Goat; Hen, Duck **B.** X, ✓, ✓ **Fun Time :** Do it yourself.

4. Rohan and the Little Monkey

Tune-up : A. Do it yourself. **B.** Kindness **C.** By showing trust and reliability. **From The Lesson. A.** 1. Grandpa's house 2. Hot 3. Monkey **B.** 1. Rohan's friends praised him for his cleverness. 2. Because he was tired. 3. Monkey 4. Yes, because it was very sweet and tasty. 5. Because Rohan head was bleeding. **C.** 1. praised 2. walked 3. juicy 4. stone 5. repeated **D.** 1. ✓ 3. ✓ **Value Pick : B.** Banyan Tree, Coconut Tree, Apple Tree, Mango Tree, Cactus; 1. Banyan Tree 2.

Mango Tree 3. Palm Tree 4. Neem Tree 5. Cactus plant **Fun Time** : **A.** twig, leaves, branches, trunk, roots. **B.** 1. (c) 2. (e) 3. (a) 4. (f) 5. (b) 6. (d)

5. Animal's Tail

Tune-up : **A.** Fox, squirrel, monkey, etc. **B.** For balancing, communication, defense and expression. **C.** Do it yourself. **From The Lesson.** **A.** 1. Lion 2. Tails 3. Fox **B.** 1. The animals had great trouble with flies and other insects. So, the animals go to the lion to get tails. 2. Lion asked the animals to collect their tails. 3. Fox 4. In the evening he got up. 5. Hippo's tail was too small to chase insects away. **C.** 1. tail 2. rushed 3. wolf 4. den 5. flies **D.** 1. (d) 2. (e) 3. (b) 4. (a) 5. (c) **Value Pick** : Do it yourself. **Fun Time** : **A.** 1. (c) 2. (d) 3. (e) 4. (b) 5. (a) **B.** Do it yourself.

6. Value of Teamwork

Tune-up : **A.** Playing sports, working in a group project, helping family members. **B.** Teamwork helps us achieve our goals and makes work more interesting. **From The Lesson.** **A.** 1. Moti and Munni 2. Pole 3. Moti **B.** 1. They always fought over everything. 2. He put a bunch of fresh green leaves. 3. Goats were tired because they were pushing and pulling the rope. 4. They ate the leaves together, one side at a time. 5. When we work together, we can overcome any problem that seem very difficult to do alone. **C.** 1. each 2. pull 3. ready 4. hungry 6. leaves **D.** 1. Poll 2. Leaf 3. Goat 4. Bunch 5. Inch **Value Pick** : Do it yourself. **Fun Time** : Tug of war, River rafting, Football, Volleyball, Cricket. **B.** Do it yourself.

7. Adventure in the Pond

Tune-up : **A.** Fish, frogs, dragonflies. **B.** Fish, Turtles, Crabs. **C.** Water lilies, algae, cattails and aquatic grasses. **From The Lesson.** **A.** 1. Baby squirrels 2. four 3. Quack-Quack Duck **B.** 1. Because Scooby and Billie were very naughty. 2. They used their tails in the air for sails. 3. There was a tiny island in the middle of the pond. 4. Their boat tumbled and they fell into the water. 5. Because they got afraid when they fell in to the water. **C.** 1. bushy 2. tails 3. tumbled 4. broad 5. learnt **D.** Do it yourself. **E.** 1. (b) 2. (d) 3. (a) 4. (c) **Fun Time** : Do it yourself.

Moral Values-2

1. Friendship Bracelet

Tune-up : **A.** Threads, yarn, beads, string and other craft materials. **B.** Friendship, love and unity. **C.** Kindness, empathy, loyalty, etc. **From The Lesson.** **A.** 1. 7 years old 2. Young boy 3. Bracelet **B.** 1. There were no children

of her age near her house. 2. She wanted to have a little girl like her. 3. She peeped through the kitchen door. 4. It was among the unpacked luggage. 5. Yes, she was very happy. **C.** 1. children 2. friend 3. family 4. girls 5. coloured **D.** 1. Sour 2. Far 3. Worst 4. Closed 5. Small 6. Black 7. Enemy **Think and Decide :** I will watch the children playing and observe their games which I am interested. Then I will join with a smile and introduce myself. I will ask their hobbies and interests. I will cheer for them and offer help also if needed in a game. Then I will invite them to show my neighbourhood park so that we all can play over there. **Fun Time:** Do it yourself.

2. Fruits of Labour

Tune-up : **A.** Rewards, satisfaction and good health. **B.** Perseverance, self-discipline, responsibility. **From The Lesson. A.** 1. Help the people 2. Middle of the main road. 3. Farmer **B.** 1. They spent their time in idle gossips. 2. He requested him to find out a remedy to change the habits of the people. 3. People saw a heavy boulder lying on the middle of the main road. 4. They were least bothered. 5. He found a bag that was full of gold coins. **C.** 1. happy 2. owners 3. bothered 4. gathered 5. ashamed **D.** 1. ✓ 4. ✓ 5. ✓ **Show Your Writing Ability :** Yes, I believe that the incident inspired individuals to work hard. It shows that hard work leads to positive outcomes. Everybody was motivated with this incident. The incident has developed a strong work, ethic leading to personal and professional growth. **Think and Decide :** I can remind him of his strengths and past success. Emphasise the importance of teamwork and his role in it. I will offer to accompany him to practices for moral support. **Fun Time :** Do it yourself.

3. Robert Bruce and The Spider

Tune-up : **A.** Do it yourself. **B.** Perseverance **C.** Keep trying, don't give up, learn from failures. **From The Lesson. A.** 1. Robert Bruce 2. England 3. Seven **B.** 1. He asked Robert Bruce to surrender. 2. He hid himself in a cave. 3. The spider was trying to spin her web on the wall. 4. Robert Bruce won the final battle. 5. We should never lose hope. **C.** 1. wise 2. fierce 3. England 4. sadly 5. decided **D.** 1. ✓ 2. ✓ 5. ✓ **Show Your Writing Ability :** 1. Robert Bruce was the king of Scotland. 2. He was a brave and wise king. 3. He loved his country a lot. 4. He was a powerful man. 5. He always wanted to help others. **Think and Decide :** I would definitely not stop taking part in future competitions. Instead I would work harder to improve and strive for the first prize. I will participate in many competitions which will help me learn and retain information better. It

will build confidence. I will develop resilience, perseverance and coping skills also. **Fun Time** : Do it yourself.

4. Anger is a Curse

Tune-up : **A.** Anger can hurt our relationships and well-being. **B.** Better relationships, reduced stress. **C.** Do it yourself. **From The Lesson. A.** 1. A little boy 2. Hammer and nails 3. Carefully. **B.** 1. He could not control his anger. 2. They were unhappy because of his bad temper. 3. The job was full of enjoyment. 4. Now he didn't lose his temper at all. 5. He realised his mistake. **C.** 1. child 2. control 3. temper 4. temper 5. fence **D.** 1. bag 2. hurt 3. father 4. removing 5. holes **Show Your Writing Ability** : 1. I will give her a warm hug. 2. I will say, "I know you're upset. It's okay to feel sad. 3. Mom scolded you because she wants you to take care of your toys. 4. Let's draw or colour something. **Think and Decide** : **A.** I will stay calm and composed and avoid taking sides or blaming his sister. I will tell him to take a deep breath and calm down. I will show him the new game which I have got. Then we will start playing and I will help him in problems. **B.** Do it yourself. **Fun Time** : Do it yourself.

5. Self-Help is The Best Help

Tune-up : **A.** Tying shoelaces **B.** Exercise, nutrition, hygiene. **C.** Learning to ride a bike. **From The Lesson. A.** 1. They plough his fields and grow crops. 2. He was ill. 3. Hercules **B.** 1. He sold his crops in the market. 2. The cart man was ill so farmer himself went to the market. 3. The wheels of the cart were stuck up into thick mud. 4. He was praying to God for help. 5. We learn the importance of self-help. **C.** 1. many 2. wheels 3. failed 4. strength, power 5. pushing **D.** 3. ✓ 5. ✓. **Show Your Writing Ability**: Do it yourself. **Think and Decide** : **A.** Hercules just said to farmer, "Put the wheel on your shoulder and then I will help you." By doing this farmer learnt to make personal effort, take initiative ourselves and this made farmer realise that self-reliance is the key to success. **B. C.** Do it yourself. **Fun Time** : Do it yourself.

6. Black is also Beautiful

Tune-up : **A.** Indra Nooyi, JK Rowling, Frida Kahlo. **B.** Listen, learn, appreciate **C.** Embracing one's unique features. **From The Lesson. A.** 1. Big farmhouse 2. White lambs 3. Yes **B.** 1. They made fun of him for his black colour. 2. They decided to go near the mountains and play under the bushes and over the fields. 3. He was worried to see the worse conditions outside. 4. The whole area was covered with snow. 5. He saw a patch of black lamb in the

snow. **C.** 1. farmer 2. advice 3. huddled 4. covered 5. black **D.** 1. ✓ 2. ✓ 5. ✓
Show Your Writing Ability : True beauty indeed lies within the heart not just physical appearance. Inner qualities like kindness, empathy, compassion, intelligence should shine physical beauty fades away from time to time. Heart based beauty lasts forever like relationships, and it inspire others too, Real beauty must be a combination of inner goodness, outer goodness and authenticity. **Think and Decide : Column-A :** 2. We should learn something new everyday. 3. Practice self-care 4. Show empathy and compassion 5. Protect the environment. **Column-B :** 2. Comparing oneself to other 3. Dishonesty 4. Disrespect 5. Stealing **Fun Time : A.** 1. (c) 2. (d) 3. (a) 4. (e) 5. (b) **B.** 1. ugliness 2. beauty 3. beauty 4. beauty 5. beauty

7. Compassion of Prince Siddhartha

Tune-up : A. Mindfulness, relaxation **B.** Listen, understand, care 3. Feelings of kindness, connection. **From The Lesson. A.** 1. Siddhartha 2. Swan 3. Cousin **B.** 1. He found the swan in the garden of his palace. 2. Swan was not able to fly. 3. He was hit by an arrow. 4. Prince Dev Dutt had shot it down. 5. Swan hid herself behind the feet of Prince Siddhartha. The king said the saviour has a greater claim over the swan than the killer. **C.** 1. affectionate 2. wings 3. pity 4. swan 5. praised **D.** 1. ✓ 3. ✓ **E. Said by :** 1. Prince Dev Dutt 2. Prince Siddhartha 3. Prince Siddhartha 4. The King 5. The King **Said to :** 1. Prince Siddhartha 2. Prince Dev Dutt 3. Prince Dev Dutt 4. Prince Siddhartha, Prince Dev Dutt 5. Prince Siddhartha, Prince Dev Dutt **Show Your Writing Ability :** Gautam Buddha the founder of Buddhism, was a spiritual teacher who lived in ancient India around the 6th or 5th century BCE. He was born in Lumbini, Nepal to royal parents of the Shakya Clan. He renounced his luxurious life to become a wandering ascetic, seeking enlightenment through meditation and asceticism. After years of searching he attained nirvana under the Bodhi Tree in Bodh Gaya, India. **Think and Decide :** Do it yourself. **Fun Time : A.** Duck, Swan, Crow, Parrot, Eagle, Kingfisher, Peacock, Sparrow, Penguin **B.** Do it yourself.

Moral Values-3

1. Unity is Strength

Tune-up : A. Do it yourself. **B.** We learn from each other, achieve more and have fun. **From The Lesson. A.** 1. Banyan Tree 2. Drought in the whole area. 3. Leader of the mice **B.** 1. The leader was an old and intelligent pigeon. 2. There was severe drought in the whole area. 3. He spread his net below the tree and threw some grains over it. 4. He heard the loud noise of the flock of pigeons

approaching towards him. 5. The leader of the mice and the other mice helped pigeons. **C.** 1. banyan 2. intelligent 3. rain 4. withered 5. fowler **D.** 2. 4.

Think and Decide : A. 1. **Habitat destruction** : Their forest home was cleared for urbanisation or agriculture. 2. **Food Scarcity** : Changes in climate or seasonal patterns affected food availability. 3. **Water Shortage** : Drought or pollution contaminated their water sources. 4. **Predator Threat** : Increased presence of predators, such as hawks or snakes. 5. **Climate Change** : Rising temperatures or extreme weather events made the area uninhabitable. **B.** 1. **Timely Warning** : A wise old bird alerted the others about the net. 2. **Clever Escape** : Some birds

managed to fly away, breaking through the net. 3. **Unexpected Rain** : Heavy rain flooded the area, destroying the net. 4. **Animal Interference** : A stray animal, like a monkey or dog accidentally destroyed the net. 5. **Human Intervention** : A kind passerby released the trapped birds. **Show Your Attitude** : I will rush over and offer to help! ‘Hey, need a hand? Let me carry one of those bags for you! I will take one of those bags, and we’ll walk together to his house. I will ask, “Where do you live? I’ll help you get these inside.” With a smile, I’ll bid him farewell and head to the park, feeling happy to have lent a helping hand! **Activity Corner:** Do it yourself.

2. One Glass of Milk

Tune-up : A. Do it yourself. **B.** Empathy helps us understand and connect with others. **From The Lesson. A.** 1. He was feeling hungry and thirsty. 2. Young girl 3. A glass of milk. **B.** 1. He was very intelligent and always learnt lessons on time. 2. She told that her mother had taught to help everyone in their problems. 3. She was sent to a bigger hospital for better treatment. 4. She was afraid that how she will pay the huge bill. 5. There was a note saying ‘Paid in full, with one glass of milk’. **C.** 1. far 2. gave 3. quenched, hunger 4. forgotten 5. trembling **D.** 1. ✓ 4. ✓ **Think and Decide : A.** Yes, the young girl’s kindness (offering milk) is repaid years later when the same boy, now a specialist doctor, helps her or a loved one. The heartwarming twist emphasises the power of kindness and the interconnectedness of lives. **B.** This story teaches us a lesson that good deeds are always rewarded. **Show Your Attitude** : I will welcome him with a warm smile and say, ‘Please come in, sir. You look exhausted. Have a seat and some water. Let me help you find the address. Would you like me to call someone or give you directions? If needed I will also offer him a cold towel or a fan to cool down. After refreshing him I’ll ensure

about the correct directions before sending him on his way. **Activity Corner :**
A. Do it yourself. **B.** Yes, I agree. The story illustrates the concept of ‘what goes around comes around or Karma. The young girl’s kindness potentially benefited her later through the specialist doctor’s care. Girl’s selfless act may have inspired the boy to become a doctor. It created a sense of gratitude, leading him to help her or a loved one. This encourages empathy and compassion. It builds strong community bonds. **C.** Hospital, Police Station, Post Office, School, Park, Bank.

3. Chhatrapati Shivaji

Tune-up : **A.** Bravery, Leadership and Unity **B.** Shivaji promoted Hindu culture by protecting temples and traditions. **From The Lesson. A.** 1. Chhatrapati Shivaji 2. Born on 19 February 1630 at Shivneri Fort, Junnar near Pune. 3. Mughal Emperor. **B.** 1. Shivaji’s name is immortal in the history of our country for his patriotism and bravery. 2. She instilled in Shivaji’s heart the burning love for his motherland. 3. Shaista Khan was a general. Shivaji and his men went to Pune as beggars and carried daggers under their long robes. Over there they attacked and killed Shaista Khan. 4. He put Maratha leader and his son in jail. 5. One day, Shivaji and his son hid into the fruit basket and escaped. **C.** 1. Patriotism 2. Marathas 3. Dadoji Konddev 4. beggars 5. wandered **D.** 1. ✓ 2. ✓ **Think and Decide :** **A.** He imprisoned his father, Shah Jahan and killed his brothers to secure the throne. He sent a fake invitation to Shivaji, pretending to negotiate a peace treaty. Shivaji trusted the invitation and visited Aurangzeb’s camp, where he was betrayed and imprisoned. **B.** Jijabai was a remarkable woman in Indian history, known for her courage, wisdom and maternal devotion. She was the mother of Shivaji, the founder of the Maratha Empire. It made a strong influence on Shivaji’s life and reign. **C.** Shivaji’s coronation as the king of the Maratha Kingdom took place on June 6, 1674, at Rajdad Fort. Shivaji sought the guidance of Gaga Bhat, a renowned Brahmin Priest. Selected Rajgad Fort as the coronation site. Invited prominent Maratha leaders, nobles and Brahmins. He bathed in sacred waters and wore sacred robes. Gaga Bhat performed rituals, including the sacred thread ceremony. **Show Your Attitude :** **A Courage**–Fearlessness in battle and willingness to take risks. **Visionary**–Unified Maratha Clans, forged a nation, and envisioned a Hindu empire. **Strategic thinker**–Master of gurilla warfare, clever diplomacy, and innovative tactics. **Leadership**–Inspired loyalty, fostered Unity and empowered his people. **Patriotism**–Fought for swaraj and preserved Indian culture. **Humility**–Remained grounded despite immense

power. **Compassion** –Showed mercy to defeated enemies and cared for his people. **B.** Do it yourself. **Activity Corner : A.** Rani Lakshmi Bai, Maharana Pratap, Tipu Sultan, Subhas Chandra Bose, Bhimrao Ramji Ambedkar, Bhagat Singh **B.** Houseboat, Tent, Hut, Igloo, Bungalow

4. Face the Problem with Courage

Tune-up : A. Success, confidence, relief. **B.** Do it yourself. **From The Lesson.**

A. 1. A little boy 2. He saw monkeys. 3. Priest **B.** 1. The incident took place on the ghats of the Ganga. 2. They fed on the fruits and cereals brought for them by the devotees. Sometimes they snatched the food also. 3. The monkeys followed him. Suddenly he increased his pace and started running. 4. The priest helped him. He said, “Face the monkeys with courage and be bold.” 5. We should always face the problem with courage. **C.** 1. side 2. sitting 3. frightened 4. voice 5. firm **D.** 2. ✓ 3. ✓ 4. ✓ 5. ✓

Think and Decide : A.

Growth and Learning : Overcoming challenges helps build resilience and wisdom. **Empowerment :** Facing problem head-on gives you control and confidence. **Resolution :** Addressing issues directly leads to solutions and progress. **Strengthens relationships :** Confronting problems with others can deepen trust and understanding. **Personal Development :** Courageous problem-solving fosters self-awareness and self-improvement. **B.** Rani Lakshmbai of Jhansi is an iconic figure in Indian history, renowned for her exceptional bravery and leadership. Born in 1828, she was the queen of the princely state of Jhansi in North India and played a pivotal role in India’s struggle for independence against British rule. Her courage and determination inspired countless Indians to join the fight for freedom. Rani Lakshmbai’s life was marked by adversity, but she never wavered in her resolve. After her husband’s death the British East India Company attempted to annex Jhansi, but she refused to surrender. **Show Your Attitude :** I would definitely try to prevent the children from their cruel act. I will approach the children calmly and firmly. Explain that throwing stones at the dog is cruel and harmful. Emphasise that the dog is already ill and need care, not abuse. Encourage empathy : “How would you feel if someone threw stones at you?” I will offer alternatives : Let’s help the dog instead. We can find its owner or take it to a shelter. If the children resist, I’d stay firm and assertive. **Activity Corner : A.** Swami Vivekananda was a spiritual leader, philosopher and visionary who left an indelible mark on Indian thought and culture. His teachings continue to inspire millions worldwide. **Spiritual Teachings :** Awake, Arise and stop not

till the Goal is Reached: Strive for self-realisation. “You are the master of Your Destiny. : Take responsibility for your life. “The Greatest Sin is to Think Yourself Weak”’: Recognise your inner Strength”’: Concentration is the Secret of Strength. Focus your mind. Service and compassion : Serve Men, Serve God”’? Selfless service is divine worship. “Help and Not fight”’: Assist others, don’t harm. ‘The Poor, the Lame, the Sick, and the Ignorant are the Divinity”’? Serve humanity. Personal Growth : “Be and Make”’; Become what you want to see in the world. **B.** Swami Vivekananda, Mother Teresa, Raja Ram Mohan Roy, Mahatma Gandhi, B. R. Ambedkar, Jyotiba Phule **C.** Sad, happy, angry, surprised, worried.

5. Truth is Powerful

Tune-up : **A.** Do it yourself. **B.** Builds trust, respect and credibility. **C.** Losses trust, damages relationships and guilt. **D.** Lie **From The Lesson.** **A.** 1. He was the first President of the United States of America. 2. Small axe 3. Because he wanted to try the axe on the trees. **B.** 1. Whenever we tell lies, a guilty conscious always envelops us. 2. George's father was angry to see the worse conditions of the trees. 3. He was in a great dilemma to tell the truth or not to his father about the incident. 4. He was a truthful boy. So, he decided to tell the truth, 5. No, he did not punish George. Instead he was impressed with his honesty and truthfulness. 6. We should always speak truth. **C.** 1. conscious 2. general 3. apple 4. honesty, truthfulness 5. Speaking **D.** 1. ✓ 5. ✓ **Think and Decide :** **A.** No, it's not a good habit to tell lies to hide mischief or escape punishment. Lying can damage relationships and trust. It can escalate consequences when discovered. It creates anxiety and guilt. It undermines self-respect and integrity. It foster a culture of dishonesty. Instead of it you can own up to mistakes and take responsibilities. **B.** Do it yourself. **Show Your Attitude :** 1. Before talking to parents acknowledge my mistake and reflect on what went wrong. I will plan to improve. I will listen to their concerns. I will tell everything with honesty. I will take responsibility and show willingness to learn. I will assure them of future efforts. I will avoid blaming others or making excuses. 2. I will start with truth and explain the whole situation. I will share my feelings. Take responsibility and apologize sincerely and we can learn from errors and make ammends. Honesty promotes trust. I will also offer a solution. I will promise that from next time I tell early everything so that it doesn't cause any miscommunication. **Activity Corner :** Do it yourself.

6. Mother's Day Gift

Tune-up : **A.** Do it yourself. **B.** To honour and show appreciation for mothers. **C.** It nurtures life and teach values. **D.** Anna Jarvis **From The Lesson. A.** 1. On Mother's Day 2. Bangle Box 3. Beautiful Card **B.** 1. She saved all her money in a piggy bank. 2. It was expensive and she didn't have that much money. 3. She bought a piece of cardboard, beautiful coloured papers, beads, ribbon etc. 4. She wrote 'Mom' you are the best mother in this world. 5. Yes, her mother likes the card. She said, "It is the best gift I have ever received." **C.** 1. special 2. cheaper 3. empty 4. stationery 5. preparing **D.** 2. ✓ 4. ✓ **Think and Decide :** **A.** Expressing love and gratitude to parents can bring immense joy and strengthen your bond. We can offer to help with their tasks. Surprise them with hugs and kisses. We can cook their favourite meal. We should simply be present and attentive to their ideas or thoughts. We can plan a family outing or vacation for them. We can smile and show affection. **B.** Gifts are a universal language of love and appreciation, conveying thoughtfulness and care. Even small gifts can hold immense value when given with love and consideration. Small gifts can be invaluable because it shows you have been thinking about the person. It reflects your relationship and connection. It evokes feelings of love, gratitude and happiness. It creates lasting memories and associations. Demonstrates your willingness to go the extra mile. **Show Your Attitude : A.** If my mother has a headache and she is laying on the bed when I return from school. In that case I will show concern to her and offer help. I will help her to relax by dimming the lights. I will offer a massage to her head and shoulders. I will give her some medication. I will prepare some comforting meal for her. Encourage her to rest and avoid all the household work. I will give her some herbal tea. I will do my best to support her fully. **B.** Do it yourself. **Activity Corner : A.** and **B.** Do it yourself. **C.** 1. January 10 2. Third Sunday on June 3. January 30 4. March 3rd 5. June 5 6. August 29

7. The Devoted Disciple

Tune-up : **A.** Strengthens relationships **B.** Do it yourself **From The Lesson. A.** 1. Ashrams 2. Guru 3. He tried to plug the opening with mud and logs of wood. **B.** 1. They built their Ashrams in dense forest. 2. Household works, reading-writing, looking after fields and animals and how to use bows and arrows and other arms and weapons. 3. Aruni was a pupil of sage Dhomya. He was very obedient and intelligent. His Guru liked him very much because he learnt things very fast. He always did whatever his guru asked him to do. 4. He laid down against the boundry wall of field where it had breached. 5. Brave

deed of Aruni (laying down against the wall of field) has placed his name among the greatest pupil of the world. **C.** 1. gurukuls 2. skills 3. Aruni 4. crops 5. stumbled **D.** 1. ✓ 2. ✓ 5. ✓ **Think and Decide : A.** Children got education in gurukuls where students learned Vedas, philosophy and science. Children also learned trades and skills from experienced craftsmen. Elders, priests or wise men guided them in various subjects. **B.** They woke up at early morning by doing prayer, meditation and Yoga. Then they were given simple vegetarian meal. Then morning classes started with the study of Vedas, scriptures and philosophy and afternoon with practical skills, evening with debate discussion and storytelling. Night was for rest and other gurukul works. **Show Your Attitude :** Show genuine faith in their abilities. Foster a growth mindset and optimism. Provide a supportive and non-judgemental space. Celebrate their achievements and acknowledge it. I will be supportive during challenges. I will help them in setting realistic goals. Develop a step-by-step plan for success. Monitor and celebrate progress. **Activity Corner : A.** Do it yourself. **B.** Eklavya persevered despite rejection and social barriers. He acknowledged Dronacharya's expertise and revered him as his guru. Eklavya practiced tirelessly, honing his skills. He remained devoted to his guru, even in absence. Eklavya recognised Dronacharya's influence on his success. He showed reverence for his guru's knowledge and legacy. Eklavya driven by passion, not external validation.

8. Master Lin

Tune-up : A. Energy, well-being **B.** Self-discipline, responsibility. **From The Lesson. A.** 1. China 2. Eat 3. To increase his appetite **B.** 1. Because he never obeyed his parents and was becoming fat. 2. Eggs, meat and plenty of milk. 3. He became so fat that he could not walk anymore. 4. He felt better than he had ever been. **C.** 1. whole 2. obeyed 3. loaves 4. severe 5. puffed, panted **D.** 1. ✓ 4. ✓ **Think and Decide : A.** The doctor told him to get down for the health benefits of him. He wanted to encourage physical activity for him. He explained the negative effects of junk food and told him the disease associated with heart. **B.** Master Lin was a little boy who lived in China. He loved to eat the whole day. He was a glutton. He was very fat and a lazy boy. He always disobeyed his parents. He never did any exercise. One day he was faced with an acute disease. He obeyed the doctor's advice and slowly he started eating less and less at each meal. He felt better than he had ever been. **Show Your Attitude : A.** I will explain the negative effects of it and the health concerns

and will not consume it. Instead I will suggest whole food restaurants or propose cooking something together at home. I will encourage him to the benefits of healthy eating. **B.** I will not consume junk food because it can cause obesity and can increase the risk of heart disease. It can cause digestive problems. It can increase blood pressure and cholesterol. It will also make me lazy. It can cause anxiety also. So I will plan not to eat them because of the negative effect of them. **Activity Corner : A.** 1. Gardener 2. Pilot 3. Carpenter 4. Tailor 5. Butcher 6. Mechanic 7. Florist 8. Stationer 9. Baker 10. Plumber **B.** Yoga, Swimming, Skipping Rope, Football, Meditation, Kabaddi.

Moral Values-4

1. Change of Heart

Tune-up : A. Apologies, forgiveness, self-reflection, kindness. **B.** Relieved, happy, forgiven. **From The Lesson. A.** 1. Rich farmer 2. He lost his temper because of one beggar who came to him. 3. A small hut. **B.** 1. He scolded him by saying that he is so hale and hearty and can easily earn his livelihood by working and told him to go away. 2. He lost his way from returning his uncle's house. The frightening sounds of strange animals made him afraid. 3. He took a shelter in a small hut which was in the middle of the forest. 4. He treated him very nicely. He offered food and shelter to him and also said that 'a guest is like God'. 5. He was filled with remorse because he was the same poor man who came to Sohan Singh for some food and water but he refused to give him. His kindness made him guilty. **C.** 1. proud 2. shabbily 3. realised 4. anxiously 5. remorse **D.** 2. ✓ 5. ✓ **Think and Decide : A.** I liked poor man's behaviour. He was understanding and related to other's struggles. He recognised flaws and worked to improve. He showed kindness and concern for others. His overcoming challenges stayed him committed to positive change. **B.** No, I think two wrongs don't make a right. We should maintain self respect and should stay calm and composed. We should consider the other person's perspective. We should show others how to handle conflicts respectfully. Treat others with kindness even if they are unkind. Practice self-control, patience and understanding. **Show Your Attitude : A.** Grow crops **B.** You would welcome him with kind words and give him food and make his stay comfortable. **Activity Corner : A.** It shows consistency and actions show what we truly intend, beyond words. The behaviour demonstrates prioritised reveal attitude. Decisions reflect character, influencing behaviour. **B.** Do it yourself. **C.** Forest is a large area of land covered in a dense community of trees and

shrubs. It is the largest terrestrial ecosystems on earth. Forests is essential to human and animal life. It produces oxygen and absorb carbon dioxide, helping to keep the air clean. It provides food, medicine wood and other raw materials. It is home to many wild animals. It prevents soil erosion and hold the earth place.

2. Nobody is Master

Tune-up : A. Teamwork and balance **B.** Conflict and harm. **C.** Imbalance and harm to the environment. **From The Lesson. A.** 1. He was a proud and cruel man. 2. He will dug three wells in a locality. 3. White-haired old man named Boubakar. **B.** 1. They were simple, honest and god-fearing people. 2. Boubakar was a white-haired old man who learn always on a stout stick. He came to the Chief to request to dug a well in his locality as there was no water in his locality. 3. He said, “Force me to wait on you”. 4. He said when we accept a challenge we touch the person’s feet. So he touches the feet of Chief and said to hold the stick for a moment. The Chief took the stick. This way he proved his point that all good men are servants of one another. 5. The chief was much impressed with Boubakar’s wit and courage. So he retained the old man as his adviser. **C.** 1. proud 2. overcome 3. veins 4. stick 5. impressed **D.** 2. ✓ 5. ✓ **Think and Decide : A.** No, Boubakar didn’t agreed with the chief. He presented logical arguments explaining his reasoning. He shared his personal experience. He provided the evidence. He also understood Chief’s perspective. He also offered constructive solutions. Boubakar showed his expertise and built credibility. He fostered mutual understanding. At last he changed Chief’s mind. **B.** Yes, I agree. We all serve one another. It develops personal relationships, for example, Parents take care for children and children supports elderly parents. It also develops professional settings for example docotors, nurses and staff serve patients. Another example of community and society is donate time, skills to help those in need. **Show Your Attitude : A.** Without hesitation, I would rush to the old man’s side and greet him with a smile and ask if he needs help with that bag. I will carefully take the bag from him ensuring his safety. Help him adjusting the bags weight or offer to carry it for him. Ask him if he needs assistance for walking to his location. **B.** I will suggest short-term and some long-terms solutions. Encourage villagers to minimize usage. Use tanks reservoirs or ponds to collect rainwater. Implement a fair, rotation-based distribution system. Construct rooftop harvesting systems. Access groundwater. Implement waste water treatment and reuse. Preserve nearby

water sources. **Activity Corner** : 1. Asia 2. Africa 3. North America 4. South America 5. Antarctica 6. Europe 7. Australia **B.** 1. Asia 2. Europe 3. Europe 4. Asia 5. Africa **C.** 1. Village life is quiet and peaceful. 2. Village life is simple and people live harmony with each other. 3. Village life is healthy because people are always doing some chore, and they eat seasonal fruits and vegetables. 4. Villages life is natural because they are surrounded by nature, with trees, flowers, mountains, streams and farmlands.

3. Real Education

Tune-up : **A.** A young boy **B.** Practical skills, self-reliance and problem-solving. **C.** Learning through hands-on experiences and practical application. **From The Lesson.** **A.** 1. King lived in a small kingdom in the north of India. He had only one son. 2. He loved to play different games all the time. 3. Vijay was king's servant son. His duty was to look after the pigeons and parrots of the palace. **B.** 1. He was in great agony because nobody was able to teach his son Ashok. 2. He made an announcement that if someone could educate his son would get a reward one thousand gold coins. 3. Vijay decided to teach the prince. He started by teaching the prince how to take care of the birds; how to feed them, and how to train them in showing various tricks. 4. He was surprised because his son Ashok made the list. 5. He gave one thousand gold coins and made him advisor to the young prince. **C.** 1. kingdom 2. Vijay 3. amended 4. expert 5. noble **D.** 1. ✓ 3. ✓ 4. ✓ 5. ✓ **Think and Decide** : **A.** Vijay was able to teach the prince when others failed due to his unique approach, qualities or circumstances. Vijay was more patient and understanding. He connected with the prince on a personal level. Vijay used engaging, interactive methods. He broke complex concepts into manageable parts. Vijay's genuine interest in teaching inspired the prince. His enthusiasm created a supportive learning environment. **B.** Students connect theoretical concepts to familiar situations. Abstract ideas become tangible and meaningful. Practical examples enhance memory retention. students learn to apply knowledge in real-world scenarios. Everyday examples encourage analytical thinking. It develops problem-solving skills. It enhances creativity. It fosters critical thinking. It improves decision-making and encourages lifelong learning. Hands-on experiments in Science classes, case studies in business or economics, field trips to historical sites or industries and community service projects are some examples. **Show Your Attitude** : **A.** I will discuss goals and objectives. Understand the mission, target audience and desired outcomes. Conduct needs assessment and identify the educational needs and interests of the elderly adults. Develop a relevant

and engaging curriculum. Find a suitable, accessible location, other materials, equipments and teaching aids. Create a schedule for classes and instructors. **B.** It gives exposure to diverse interests and education introduces students to various subjects sparking unknown passions. Education skills, revealing natural abilities. It encourages self-expression, fostering confidence. The educators identify and nurture talent. It provides resources for exploring interests. **Activity Corner :** Do it yourself

4. Sweet Tongue

Tune-up : **A.** Do it yourself. **B.** Builds trust, respect and credibility. 3. Trust, obedience, respect and acceptability. **From The Lesson. A.** 1. Shravanti 2. Angulimal was a heartless fellow. He lived in the nearby forest of Shravanti. 3. He wanted to save the people of forest. **B.** 1. He was a noble king and loved his subjects like his own children. 2. Because the notorious bandit Angulimal killed the people of forest. 3. He wore a chain and it had nine hundred ninety-nine thumbs of people. 4. Lord Buddha was not at all afraid at the sight of the dreaded bandit. He said that your heart is as pure as any other man in the kingdom. 5. His mind was completely changed. He felt extremely sorry for his deeds. **C.** 1. subjects 2. overjoyed 3. collected 4. sword 5. fell **D.** 1. ✓ 2. ✓ 3. ✓ 4. ✓ 5. ✓ 6. ✓ **Think and Decide: A.** Angulimal initially resisted the Buddha's teachings but eventually surrendered. He openly confessed his past wrong doings. Angulimal asked Buddha for forgiveness. He renounced violence, embracing non-violence. He became a monk, dedicating himself to spiritual growth. He showed kindness to those he previously harmed. He acknowledged the suffering he caused. He made amends through service. **B.** It uplifts words and boost confidence and moral. It gives motivation and spark creativity and action. It alleviate pain and sorrow. It foster relationships and understanding. It provides direction and wisdom. It sometimes changes lives. **Show Your Attitude : A.** I will stay calm and maintain composure to avoid escalating the situation. I will not react impulsively or emotionally. I will express feelings without blaming or attacking. I will ignore and use provocative comments. I will remain firm but friendly. I will empathise with them. If possible I will inform nearby authority or parent. I will maintain dignity. De-escalate the tension and encourage positive behaviour. I will preserve the relationships and build respect. I will also demonstrate maturity. **B.** It reveals attitude, empathy and respect. It indicates honesty, integrity and authenticity. It shows interest, attention and willingness to understand. **Activity Corner : A.** 1. Greatness 2. Humility 3. Wisdom 4. Enlightenment 5. Courage **B.** Do it yourself **C.** Lord

Buddha was born in the province of Lumbini, located in Nepal, in 623 BC. He was born into a noble family of the shakya clan. He was the son of king Suddhodana. His mother Maya was a Koliyan princess. His childhood name was Siddhartha. He was married with Yashodhara, the daughter of king Suppabuddha. They had one son, Rahul. He renounced his home life to live as a wandering ascetic. After leading a life of mendicancy, asceticism and meditation, he attained nirvana at Bodh Gaya.

5. Secret of Good Health

Tune-up : **A.** Regular exercise, balanced diet and mental well-being. **B.** Improves health and increases energy. **C.** Importance of self-care. **From The Lesson.** **A.** 1. With the help of body muscles. 2. Swimming, walking, jogging, running, biking, rowing, skipping, jumping etc. 3. Healthy body **B.** 1. We need rest after some hard work so that our muscles get energised and become fresh for further work. 2. To keep the body fit one should keep his/her muscles healthy and strong. 3. Exercise keeps our muscles and organs healthy and in good working condition. It makes our heart happy. 4. Aerobic means ‘with air’ so aerobic exercise is a kind of activity that requires oxygen. 5. They keep us mentally alert. It also improves our mental alertness and memory. **C.** 1. healthy 2. aerobic 3. Aerobic 4. keeping 5. indoor **D.** 1. ✓ 2. ✓ 3. ✓ 4. ✓ **Think and Decide :** **A.** Some outdoor games are football, basketball cricket, hockey, rugby, tennis, swimming, cycling, golf, etc. They improve our cardiovascular health. It increases strength and flexibility. It enhances ability and coordination. It boosts mental well-being and focus. It promotes social interaction and teamwork. It supports weight management. It develops problem-solving and strategic thinking. **B.** ‘A healthy mind lives in a healthy body’ is a timeless adage that underscores the intricate connection between physical and mental well-being. A robust body, nurtured through regular exercise, balanced nutrition, and adequate sleep fosters a sharp and resilient mind. Conversely, a healthy mind, characterised by emotional balance, positivity, and mental clarity, inspires self-care and motivates individuals to prioritise, physical health. **Show Your Attitude :** **A.** I would choose to join my friends playing cricket. It will strengthen my relationship with friends. It will provide fresh air. Plying with friends creates unforgettable memories. Joining friends on a whim creates excitements. Taking a break from TV and engaging in outdoor activity would be fun. **B.** 1. Improves hand-eye coordination 2. Enhances motor skills 3. Improves better reflexes 4. Increases physical activity 5. Improves balance and posture 6. Enhances problem-solving skills

7. Boosts cognitive flexibility. 8. Develops critical thinking 9. Enhances spatial reasoning 10. Stress relief and relaxation 11. Improves teamwork and communication 12. Develops empathy and understanding. 13. Enhanced self-confidence. **C.** I will ensure the child is indeed struggling in the water. Shout for help to alert nearby people. Quickly move towards the pond without delaying. Assess the water depth to determine the best approach. Calmly and quickly enter the water ensuring my own safety. Efficiently swim towards the child, maintaining eye contact. **Activity Corner : A.** Baseball, Hockey, Judo, Kabaddi **B.** This is rowing game. It offers a full-body workout. It improves cardiovascular endurance, strength and coordination. This sport improves flexibility and develops focus and discipline. **C.** Do it yourself.

6. Reward of Honesty

Tune-up : A. A young boy **B.** (a) HONESTY (b) TRUTH **From The Lesson.** **A.** 1. Naresh mother was seriously ill. 2. Naresh was too young to get any job and nobody was ready to help him. 3. To sell his toys somewhere so that he can get some money. **B.** 1. His father gifted the toys to Naresh. He gifted them during their happy days. 2. She saw that Naresh is selling his toys in lieu of money. She gave a small purse which had one hundred rupees in it. 3. He suddenly stumbled and fell down on the road. The purse he had also fell somewhere. 4. The two ladies help him finding his lost purse. 5. An honest person is loved, honoured and respected by all. **C.** 1. troubled 2. requested 3. overwhelmed 4. purse 5. honesty **D.** 1. ✓ 4. ✓ **Think and Decide : A.** Naresh valued honesty and integrity, recognising that the money wasn't his to keep. He was guided with moral principles. He prioritized self-respect, knowing that keeping the money would compromise his values. This decision reflects Naresh's strong character, emphasizing the importance of ethics, honesty and compassion. **B.** Honesty builds strong relationships and reputations. It encourages open communication and collaboration. It promotes integrity and self-respect. It reduces stress and guilt associated with deception. It attracts loyal customers, friends and partners. **Show Your Attitude : A.** I would check for identification. Ask around to locate the owner and hand it over to school authorities for safekeeping. Post notices or announcements to find the owner. Return the watch to its rightful owner. **B.** Do it yourself. **Activity Corner : Do it yourself.**

7. The Happy Man's Shirt

Tune-up : A. Inspired and humbled. **B.** A poor but contented man. **C.** Focus on what you have. **From The Lesson. A.** 1. He was very lazy. 2. The king didn't

get better with the medicines which were given by doctors. 3. He realised that idleness was the only cause behind the king's illness. **B.** 1. The only things he liked to do were to eat and sleep. 2. The saint hesitated to tell the truth because he had heard about the fate of other doctors who failed to make him cure by medicines. 3. He said to put on the shirt of a real happy man 4. They found the man working in his field. He didn't land it because he had no shirt. 5. Work is the best medicine to keep a man fit and healthy. **C.** 1. summoned 2. messenger 3. eyes 4. loudly 5. welfare **D.** 1. ✓ 3. ✓ 4. ✓ **Think and Decide : A.** The king did not followed the treatment and advice properly. He had unhealthy living conditions. The illness was beyond the human remedy. All the doctors failed because they were unable to diagnose the problem of the king. They just gave the king random medication which made the king more sick and unfit encourage self-reliance in small ways celebrate small victories. **B.** The saint understood the king's illness that was rooted in deeper, possibly sensitive issues. He honoured the king's autonomy and empowered him to take ownership of his health. He suggested another remedy because he thought unlike the doctors were not able to treat. So he will not understand the main cause of his illness and the king would put him also in the jail. He gave this remedy that he should take a happy man's shirt and wear it. Doing this will make him happy and his illness will also be cured very quickly. **Show Your Attitude : A.** Do it yourself. **B.** Choose the right time and place for a private conversation. Express concern and empathy and help him so that he can succeed independtely. Avoid any judgement or criticism. Ask him open-ended questions. Listen him actively and help him recognise patterns or habits, foster self-confidence in him. Break tasks into smaller manageable steps, offer him guidance. Tell him the benefits and reduce stress and boost self-esteem. Create a task list together. Set realistic goals and deadlines and encourage self-reliance in small ways. Celebrate small victories. **Activity Corner : A.** Do it yourself. **B.** A farmer is essential to human survival and the existence of human civilisation. He grows the good we eat, like, rice, wheat, fruits and vegetables. He works long hours, often from sunrise to sunset. He faces many challenges, including unpredictable weather patterns, erratic monsoons and the constant fear of crop failure. He often struggles to earn enough money to feed his family. He is often cheated by money lenders and paid a pittance for the grains he sells.

8. Food That Matters

Tune-up : **A.** Importance of nutritious food. **B.** Provides energy, growth and repair. **From The Lesson. A.** 1. Balbir was a farmer. He lived in a small village in Uttar Pradesh. 2. He welcomed him warmly. 3. After some days of Balbir's departure, Navneet decided to visit Balbir. **B.** 1. Navneet eagerly waited for a word of praise from his friend. No, he was not satisfied. 2. He understood the food that matters is one which is nourishing and not one which displays the wealth of a person. 3. Plain rice, chapattis, curd, salad, dal and a vegetable was served. 4. The food was full of nutrition. 5. Yes, Navneet was able to understand the worth of Balbir's statement. **C.** 1. luxurious 2. feast 3. delicacies 4. appreciation 5. transformed **D.** 1. ✓ 4. ✓ **Think and Decide : A.** Balbir was a simple and humble person, valued sincerity and authenticity over food items displayed. He wanted simple but nutritious food. Navneet was offering feast with exotic dishes, expensive ingredients, spices and many more. Balbir just wanted simple and heartfelt meal. Navneet was not able to understand the feelings of Balbir. **B.** 1. Sweet Potatoes 2. Oats 3. Quinoa 4. Berries 5. Whole Grains **Show Your Attitude : A.** Homemade food is the better choice. It is prepared with love and care, reflecting our family's warmth and hospitality. It caters dietary needs and preferences of our guests. **B.** Do it yourself.

Moral Values-5

1. The Wonderful Mantra

Tune-up : **A.** Do it yourself **B.** The power of positive thinking and how a simple mantra can help overcome challenges. **From The Lesson. A.** 1. Murderous bandits. 2. To bring money and get his guru released. 3. Two robbers **B.** 1. It would make rain of wealth from the sky. 2. The robbers caught them for money. 3. He said that do not apply your 'Mantra' for wealth, as it will bring harm not only to you but to the robbers as well. 4. Brahmin said to second gang of robbers, "They have to wait for another year to get the wealth. It only showers if I chant it on a particular day and time of the year, that time has gone." Then they killed Brahmin. 5. One of the robber climbed upon the tree and waited with open sword for the second robber. Second robber mixed poison in the food so that first robber eat that food and die. So, when first robber saw second robber he pounced and cut his head with open sword and then he became very happy. After a while he ate the food which the second robber bought mixed with poison. After consuming it he also died. **C.** 1.

hostage 2. shower 3. gang 4. hole 5. poisoned **D.** 1. ✓ 4. ✓ 5. ✓ **Think and Decide : A.** Before applying the mantra, the Brahmin thought might have been fearless and he surrounded himself with divine energy. He remained calm and focussed. He tapped into the divine power within him. He radiated confidence and calmness. **B.** He had already given his wealth to another gang of robbers. He had nothing left to give. He asked the second gang to return next year when he would have replenished his wealth. **Show Your Attitude : A.** He asked robbers to wait, this appears naive, as robbers rarely keep promises. The Brahmin had none, making the promise seem unrealistic. He trusted they would return and be open to spiritual guidance. **B.** I will assess the situation, ensuring no reckless decisions. Provide necessary information avoiding confrontation. Use verbal de-escalation techniques or self-defense if necessary. Share knowledge inspiring positive change. Understand the motivation of robbers. **Activity Corner : A.** It is a timeless proverb that teaches us the importance of patience, careful planning and deliberate action. Rushing leads to errors, misunderstandings and miscalculations. Hasty decisions result in wasted resources, time, and opportunities.

2. Guru Dakshina

Tune-up : A. Do it yourself. **B.** To test Eklavya's devotion. **From The Lesson.** **A.** 1. Power of confidence 2. Bhil boy 3. Teacher of the Pandavas and Kauravas. **B.** 1. He wanted to be his disciple and learn archery from him. 2. He said that he only teaches the princes. 3. He went to the forest and made a statue of Guru Dronacharya. He began to practice archery before the statue. This made him a skilful archer. 4. the barking of the dog disturbed him. He shot seven arrows so skillfully that the arrows sewed the dog's mouth. 5. He asked Eklavya's right hand thumb. Without any hesitation Eklavya took out a sharp knife and cut off his right thumb. **C.** 1. cherished 2. Guru Dronacharya 3. master 4. sewed 5. devotion **D.** 1. ✓ 3. ✓ 5. ✓ **Think and Decide : A.** Dronacharya wanted to assess Eklavya's commitment and loyalty. By taking Eklavya's thumb, Dronacharya ensured that Arjuna remained the greatest archer, fulfilling his promise. The thumb represented Eklavya's ego and pride, its removal humbled him. Without any hesitation Eklavya gave his thumb showing unwavering devotion, selfless dedication and respect for the guru-shishya tradition. **B.** Rahul, a young boy wanted to learn pottery. He joined a pottery class and began practicing. Rahul first pots were uneven, misshapen, cracked. He practiced daily focusing on hand-eye coordination, clay manipulation and shaping techniques. With consistent practice, Rahul pots

became symmetrical, smooth and beautiful. **Show Your Attitude : A.** I would stop and assess the situation. I will ensure my safety first by keeping a distance from the fighting dogs. See if either dog is seriously hurt. If possible calmly try to separate the dogs or distract them. I will not run back as running can provoke the dogs further and it is essential to prioritise my safety. **B.** Do it yourself. **Activity Corner : A.** Self-confidence is the cornerstone of personal growth and success. It is the unwavering faith in one's abilities, judgement and potential. When you exude self-confidence, you radiate positivity, resilience, and empowerment. With a strong sense of self-assurance, you're more likely to take risks, overcome obstacles, and achieve your goals. **B.** Do it yourself **C.** Bow, Sword, Spear, Mace, Dagear, Sudharshana Chakra

3. Mother Teresa

Tune-up : A. 1. Her faith and compassion **B.** To serve the poorest of the poor. 3. Missionaries of Charity. **From The Lesson. A.** 1. Mother Teresa was born on August 26, 1910, in Skopje, Macedonia. 2. She came to India as a nun when she was only 18 years old. 3. Asharam for the destitute was set up in a small house near the famous 'Kali Temple' of Kolkata. She named it 'Nirmal Hriday'. **B.** 1. She saw an ailing woman lying on the roadside. She took the woman to the veranda of a nearby house and nursed her. 2. The local people particularly the priests opposed her in the noble cause. They said it was an effort to change their religion in the disguise of caring for the destitute. 3. One day priest became ill with cholera and hospitals refused to admit him. So nuns took him and looked after him day and night. Soon priest became cured and realised his mistake. Then he became a good friend and a follower of the Mother. 4.. The people all over the world realised the noble and selfless service the Mother was offering to the sick, old, poor and destitute people. **C.** 1. ailing 2. destitute 3. grave 4. refused 5. honours **D.** 1. ✓ 4. ✓ 5. ✓ **Think and Decide :** **A.** To serve the poorest of the poor, to love and care for them and to bring joy and hope into their lives. She dedicated her life to caring for the marginalised, sick and dying. She saw Jesus in every suffering person, loving them without expectation. Lived simply embracing poverty and hardships. **B.** She dedicated her life to caring for the marginalised. She touched and healed broken lives. Lived simply, embracing poverty and hardships. Found strength in prayer and communion with God. She fed the hungry, clothed the naked, and sheltered the homeless. **Show Your Attitude : A.** Worldly possessions can bring temporary happiness but not lasting fulfillment. Acquiring new possessions can thrill and excite. Luxury items can boost self-image and social standing. Modern

amenities can simplify life and reduce stress. Material goods can provide fleeting pleasures. **B.** Listen attentively and show understanding and compassion. Avoid criticism or assumptions. Clarify concerns and needs. Encourage sharing. Maintain eye contact. Make him calm and use composed body language. Provide relevant information or resources. Offer support and guidance. Follow up to ensure progress. **Activity Corner :** Do it yourself.

4. Dignity of Labour

Tune-up : **A.** Dignity and respect for all professions. **B.** Builds character, earns respect. **From The Lesson. A.** 1. The dignity of labour is the principle that all forms of work, regardless of their nature, skill level or social status, possess inherent value and deserves respect. 2. They think that certain work is below their dignity. 3. Sabarmati Ashram **B.** 1. Developing the right attitude towards work involves cultivating a positive mindset, values, and habits. 2. If we do our work with our own hands it will give us pleasure. 3. It was an odd hour and ‘Ba’ was taking rest. Gandhiji did not disturb her and prepared the coffee and warm toast himself. 4. To do any type of work independently. He wanted to teach us that no work is mean. 5. Abraham Lincoln was the 16th President of America. He was polishing his own shoes. So this quality made everyone shocked. **C.** 1. mean 2. increase 3. attitude 4. independent 5. dignitary **D.** 1. ✓ 2. ✓ **Think and Decide :** **A.** Taking care of small problems or tasks now can prevent larger, more complicated issues later. Prevention is better than cure. Timely action avoids future complications. Small investments now yield significant savings later. **B.** Mahatma Gandhi’s philosophy of non-violence, known as Ahimsa, is perhaps his most significant contribution to humanity. He showed us that independence and freedom can be achieved without violence. Abraham Lincoln said all people are created equal and deserve to be treated with dignity. **Show Your Attitude :** **A.** Welcome guests warmly, offer refreshments and introduce yourself and make them comfortable. Engage in conversations. Show them around the house. Check if parents have left any instructions. Keep guests informed about parent’s expected return time. Be respectful and courteous. **B.** Yes, I would definitely go and help my mother in the kitchen. **Activity Corner :** **A.** He is voluntarily taking on a task shows responsibility and willingness to contribute. Directly participating in physical work promotes humility and understanding. Taking ownership of maintaining a clean environment. Doing tasks without relying on others. Recognising no task is beneath them. Taking care of personal and family belongings. Developing skills to manage

daily tasks. Ensuring crisp, wrinkle-free clothes.

Showing concern for her brother's well-being. Understanding her brother's hunger and needs. Taking care of her siblings. Demonstrating generosity.

Showing her daughter that everyone contributes to household chores.

Demonstrating that household work is not limited to gender. **B.** Do it yourself.

5. Return of Gratitude

Tune-up : **A.** Importance of gratitude and loyalty. **B.** Builds trust, strengthens bonds. **From The Lesson. A.** 1. Three members 2. Bakasura 3. He was the strongest. **B.** 1. They tried to kill the Pandavas by setting them ablaze in the Jatugriha. 2. The demon killed men and animals for food. This made the villagers afraid. 3. They loaded many types of eatables in the bullock cart for the demon. 4. He sat down on the ground peacefully and waited for the demon. Soon he felt hungry and began to eat the food that he had brought for the demon. 5. Bhima sat on the chest of Bakasura and killed him. **C.** 1. jealous 2. sacrifice 3. loaded 4. stone 5. Bakasura **D.** 2. ✓ 5. ✓

Think and Decide :

A. 1. The lady Brahmin was crying because of the demon Bakasura, who was terrorising her village. She was crying because it was his child turn to be sent to Bakasura. When Kunti came to know about it she said to lady Brahmin “Don’t worry, my son Bhima will protect your child and kill Bakasura”. Kunti asked her son Bhima to go instead of the lady Brahmin child. **B.** The fight began when Bhima was eating Bakasura food. This made him annoyed and he hit him hard on the back. Then after sometime he picked a heavy stone and threw it at Bhima. Bhima just waved his left hand and the stone fell far away. So he now picked Bakasura and threw him on the ground. This continued and at last Bhima sat on the chest of Bakasura and killed him. **Show Your Attitude :**

A. Approach the boy gently and ask if he’s okay. Remove my own jacket or sweater to offer him warmth. Ask if he has a home or family nearby. Buy him warm clothes. Offer him food or snacks. Ask local authorities or NGOs for assistance. Contact nearby shelter or organisations for homeless children.

B. Knock on his door and offer assistance. Ask about his appointment and the clinic’s location. Ensure I have the necessary contact information. Help him get ready and prepared for the visit. Accompany him to the clinic, providing physical support if needed. Keep him with me during the waiting time.

Activity Corner : Do it yourself.

6. Value of Time

Tune-up : **A.** Importance of time management. **B.** Planning, prioritising discipline. **From The Lesson.** **A.** 1. December 2. Two beautiful diaries 3. Angel **B.** 1. Because the courtyard was covered with snow and they had no place to play. 2. They saw a strange light in the sky. An Angel appeared before them. 3. The Packets contained two beautiful diaries. The pages of the diaries were blank and pure and white as snow. 4. After many months Angel appeared again. He insisted because he wanted to take them back to Father Time who had sent them. 5. Here was a page with ugly, black spots and scratches upon it, while the next page showed a lovely little picture. Some pages were decorated with gold and silver and gorgeous colours, others with beautiful flowers and others with a rainbow of softest most delicate brightness. **C.** 1. snow 2. diaries 3. forgotten 4. silver 5. vanished **D.** 2. ✓ 3. ✓ 5. ✓ **Think and Decide :** **A.** The present moment holds immense significance in our lives. It is the only time that truly exists, as the past is gone and the future is uncertain. Living in the present allows us to fully engage with reality, make the most of every opportunity and cultivate mindfulness. By focussing on the here and now, we can let go of regrets and worries. **B.** Good actions attract positivity and provide help and encouragement. It reinforces good habits. It leads to tremendous growth. Bad actions reinforce harmful behaviour. Guilt and shame undermine self-confidence. Unchecked bad actions escalate and add up over time. **C. Good Actions :** 1. Build positive relationships 2. Boost self-esteem 3. Attract opportunities 4. Improve mental health 5. Encourage personal growth **Bad Actions :** 1. Erode self-respect 2. Limit opportunities 3. Harm mental health 4. Damage relationships 5. Stunt personal growth **Show Your Attitude :** **A.** I would write about both the good and experience in my diary. Good experiences will boost my self-confidence. Celebrating successes, no matter how small, fosters positivity. It will replicate the strategies. Bad experiences will help me realise my mistakes. It will release my stress and promote healing. It will give me strength to deal with challenges. **B.** Time is a precious and irreplaceable resource that plays a vital role in our lives. It is the driving source that governs our daily routines, goals and aspirations. Effective time management enables us to prioritize tasks, increase productivity and achieve success. Wasting time can lead to missed opportunities, regret and stagnation. **C.** (1) Our stress is relieved. (2) Self-Awareness (3) Goal-Setting (4) Emotional Intelligence (5) Mindfulness (6) Improves memory (7) Creative Expression (8) Critical Thinking (9) Problem-Solving (10) Language Skills **Activity Corner :** Do it yourself.

7. Conservation of Nature

Tune-up : **A.** Do it yourself. **B.** Maintains ecosystem balance, ensures resource availability. **C.** Reduce, reuse, recycle **From The Lesson.** **A.** 1. We are not conscious of our duties towards nature. 2. Today men are polluting the water of the rivers and oceans by throwing tons and tons of garbage and waste materials in them. This is called water pollution. 3. It can cause many diseases. **B.** 1. Tall trees, pretty flowers, tasty fruits, colourful birds, lovely animals, blue sky, shining sun, cool moon, twinkling stars, the earth to live on, the air to breathe and the water to drink. 2. The big factories and other industries emit smoke and other poisonous gases in the air making it impure. The number of vehicles plying on the roads are increasing day by day. They also emit smoke and harmful gases like carbon dioxide. 3. In villages, many people wash their clothes on the banks of the rivers, ponds and wells. They are not aware of the fact that they are polluting the water. 4. They are said to be the green gold because they are as valuable to us as gold is. They purify the air. They breathe in carbon dioxide and breathe out oxygen. 5. Nature is a great source of beauty and inspiration to us. It is the source of food, shelter and clothing for many of our primitive tribes. If we don't protect it, it would take its own revenge. So, we must appreciate, care and protect the nature. **C.** 1. poisonous 2. creatures 3. polluting 4. shelter 5. fauna **D.** 1. ✓ 2. ✓ 4. ✓ 5. ✓ **Think and Decide : A.** Vibrant colours painting the sky. Majestic peaks, serene valleys and rolling hills. Cascading water and misty veils. Soft sand, crystal-clear waters and soothing waves. Colourful petals, delicate shapes and sweet fragrances. Lush canopies, ancient trees and diverse wildlife. **B.** Oceans, rivers, lakes, soil, forests, mountains, plants, animals, parks, etc. are some gifts of nature. We can protect them by conserving water and energy. Minimise waste and pollution. Use eco-friendly products. Recycle materials and repurpose items. Use public transport or carpool. **C.** Respiratory problems, lung cancer, Neurological damage, cardiovascular disease, climate change, ozone layer depletion, deforestation are the harmful effects of air pollution. Waterborne diseases, cancer gastrointestinal problems, ecosystem disruption, soil contamination, loss of biodiversity are the harmful effects of water pollution. **Show Your Attitude : A.** I will tell them to be mindful of the ecosystem. Avoid disturbing the surrounding plants and wildlife. Detergents can pollute the water and harm aquatic life. We should stop throwing waste into the water. This will contaminate the water and destroy the beauty of this waterfall. Every small action can help to protect our environment. We should promote eco-friendly

practices and responsible tourism. **B. Report : The importance of tree plantation :** As we celebrate World Environment Day, our School Environment Club emphasises the urgent need for tree plantation. Trees are the lungs of our planet, providing oxygen, mitigating climate change and supporting biodiversity. This report highlights the significance of planting more trees and proposes actionable steps for our school community. **Activity Corner : A.** 1. Rice Plant, Wheat Plant 2. Cotton Plant, Jute Plant 3. Tulsi, Aloe vera 4. Turmeric Plant, Cinnamon Tree 5. Mango Tree, Apple Tree 6. Rose Plant, Marigold Plant 7. Coconut Tree, Olive Tree **B.** and **C.** Do it yourself.

8. God is Omnipresent

Tune-up : A. Do it yourself **B.** Provides guidance, protection, and comfort. **From The Lesson. A.** 1. God can judge us through our activities. 2. Vishwamitra was a guru. 3. Baibhav was not able to kill the pigeon. **B.** 1. Before doing any wrong think, we must think whether God would like it or not. 2. Baibhav was a pupil. He had learnt the real lesson of life and understood that we cannot hide anything from God. 3. He said to kill the pigeon in such a place where nobody can see you killing. 4. He was not able to kill the pigeon because of so many reasons, firstly the birds were sitting behind the tall tree, then behind bush the plants were alive and at last in the cave near the rocks but there also he was unable to kill pigeon. He said that God is everywhere. He can see us wherever we are and whatever we do. 5. God is present everywhere, and he can see all our deeds. **C.** 1. atmosphere 2. pigeon 3. bewildered 4. search 5. deceive **D.** 1. ✓ 6. ✓ **Think and Decide : A.** God rewards faith, good works and obedience, while punishing sin and disobedience. Karma determines future rebirths, good deeds lead to better lives while bad deeds lead to suffering. Wholesome actions bring happiness, unwholesome actions bring suffering. **B.** To please God, cultivate a life of compassion, kindness and humility. Practice selfless love, forgiveness and gratitude. Engage in acts of charity, help those in need and stand up for justice. Develop a deep connection with God through prayer, meditation and reflection. Honour your relationships, respect all creation and live with integrity. Embody virtues like honesty, patience and mercy. Seek guidance from sacred scriptures and spiritual leaders. **Show Your Attitude : A.** Do it yourself **B.** They have the rights to live free from suffering, exploitation and cruelty. We have a duty to treat animals with kindness, respect and compassion. Animals are part of our shared ecosystem and harming them harms the environment. Animals feel pain, joy, fear and love, just like humans. **Activity Corner :** Do it yourself.

9. Hard Earned Money

Tune-up : **A.** Develops responsibility, boosts confidence. **B.** Secure future, financial independence, peace of mind. **From The Lesson. A.** 1. He earned his livelihood by holding religious discourses. 2. He thought that it would be below his dignity. 3. To ask some money from the king. **B.** 1. He asked four paisa out of his hard-earned money. 2. They were employed as a labourer under a merchant. King off-loaded a cart of all its heavy grain sack. Queen carried water from the well to his house. They both got two paisa each. 3. When priest returned home with only four paisa, this made his wife angry. She threw away the four paisa in the courtyard. 4. Four saplings came out in the courtyard where the four paisa had fallen. They produced a pearl. 5. One day priest's wife came out and requested the vendor to give her some vegetable in lieu of the pearlys. Vendor recognised that these seeds are pearls and then he gave the vegetable basket to his wife and got the pearls. The jeweller grew suspicious to see such costly pearls in possession of a poor vendor. **C.** 1. guards 2. demand 3. employment 4. pearl 5. welfare **D.** 2. ✓ **Think and Decide :** **A.** The king praised the priest's honesty. He gave him reward for his integrity. The king utilised all those riches in the welfare of his subjects. This made the people in his kingdom even more prosperous. This showed king's gratitude and wise leadership. **B.** He said this because it was king's hard-earned money which made pearl plants. It was the fruit of the hard work done by the king and the queen. Pearls were valuable and rare it symbolised wealth and status fit for a king. **Show Your Attitude :** **A.** I will stay calm and composed. Politely bring the issue to the attention of the opposing team's captain. Specify the foul means observed. I will discuss with my team captain and inform the umpire. Request intervention from the umpire. Seek clarification on rules and regulations. **B.** I would deposit the expensive watch to the principal. Keeping someone else's property is dishonesty. Returning lost items is the right thing to do. As a student, I have a responsibility to set a good example. The watch belongs to someone who might be distressed by its loss. **Activity Corner :** **A.** A foreign object such as a grain of sand, parasite accidentally enters the mollusk's shell. To protect itself the mollusk secretes layers of nacre around the irritant. The mollusk continues to coat the irritant with nacre, gradually increasing its size. Over time, the layers of nacre build up, forming a pearl. **B.** Do it yourself. **C.** Soldier, Pilot, Traffic Policeman, Judge, Doctor, Librarian

Moral Values-6

1. Pride Hath a Fall

Tune-up : **A.** Clamor as, Murder. **B.** 1. Boasting can make people uncomfortable or feel inferior. 2. Boating often hides low self-esteem or insecurity. 3. Regular boasting fosters an inflated sense of self-importance.

C. Do it yourself. **From The Lesson. A.** He was proud of his power, colour and cleverness. 2. When the geese did not utter any word and went on enjoying their bath this made the crow irritated. 3. His intention was to challenge the geese and show them his talent. **B.** 1. Crow mocked at the geese to show them his talent and how graceful and sleek he is. 2. No, he didn't want to entertain geese. He just wanted to show his graceful flying. 3. He threw a challenge to fly with him and who is the best. An old goose accepted the challenge. 4. The crow got terrified because he became tired and there was water all around and he wanted to know when will flying stop. 5. After seeing the pitiable condition of crow the goose said to sit on his wings and he shall fly across the sea back to where they came from. **C.** 1. bugs 2. heed 3. thankful 4. graceful 5. option

D. 2. ✓ 5. ✓ **Think and Decide :** **A.** Unhealthy pride can blind us to our flaws and weaknesses, leading to downfall. Recognise and acknowledge limitations to avoid complacency. Excessive pride damages relationships and fosters resentment. Embracing humility allows for learning, improvement and constructive feedback. **B.** Bragging is generally considered a negative quality, often associated with negative consequences : (a) Alienating others—Excessive boasting can lead to social isolation. (b) Lack of credibility—Constant self-praise can erode trust. (c) Insecurity—Bragging often masks underlying insecurities or low self-esteem. **Show Your Attitude :** **A.** The crow might be interested in showing his talent. In some cases a crow's grin could be a sign of dominance or assertiveness particularly if its accompanied by aggressive posturing or vocalisations. **B.** Humility and kindness are essential virtues that profoundly impact our personal growth, relationships and society. Encourages self-awareness and growth. It promotes teamwork and collaboration. It develops gratitude and contentment. It enhances credibility and trust. **C.** To identify a bragger, look for these behaviours : (a) Excessive self-praise—overemphasizing achievements, talents or possessions. (b) Inflated claims—Exaggerating or distorting facts to impress. (c) Constant comparisons—Boasting about being better than others. **Activity Corner :** **A.** (1) Bragging can lead to social isolation and make people uncomfortable around you. (2) Bragging can create an unhealthy sense of self-importance. (3) Bragging prevents self-reflection and personal growth. (4) Excessive bragging can harm

you professional reputation. (5) Bragging can create a sense of superiority, separating you from others. **B.**, **C.**, and **D.** Do yourself.

2. True Beauty

Tune-up : A. 1. We can hurt feelings of some person. 2. Constant ridicule can erode self-assurance and confidence. 3. Being mocked can lead to anxiety and fear of social interactions. **B.** Do it yourself. **From The Lesson. A.** 1. John was a man who lived in England. 2. Mirror 3. Real beauty lies in heart and not in looks. **B.** 1. John had two children and their names were Jimmy and Jenny. 2. Jimmy was very handsome, obstinate, naughty and shrewd. Jenny was not so beautiful but she was polite, gentle and kind-hearted. 3. He said that he is so beautiful and handsome but Jenny is so ugly and unattractive. 4. Jenny got annoyed because Jimmy had teased her for her ugliness and unattractiveness. She cried and told his brother to get out of the room. 5. John said, “Real beauty lies in heart and not in looks. Good looks alone cannot make a person good. If you’re not good at heart all your beauty is worthless. So, never be proud of your good looks. Always try to be mannered. **C. Said by :** 1. Jimmy 2. Jenny 3. John 4. Jimmy 5. Jenny **Said to :** 1. Jenny 2. Jimmy 3. Jimmy 4. Jenny 5. Jimmy **D.** 1. ✓ 4. ✓ **Think and Decide : A.** John said, “True beauty isn’t just about how we look. It’s about the inner kindness, compassion, resilience, purpose and positive impact. Remember, beauty is not just skin-deep; it shines from within. **B.** Jimmy realised his mistake and became more understanding. He began to appreciate people’s unique qualities beyond physical appearance. He realised his own strengths and talents also. Jenny embraced her individuality, no longer comparing herself to others. She prioritised developing her character, kindness and compassion. She expressed herself genuinely, without pretenses. **Show Your Attitude : A.** Show compassion, empathy and understanding towards others. Accept and appreciate yourself, flaws and all. Develop emotional intelligence. Recognise and manage your emotions. Focus on the positive aspects of life. Engage in activities that bring you joy and peace. **B.** Real beauty encompasses both inner and outer aspects but its essence lies in the beauty of the heart. Physical beauty shows external appearance, physical attractiveness and fleeting. Beauty of the heart shows inner qualities, compassion, kindness, empathy, timeless, enduring, etc. **C.** Socrates, a renowned Greek philosopher, defied conventional notions of beauty. His physical appearance was far from striking-he had a stout build, prominent nose and bulging eyes. However, his inner beauty and intellectual brilliance shone brighter than any physical flaw. **D.** Behaving with younger siblings require empathy, patience, and understanding. Encourage and motivate them. Listen

actively, explain clearly. Allow personal space. Understand their limitations. Share knowledge, skills. Ensure their safety and well-being. **Activities Corner** : Do it yourself.

3. Chandra Shekhar Azad

Tune-up : **A.** Bhagat Singh, Chandra Shekhar Azad, Khudiram Bose, Ram Prasad Bismil, Subhas Chandra Bose. **B.** 1. Revolutionaries inspired masses to join the freedom struggle. 2. Young Indians were drawn to the revolutionary movement, eager to fight for Independence. **From The Lesson.** **A.** He was a great revolutionary freedom fighter who lay down his life fighting against the British rule. 2. He went to Sanskrit Pathshala in Varanasi for higher education. 3. Mahatma Gandhi **B.** 1. Chandra Shekhar was born on 23rd July 1906, in a village named Bhabra in Jhabua district of Madhya Pradesh 2. Chandra Shekhar was arrested because he was leading the procession in Varanasi against the tyranny of the British. He was just sixteen years old. 3. He went to jail as punishment. He was whipped by the jailor with every stroke on his back. When he returned home his back was all swollen but there was no sign of pain on his face from this incident he became famous as Chandra Shekhar Azad. 4. Chandra Shekhar Azad wanted to make mother India free and was a fearless boy, so this made the magistrate to whip him fifteen lashes. 5. One day, when Azad was sitting with one of his friends at the Alfred park in Allahabad, the police cordoned the park from all sides. Then firing started. Azad received many injuries in the gun battle. At last when only one bullet was left in Azad's revolver, he shot his own forehead and sacrificed his life. **C.** 1. worthy 2. panic 3. astonished 4. punishment 5. vowed **D.** 5. ✓ **Think and Decide** : **A.** Chandra Shekhar Azad was a fearless Indian revolutionary, born on July 23, 1906, in Bhabra village of Jhabua district, Madhya Pradesh. His parents, Pandit Sita Ram Tiwari and Jagrani Devi, instilled in him a strong sense of patriotism. His education began in Alirajpur, followed by Varanasi's Sanskrit college. He was deeply influenced by revolutionary ideas and soon abandoned formal education. **B.** Azad's dedication to India's freedom struggle remains unwavering, even in the face of diversity. He fearlessly confronted British authorities, refusing to surrender. Azad gave up his life for the nation, demonstrating the ultimate act of selflessness. **Show Your Attitude** : **A.** The Indian freedom movement was a prolonged struggle lasting over two centuries, from the mid-18th century to August 15, 1947. Visionary leaders revolutionaries, and ordinary citizens united to challenge British rule. Freedom fighters' bravery, conviction and ultimate sacrifice paved the way for

India's Independence. **B.** Bhagat Singh was a revolutionary Indian freedom fighter, born on September 28, 1907, in Lyallpur, Punjab. He played a pivotal role in India's struggle for independence from British rule. Singh's unwavering commitment to the cause led him to join the Hindustan Socialist Republican Association. **Activity Corner : A.** As I strolled through Alfred park, I sensed on air of tension and anticipation. The sun beat down upon the gathering crowd, but their fervor remained unwavering. Suddenly, a sea of people surged towards the park's central area.

4. The Foolish Friend

Tune-up : A. 1. Trauma, betrayal or hurt from previous relationships. 2. Guarding against potential harm or exploitation. **B.** Lion, Polar bear, Elephant, Cheetah, Tiger **C.** He is a performer who expertly tosses, catches and manipulates objects, typically multiple at a time, to entertain and amaze audiences. **From The Lesson. A.** 1. The juggler roamed from village to village showing his tricks and that of the monkey to earn his livelihood. 2. He liked the monkey so much that he bought it. 3. Garden **B.** 1. He gave a lot of money to the juggler so that he can buy monkey for him. 2. The monkey grew very large in size because it had plenty to eat and no work to do at all. The king gave him a sword. 3. Some of the courtiers were jealous because king was very fond of monkey and he also gave him sword. So, the courtiers always pretended to love and respect it. 4. The fly sat on the king's nose then monkey drove it away, but fly didn't budge. It flew a little around the room and then again sat on king's nose. Then after sometime it sat on king's neck. He picked up a sword. 5. The fly was disturbing the king and it sat on king's neck. Then at last monkey took aim and struck a swift blow on the king's neck. The fly flew away but the king's neck was slashed with that blow. **C.** 1. tricks 2. fond 3. snooze 4. quietly 5. swift **D.** 2. ✓ 3. ✓ 5. ✓ **Think and Decide : A.** He was a loyal companion. He recognised that he is lazy. He always ate and didn't do any work. Though the monkey entertained him with his tricks. The king also gave a sword to the monkey. **B.** Good intentions are not enough. The monkey meant well but caused harm. Impulsiveness can lead to mistakes. Acting without thinking led to unintended consequences. Consideration and caution are essential. Careful thought and planning can prevent harm. **Show Your Attitude : A.** No, the monkey did not intend to harm or kill the king. Its intention was to help by shooing away the fly, but its method was clumsy and impulsive, leading to unintended consequences. **B.** A mischievous monkey, trying to shoo away a fly bothering the king, grabbed a sword and swung it wildly. Unfortunately the monkey missed the fly but king's neck slashed with that blow. The king died.

C. (1) Truthfulness and transparency in words and actions. (2) Adherence to moral principles and values. (3) Unwavering commitment and dedication to serving. (4) Consideration and defence towards others. **Activity Corner : A.** Elephants, tigers, lions, monkeys, dogs, bears, parrots, owls, falcons. Training methods can be cruel and animals may suffer physical or psychological stress. Removing animals from their natural habitats can harm ecosystems. **B.** We should report animal abuse to local authorities or animal welfare organisations. Support laws and policies protecting animal rights. Adopt pets from shelters, reducing demand for inhumanely bred animals. Provide proper care, nutrition and shelter for our pets. **C.** (1) Provide high-quality food suitable for their age, breed and health. (2) Ensure access to fresh clean water. (3) Provide a comfortable safe, clean living space. (4) Give regular physical activity. (5) Do brushing, nail trimming and bathing.

5. The Wooden Bowl

Tune-up : A. 1. Assist with daily tasks. 2. Prepare nutritious meals. 3. Ensure safety 4. Manage health appointments **B.** Doctors, Teachers, Police officers, Firefighters. 3. Hammers, Levels, Chisels, Screw drivers, Tape measures wrenches, etc. **From The Lesson. A.** 1. Kurt was an old man who lived in a small town in Germany. He lived with his son Manfred and his daughter-in-law, Thekla. 2. Manfred was the son of Kurt and he was an expert carpenter of the town. 3. Wilhelm was the son of Manfred. He helped his father by fetching and carrying things. **B.** 1. He spent almost the whole day in the workshop making furniture for the people of the town. So he got very less time to look after the affairs of his house. 2. Kurt was slow and clumsy. Sometimes he broke glass or dropped a spoon. Sometimes he spilled soup on his shirt and trousers. After all he was an old man. All these incidents made Manfred and Thekla angry. 3. Manfred brought a cheap wooden bowl from the market. He bought it for Kurt so that he can have dinner in that bowl. 4. Wilhelm was making a wooden bowl. He was making it for his parents. One day when they will become old then they would eat in this bowl. 5. When they saw that their own son is doing the same thing which they were doing with his grandfather. They realised their mistake and from that day they always asked the old man to sit with them at the dinner table. **C.** 1. shared 2. watch 2. older 4. dinner 5. working **D.** 2. ✓ **Think and Decide : A.** Sharing and caring strengthen family ties, putting others needs before one's own fosters love and harmony. Considering each other's feeling promotes compassion. Valuing what others do for us encourages positivity. Contributing to the family's well-being creates a sense of belonging. **B.** The couple were shocked and looked at each other. Their eyes

were filled with tears. They realised their mistake. From that incident they always asked the old Kurt to sit with them at the dinner table. **Show Your Attitude : A.** I would respect and cherish elders for their character, not their physical abilities. To prioritise kindness, empathy, and understanding with the grandfather. Every old person should deserve respect, care and thoughtful gestures, regardless of material value. **B.** 1. Listen to their stories and experiences. 2. Share meals together. 3. Visit them regularly. 4. Encourage their passions. 5. Assist with household chores. **Activity Corner :** Do it yourself.

6. Gratitude

Tune-up : A. 1. Donate food, clothing or essential items. 2. Provide shelter or temporary housing. 3. Offer financial support. **B.** Ganges, Brahmaputra, Indus, Yamuna, Godavari, Krishna. **C.** Policemen **D.** Do it yourself. **From The Lesson. A.** 1. Gang of dacoits 2. He was a kind and generous man. He always helped people in need. 3. Small tree. **B.** 1. The gang of dacoits lived in forest. They were very cruel. During the day they would hide themselves in the forests and at night they went out with arms attacking the villagers, burning their houses, looting their property and killing them. These incidents made the villagers, leading a fear-stricken life. 2. Ram Singh was a rich landlord who lived in a village. His village was adjacent to the forests. He was a kind and generous man. He always tried to help people in need. 3. Police officer gave him the news that one notorious gang of dacoits are hiding in the neighbouring forest. They are planing to attack your house tonight. This made Ram Singh panicked. He gave the orders to his servants to shut all the doors and windows before it got dark and remain alert all through the night. 4. They thought that the boy must be a member of the gang of dacoits. 5. The little boy just ran to the policemen and informed them about the dacoits who must have attacked Ram Singh's house. **C.** 1. notorious 2. hide 3. adjacent 4. docoits 5. commotion **D.** 2. ✓ 4. ✓ **Think and Decide : A.** They were very cruel. During the day they would hide themselves in the forests and at night they went out with arms attacking the villagers, burning their houses, looting their property and killing them. Therefore the villagers led a fear-sticken life. **B.** Ram Singh recognised the boy's hardship and vulnerability. He understood the boy's difficulties and challenges. Ram Singh might have worried about dangers of dacoits. He thought that boy can also be one of dacoit. **Show Your Attitude : A.** The dacoits would have successfully carried out their plan resulting in Ram Singh's death. The community might have become increasingly fearful, leading to

decreased social cohesion and cooperation. **B.** He thanked Ram Singh sincerely. He told about dacoits to the policemen so that Ram Singh could be saved. He expressed his gratitude through his action. **C.** Do it yourself. **Activity Corner :** Do it yourself.

7. The Chicken Feed

Tune-up : **A.** Do it yourself. **B.** (1) Unreasonable demands can damage relationships with family. (2) It can lead to frustration. (3) It can provoke resistance, conflict, or even legal issues. **From The Lesson. A.** 1. He was renowned for the fairness of his judgement. 2. He stumbled upon a stone and the sack fell down from his head. 3. Fear made his speech incoherent. **B.** 1. Shyam was the magistrate of a small town in India. He was very wise and honest man. People were always happy with his wise and impartial judgement. 2. The poor peasant stumbled upon a stone and the heavy sack fell down and crushed small chick. 3. He wanted a hundred coin in lieu of his chick. The poor peasant just had few coins so this made the owner to drag the poor peasant into the court for justice. 4. He said that the chicken would have grown into a plump bird in another two years and then it would have fetched him the amount he was asking for. 5. Shyam said that a chicken in two years who have died would have eaten a whole sack of grain. So he told the owner to give the peasant a sack of grain. A sack of grain would cost more than hundred coins. This made the owner pale in fear. He folded his hands and said to the poor peasant that he doesn't want any money and left the court silently. **C.** 1. fairness 2. demanded 3. worth 4. grasp 5. cheered **D.** 1. ✓ 2. ✓ 5. ✓ **Think and Decide :** **A.** Yes, he was an honest and impartial judge. He was free from personal interests or agendas. He gave clear reasoning and justification for verdicts. He didn't favoured or prejudice towards parties. His decisions were solely based on evidence. He gave the equal treatment under law. **B.** Shyam said that in two years the chicken that died would have eaten a whole sack of grain. So Shyam ordered the owner to give the sack of grain to peasant to give the sack of grain to the owner. Then owner turned pale in fear and left the court silently. **Show Your Attitude :** **A.** In an ideal world, judgements should indeed be based primarily on facts and evidence. Minimises bias and personal opinions. Ensures equal treatment under the law. Increases the likelihood of correct decisions. Judgements grounded in evidence are more trustworthy. **B.** Shyam understood the emotional struggles of the parties involved. He prioritised the well-being and dignity of all individuals. Shyam ensured justice was served without bias or prejudice. Shyam always evaluated the situation's unique circumstances. He carefully examined the facts presented. Shyam assessed the

motivations and intentions of the parties. **Activity Corner : A.** Do it yourself. **B.** Two women came before King Solomon, each claiming a baby boy as her own. The king listened to their arguments, but neither provided conclusive evidence. To resolve the dispute king Solomon ordered his attendants to bring a sword. He declared that the baby would be divided in half, with each woman receiving a portion. One woman agreed to the proposal, while the other pleaded with the king to spare the child’s life, offering to relinquish her claim. Moved by her words, king solomon recognised the genuine mother. King Solomon gave the baby to compassionate mother. The kingdom’s people marveled at the king’s wisdom and fairness.

8. The Real Friend

Tune-up : A. It is a vast area dominated by trees and other woody vegetation.

B. Omnivore **C.** For sharing experiences and social connection and for exploring new interests and knowledge. **D.** Do it yourself. **From The Lesson.**

A. 1. They lived in a town. 2. They promised to help each other in case of a danger. 3. To save him from the bear. **B.** 1. Their way to the town was through a dense forest. Many wild animals lived in that forest. The path was lonely and surround by the tall trees in forest. This made them afraid. 2. The bear began to chase them. The bear ran very fast. There was a tall tree at some distance. Anuj ran towards it calling Kunal to follow him. So, Anuj climbed up the tree quickly. Kunal was not able to climb a tree. 3. He climbed up the tree to save himself from the bear. 4. He knew that a bear doesn’t attack a dead man. So he lay down on the ground by holding his breath. He closed his eyes firmly and stopped his breath. He just prayed to God to save him. 5. Anuj asked that the bear was telling something in your ear. Then Kunal replied in a bitter tone, “Never rely upon a false friend. The real friend never deserts his friend in danger.” **C.** 1. friendship 2. dense 3. panic 4. attack 5. friends **D.** 1. ✓ 3. ✓ 4. ✓ 5. ✓

Think and Decide : A. I think they were never fast friends. When Kunal was in a difficult situation, then Anuj didn't helped him at all. Instead he back out from the situation. From this incident Kunal came to know that never rely upon a false friend. **B.** When Kunal and Anuj were almost in the middle of the forest, they saw a bear at some distance. Then bear also saw them and ran after them. So Anuj saw one tall tree and climbed over there but Kunal was not able to climb and he had to go through the very difficult situation of his life. **Show Your Attitude : A.** I think Anuj was not a true friend of Kunal. He did not maintained loyalty. When Kunal was struggling from the situation, he even didn't gave any emotional support. He was not a true friend. He deceived him

when he wanted someone's help. **B.** 1. Maintain loyalty in every aspect. 2. He should offer support and encouragement. 3. He should offer help in times of need. 4. He should be a reliable and dependable. 5. He should listen actively and care about the feelings and emotions. **Activity Corner : A.** We should stay calm and composed. Listen actively and showing empathy and concern to him. Offering emotional support. Understanding the problem's severity. Share relevant advice or expertise. Introduce helpful contacts or services. **B.** The friendship between Lord Krishna and Sudama is a timeless tale of unconditional love, loyalty and humility. Sudama, a poor Brahmin, was a childhood friend of Krishna's from their days together at Guru Sandhipan's asharam. Despite Krishna's rise to royal status, their bond remained strong. **C, D, E :** Do it yourself.

9. Honesty is The Best Policy

Tune-up : A. Because of his trust, reliability, integrity, authenticity and openness etc. **B.** (1) Lies require more lies to maintain. (2) Once caught you'll struggle to regain trust. (3) Lying weighs on your conscience. (4) It damages relationships. **C.** Abraham Lincoln, Mahatma Gandhi, Nelson Mandela. **D.** Do it yourself. **From The Lesson. A.** 1. Raghu was a woodcutter. He lived in Kashipur. 2. He had no money to buy a new axe. 3. Ramu was his next-door neighbour. He was a greedy and cunning man. **B.** 1. He earned his livelihood by cutting wood in the nearby forest and sold them in the market. He was poor but he was very honest. 2. One day he was cutting one of the branches of tree. Suddenly the axe slipped from his hand and fell down straight into the river. He became very sad and sat down on the riverbank with a heavy heart and began to weep. 3. He did not accept the golden or the silver axes because he was very honest and truthfull person. 4. He was pleased with Raghu's honesty and truthfulness and gave him all the three axes. 5. The River God realised the tricks of Ramu but said nothing. He went down the river and brought out a golden axe. Ramu's heart filled with greed and he said that golden axe is mine. After seeing this incident River God punished him and took his own axe also with him. **C.** 1. benefit 2. possession 3. pity 4. golden 5. tricks **D.** 1. ✓ 3. ✓ 4. ✓ **Think and Decide : A.** Yes, Raghu was poor but very honest. Raghu was a poor man, one day his axe fell into the river. So, River God helped him finding his axe. In between, River God thought to test his honesty. So he presented golden and silver axes to him. He rejected and said that this is not his axe. So this incident made River God very happy. **B.** Ramu was a cunning and a greedy man. When Raghu told him the whole incident. He thought to try it and

got golden and silver axes. So, one day he went to river and knowingly he threw his axe into the river and then started crying. Seeing the situation the River God understood Ramu's tricks and gave him punishment. **Show Your Attitude : A.** Raghu was rewarded for his honesty, integrity and selflessness. The River God rewarded him with wealth and prosperity. River God punished Ramu for his dishonesty, greed and lack of integrity. He punished him to teach a lesson about the importance of honesty. **B.** I wanted to tell you one story where Raghu was a poor man and lived in a small village. He was a woodcutter. One day when he went to the forest to cut the wood, accidentally his axe fell into the river. So he started crying and River God helped him finding his axe. River God offered him golden and silver axe but he refused to take that. River God was so much impressed with Raghu's honesty and truthfulness that he gave him his own axe but also golden and silver axes. **Activity Corner : A.** Honesty is the cornerstone of integrity, trust and respect. Being truthful in words and actions fosters a strong sense of self-respect, credibility, and reliability. Honesty builds and maintains healthy relationships, promotes open communication, and resolves conflicts. **B.** (1) Honesty reinforces self-esteem and moral principles. (2) Truthfulness eliminates guilt, anxiety, and stress. (3) Honesty builds reputation and earns respect. (4) Honest self-reflection leads to informed choices. **C.** (1) Trees produce oxygen through photosynthesis. (2) Trees absorb carbon dioxide, reducing greenhouse gases. (3) Trees filter pollutants, improving air quality. (4) Tree roots hold soil in place. (5) Trees influence rainfall and groundwater recharge.

10. The Touch Stone

Tune-up : A. Memory improvement, critical thinking, Better focus and concentration, improves vocabulary. **B.** No scientific proof supports magical claims. **C.** Do it yourself. **From The Lesson. A.** 1. He found the book in the attic. 2. The pages of the book had turned yellow and some pages were crumbled. 3. The 'Touch Stone' could turn anything into gold. **B.** 1. He discovered that the book was based on magic. He learnt that on the shores of the Black sea, there was a stone that could turn anything into gold. 2. The man thought that if he could find such a stone, all his poverty would be over. 3. He went to the shores of the sea and began his search for the stone. Days passed by. It stretched from weeks into months and years but was unable to find the 'Touch Stone'. 4. He would take up the stone, touch them in the iron band. If it turned into gold or not. The stones then he threw away into the sea so that he should not pick the same stone again. 5. He was surprised to see that the man in rags was wearing a gold band in his hand. He asked that where did he got this

gold band from. **C.** 1. attic 2. Black 3. throw 4. tattered 5. band **D. 2. ✓ Think and Decide :** **A.** The man thought that if he could find a ‘Touch Stone’, all his poverty would be over. He will be able to live his life happily. The inspiration came from a magic book where it was written that Black Sea is having a stone that could turn anything into gold. **B.** In the story, the man got the Touch Stone but its significance was misunderstood. At last when the man’s iron band turned into gold band he got surprised to know about it. **Show Your Attitude :** **A.** We should always focus on goals, not routines. Be open to unexpected opportunities. Persistence and patience are key to success. Identify and prioritise objectives. **B.** We might not recognise the opportunity or its potential. Fear of change, failure, or the unknown holds us back. Delaying decisions or actions, hoping for a “better” chance. **Activity Corner :** Do it yourself.

Moral Values-7

1. The Greatest Virtue

Tune-up : **A.** (1) Donate to reputable charities, NGOs, local organisations. (2) Contribute non-perishable items or funds. (3) Collect and distribute gently used clothing. **B.** Treating helpers with respect, kindness, and fairness fosters positive relationships and a harmonious environment. Respect their time, effort and boundaries. Assist them when needed. **C.** Farmers produce the food that sustains us. Farming requires long hours, physical labour, and perseverance. **From The Lesson. A.** 1. He ruled over a small kingdom in Assam. 2. He treated his subjects like his own children. He was concerned about the welfare of the people and did many welfare activities for the prosperity of the people of his kingdom. 3. To bring a holiest man was the condition put by the king. **B.** 1. The king was getting old. So he decided to retire. He wanted that his heir should continue the tradition of welfare activities. 2. The sons became very happy and rode on their horses and went out in different directions in search of the holiest man. 3. He said, “He is really a noble man. He has donated half of the property in charity. He has built many big temples, mosques and churches. He has dug many ponds and wells and set up many charitable hospitals and dispensaries for the welfare of the people. He also worships cows.” 4. The Brahmin was thin and weak. Prince said about him, “He meditates the whole day. He never loses his temper. He takes his meal only after offering prayers.” 5. Hermit was as thin as a withered log. His entangled hair had turned into big, heavy locks. His body looked like a skeleton. He always prayed and worshiped. God. In hot summer days, he stood in the sun and meditated and in winter, he meditated in the cold water of a pool. He took

only milk and that too, only once a week. **C. Said by :** 1. King 2. Eldest Son 3. Second Son 4. Poor Farmer 5. King **Said to :** 1. Sons 2. King 3. King 4. King 5. Poor Farmer and Sons **D. 3. ✓ 5. ✓** **Think and Decide :** **A.** The eldest prince said, “He is a noble man. He has donated half of his property in charity. He has built many big temples, mosques and churches. He has dug many ponds and wells and set up many charitable hospitals and dispensaries for the welfare of the people. He also worships the cows.” **B.** The king asked, “What religion do you observe. Then the farmer said politely, “I am an illiterate farmer. I work in my field all day long and have no time to go to the temple. If anybody falls ill, I just serve him. If anybody is in need, I help him too.” **Show Your Attitude :** **A.** Serving God’s creation is indeed a profound way to find meaning and purpose in our daily lives. By caring for and supporting one another, as well as the natural world, we honour the divine and recognise the interconnectness of all living things. This selfless approach to life fosters compassion, empathy, and kindness. **B.** (1) Teasing can cause significant stress and anxiety in animals, leading to changes in behaviour, appetite, and sleep patterns. (2) Animals may become fearful or aggressive due to teasing, potentially resulting in bites, scratches, or other defensive behaviours. **Activity Corner :** **A.** (1) Plan meals for them. (2) Provide nutritious meals to the homeless, elderly, or those struggling financially. (3) Organise food drives and collect donations. (4) Cook and distribute meals at local shelters or community centers. **B.** Serving God encompasses various forms of devotion, from prayer, meditation and worship to selfless action. Loving and caring for his creations is indeed divine. As every individual is a reflection of God’s design. Helping those in need, bringing joy and relief.

2. The Evils of Cramming

Tune-up : **A.** No **B.** (1) Grasping concepts and relationships. (2) Connecting new information to existing knowledge. (3) Analysing, evaluating and applying information. (4) Information learned through understanding is more memorable. **C.** Combining play with studies is essential for children’s cognitive, emotional and social development. It improves focus and concentration. It enhances retention and recall. **From The Lesson. A.** 1. He was thinking about the cricket match to be played on Sunday. 2. English was the first paper in the examination. 3. Anurag was chosen the best player. **B.** 1. He was not worried because he had crammed the answers of all the important questions. Moreover he was sure that his friends would definitely help him in the examination. 2. His performance went well. He was chosen the best player.

Besides scoring a century he had also taken two wickets. 3. He knew the answers of all the questions. He started to write the answers in the answer-sheet. 4. After writing few lines his pen stopped. He forgot everything that he had crammed during the previous days. He tried to remember the answers again and again, but all went in vain. He could not recollect even a single word. At last he sat down holding his head. 5. Examiner told him that you should not cram the concept but you should learn them by heart. **C.** 1. books 2. easily 3. patted 4. remember 5. next **D.** 3. ✓ 4. ✓ **Think and Decide : A.** Anurag's mother was stunned into silence when she heard the news. Her eyes widened in disbelief as she processed the information-her child who had studied diligently for months had submitted a blank answer sheet. **B.** After writing few lines his pen stopped working. He forgot everything whatever he had learnt. He tried to remember the answers again and again but all went in vain. He felt uneasy and was messed with everything. **Show Your Attitude : A.** Cramming is a study technique where individuals attempt to learn and memorise large amounts of information in a short period, usually just before an exam, test or deadline. This approach involves intense last-minute preparation, often under time pressure. While cramming may provide temporary retention of information. **B.** Students often resort to cramming due to poor time management, procrastination, or a lack of understanding of the material. However, cramming is a detrimental study habit that can lead to shallow retention, increased stress and decreased academic performance. When students cram they merely memorise information superficially. **Activity Corner : A.** Cramming before exams isn't sustainable or healthy. It leads to stress poor retention and missed opportunities to truly understand and appreciate the material. Instead, let's break it down into manageable chunks. Set aside dedicated time each day, even if it's just 30 minutes, to review notes and tackle a few topics. **B.** By incorporating simple yet effective methods, we can transform learning into a delightful experience. Breaking down study material into manageable chunks and setting realistic goals helps distribute learning evenly. Active learning techniques, such as summarising notes in own words, creating mind maps, and self-testing enhance retention and understanding. **C.** Cricket is one of the world's most popular sports with a rich history and a massive global following. Originating in England in the 16th Century, the game has evolved into various formats, including Test matches, One-Day Internationals (ODIs) and Twenty 20 (T20). The objective is simple two teams of eleven players each take turns batting and bowling. **D.** Kapil Dev,

Vivian Richards, Anil Kumble, Shane Warne, Virat Kohli, Joe Root, Rohit Sharma, Sunil Gavaskar, Ricky Ponting.

3. Horatius—The First Hero of Ancient Rome

Tune-up : A. An individual who loves, supports and defends his country, its people, and its values, often making personal sacrifices for the greater good.

B. Mahatma Gandhi, Jawaharlal Nehru, Subhas Chandra Bose, Bhagat Singh, Chandra Shekhar Azad. **C.** (1) Exercise your right to shape the country's future. (2) Support national development and public services. (3) Maintain social order and respect. (4) Volunteer for local initiatives. **From The Lesson.**

A. 1. They were skilled in the art of warfare. 2. The king of Tuscany sent his troops to attack Rome. 3. Tiber River **B.** 1. Horatius was a brave, young officer in the Roman Army. He played the role of a officer and gave the commands to his comrades. 2. To prevent their entry into Rome. 3. They began to demolish the wooden bridge. 4. The Romans soldiers were busy cutting down the bridge. Soon the bridge was nearly cut into two and about to fall. 5. After his death, the Romans built a big statue of Horatius to perpetuate his memory. **C.** 1. demolish

2. defiance 3. amused 4. scores 5. patriotic **D.** 1. ✓ **Think and Decide : A.** He said, "Let us stand strong together, my friends, and defend our city against the invading Tuscans. We few will hold the bridge, and Rome's honour, against the enemy's multitude. Let our unyielding resolve and valour inspire our people, and may our bravery forge a legend that will endure for eternity. **B.** He ordered his companions to destroy the bridge. It was the last one to cross the bridge. They prayed to the gods, asking for their protection and forgiveness for the destruction of the bridge. Jumped into the river fully armored and swam to the Roman side. **Show Your Attitude : A.** According to Roman mythology, Horatius cocles was called patriotic for his bravery in defending Rome against the Tuscan army in 507 BC. His mission was to hold off the enemy at the Pons Sublicius, a bridge leading to Rome. **B.** He was famous for his bravery during the early Republic. Horatius was a Roman warrior who according to legend single-handedly defended the Pons Sublicius against the Tuscan army in 509 BC. This event occurred during the expulsion of the last Roman King, Lucius Tarquinius Superbus. **Activity Corner : A.** Patriots are individuals who demonstrate love, loyalty and devotion to their country, often putting their interest above personal interests. Citizens who actively participate in democratic processes. Military personal and veterans who defend their nation. Activists advocating for social justice and reform. **B.** Bhagat Singh was born on September 28, 1907 in Lyallpur, Punjab. He was a revolutionary freedom fighter against British colonial rule. He was key figure in the Indian

Independence movement. He founded the Hindustan Socialist Republican Association (HSRA). C. Napoleon Bonaparte, Chhatrapati Shivaji Maharaj, George Washington.

4. The Golden Touch

Tune-up : **A.** Greed is an intense and excessive desire for wealth, material possessions, power or other selfish interests, often driven by a lack of satisfaction with one's current circumstances. **B.** (1) Damage relationships and reputation. (2) Mental health issues. (3) Loss of integrity and self-respect. (4) Increased risk of addiction and harmful behaviours. **C.** Do it yourself. **From**

The Lesson. A. 1. He ruled over Unan (Greece). 2. He was counting the gold coins. 3. He touched the leaf of a green tree. **B.** 1. The king was very greedy. He was very rich. He wished to possess as much gold as he could have. 2. Angel

said, "You have so much gold. Even then, you are not happy." He said, "I will be contented only if what ever I touch turns into gold." 3. He went to the garden. There he touched the leaf of a green tree. The big tree turned into gold.

4. When he touched the plate, everything turned into gold. There were golden breads, rice, vegetables and sweets. Midas became sad. He picked up the glass of water and the water too turned into gold. 5. When she saw her father weeping, she came running and hugged her father. Midas also embraced her.

But the moment he did so, his daughter also turned into a statue of gold. **C.** 1. posses 2. vanished 3. tree 4. golden 5. sprinkled **D.** 3. ✓ 4. ✓ 5. ✓ **Think**

and Decide : A. The Angel appeared before king Midas when he was counting gold coins. Midas said to the Angel, "There is so much gold in the world and I have not even a fraction of it. Angel said, "Yes have so much gold I can see it. Even then, you are not happy. You want more." **B.** He made a wish that everything should be turned gold if he touches the objects. The greed for wealth made the king Midas realised his mistake when he was not able to eat or drink as his food or water turned into gold as soon as he touched them. **Show**

Your Attitude : A. The Angel granted the wish but also told its potential consequences and also warned him of the potential downsides. Midas was too enthralled by the prospect of limitless wealth to listen. The Angel granted the wish to fulfill Midas desire of having gold everywhere. **B.** When he touched everything that would turn into gold. So, when he touched food and drink water that also turned into gold making it impossible for him to eat or drink.

His loved ones, including his daughter were transformed into gold statues, leaving him isolated. **Activity Corner : A.** No, it's not always good to insist on buying things that other possess. Just because someone else has something, it doesn't mean you need it. Assess your own needs and priorities. Constantly

wanting what others have can lead to dissatisfaction with your own life. Buying unnecessary items can harm your finances. **B.** Necessity and greed are two fundamental human drives that can greatly impact our decision-making, behaviour, and overall well-being. Necessity is motivated by basic needs or essential requirements. Greed is motivated by excessive desire especially for wealth or material possessions.

5. Everything Big is Not Great

Tune-up : **A.** Do it yourself. **B.** Giraffe, African Elephant **C.** (1) Taming can alter an animal's natural behaviour, leading to stress and discomfort. (2) Tamed animals may rely on humans for food, shelter and care losing their ability to survive in the wild. (3) Tamed animals can be exploited for entertainment, labour or other purposes. **D.** Do it yourself. **From The Lesson.** **A.** 1. There was a big hump on his back. 2. The rat was a tiny creature so he refused to be friend with him. 3. He ordered his soldiers to catch the camel by the nose-string. **B.** 1. The rat had never seen such a strange animal before. He said that he wants to become friend with camel. 2. The rat ran up the tree and nibbled at the branch. Soon the camel found his mouth free to eat the green leaves. 3. The camel said, "Rat is my master which made the king surprised. He ordered his soldiers to catch the camel by the nose-string. 4. He collected all the rats of the jungle. He made a plan and executed in the midnight when all soldiers were asleep. They gnaw at the saddle girths of all the king's horses and elephants. Thus, all the animals became free from the cruelty of king. When the soldiers came to know what the rats had done, they attacked and killed the proud king. 5. The camel realised his folly and said to the rat to forgive him. He understood that everything that is big is not great and everything that is small is not to be ignored. **C.** 1. baobab 2. request 3. entangled 4. commotion 5. signalled **D.** 3. ✓ 5. ✓ **Think and Decide :** **A.** He did not accept the rat's friendship because he was a very tiny creature. He thought that rat cannot help me in any way. Camel was proud of his body structure. As he was so big and tall. **B.** He collected all the rats of the jungle. They made a plan that at midnight when all soldiers are asleep they will free all the animals. At last he said that everything that is big is not great and everything that is small is not be ignored. We shall help each other whenever we are in trouble. **Show Your Attitude :** **A.** They story highlights that everything, no matter how big or small, has its own importance. Everyone has something valuable to offer, regardless of size, shape or abilities. **B.** In this story the rat demonstrated that even the smallest creature can provide valuable insights and skills. Camel learned to appreciate the unique contribution of the rat, regardless of size. **Activity Corner :** (1)

Help gather volunteers from various age groups and sectors of society. (2) Help schedule cleaning activities, events, and workshops throughout the week. (3) Assist in forming sub-committees for different activities. **B.** (1) Every individual has inherent dignity and worth, regardless of their background, abilities, or circumstances. (2) Each person has unique experiences, perspectives, and strengths that contribute to the richness of human diversity. (3) Recognising our shared humanity fosters empathy, understanding and compassion. **C.** Do it yourself.

6. The Prince's Statue

Tune-up : **A.** (1) Jealousy distracts from self-improvement. Focus on your goals not others. (2) Embrace your unique talents. (3) Understand your strengths and weaknesses. **B.** and **C.** Do yourself. **From The Lesson. A.** 1. He lived in a small town in Germany, named Düsseldorf. 2. He asked him to make a bronze statue of himself. 3. The Prince had declared it perfect. **B.** 1. He was overjoyed at the royal assignment which was given by the Prince. Prince told him to make a bronze statue of himself. The statue should be on horseback. Artist promised that it would be done as per the desire of the Prince. 2. Artist requested the Prince to unveil the statue. Then date was fixed to unveil it. 3. The Prince was amazed at its beauty. He said, "Statue is so vivid. He praised him with open heart. He said the statue is perfect. You have done a wonderful and excellent job. This statue would also make your fame even greater." 4. The artist listened to all of them quietly. Then he said to the courtiers and Prince, "Give me a few days more so that I can make it more appropriate." Then for several days, the sound of hammering came steadily from behind the closure. All the courtiers were delighted that have taken the credit for saving the Prince's statue with their artistic taste. 5. The artist said that I was hammering at the reputation of your courtiers. **C.** 1. bronze 2. overjoyed 3. flaws 4. delighted 5. turned **D. Said by :** 1. Prince 2. Courtier 3. Second Courtier 4. Artist 5. Prince **Said to :** 1. Artist 2. Artist 3. Artist 4. Prince 5. Artist **E.** 1. ✓ 3. ✓ **Think and Decide :** **A.** No, they were not right. They gave many flaws that the head is too large, it is out of proportion. Other said, "See the turn of the neck, it is awkward." Then other said, "See the right hind foot." Other found the fault with the horse's tail. **B.** When after some days the artist informed the Prince that the statue was ready. Once again the statue was unveiled. Again the Prince exclaimed at its beauty and then courtiers slunk away one after another to see what they had to say about the statue. **Show Your Attitude :** **A.** When the Prince told the artist that he had made very wonderful and excellent statue. His work is perfect. This made courtiers jealous. They expressed their jealousy by

picking out the flaws in the statue of horse. **B.** He understood that courtiers are jealous of his work. So instead of insulting them directly, he changed his mind and showed the statue again to Prince and courtiers. At last artist smiled and said that now courtiers reputation is pretty well hammered into pieces.

Activity Corner : Do it yourself.

7. The Hidden Treasure

Tune-up : **A.** (1) Develops resilience and perseverance. (2) Enhances self-discipline and responsibility. (3) Boosts confidence and self-esteem. (4) Fosters a growth mindset. (5) Encourages lifelong learning. **B.** Oak Tree, Pine Tree, Cedar Tree **C.** (1) Producing food for local and global consumption. (2) Ensuring availability of fresh produce. (3) Maintaining food diversity and quality. (4) Generating employment and income. **From The Lesson. A.** 1.

They lived in a small house, located on a hilltop. 2. Joseph was a lazy fellow. The only thing he liked was to bask in the sun and sleep. 3. She used to work as worker in one of the fields for a meagre sum of a pound daily. **B.** 1. They lived in a small house, located on a hilltop. The whole area was surrounded by lush green forest. There were green pastures all around where cattle grazed all day long. Down the slopes, the farmers worked in their fields. 2. Joseph was really a lazy fellow. He didn't like to do any hard work. He only liked to bask in the sun and sleep. So, this made Lara very upset. 3. Farmer found an urn full of gold coins and jewellery. 4. Joseph was walking near the farmer's field. He was on his morning stroll as usual. 5. Farmer thought that Joseph must have seen him digging out the urn. So, he can disclose to the king's men. All will come and will snatch away my treasure trove. So he decided to share half of the gold coins with Joseph. **C.** 1. hard work 2. fields 3. couple 4. extricated 5. half

D. Said by : 1. Lara 2. Lara 3. Joseph 4. Farmer 5. Farmer 6. Joseph **Said to :** 1. Joseph 2. Joseph 3. Lara 4. Joseph 5. Joseph 6. Lara **E.** 2. ✓ 3. ✓ 5. ✓

Think and Decide : **A.** Do it yourself. **B.** One day farmer was ploughing his field at a distance. Suddenly his plough got stuck in something. Then he dug out the ground and saw an urn full of gold coins and jewellery. Farmer saw Joseph too and he thought to divide the gold between them. So that king's men did not snatch away the treasure. This incident changed Joseph's luck. **Show Your Attitude :** **A.** Joseph had always been a laid-back person content with doing the bare minimum. One day when he was walking to the nearby field. Over there a farmer was ploughing his field at a distance. Suddenly he saw an urn full of gold coins and jewellery under the layers of soil. So, half of the gold coins he gave to Joseph which completely changed the life of Joseph. **B.** When the farmer gave him half gold coins, he was very happy and told the whole incident

to Lara. In return Lara said that you got it because you did something rather than sitting idle at home. So he realised the value of hard work. **Activity Corner : A.** Consistent effort improves proficiency, making you more competent in your field. It builds resilience and preservice. Hard work teaches prioritisation, organisation, and efficient use of time. It promotes ownership and commitment to goals. Dedication and hardwork earn admiration from peers, mentors and industry leaders. **B.** Hard work teaches you self-control, responsibility and time management. These skills will help you overcome obstacles and achieve goals. When you hard work and achieve success, you will develop a sense of pride and confidence. This confidence will propel you to take on new challenges. Hard work opens doors to new experiences. **C.** (1) Weight gain and obesity. (2) Increased risk of chronic diseases. (3) Reduced muscle strength and flexibility. (4) Decreased bone density. (5) Impaired circulation and cardiovascular health. (6) Weakened immune system. **D.** (1) It improves cardiovascular health. (2) Boosts circulation and oxygenation (3) Increases energy levels (4) Supports weight management (5) Strengthens bones and muscles. (6) Enhances flexibility and mobility.

8. I Can Play Schools

Tune-up : A. (1) Every individual deserves respect, regardless of abilities. (2) Treat others as you would like to be treated. (3) Recognise their inherent value and worth. (4) Promote equal opportunities and access. **B.** Helen Keller, Marlee Matin **C.** Do it yourself. **From The Lesson. A.** 1. Mary was the only child of her mother, Lucy. She was a sweet, little girl with beautiful hair and eyes. 2. Mary was sitting next to her mother in the garden. She was playing ‘schools’ with her dolls. 3. Christabel **B.** 1. Naila was a little girl who was a new neighbour of Mary. She was little older than Mary. She had fair complexion with sparkling blue eyes. Her voice was clear and bold. She was full of self-confidence. 2. She was very good and kind and understood the problem of Mary. 3. She avoided because she knew that Mary would not be able to play the games properly. She feared that they might laugh at her. Mary will not understand cunning talks. It required a lot of patience to handle Mary. 4. She said with her fingers that Mom would you rather have Naila than me. Mary was bitterly hurt. 5. She was surprised to see Naila playing with Mary in the garden. **C.** 1. nice, kind 2. dolls 3. Mary 4. orange 5. kissed **D. Said by :** 1. Naila 2. Lucy 3. Lucy 4. Lucy 5. Naila **Said to :** 1. Lucy 2. Naila 3. Naila 4. Naila 5. Lucy **E.** 1. ✓ 4. ✓ 5. ✓ **Think and Decide : A.** The dolls did not paid any attention to Mary. They were just unanimate objects. So Lucy was sad to see

this. **B.** Mary was deaf and dumb. She always liked to play with herself only. Lucy's mother knew that Mary will not be able to play games with other children. She doesn't have cunning mind. Her confidence was also very low and a lot of patience was required to deal with her. **Show Your Attitude : A.** Naila was little older than Mary. She had fair complexion with sparkling blue eyes. Her voice was clear and bold. She was full of self-confidence. Mary on the other hand was deaf and dumb. She always liked to play with herself. **B.** Paying a friendly visit to new neighbours is a time-honoured tradition that serves several purposes. When people welcome newcomers into their community, they aim to establish a positive relationship, break the ice, and create a sense of belonging. By extending a warm gesture, neighbours demonstrate their openness, friendliness and willingness to connect. **Activity Corner : A.** Making fun of someone's speech or any personal characteristic is never acceptable. Not only is it hurtful and disrespectful, but it also creates a toxic environment where no one feels safe or supported. Our classmate's stammer doesn't define their worth, intelligence or kindness. **B.** Sign language is an invaluable tool for facilitating communication and education among deaf and hard of hearing children. Observing its usage at a specialised school reveals its effectiveness. **C.** Louis Braille was a French educator and inventor who revolutionised the lives of blind and visually impaired individuals worldwide. At the age of three, Braille lost his sight due to an accident in his father's workshop. Despite this challenge, he demonstrated exceptional intelligence and determination. **D.** Helen Keller, Ravindra Jain, Sudha Chandran, Surdas, Stephen Hawking, Frida Kahlo

9. The Effect of Connotation

Tune-up : A. Effects of Good Company : (1) Inspires personal growth and self-improvement. (2) Encourages positive habits and behaviours. (3) Fosters healthy relationships and networking. **B. C. Do it yourself. Effects of Bad Company :** (1) Promotes harmful habits and behaviours. (2) Drains energy and motivation. (3) Fosters conflict and drama. **From The Lesson. A.** 1. They build their nest on a large banyan tree outside the village. 2. He earned his livelihood by catching birds and selling them in the market. 3. The parrot told him to go out of the house. He turned immediately and left the place in a hurry. **B.** 1. The young parrots were now able to fly a little distance. They can play together and also learned to fly. They can take care of themselves now. 2. He tried to catch the birds but they flew away with the young ones and perched on a high branch. 3. That parrot flew for some time. At last, it came to a

hermitage. Some holy men lived there. They did not do any harm to the young parrot. 4. The parrot was sitting in the cage hanging from the branch of a tree in the courtyard. As soon he saw the traveller it cried out harshly. He said why you have come to my house. Get out from here or I will cut your throat. 5. He greeted the traveller by saying, “Welcome my friend, welcome to this heritage. You must be tired, hungry and thirsty. Wash your hands and feet with the cold water of the well.” There are a lot of good fruits in this forest. Eat whatever you like and then quench your thirst with the sweet and cold water of the well.” Traveller was surprised with this warmly welcome. **C.** 1. hatched 2. vigil 3. escaped 4. parrot 5. company. **D.** 1. ✓ 5. ✓ **Think and Decide : A.** The traveller asked the parrot “I met another parrot in a fowler’s hut. It spoke so rudely that I left the place at once. You speak so well. Your words are kind and gentle.” The parrot said in reply.” “The other parrot is my brother, he lived at a different place so, he learnt the fowler’s language.” **B.** Yes, it is the effect of connotation. The difference between the two parrots was due to their environment and upbringing. The one who lived with a fowler learned foul languages and undesirable behaviour. The second who lived with hermit learnt to live a happy and harmonious life. **Show Your Attitude : A.** It is the company that shapes your words and deeds. Good company helps you learn good things. Bad company makes you learn bad things. Good company inspires positivity and motivation. Encourage good values and behaviour. Provides support and guidance. **B.** (1) Foul language or rude speech can cause emotional pain, discomfort, and distress to those who hear it, especially if it's directed at them personally. (2) Using foal language or speaking rudely demonstrates a lack of respect for others, their feelings, and their boundaries. **Activity Corner : A.** Do it yourself. **B.** It fosters respect, understanding and kindness, creating a positive and harmonious environment for everyone. Politeness is a universal language that transcends cultures, ages and backgrounds. A simple “please”, “thank you”, or “excuse me” can go a long way in showing consideration and appreciation for others. **C.** The Indian peacock is the national bird of India, renowned for its stunning beauty and majestic plumage. This vibrant bird is native to the Indian subcontinent and is known for its iridescent blue and green feathers, which shine in the sunlight. **D.** 1. Rivers 2. Groundwater 3. Lakes 4. Rainwater 5. Oceans 6. Glaciers

10. The Honest Farmer and the Cunning Baker

Tune-up : A. (1) Genuine, true to themselves and others. (2) Open, clear, and straightforward. (3) Unassuming, modest and down-to-earth. (4) Principled, reliable and trustworthy. (5) Free from deceit, hypocrisy and manipulation.

B. Bread, Pastries, Cakes, Cookies, Pies, etc. **From The Lesson. A.** 1. He was simple and honest. 2. He got bread loaf. 3. Judge favoured farmer. **B.** 1. He had a small piece of land but that did not produce enough crops to feed him and his wife all through the year. 2. She suggested him to buy some cows. To make extra money by selling milk and milk products. The farmer liked her idea and bought two cows. 3. The farmer’s wife made butter from the milk and the farmer sold it to a baker of the town. In exchange for 1kg of butter that the farmer brought every day, the baker would give him 1kg of bread loaf. The two did business together for quite a long time, which developed a good bond between them and they became good friends. 4. One day the baker decided to check the weight of the butter to see if he was getting 1kg as promised. When he measured the butter he found that the farmer was not giving him 1kg of butter it was less than that. This made the baker very angry and he decided to take the farmer to court to get justice. 5. He said to the baker, “You had tried to cheat the honest and simple farmer. He had weighed the butter equal to the weight of the bread. Thus, you have got exactly what you had given to him.” Saying so, he pronounced his judgement. He punished him because he was a cheater. **C.** 1. simple 2. business 3. weight 4. confused 5. weighed **D.** 4. ✓ 5. ✓

Think and Decide : A. In exchange for 1kg of butter that the farmer brought every day, the baker would give him 1kg of bread loaf. The two did business together for quite a long time, which developed a good bond between them. **B.** When the baker gave bread loaf, he just put it on one side of the scale and then he put the butter on the other side of the scale to match the weight of the butter. **Show Your Attitude : A.** Yes, the judge made the right judgement. The farmer had weighed the butter equal to the weight of the bread. Thus, judge said that you had got exactly what you had given to him. **B.** The story emphasises that our actions have consequences and we will ultimately face the outcomes of our choices. It illustrates the concept of Karma where good deeds lead to positive outcomes and bad deeds lead to negative ones. **Activity Corner : A.** No, I would not accept the answer from the student sitting next to me. Accepting help during an exam compromises the integrity of the assessment. Exams evaluate individual knowledge and understanding. **B.** Do it yourself.

Moral Values-8

1. Cooperation—The Essence of Life

Tune-up : A. Gods : (1) Deities associated with good, order, and creation (2) Typically worshipped and revered. **Demons :** (1) Supernatural beings associated with evil, chaos and destruction. (2) Typically feared, opposed or

worshipped in a negative context. **B.** Lord Brahma, Lord Vishnu, Lord Mahesh Shiv **C.** (1) It builds empathy and compassion. (2) Strengthens relationships (3) Reduces stress and anxiety. (4) Promotes a sense of community. **From The Lesson. A.** It is necessary for all of us to help one another for our survival. 2. The demons were jealous of the gods that's why they attacked the heaven. 3. He ruled over Agroha. **B.** 1. The gods were fed up with the demons. The demons frequently attacked the heaven. So, at last gods decided to meet Lord Vishnu for remedy. 2. Demons were unhappy because they also wanted to rule on heaven. They demanded half of the heaven from Lord Vishnu. 3. It was the competition where the gods and the demons would be made to sit apart and a piece of straight wood would be tied against their hands. They have to take their food without folding their hands. Whoever wins the competition would rule over heaven. 4. They tried their best to find a solution but all went in vain. 5. The demons started to put their mouth on their dishes and tried to eat with the help of their tongues. The food began to fall on the ground and they were unable to eat properly. **C.** 1. jealous 2. winner 3. feast 4. solution 5. Maharaja Agrasen **D.** 1. ✓ 2. ✓ 3. ✓ 5. ✓ **Think and Decide : A.** Demons fought to overthrow the gods and gain control over the heaven. Gods responded with divine weapons and alliances. Lord Vishnu solved the situation by putting a competition between gods and the demons. The competition was that everyone would sit apart and a piece of straight wood would be tied against their hands. They have to eat the food without folding their hands. **B.** Locals formed groups to greet new comers, providing information and assistance. Residents shared food, shelter and tools to help new families establish themselves. Experienced citizens guided new comers in agriculture, trade and crafts. Festivals and gatherings helped new families integrate into the social fabric. **Show Your Attitude : A.** Gods succeeded because they worked together, pooling their strengths and resources. They devised effective plans and executed them wisely. Demons failed because they were plagued by internal conflicts and rivalries. They underestimated the goats and overestimated their own abilities. They always relied on brute force rather than clever tactics. **B.** Here are some examples : (1) **Convenience**—Online shopping allows us to purchase goods from the comfort of our homes. (2) **Efficiency**—Automation reduces wait times and streamline processes. (3) **Innovation**—Smart home devices simplify household management. **Example**— Demino's pizza (makes online ordering and payment system smoother.) **Activity Corner : A.** (1) Gather a team of enthusiastic volunteers to help with registration, crowd management and donor support. (2) Ensure the chosen location is easily accessible, spacious,

and hygienic. (3) Schedule the camp on weekend or public holiday to maximize participation. (4) Local newspaper advertisements.

2. Education of Life

Tune-up : A. (1) Offering guidance, expertise and networking opportunities. (2) Provide personalised coaching for leadership. (3) Support their physical and mental well-being through fitness, mindfulness. (4) Provide access to exclusive workshops. **B.** (1) Fresh air and clean environment. (2) Reduced pollution and noise (3) Organic farming and healthy food options (4) Cultural heritage and traditional values. **C.** Boasting can make people feel inferior or unimportant. Excessive pride can lead to envy and resentment. Boasting can be seen as insincere or arrogant.

From The Lesson. A. 1. He collected firewood and other forest products from forest. He sold those products in the local market to earn his livelihood. 2. He needed a guide to show him the way inside the forest. 3. He became frightened and was unable to talk. **B.** 1. He was poor and never got a chance to attend schools. 2. He said, "I have read so many books to learn the art of hunting. I have gained a good knowledge that I can face any danger." 3. They saw a fat cruel bandit appeared from behind a bush. He had a gun in his hand. 4. He agreed because Ankur said, "He has found some treasure in the forest." To get the treasure the bandit went with Ankur. 5. Ankur signalled to the hunter and both of them blocked the mouth of the tunnel with a big stone lying nearby. **C.** 1. beside 2. firewood 3. frightened 4. tunnel 5. blocked

D. 1. ✓ 2. ✓ 5. ✓ **Think and Decide : A.** Ankur's father and grandfather had taught him how to trace beehives and extract honey. He was also taught about the various products that we can get from the forest, how to save from the wild animals and other unforeseen dangers. **B.** He got rid of the bandit by executing a clever plan made by him. He told bandit that there was a treasure in the forest. The treasure was not there at all. Ankur just wanted to get rid so he made him fool. He said treasure was in the tunnel in the side of a hill. So bandit went into the tunnel and Ankur blocked the mouth of the tunnel to get rid of him.

Show Your Attitude : A. The qualities were that he was having good communication. He had empathy, self-awareness and social skills. He was a creative thinker. He had leadership qualities. He was honest and always followed moral principles. He was flexible and willing to learn new things.

B. Ankur's clever distractions saved them from potential harm. His ability to disarm the bandit demonstrated his resourcefulness. He took charge, protecting hunter and himself. He put hunter's safety above his own.

Activity Corner : A. & B. Do it yourself. **C.** Forests are vital ecosystem that play a crucial role in sustaining life on Earth. They cover approximately 30% of the

planet's land area, supporting an immense array of biodiversity including millions of plants and animals species.

3. The King's Heir

Tune-up : A. (1) Honesty fosters trust, a fundamental component of any relationship. (2) Honest individuals are dependable and consistent. (3) People appreciate genuine and transparent interactions. (4) Honesty earns respect from others. **B.** (1) Deception breaks trust, causing emotional pain and distress. (2) It exploits and manipulates others for personal gain. (3) It creates an unfair advantage, harming other's interests.

From The Lesson. A. 1. Because he was kind and generous. 2. He was a young boy and lived with his mother at one end of the kingdom. He was poor but honest and obedient boy. 3. The boys were happily talking about high of the beauty and uniqueness of their plants. **B.** 1. The king had no son and he was getting old. He thought who would be my heir after my death. This question troubled his mind day and night. 2. As the king could not find anybody whom he could trust to make his heir. So, he decided to seek the advice of his guru. 3. The guru gave the bag which contained magical seeds. The guru told him, "Distribute these seeds among the children of your kingdom. Ask the children to sow their seeds in their garden. Whoever takes care of his plant best, would be your heir." 4. They thought it was a golden opportunity to become a king. So they sowed the seeds in their garden and began to nourish them with good fertiliser and water. 5. He was trying to hide himself because his pot had no plant. He cried and said I had applied the best manure. I watered it every morning and evening but in vain. **C.** 1. wise 2. seeds 3. problem 4. endeavour 5. ashamed **D.** 1. ✓

Think and Decide : A. The seed given to Aman was already dead, making it impossible for it to sprout. He gave the seed proper nutrition, water, good manure, etc. The seed did not grow in a plant. He did his hard work. His honesty shined through, even in the face of apparent failure. **B.** Aman's unwavering honesty, despite the apparent failure of his seed, demonstrated his strong moral character. The guru saw beyond external success and focussed on Aman's inner qualities. Aman's ability to accept failure and learn from it showed potential for wisdom and growth. His lack of pretension and humility made him an ideal candidate for leadership.

Show Your Attitude : A. Aman honesty, despite having no tangible results, demonstrates that integrity and truthfulness are essential values. He didn't pretend to have a growing plant, showing that genuine actions are more important than superficial success. He remained honest even when others seem to be succeeding. **B.** Aman's story illustrates that honesty is indeed the best policy. By being truthful and authentic, individuals build trust, earn

respect and foster personal growth. Honesty may not always yield immediate rewards but ultimately leads to a clear conscience and long-term success.

Activity Corner : **A.** Seeds require specific conditions to germinate : (1) **Water**—Moisture helps break seed dormancy. (2) **Temperature**—Optimal range varies by seed type. (3) **Light**—Some seeds require light, while others prefer darkness. (4) **Oxygen**—Seeds need air to breathe. (5) **Soil**—Well draining soil with proper pH. **B.** Do it yourself. **C.** (1) Strong moral principles guiding his actions. (2) He speaks the truth even when there is a problem. (3) Open and clear in all interactions. (4) Genuine and sincere in words and actions. (5) Takes responsibilities for own mistakes.

4. God Provides

Tune-up : **A.** (1) It recognises divine provision. (2) Fosters gratitude and humility. (3) Strengthens faith and trust. (4) Cultivates positivity and joy. **B.** Ashoka the Great, Chandragupt Maurya **C.** (1) To demonstrate love, empathy and compassion. (2) To contribute to community well-beings. (3) To uphold human dignity. (4) To foster personal growth and positive relationship.

From The Lesson. **A.** He was very kind and generous. He loved the people of his kingdom and always worked for their welfare. 2. The king always gave them food and money. 3. He sold the pumpkin to a vegetable vendor for a few coins. **B.** 1. Mohan and Suresh were two beggars. On receiving the alms, Mohan would always say. ‘God provides’. Suresh would say: “Our king provides.” 2. One day the king gave Mohan more money then he cried out jubilantly and said ‘God provides’. This made the king more annoyed as he thought, ‘He is feeding Mohan but he keeps saying God provides’. 3. He had kept a purse on the road which was full of gold coins that’s why king said them to take another road people seldom use. 4. Suresh thought, ‘The king wants me to enjoy the soltitude of this road.’ So he started walking and thinking that what a beautiful road it is and so broad. As a result, he closed his eyes and was not able to see the purse lying on the roadside. 5. The pumpkin had been hollowed out and filled with silver coins. But Suresh did not knew, so he sold it to a vegetable vendor for a few coins. **C.** 1. Mohan 2. indeed 3. purse 4. determined 5. silver **D.** 1. ✓ 2. ✓ **Think and Decide :** **A.** Mohan expressed thanks to God for every provision. He acknowledged God for its sovereignty. Mohan trusted on God even when he was unsure. He was always satisfied whatever he received. His outlook was optimistic. Suresh always expected provision from the king. He was unhappy when his desires weren’t met. Suresh always thanked to the king, not God. His outlook was pessimistic. **B.** It teaaches

valuable moral lessons on divine providence, faith, honesty, humility and contentment. These principles inspire personal growth, trust in God's sovereignty and gratitude for divine provision. God's plan superseded human intentions. **Show Your Attitude : A.** God's plan superseded human intentions, directing the silver coins to Mohan. God's guidance ensured the coins reached Mohan, fulfilling his purpose. Suresh's reaction to not receiving the coins tested his faith and trust in God. It showed a divine sign, confirming Mohan's faith and trust in God. **B.** From a philosophical and biblical perspective. Yes, God is considered the provider for all. The examples are : Mohan consistently attributed his provisions to God, saying "God provides." This acknowledges God's sovereignty and provision in his life. Although the king physically provided for Mohan and Suresh. Mohan recognised God as the ultimate source. This shows God working through human instruments. **Activity Corner : A.** In the story Mohan's statement, "God provides", acknowledges God's sovereignty and provision in his life. This reflects the biblical concept of divine providence. Mohan recognises the God as the ultimate source of his blessings. Faith and trust in God's sovereignty are demonstrated. **B.** Do it yourself.

5. Helen Keller

Tune-up : A. (1) Avoid derogatory terms or labels. (2) Engage with the person, not their disability. (3) Pay attention to their needs and concerns. (4) Communicate clearly and at their pace. **B.** Arunima Sinha, Surdas **C.** It is a tactile writing system designed for visually impaired and blind individuals. It consists of raised dots that represent letters, words and punctuation. **From The Lesson. A.** 1. Helen Keller was a normal child with her senses of sight and hearing. She was born on 27th June 1880, at Tuscumbia in the state of Alabama (USA). **B.** In 1882, she contracted an illness called brain fever. Within a few days after the fever broke, she lost her sight and hearing. 3. America's first lady of courage'. **B.** 1. They wrote to several persons requesting to teach Helen but there was no positive response. At last, after prolonged efforts, hope came in the form of Annie Sullivan a graduate of the Perkins Institute for the blind and an expert in teaching the blind. 2. Annie Sullivan was a graduate of the Perkins Institute for the blind and an expert in teaching the blind. Her task was to teach Helen. 3. Annie was a patient teacher, with the utmost patience and care she taught Helen. She started with the teaching of words. She took Helen's fingers lightly in her hand and make different signs with them. She made her first significant move by spelling the word 'D-O-L-L' into Helen's hand. Helen was captivated by this noble move and soon she began to imitate Annie. 4. Within a

period of just three months, she learnt three hundred words. She learnt so quickly that she became famous worldwide for her accomplishments. 5. Helen and Annie visited many countries. Over there they spoke to people and gave new hope and encouragement to the disabled. Helen gave examples of her own life and told them that they could overcome their difficulties with determined efforts. C. 1. six 2. signs 3. task 4. self-willed 5. appointed D. 3. ✓ 4. ✓ 5. ✓

Think and Decide : **A.** Annie Sullivan agreed to teach Helen Keller due to several reasons : (1) Persuasion by Michael Anagnos, Perkins school for the Blind's director. (2) Shared experience of visual impairment fostering empathy. (3) Desire to prove her own capabilities as a teacher. (4) Conviction that every child deserved education and opportunity. **B.** She was a remarkable American educator and humanitarian who revolutionised the life of Helen Keller, a deaf-blind child. Born in Feeding Hills, Massachusetts, Annie struggled with poverty and visual impairment herself. Despite these challenges she graduated from the Perkins Institute for the blind and later became teacher of Helen Keller. **Show Your Attitude :** **A.** She became author and writer. She published 14 books and hundreds of articles. Helen travelled the world, advocating for disabled people's rights and education. Co-founded the American foundation for the Blind and helped establish schools for the blind. Worked with the Red cross, supporting soldiers and civilians during WWI and WWII. **B.** Treat them with dignity and respect. Encourage social interactions and friendships. Create inclusive environments in school and communities. Adapt curricula and infrastructure. Provide occupational, speech and physical therapy. Develop skills for independence. Regular medical check-ups and therapy sessions. **Activity Corner :** Do it yourself.

6. The King Banyan Deer

Tune-up : **A.** Because hunting is a cruel act. We have no right to kill anyone. It also endangers thousands of species across the world. **B.** Fawn is a young one of a deer. **C.** Animals live in a group to protect themselves from predators. **From The Lesson.** **A.** They lived in a big forest on the outskirts of Banaras. 2. She was worried after she was killed. There would be none to take care of her baby who was still too young to look after itself. 3. He was shocked to see King Banyan Deer placing his head on the execution block. **B.** 1. The leader of the herd was called 'Banyan Deer'. He was extremely beautiful with a coat of a shiny golden hue and sparkling eyes. 2. King Brahmadutta was the ruler of Banaras. He was fond of hunting and loved to eat meat at every single meal. 3. The villagers got sick of this regular routine as they had much better things to do with their lives. Besides, their work and means of livelihood had also begun

to hamper. They thought of a plan and decided to grow plants, sow crops and dig water holes in the park. Then they drove a number of deer into the confines of the park and shut the gates. In this way, the king could hunt at leisure. 4. She wanted to send another deer instead of young doe that day. She promised that she would willingly go to the slaughter house after her fawn was old enough to look after itself. She said that because there would be no one to take care of her baby who was still young to look after itself. 5. He decided to sacrifice his own life because it was his duty to save his subjects from any misfortune. **C.** 1. sparkling 2. regular 3. deer 4. plight 5. satisfied **D.** 1. ✓ 2. ✓ 3. ✓ 5. ✓ **Think and Decide :** **A.** King Banyan Deer displayed immense selflessness when he decided to take the place of the young doe. By going to the slaughter house in place of the doe, king Banyan Deer showed tremendous courage. His compassion was evident in his actions. As the leader he felt a strong responsibility for the welfare of his community. **B.** King Banyan Deer's decision to step into the dangerous situation at the slaughter house set an example of the other deer. He demonstrated that leadership isn't about ruling from a distance or staying safe while others suffer. True leaders show selflessness when their people in need, even if it means putting himself at risk. **Show Your Attitude :** **A.** King Brahmadutta's character beings as a ruler who values power and tradition over compassion but evolves into a more empathetic and reflective leader, influenced by the example set by king Banyan Deer. His story highlights the power of kindness and the possibility of change, even for those in positions of authority. **B.** It teaches us essential lessons of compassion, leadership, responsibility and courage. It shows that true leaders serve others, sometimes though great personal sacrifice and that compassion has the power to change outcomes. By thinking beyond the immediate moment respecting the value of life and acting with courage driven by love. **Activity Corner :** **A.** I would first make sure to listen attentively to what the person is going through. Understanding his situation, emotions and needs is crucial to offering the right kind of help. I would reassure him that it's okay to feel the way he do and validate his emotions. Sometimes, just knowing someone is there to listen can be incredibly comforting. **B. Herbivore :** 1. Elephant 2. Giraffe 3. Koala 4. Sloth 5. Rabbit **Carnivore :** 1. Lion 2. Polar Bear 3. Cheetah 4. Hyena 5. Wolf **C.** Rhinoceros, Magpie, Shark, Mongoose, Tamandua, Anaconda

7. Real Happiness

Tune-up : **A.** Miser is someone who is extremely stingy with money and is often reluctant to spend it. **B.** Because neighbours are like our family members.

They help us in need. They celebrate festivals with us. **C.** Because good and honest friends give us right advice. They help us in bad times. (1) **From The Lesson.** **A.** 1. Kishan was a miser. He lived in an old house in the middle of an old garden. 2. He decided to put all the gold coins in an iron box and buried it deep in the ground under a big banyan tree in the garden. 3. The neighbours didn't liked him. He didn't help anyone in need. He always behaved very badly with the neighbours. **B.** 1. The gold coins which he had hoarded in his lifetime would be stolen one day. 2. Every morning he would steal up to the banyan tree and look lovingly at the spot where the treasure lay hidden. 3. The thieves got to know that gold coins are burried in the ground under a big banyan tree in the garden. To steal the gold coins they hid in the bushes. 4. They knew that Kishan had a lot of money. So they were looking forward to a rich booty. They were unable to find any valuable thing because he had hid his wealth under the banyan tree in the garden. 5. He got angry because neighbours blamed him of his misfortune. They jeered at him. In anger he chased them out of the house. **C.** 1. old 2. treasure 3. believe 4. satisfaction 5. carefully **D.** 1. ✓ 4. ✓ 5. ✓

Think and Decide : **A.** The thieves came to know about the hidden treasure because Kishan himself revealed the secret. After hearing about the treasure, the thieves acted on the information by going to the banyan tree, finding the buried iron box and stealing the gold coins. They buried the empty iron box again. So that Kishan thinks that gold is there in the iron box. **B.** Kishan learned a voluable lesson from the incident, greed, selfishness and hoarding wealth without sharing or helping others ultimately leading to loneliness and misfortune. He learnt living a life of selfishness leads to misery and isolation. True wealth lies in how we treat others, in kindness and in the relationships we build along the way. **Show Your Attitude :** **A.** They did not feel sympathy or sadness for him. Instead, they had a neutral or even indifferent reaction, and did not express any concern for his loss. This lack of empathy was because of Kishan's own behaviour toward them throughout the years. They said whatever happened to Kishan was his own fate. Kishan had brought this misfortune upon himself. **B.** Kishan's transformation after the theft was profound. He went from being a miserly, selfish and isolated man to a generous, compassionate and connected person. He learned that wealth is not defined by gold or material possessions but by the quality of relationships we build with others. His greed led to his downfall, but in the end, his change of heart and generosity brought him the true riches of friendship and respect. **Activity Corner :** **A. & B.** Do it yourself. **C.** Gold is a highly valued, bright yellow metal prized for its rearity, durability, and versatility. With an atomic

number of 79, gold is a chemical element resistant to corrosion and oxidation. Its unique properties make it an essential material in various industries: jewellery and coins due to its aesthetic appeal, electronics for conductivity, dentistry and medicine for its biocompatibility and aerospace for radiation shielding.

8. Three Questions

Tune-up : **A.** We can cover the injured area with a clean cloth and after it apply an antiseptic ointment before covering the wound with a band-aid or non-stick dressing. **B.** Ashram is a religious or spiritual retreat or a secluded dwelling of a Hindu Sage. **The Lesson. A.** 1. A messenger told the king about a saint. 2. He was digging the soil outside his cottage. 3. The saint had never come outside the forest, nor he had met anybody other than the rustic villagers. **B.** 1. The first questions was what is the proper time to start a work? The second one was who the most important person is and the third one was which one is the most important work? 2. He made an announcement in his kingdom that if anybody can satisfy him with his replies, he would reward him suitably. Many learned men came from far and wide to try their luck. However, nobody could satisfy him. 3. He decided to go to the forest and meet the saint to find the answer of his questions. 4. The king left his horse and soldiers before meeting the saint because he wanted to meet him alone as a ordinary person. 5. Yes, the king got the answers but with a little difficulty. Saint had to explain everything to him to get his answers of the questions. At last he was satisfied. **C.** 1. famous 2. digging 3. attentively 4. dressed 5. suddenly **D.** 1. ✓ 2. ✓ 4. ✓ 5. ✓ **Think and Decide :** **A.** The king had worked in place of the saint by : (1) Demonstrating compassion and selflessness. (2) Answering the three questions through his actions. Through this experiential lesson, the king gained profound wisdom, realising that true understanding comes from living the answers, not just knowing them intellectually. **B.** He personally dressed the wounded man. Brought him food and water. He spoke kindly and soothingly, calming his fears. He listened attentively to the wounded man. Through these selfless acts, the king demonstrated remarkable empathy and kindness, transforming the wounded man's hatred into gratitude and forgiveness. **Show Your Attitude :** **A.** The king showed kindness and empathy towards the wounded man, nursing him back to health despite knowing he sought revenge. The king understood the futility of violence and revenge, choosing instead to break the cycle. The king as the most powerful person in the land, humbled himself to care for his would be assassin. **B.** He revealed that he had been seeking revenge against the king for killing his brother and snatching away the

property. However, after being wounded and left to die, he realised the futility of revenge. He realised that seeking revenge would only perpetuate a cycle of violence. He saw the king's genuine concern and kindness while caring for him. **Activity Corner : A. & B.** Do it yourself. **C.** Kindness is a profound and universal language that transcends borders, cultures, and backgrounds, conveying compassion, empathy, and understanding. It is a selfless act that costs nothing but means everything, uplifting both the giver and receiver. Kindness can be expressed through simple gesture—a warm smile, a listening ear or a helping hand—yet its impact is immense. **D.** Do it yourself.

9. The Architect of Chipko Movement

Tune-up : A. (1) Oxygen production (2) Carbon sequestration (3) Air purification (4) Wildlife habitat provision **B.** Sunderlal Bahuguna **C.** (1) Trees produce oxygen, essential for life. (2) Trees absorb carbon dioxide, mitigating climate change. (3) Tree roots hold soil preventing landslides and erosion.

From The Lesson. A. 1. Sunderlal Bahuguna was an Indian environmentalist social activist and Gandhian philosopher. He was best known for his groundbreaking 45-day, 4870-km padayatra (foot march) from Kashmir to Kohima in 1971-72, advocating for the protection of the Himalayas and its ecosystems. 2. He was born on January 9, 1927 in Marora. 3. Chipko Movement. **B.** 1. The Chipko Movement impressed the government so much that it stopped the cutting of trees for commercial purposes in the Uttarakhand hills. 2. The aim of Chipko Movement was to save the forest of the Himalayas. Mostly the women were involved in this movement. 3. The villagers wanted to protect the forest from cutting down so they took active part in the Chipko Movement. 4. He, along with some other people from different parts of the country, started marching from Kashmir in 1981. They covered about five thousand kilometres across Kashmir, Himachal Pradesh, Uttar-Pradesh, Nepal, Sikkim, Bhutan, Arunachal Pradesh, Assam and Nagaland to tell the people about the harmful affects of indiscriminate cutting of forests. 5. He breathed his last on May 21, 2021. **C.** 1. Bhagirathi 2. woodcutters 3. Himalayan 4. five 5. food **D.** 1. ✓ 5. ✓

Think and Decide : A. The Chipko Movement was a groundbreaking environmental and social initiative in India, sparked by rural women in Uttarakhand's Rani Village. The movement's name "Chipko", translates to "hug" or "embrace", symbolising the protesters act of hugging trees to protect them from logging. It was led by local women including Gaura Devi, Chandi Devi, and others. **B.** An environmentalist is a person who works to protect, preserve, and conserve the natural environment. They focus on maintaining the health and sustainability of ecosystems,

biodiversity and natural resources. Studying environmental issues, collecting data, and analysing impacts. Developing strategies to preserve ecosystems, habitats and species. **Show Your Attitude : A.** Surderlal Bahuguna was a renowned Indian environmentalist, social activist, and Gandhian philosopher. Born on January 9, 1927, in Marora village, Uttarakhand. Bahuguna grew up amidst nature’s beauty. Inspired by Mahatma Gandhi’s principles he dedicated his life to social and environmental causes. It played a pivotal role in this ground-breaking environmental initiative. **B.** Global warming, also known as climate change, refers to the long-term rise in Earth’s average surface temperature due to human activities and natural factors. Burning fossil fuels releases carbon dioxide, methane, and other greenhouse gases. Deforestation and land-use changes lead to CO₂ emissions. **Activity Corner : Do it yourself.**

10. Picciola

Tune-up : A. (1) It earns respect and credibility. (2) It maintains self-respect and dignity. (3) It fosters deep, lasting connections. (4) It encourages self-reflection and improvement. **B.** (1) Trees produce oxygen, essential for life. (2) Trees absorb carbon dioxide, mitigating climate change. (3) Trees filter pollutants, improving air quality. (4) Tree roots prevent soil erosion. **C.** (1) Plants release oxygen, essential for life. (2) Plants absorb pollutants, improving air quality. (3) Plant roots prevent soil erosion. **From The Lesson.** **A.** 1. Some wicked people complained against him to the king. So he was put into prison. 2. One short hour each day. 3. He was worried that Picciola will die in this heavy storm. **B.** 1. He thought that some tiny worm or insect was trying to build a house for itself. But when he that tried to have a closer look, he saw that it was only the home of a little plant. 2. He watered it everyday and talked to it as if it was his family member. 3. He bent over it and sheltered it. The cruel hailstones fell upon his own head until the storm was past. To save from other hailstorms, he built a little house around it with the wood that had given him to keep him warm, and made a roof over it with a mat which he wove from the straw of his own bed. 4. He gave the name Picciola. He bent over it the whole hour each day and talked softly to it. As the plant grew and put on new beautiful green leaves, he forgot the outside world and his heart was filled with love and gentleness for this little plant. 5. Picciola had grown taller its stem had grown larger, and now the room was not enough for it in the crevice between the stones. Its sap, its life blood, was running away, as the rough edges of the stones cut into its delicate stem. Nothing could save it but to lift those cruel stones. **C.** 1. jealous 2. walk 3. hailstones 4. wither 5. lonely **D.** 2. ✓ 3. ✓ 5. ✓ **Think**

and Decide : A. He was kept in a dark and cool cell in the prison. There were high walls made of grey stones all around. The stone roof shut out the sunlight and all the beautiful sights and sounds of the world. There was only little window to let in the air, but it was so high up beyond his reach that he could not even get a glimpse of the blue sky. **B.** The prisoner decided to send a letter to king, but he had no pen, ink or paper; so he wrote on his handkerchief with a bit of charred wood and begged, not for his own life, but for the life of Picciola, that the king would cause the stones that were killing it to be raised. He handed over the letter to the jailer and with folded hands, requested him to send it to the king. The jailer took pity on him and arranged to send it to the king. **Show Your Attitude : A.** The king ordered a re-examination of prisoner's case. The investigation uncovered the actual culprit. The prisoner was acquitted and released from prison. The true perpetrator was brought to justice. Prisoner's reputation was restored. It highlights power of truth, importance of justice and impact of perseverance. **B.** (1) Picciola's growth and beauty gave the prisoner hope and motivation. (2) Caring for Picciola kept prisoner active and healthy. (3) Picciola's presence reduced prisoner's stress and anxiety. (4) Picciola represented freedom, inspiring prisoner to hold on. **Activity Corner : A.** 1. Cinchona Tree 2. Willow Tree 3. Sugarcane 4. Cacao Tree 5. Clove Tree **B.** Stick your finger into the soil up to the knuckle. Water deeply but infrequently encourage deep root growth. Avoid over watering, which can lead to root rot. Water in the morning or evening to minimize evaporation. Ensure plants receive adequate sunlight. **C.** Rose, Guava, Basil, Sweet Tamarind

11. Prevention is Better Than Cure

Tune-up : A. (1) Maintains healthy weight, reduces obesity risk. (2) It strengthens heart, lowers blood pressure. (3) It builds muscle mass, boosts bone density. (4) It regulates sleep patterns, enhances restfulness. **B.** (1) It maintains healthy weight. (2) Supports growth and development. (3) Boosts energy levels (4) Supports healthy bones and teeth. **C.** (1) Washing hands before and after taking meals. (2) Doing exercise daily. (3) Eating fresh food. **From The Lesson. A.** 1. Milk and seasonal fruits. 2. Germs and bacteria. 3. Boiled water kills typhoid bacilli. **B.** 1. By taking certain steps like going out for a morning walk everyday, doing exercise regularly, avoid eating unhygienic food and have a sound sleep at night, we can save ourselves from falling ill. 2. If we fall ill, we have to spend hundreds of rupees in medicine and we have to roll helplessly on the bed. Even after recovering, we would not be able to do our work for months. 3. (a) It prevents spread of illnesses, infections and epidemics. (b) Decreases airborne pollutants, allergens and dust. (c)

Reduces rodent, mosquito and other pest-borne diseases. (d) Clean environment boosts mood, reduces stress and anxiety. 4. Tuberculosis, meningitis, sepsis, typhoid, cholera, malaria, plague, etc. 5. (a) Bacteria divide into two identical cells. (b) New cells form from the parent cell. (c) Bacteria break into smaller pieces, each forming a new cell. (d) Some bacteria produce spores which can grow into new cells. (e) Viruses take over host cell to replicate. (f) Fungi release spores, which grow into new cells. (g) Parasites lay eggs or give birth to live young. **C.** 1. careful 2. recovering 3. clean 4. flagella 5. harmful **D.** 2. ✓ 5. ✓ **Think and Decide : A.** (1) Diet, exercise, sleep and stress management are within our control. (2) Regular check-ups, screenings and vaccinations can prevent sickness. (3) Practicing good hygiene, managing emotions and engaging in relaxation techniques. (4) Quit smoking, limiting alcohol consumption. **B.** (1) Flies feed on decaying organic matter, feces and garbage, picking up pathogens. (2) Flies have a spongy mouthpart that absorbs liquids and pathogens. Flies land on food, utensils and surfaces, depositing pathogens. Flies vomit digestive fluids containing pathogens onto surfaces. **Show Your Attitude : A.** (1) Bacterial, Viral or parasitic infections. (2) Diarrhea, vomiting, stomach cramps and abdominal pain. (3) Hives, itching, swelling and anaphylaxis. (4) Electrolyte imbalance, weakness and dizziness. (5) Increased risk of developing conditions like obesity, heart disease, etc. **B.** (1) Exercise regularly. (2) Eat a balanced diet. (3) Stay hydrated (4) Sleep well (5) Limit sedentary activities. (6) Practice stress management. (7) Engage in activities you enjoy. (8) Prioritise self-care (9) Seek help when needed. (10) Practice good hygiene. **Activity Corner : Do it yourself.**



Moral Value



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EDUCATIONAL PUBLISHER

Regd. Off. : F-214, Laxmi Nagar, Delhi-110 092

Tel. : 91-11-4758 6784, 91-97116 18765

E-mail : yellowbirdpublications@gmail.com • info@yellowbirdpublications.com

Website : www.yellowbirdpublications.com