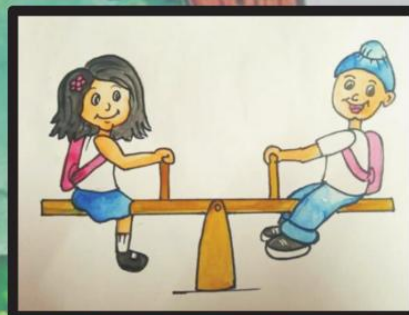


7

Welcome Life



Punjab School Education Board
Sahibzada Ajit Singh Nagar



ਪੜ੍ਹੋ ਪੰਜਾਬ, ਪੜ੍ਹਾਓ ਪੰਜਾਬ
ਸਕੂਲ ਸਿੱਖਿਆ ਵਿਭਾਗ
ਪੰਜਾਬ



- * ਬਾਲ ਸਭਾ ਰਾਹੀਂ ਵਿਦਿਆਰਥੀਆਂ ਦੀਆਂ ਕਲਾਤਮਕ ਰੁਚੀਆਂ ਪ੍ਰਫੁੱਲਿਤ ਕਰਕੇ ਆਤਮ-ਵਿਸ਼ਵਾਸ ਵਧਾਉਣ ਲਈ ਵਿਸ਼ੇਸ਼ ਉਪਰਾਲੇ
- * ਸਵੇਰ ਦੀ ਸਭਾ ਲਈ ਨੈਤਿਕ ਕਦਰਾਂ-ਕੀਮਤਾਂ ਅਤੇ ਆਮ-ਗਿਆਨ ਵਧਾਉਣ ਲਈ ਰੋਜ਼ਾਨਾ ਵਿਸ਼ੇਸ਼ ਸਲਾਈਡ
- * ਮਾਪੇ-ਅਧਿਆਪਕ ਮਿਲਣੀਆਂ ਵਿੱਚ ਵਿਦਿਆਰਥੀਆਂ ਦੇ ਸਿੱਖਣ ਪਰਿਣਾਮਾਂ, ਸੁਧਾਰਾਂ ਅਤੇ ਪ੍ਰਗਤੀ ਬਾਰੇ ਵਿਸਥਾਰ ਵਿੱਚ ਚਰਚਾ
- * ਸੀਨੀਅਰ ਸੈਕੰਡਰੀ ਜਮਾਤਾਂ ਲਈ ਮੈਰਿਟ ਅਤੇ ਮੁਕਾਬਲੇ ਦੀ ਪ੍ਰੀਖਿਆ ਦੇ ਆਧਾਰ 'ਤੇ ਮੈਰੀਟੋਰੀਅਸ ਸਕੂਲਾਂ ਵਿੱਚ ਮੁਫਤ ਸਿੱਖਿਆ
- * 'ਮਸ਼ਾਲ' ਪ੍ਰੋਜੈਕਟ ਅਧੀਨ ਮਾਹਿਰ ਅਧਿਆਪਕਾਂ ਵੱਲੋਂ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਮਨੋਵਿਗਿਆਨਕ ਸੇਧ ਦੇਣ ਲਈ ਵਿਸ਼ੇਸ਼ ਗਾਈਡੈਂਸ ਅਤੇ ਕਾਊਂਸਲਿੰਗ

- Better late than never.
- Alert today - Alive tomorrow.
- Safety isn't expensive it's priceless.
- Night doubles traffic troubles.
- To be clean, is to be civilized.
- Strengthen your body and mind through Yoga.
- India is our home, let's not make it dirty.
- Yoga everyday keeps the doctor away.

If you are below 18 years of age, and are troubled or confused or abused or in distress or know some other child who is

Call 1098... because some numbers are good !!

They Change lives !!



CHILDLINE 1098... a national 24 hours toll free emergency phone service for children in distress is an initiative of CHILDLINE India Foundation Supported by Ministry of Women & Child Development

if you feel uneasy about someone touching you inappropriately, you should not keep quiet. You must

- ☞ Not blame yourself
- ☞ Tell someone whom you trust
- ☞ You can also inform National Commission for protection of Child Rights through the POCSO e-box.



POCSO E-Box available at NCPCR@gov.in



Welcome Life

(For Class-VII)



Punjab School Education Board
Sahibzada Ajit Singh Nagar

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Foreword

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

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

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

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

Punjab School Education Board welcomes suggestions and feedback from the stakeholders for the improvement of subsequent editions of the text-book.

Chairman

Punjab School Education Board

Acknowledgement and Gratitude

The Department of School Education, Punjab is indebted to the eminent teachers who thought positively and worked dedicatedly and tirelessly, to prepare the books under the guidance of Hon'ble Secretary, School Education, Punjab, and following the directions of Director, SCERT, Punjab and State Coordinator 'Padho Punjab Padhao Punjab', to inculcate moral values in students. The following teachers prepared the book of class 7th and gave it a final outline. The Department shall always be grateful to these teachers and the experts of the Punjab School Education Board who corrected the entire textbook from the psychological and language point of view.

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

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My Photograph

My Identity

My Name _____

My Father's Name _____

My Mother's Name _____

My Paternal Grandfather's Name _____

My Paternal Grandmother's Name _____

My Maternal Grandfather's Name _____

My Maternal Grandmother's Name _____

My Special Characteristic _____

The aim of my life _____



RESPECT FOOD AND WATER

Food and water are an integral part of human life.- Anonymous

1.1 Introduction

Dear children, we often feel some changes in ourselves - fatigue, restlessness, weakness and mood swings. The reason behind such frequent changes is improper utilization of food and water in our lifestyle. Food and water are our basic necessities, without which we cannot survive. We need to respect food and water to empower the engine of our body, to live a happy life, to conserve natural resources and to maintain the feeling of belongingness. By paying respect to food and water and by understanding its importance, we would become thankful, disciplined, healthy, empathetic and helpful in need.



Introspection

- See how much respect you pay to food and water.

Answer yes or no to the following questions.

S.No.	Ways to respect to food and water	Yes	No
1.	I thank God with folded hands before eating food.		
2.	I am grateful to my parents for providing me with nutritious food and water.		
3.	I put only required quantity of food on my plate.		
4.	I don't think it's good to leave remnants of food in the plate.		
5.	I eat merrily.		
6.	I share my food and water with others/ needy.		
7.	I thank my food donor/ bestower, farmer.		
8.	I always try to save water.		
9.	I try to save water while brushing my teeth.		
10.	I consider it my duty to preserve rainwater.		

Give yourself a score as follows.

Yes = 02 points , No = 01 points

Total points = 20

Your Score=

Based on the scores obtained, state that:

a) Do you value food and water?

b) What measures do you take to save food and water?

c) Why do you help the needy with food and water?

1.2 Change your thinking to change the world

Dear children, you would remember that curfew / lockdown was imposed due to Novel Corona Virus. Many people around the world were dying of hunger and thirst. They couldn't step out of their homes to satisfy their hunger. During this crisis, many difficulties were encountered but some helpful and compassionate hearts served humanity



and set an example of brotherhood and patriotism by giving essential items like fruit and vegetables to the needy. Admittedly, this stage of life made everyone realize the true value of food and water, and has reduced the wastage. Virtue and morality has now become a part of humanity. It has also created the sense of assistance in everyone.

Discuss the following five questions with your teacher.

a) Did you meet the good people who were committed to the religion of humanity? _
If so, are you grateful to them? If not, why?

b) How can we help each other in times of natural disasters?

c) Have you endeavoured to save food and water during this time? If so, how?

Dear children, Novel Corona virus has made it clear that we can live without luxuries but not without food and water. They are an important part of human life. So we should pay respect to food and water. Such values promote goodness in the society and help in building prosperous nation. So, we must value food and water at all times and at all places.

1.3. Think and Answer .

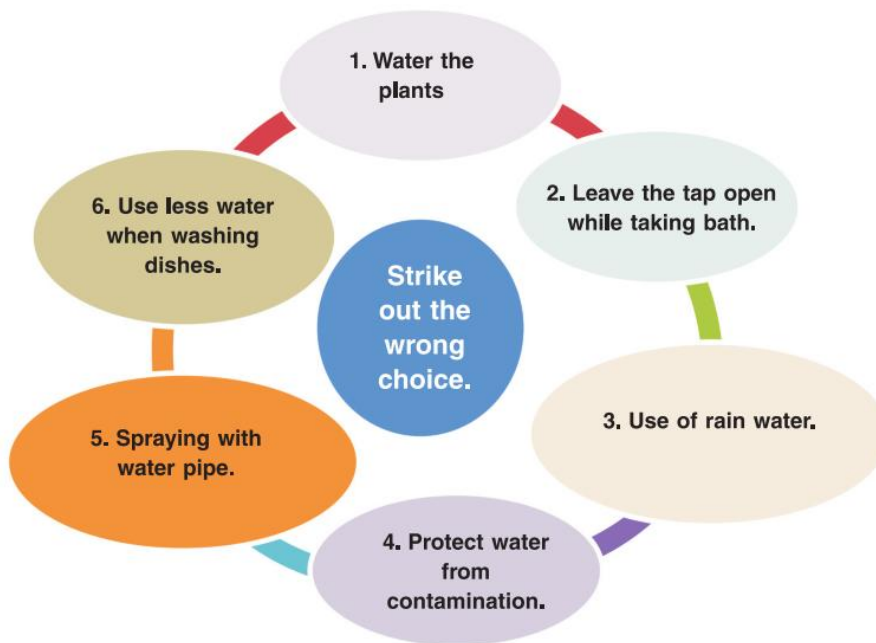
a) List any five ways by which you can save food and water.

- i) _____
- ii) _____
- iii) _____
- iv) _____
- v) _____

b) Food and water are our basic necessities. A student in your class wastes food and water. How would you explain to him/ her the value of food and water?



- c) You should thank the people who provide you food and water. (True / False)
- d) Water is a precious gift of nature. We must all come forward to conserve it. Let's understand its importance through an activity.



- e) We must help not only humans but also birds and animals, which have been the tradition of our country for centuries. Feeding the birds is a way of expressing gratitude to nature. (True / False)

Let's see what has been imbibed in us.

• Dear children, there is no age to learn. We can learn from anything, anyone and anywhere. Hence we can adopt good habits and ethics. Paying respect to food and water is a part of these good habits. You should always be ready and diligent to prevent its wastage and misuse. These habits will help in making your future better.

1. Have you made any changes in yourself? If so, list at least five events in which you valued food and water.

- i) _____
- ii) _____
- iii) _____
- iv) _____
- v) _____

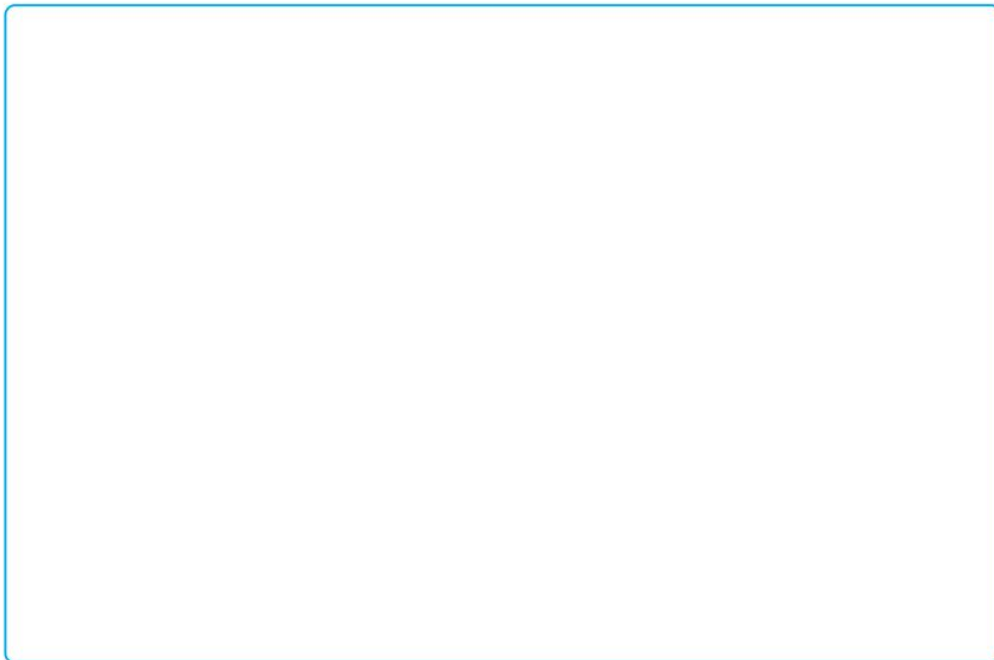
2. Saving water is saving natural resources. What are you doing to reduce water misuse?

- i) _____
- ii) _____
- iii) _____
- iv) _____
- v) _____

1.4

Activity Time:

a) Make a poster - Water is life.



b) With the help of your teacher, write five slogans expressing the value of food and water.

- c) Your parents keep nose to grindstone to provide you with food and water. You should be grateful to them. Make a 'thank you card' for them.



Pledge : I will always respect food and water.

**Special suggestions from
the Teacher to the Student**





ANGER MANAGEMENT

2.1 Self-Reflection

Dear students, ask yourself a question: “How do I feel?” Today, we have to look deep inside ourselves for self-reflection and let us try to understand our feelings. If we can understand and analyze our emotions, then we can become bright and successful students, since emotions are the driving forces that direct our lives. Our ability to learn, think, memorise, make decisions, maintain interpersonal relationships and our health are all linked to our emotions. If we are able to understand our feelings through introspection, then we start climbing the ladder of wisdom. We should know when and to what extent, we need to laugh or cry and be happy or angry.



Now let us examine in which realm of emotions do we stand?

Sr. No.	I feel that I am	Yes/No	Realm
1.	Happy		Golden
2.	Satisfied		
3.	Calm		
4.	Gloomy		Yellow
5.	Sad		
6.	Exhausted		
7.	Anxious		Orange
8.	Irritated		
9.	Disturbed		
10.	Very Angry		Red
11.	Very Restless		
12.	Out of Control		

The realm in which we have maximum “Yes”, we are in that same realm of emotions.

1. Golden realm:- If we are in the golden realm, then we are worthy of praise. It means that our life is full of happiness. We are satisfied, calm, cheerful and ready to study.

2. Yellow realm:- Yellow realm means we are a little gloomy, sad, dissatisfied, and exhausted.

3. Orange realm:- Orange realm means that we are very anxious, worried, very irritable and disturbed.

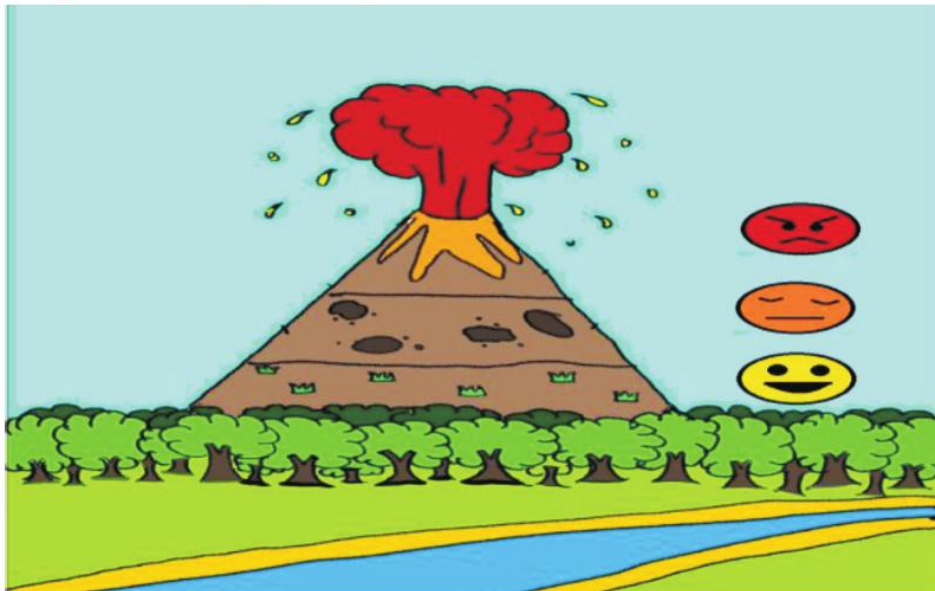
4. Red realm:- If we are in the red realm, then we are full of anger, very impatient, very restless and often get out of control.

Dear students, which of the above emotional loops do you like the most?

Would you like to control your emotions to be in your favourite emotional realm?

2.2 Volcano of Wrath

What do you see in the picture given below?



- There is a volcano in the picture. This is the volcano of wrath or anger.
- In this picture, you can see green trees on the ground near the volcano and a river flowing with clear water. These are the symbols of prosperity. That is why a smiling face has been shown.

- Next is a sad face which is in a state of restlessness and anger. Dear students, it is normal if you get angry and sad sometimes.
- On the top, there is a furious face near the volcanic eruption. When anger gets out of control, it erupts like a volcano. Whenever a volcano erupts, it wreaks havoc and destroys everything around it. In the same way, anger eruptions also bring destruction. As a result, physical health, mental health, family relationships as well as social relationships all suffer by annoyance. So we must learn how to control our anger. Otherwise, the fuming wrath can turn into a volcano leading to a gigantic mistake for which we may need to regret later. But if we control the anger, then we may become successful human beings.
- Dear students, draw a volcano of wrath in your notebook or on a chart and place it in your classroom or study room. Whenever anger strikes, try to control it by looking at this chart.

"What should I do to control my anger?"

Dear students, whenever you get angry, you should know to control your anger. Sometimes an angry person makes a big mistake that he/she has to regret, later. You must have the strength to endure. If you succeed in controlling your anger, only then you can become a civilized person.

Now think about what to do when you get angry. Whenever you get angry or annoyed, keep in mind the following points:-

1. When you feel enraged, drink water and then sprinkle it on your face and eyes.
2. Close your eyes and focus on your breathing. Take a deep breath. Observe that the breath is coming in and going out. Imagine that with every breath you take out, your anger also moves out. Repeat this exercise for 2-3 minutes.
3. Start reverse counting from 30 to 1 or start spelling your name in reverse order.
4. Create a peace corner in your classroom, school or home where you can feel at ease or relax. Go to this corner and do whatever you like to relieve stress; like drawing a picture, drawing a cartoon, writing down your feelings on a piece of paper and tearing it off or doing an exercise.
5. Consult your teacher or any senior in your family to take assistance for anger management.

2.3 What is correct?

Situation	How do I react? (Tick the option that is correct for you)	How should I react?
When someone scolds me ?	<ul style="list-style-type: none"> • I argue further. • I get irritated. • I deliberately make more mistakes. • I start crying. • Silently, I endure being miserable. 	<ul style="list-style-type: none"> • I apologize for my mistake. • I promise not to repeat the mistake. • When his/her anger subsides, I clarify my perspective.
When I am jealous or angry with someone ?	<ul style="list-style-type: none"> • I try to harm/hurt him/her. • I provoke him/her to commit some mistake. • I try to tarnish his/her image. 	<ul style="list-style-type: none"> • I try to improve myself by imitating his/her good habits. • I discuss this with someone else.
When I get angry at someone because of his/her misbehaviour ?	<ul style="list-style-type: none"> • I start fighting, arguing and scolding him/her. • I stop talking and start ignoring him/her. 	<ul style="list-style-type: none"> • I humbly try to correct him/her. • I try to find out the reason for his/her misbehaviour. • I consult an elder for advice.
When I do not want to study and I am forced to attend the class.	<ul style="list-style-type: none"> • I try to disrupt the discipline and the peaceful atmosphere of the classroom. • I disturb my classmates. • I argue with the teacher. • I do not work and make false excuses. 	<ul style="list-style-type: none"> • I focus on learning by exercising self-control. • I abandon the habit of making false excuses. • I fix my goal for life and work hard to achieve it.

2.4 Interesting Activities

1. Draw a picture of your mood to show your state of mind.



2. Draw a cartoon to show the angry face.



3. Write a few lines when you had to pay for your anger.

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4. Write down what you will do to control your anger.

.....

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.....

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**Special suggestions from
the Teacher to the Student**



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RESPECT FOR ELDERS

Respect your mother, father, grandmother, grandfather and other elders in the family.

*We should respect our elders
because they...*

Care for us,

Teach good manners to us,

Tell us stories,

Teach us wisdom,

Take care of us with love,

Help us to be wise.

Always remember:

Be good with elders,

Behave properly,

be thankful to elders,

Listen carefully to elders.

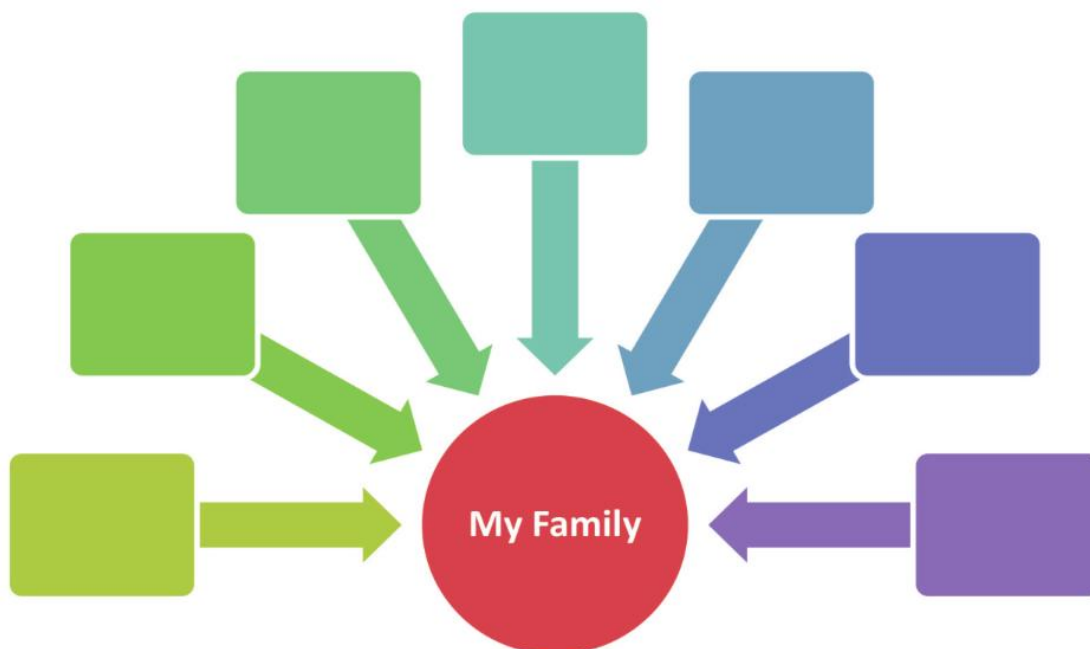


3.1 Introduction

Dear students, showing respect to our elders is a desirable virtue. We should always respect our parents, relatives, elders and seniors. We must remember their knowledgeable experiences, hard work, sacrifices, struggles and the hardships they have endured during their lives. We can express our gratitude towards them through our words and gestures. The affectionate cords of our relationships are tied with mutual trust, respect and love. So it is very important to give due importance and respect to our elders. We should give due consideration to the emotional attachment and closeness with a particular blood relation. We should show respect and gratitude towards our grandparents, parents, elders and relatives. Starting from you, draw a line over the below relationships in the same order in which you valued that relationship. Make sure that no two lines intersect with each other. Write the serial numbers from 1 to 20 on below relationships according to your closeness with them:-

Maternal Grandfather	Maternal Grandmother	Paternal Grandfather	Paternal Grandmother	
Maternal Uncle/ Maama ji	Paternal Aunty / Taayi ji	Sister	Maternal Aunt / Maami ji	
Paternal Uncle/ Taaya ji	Maternal Uncle / Massar ji	Paternal Uncle/ Fuffar ji	Cousins	My Name
Mother	Father	Paternal Uncle/ Chacha ji	Paternal Aunt/ Bhua ji	
Maternal Aunt/ Maasi ji	Paternal Aunt / Chachi ji	Brother	Neighbour	






Dear students, write down the names and paste pictures of your family members in the space given below.



3.2

Activity Time

Dear students, divide your classmates into five groups. Students in each group will discuss the following questions. Then a student from the first group will answer the first question. After that one student from the second group will answer the second question. In this way, one student from each group will answer the following questions turn-wise:-

-  • Why is it important to respect our elders?
-  • How do you show your gratitude towards your elders?
-  • How do you respect your parents?
-  • How can you help your mother in household chores?
-  • Name some activities you enjoy doing with your parents?

Now write down the answers to the above questions:-

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

3.3 Important Points

Dear students, you should behave respectfully while dealing with your elders including your grandparents, parents, relatives and all other elders. Given below are some statements expressing respect towards elders. Put a star in front of the statements that are correct for you. Finally, count how many stars * you got in total?

1. I respect my elders. ☐
2. I help my family with household chores. ☐
3. I thank my mother whenever she cooks food for me. ☐
4. I speak modestly and humbly to my elders. ☐
5. I obey and listen carefully to my elders. ☐
6. I help in keeping my house clean and tidy. ☐
7. I present my handmade cards and gifts to my elders on special occasions. ☐
8. I use the word “thank you” while talking to my elders. ☐
9. I use the word “sorry” while talking to my elders. ☐
10. I use the word “please” while talking to my elders. ☐
11. I consult my elders for solving my problems. ☐
12. I spend quality time with my elders. ☐
13. I keep inquiring about the health of my elders. ☐
14. I share health and hygiene information with my elders. ☐
15. I discuss environmental issues with my elders. ☐

Total Stars * =

Do you want to add more stars into your account?

Spend time with your elders in the family, get to know their problems and ask them to share their experiences. Listen to stories from them and talk about their childhood.

3.4

Some Interesting Activities:-

1. What will you do to be respectful towards elders in your family?

.....

.....

.....

.....

.....

.....

2. Write a story that you have heard from your elders.

3. Write down any incidence that you have heard from your elders regarding their childhood.

4. Make a beautiful thanks giving card for your elders.



**Special suggestions from
the Teacher to the Student**



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DIGNITY OF LABOUR

4.1 Introduction

Dear students, the dignity of labour is a prominent virtue by which we treat all professions with equal reverence by respecting each and every profession. No work should be considered inferior or insignificant. We should not consider any task lower and never feel ashamed to do it. Even if we have to start from a small task, with our hard work, dedication and ability, we gradually move towards the goal of success. An occupation indicates an activity to earn the income by working hardly and honestly. When a person earns his living by working honestly, firmly, diligently and sincerely, then that is true labour.

My Favourite Occupations

1.

2.

My Name

.....

My Future Goals

1.....

2.....

Favourite Occupations of my friend

1.....

2.....

Dear students, the sentiments of the worker associated with any profession, are also linked with that work. Therefore it is very important to respect every worker and every work. It is important to keep the following points in mind in order to perform each task:-



4.2 Significance of Labour in Human Life:-

Dear students, all professions play their important roles for running the system of our society in a proficient and well-organised manner. All occupations are directly or indirectly involved in the smooth running of our normal lives but there are some occupations which are directly related to the daily needs of a human being. Given below are some occupations, you have to choose which of these are directly or indirectly related to the fulfilment of the routine requirements of our daily lives:

Teacher, Lawyer, Police, Tailor, Doctor, Milkman, Cobbler , Driver, Vegetable-seller, Mason, Electrician, Labourer, Revenue Officer (Patwari), Plumber, Shopkeeper, Postman, Sweeper, Engineer, Soldier

Directly	Indirectly

Dear students, some statements have been given below. You have to mark whether you agree or disagree:

Sr. No.	Statement	Agree	Disagree
1.	Every occupation has its own significance.		
2.	One should not feel ashamed of doing any type of work.		
3.	Every work and the worker doing it must be respected.		
4.	We must get into the habit of doing everything ourselves.		
5.	No deed is good or bad but the way to do it can be good or bad.		
6.	Every task should be done with full interest.		
7.	No work is superior or inferior.		
8.	Any job should be chosen according to one's ability.		
9.	Work done with diligence and dedication leads to success.		
10.	One should perform his/her duty responsibly.		

Now discuss why do you agree or disagree?

Why do you agree?

Why do you disagree?

4.3 My favourite occupation

Dear children, every occupation has its own significance, whether it is manual work done physically or done with one's knowledge using intellect. Every work is related to the fulfilment of the necessities of life and providing services for the welfare of humanity. Some occupations have been listed below. You have to tell which of these are liked and disliked by you and why?

Teacher, Lawyer, Policeman, Tailor, Doctor, Milkman, Cobbler, Driver, Vegetable-seller, Mechanic, Electrician, Labourer, Revenue Officer (Patwari), Plumber, Shopkeeper, Washerman, Pilot, Postman, Sweeper, Engineer, Headmaster, Computer-expert, Dress-designer, Farmer, Military, Actor, Confectioner/Baker, Journalist.

Sr.No.	Occupations that I like....	Why?
Sr.No.	Occupations that I dislike....	Why?

Now think and discuss about occupations that you dislike. It may be possible that many other people may also dislike these jobs. Think about the consequences if no one accepts to perform these jobs? Discuss with your classmates and write down the consequences.

Discuss about dignity of labour with your parents and note down their views.

4.4 **Think and Write**

1. Write five lines on the subject of dignity of labour.

2. Have you ever refused to do something that you think is an inferior grade work?

3. What points will you keep in mind to show the respect for work?

4. Why is it important to respect the work to be successful in life?

5. Make a card on the topic “Dignity of Labour”.

**Special suggestions from
the Teacher to the Student**





SAVE OUR NATURAL ENVIRONMENT

5.1 Introduction

Dear students,

Close your eyes and imagine that you are standing in a garden or a park. Try to remember all the things you see in the park. Now open your eyes and enlist the things seen by you and categorise them into man-made and natural things.



Children, natural things are the things that are formed naturally without any intervention of the human beings, like mountains, trees, plants, clouds, water, air, animals, etc.

Man-made things

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

Natural things

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

Now, enlist any four things provided by nature without which we cannot live and write the human activities which are harmful for them. Write down the ways to conserve them.

1.			
2.			
3.			
4.			

5.2

Dear students, nature has provided us numerous gifts such as air, water, land, sunlight, minerals, forest, animals, etc. All these gifts of nature make our earth a place worth living. Let us try to conserve these natural resources collectively.



ACTIVITY

You have ten minutes. All the students go out of class and perform some activities within your school campus which can save our natural environment. After coming back to the class, every student will explain and note down the activities along with their reasons which he/she finds the best and the most important.

Sr. No.	Task	Reason
1		
2		
3		
4		
5		
6		

Considering it your duty towards environment, make these activities a part of your habits.

5.3

Dear students, being eco-friendly means doing things which do not harm the environment. With a little care we can make a huge contribution to save the environment.

Let us see, how eco-friendly we are? Answer the following questions in terms of yes, sometimes and never.

How eco-friendly are you?

SR. NO.	QUESTION	YES/ ALWAYS	SOME TIMES	NEVER
1.	Do you plant trees?			
2.	Do you carry your own jute or cloth bags while going to the market?			
3.	Do you close the tap while brushing your teeth?			
4.	Do you switch off the lights and fans before leaving the room?			
5.	Do you throw the garbage or waste in the dustbin?			
6.	Do you have a compost pit at your home?			
7.	Do you segregate the waste as wet or dry and put it in separate dustbins?			

8.	Do you recycle and reuse the empty cans and bottles?			
----	--	--	--	--

Score yourself: - yes/ always = 03, sometimes -02, never -01

Obtained marks: _____

I will make the following activities as a part of my life to increase my scores in eco-friendliness.

- i) _____
- ii) _____
- iii) _____
- iv) _____

Students, through another activity, let us try to find out how much we are aware of our environment. Examine the pictures given below from the point of view of environmental safety.

Safe /Unsafe



1. Safe /Unsafe



2. Safe /Unsafe



3. Safe /Unsafe



4. Safe /Unsafe



5. Safe /Unsafe



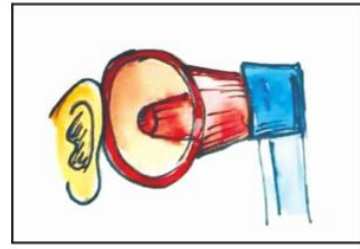
6. Safe /Unsafe



7. Safe /Unsafe



8. Safe /Unsafe



9. Safe /Unsafe

While explaining the reason for your categorization, give measures to protect the environment.

Picture 1

Picture 2

Picture 3

Picture 4

Picture 5

Picture 6

Picture 7

Picture 8

Picture 9

Know about some other ways to save the environment by discussing it with your teacher.

5.4

Dear students, keep three things in mind if we want to save our environment: - **REDUCE, REUSE, AND RECYCLE**. By using these three methods, we can all work together to reduce waste and save our natural resources from getting wasted.

Choose from the items in the word box that can be reduced, reused and recycled.

WORD BOX
Clothes, Plastic bags, Kitchen waste, Paper, Old books, Cartons, Glass bottles, Plastic bottles, Newspaper, Old toys.

REDUCE	REUSE	RECYCLE

Students, discuss with your teacher what message do you get from following pictures and also tell how you will apply this message in your daily life.



Dustbin 1(Paper Waste)

Dustbin 2(Bio-Waste)

Dustbin 3(Plastic Waste)



**Special suggestions from
the Teacher to the Student**





RATIONAL THINKING

Open the window of your mind to understand the world well.



6.1 Introduction

Where science has progressed so much, our thinking and behaviour have also changed a lot. Now instead of being rational, we think emotionally without keeping in mind, what is right for us. We are unable to behave rationally in some situations, like talking about our food preferences, controlling our emotions, dealing and communicating with others, etc. So it has become a very important issue these days.

Dear students, today we are going to discuss a very significant topic for life.

Answer the following questions first.

- 1 Which food do you prefer to eat and why? (Pizza / burger / chapatti with green vegetable or any other)

.....
.....

- 2 If your favourite programme is broadcast on T.V. and your friend asks you to accompany him/her for a walk, what will you do? Why?

.....
.....

3 If you have a heated discussion with someone, who gets calm first? Why?

.....

.....

4 If your close friends come to borrow a book from you and you also need that book for the preparation of the next day exam. What will you do? Why?

.....

.....

5 Suppose your mother is not well and your friends are calling you for a preplanned picnic. What will you do?

.....

.....

Have you noticed that for some decisions, you go with your heart and for the others, you go with your brain. The thinking, that enables you to make a decision based on the analysis of what is right and what is wrong, is called Rational Thinking.



- What do you think about your friend who shares a seat with you in the class? Do you always prefer to sit with him/her? Why?

- Is there anyone in the class with whom you never sit? Why?

6.2

Dear students, sometimes our beliefs and preferences get influenced by others views and ideas. We must avoid such practices. Never follow anyone blindly. Always

keep in mind the pros and cons of everything or concept using your brain rather than believing in what others say.

Before making any decision, analyse the situation thoroughly. Sometimes, in life, we have to take decisions instantly. At that time, if we follow our brain than heart, chances of errors diminish. A wise person always thinks logically rather than flowing in sentiments.

Dear students, let's have a debate on a very interesting topic

TOPIC: POSITIVE AND NEGATIVE ASPECTS OF JOINT FAMILIES.

Write your views in the following places.

ADVANTAGES OF A JOINT FAMILY	DISADVANTAGES OF A JOINT FAMILY

First student will speak in the favour and the second will speak against the joint family. What have you learnt from this debate?

We have seen that every situation has two aspects, both contradicting each other. Both are important and equally right. If we can understand this, it means we can think rationally.

6.3**ACTIVITY TIME**

Dear students, today we will do an exercise.

Here are some multiple choice questions. Try to find the right answer and tick the correct option.

1. $39 : 68 :: 150 : ?$

200, 105, 93, 290

2. $K : T :: 11 : ?$

15, 18, 22, 20

3. $4 : 18 :: 7 : ?$

35, 30, 32, 28

4. $1, 5, 9, 13, _, 21$

10, 18, 15, 17



Now imagine a small incident:

You are at your friend's birthday party. All are enjoying the party. Suddenly you see your friend arguing with his / her parents on some issue.

1. What can be the reason?

.....

.....

2. Will the party keep on going?

.....

.....

3. Is your friend's behaviour rational?

.....

.....

4. What might have his/her parents felt?

.....
.....

5. What will be your reaction?

.....
.....

6. What have you learnt from this incident?

.....
.....

6.4 THINK AND WRITE

1. You have to answer in Yes or No.

- i. I have become friendlier with my classmates now.
- ii. I have no problem in sharing my seat with any student in my class.
- iii. I do not get annoyed with my mother for not cooking my favourite food.
- iv. No one can stay angry with me for a long time.
- v. During this time, I have not argued with my mother for costlier dresses.
- vi. Now I have become calmer than before and do not get irritated with my friends on trifles.

2. You are going for your exam, and it starts raining heavily. You don't have an umbrella. How will you solve this problem?

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

Suppose, some guests visit your home. Your mother sends you to buy some eatables from the market. In the market, you meet a friend who is stressed because he is not having sufficient money to buy medicine for his brother. You want to help your friend but you don't have extra money. What will you do?

-

.....

.....



**Special suggestions from
the Teacher to the Student**



.....

.....

.....



HONESTY AND TRUTHFULNESS

Truthfulness and honesty is the backbone of your character.

7.1 Introduction

Dear children, you often wonder what are the reasons / qualities that contribute to creating a distinct identity in a human being. You will be on cloud nine to know that those qualities can be present in you also. These two precious qualities are - truthfulness and honesty. Truthfulness and honesty are the qualities that make a person's character and personality more impressive. They make us good human beings and help in nation building. As a tree from the roots to the leaves is useful to the human beings and animals, so are these qualities in every stage of human life. From cradle to grave, everyone gives the example of a person who is truthful and honest because he is trustworthy and liked by all.

* Use your insight to see how true and honest you are.

Answer yes or no to the following questions.

S.No.	Traits	Yes	No
1	I never steal.		
2	I never tell a lie.		
3	I always do my job honestly.		
4	I never cheat on anyone		
5	My friends trust me a lot.		
6	I usually admit my mistake.		
7	I never cheat in exams.		
8	I always stand with him / her who is honest and truthful.		
9	I am always on the path of goodness.		
10	I deliver the found thing to the concerned person.		

Give yourself a score as follows.

Yes = 02 Points,

Total Points = 20

No = 01 Points

Your Score =

I will make the following efforts to increase my score in truth and honesty:

7.2 Activity Time:

Instead of showing off, work with honesty because such work is more impressive.

Walking on the path of truth and honesty makes you feel delighted and proud.

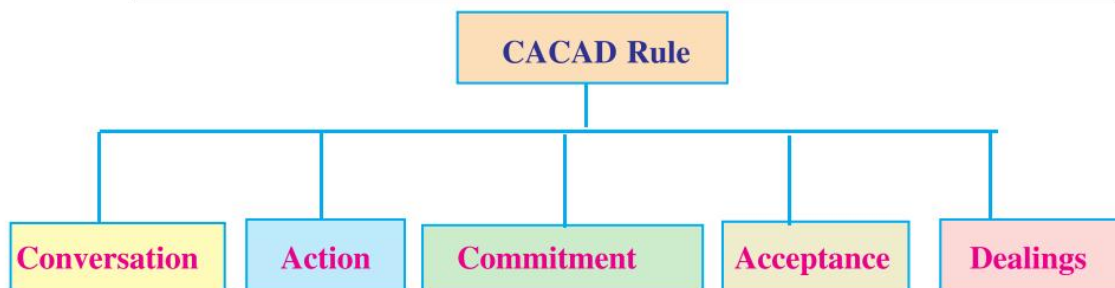
Dear children, let us share some incidents :

- a) Do you return items, money, or other things you borrowed in need ? If yes, then why? if not , then why not?

- b) You are walking on the road, suddenly someone's purse / wallet falls down. You pick it up and see, it has a lot of money in it. You also need money, what will you do in such condition?

- c) Write the names of the children in your class who are honest. Give an example of their honesty.

- d) Write about an event that inculcated in you the quality of truth and honesty.



7.3 Dear children, these are the five rules (CACAD rules) you have to remember and follow:

1. **Conversation:** When dealing with anyone- be honest and truthful. It is mandatory to be honest and truthful in each relationship. Only then you can last them forever and live a happy life.
2. **Action:** Whatever you do, do it honestly and sincerely. Doing so will create your identity unique that will be a source of inspiration for others.
3. **Commitment:** Always be committed. Try to fulfil your promise to someone honestly and sincerely. This kind of thinking will make you trustworthy in the society.
4. **Acceptance:** If you inadvertently make a mistake, try not to hide it or repeat it. Be responsible, honest and sincere. Acknowledge your mistake and do your best to correct it. The one who admits his/her mistake becomes great in the eyes of others.
5. **Dealings:** In everyday life you sometimes deal with many things. Caution, truthfulness, honesty, foresight and transparency used in the interactions, lifts you up in the eyes of all and you get everyone's support.

7.4 Think and answer.

Dear children, when you perceive lies, deception, theft, dishonesty, etc., all around you, it makes you disheartened. You grow enthusiastic to improve others. If you want to make a difference in others, you will have to start with yourself. The qualities you want to see in others, first adopt them and set an example for others. Only then you can change others.

- a) Truthfulness and honesty bring transparency and sweetness in relationships. What steps will you take to build a good relationship?

- b) Honesty identifies a person. Suppose a student in your class is dishonest. Can you help him/her to be honest? If so, how?

- c) Stealing is a crime. Suppose your classmate has a habit of stealing. Would you dare to tell your teacher? If so, how will you help your teacher to change him/her?

- _____
- _____
- d) Honest and truthful man deserves respect. What qualities should an honest person have?
- _____
- _____

Your personality traits and ethics:

Dear children, make truth and honesty a part of your personality. People will remember your name for a long time. Only good work, honesty, and truth survive after death.

1. Make a list of the five things you will do to be an honest and truthful child.

- a) _____
- b) _____
- c) _____
- d) _____
- e) _____

2. Make a list of five immoral things you will never do.

- a) _____
- b) _____
- c) _____
- d) _____
- e) _____

Pledge

I will always be truthful and honest, and will always walk on the path of truth and honesty.

**Special suggestions from
the Teacher to the Student**





RESPECTING THE SCHOOL RULES AND REGULATIONS

Today's small meaningful acts will definitely assure your success in life.

8.1 INTRODUCTION

Rules and regulations are necessary for the smooth running of every institution. Either we are in a playground or a family, neighbourhood or school, if rules and regulations are not followed, there will be great chaos. If we are playing a game without any rule or regulation, just imagine what sort of game it will be. Similarly, if there are no rules in schools, how can discipline be maintained? Childhood and adolescence are the foundational stages of life. If the habit of maintaining discipline and following rules is not developed during these stages, then a person faces ample problems in the future life.

Dear students, you know school is a big institution, having many students and staff members. It is impossible to run such an organisation smoothly without maintaining discipline. What will happen if-

1. There is no fixed time at which the school opens and if all are free to come to school at any time.

2. There is no fixed time at which the school closes. We move out of the school without waiting for the final bell.

3. We can go out of the classroom whenever we want.

These things appear to be unusual. Without rules and regulations, discipline can not be maintained in any institution.

8.2**ACTIVITY TIME:****ACTIVITY-1**

Now we will play a very interesting game. As you know, some rules have to be followed in every game. Similarly, you have to follow the instructions. Now you have to stand in a circle. Certain words will be spoken. You have to act according to the words you listen. If you don't follow the rules, you will be out of the game.

Ready????

1. Move in the room wherever you like
2. STOP
3. JUMP
4. SIT

Okay! Now each word will have a different meaning, as given below. You have to act accordingly.

STOP ----MOVE (YOU ARE TO MOVE WHEN ASKED TO STOP)

JUMP ---- STOP (STOP WHEN ASKED TO JUMP)

SIT ----- MOVE (MOVE WHEN ASKED TO SIT)

As you can see, many students are now out of the game because they did not follow the instructions. Similarly, if we don't follow the rules and regulations in the school, we will not be able to learn thoroughly.

ACTIVITY-2

Now, the whole class will be divided into four groups. You have to sit according to your team. Each group will select its leader. The group leader will observe if the team members are following the given rules properly or not. They will keep records for the whole week.

1. Punctuality
2. Proper Uniform
3. Completion of homework daily
4. Respect for teachers
5. Co-operation with other students in the class
6. Maintain the books and note-books

8.3

Dear students, now we have realized how important it is for us to follow the school rules. We hope that the team leaders have supported and guided their team members. Now all the students prepare his/her report according to the table given below:

S. No.	Days → School Rules ↓	1	2	3	4	5
1	Punctuality					
2	Proper Uniform					
3	Completion of homework daily					
4	Respect for teachers					
5	Co-operation with other students in the class					
6	Maintain the books and note-books					

Now, tick ✓ the rule and regulation you followed on a particular day and cross × on the day, you didn't follow it. Give 1 mark for each tick and 0 for every cross. Then, find the total score for and see in which category you fall.

0 to 7 = Low (Your weaknesses)

8 to 22 = Average (Need improvement)

23 to 30 = High (Your strengths)

On the basis of this analysis, you have to work in the following manner:

- 1 High:** Well done! Keep it up. You can still improve. Motivate others too.
- 2 Average:** Very good! Still need to work and try to improve your scores.
- 3 Low:** Require a very strict watch on your behaviour. Needs to improve a lot.

Now, keep a record of the behaviour, similarly. Hope, you will try to improve your scores.

8.4 ACTIVITY

Dear students, now, we will talk about the discipline areas to be maintained inside the school. Fill the following rating scale.

	Statement	Always	Sometimes	Rarely	Never
1.	I come to school on time.				
2.	While going for morning assembly, I move in a queue.				
3.	I keep on talking with my friends while the prayer/National Anthem is going on.				
4.	I push other students and break the queue.				
5.	When the teacher leaves the classroom at the end of the period, I make noise and fight with other students.				
6.	I bunk my class and go to canteen.				
7.	While passing through the school corridor, I walk silently.				
8.	I keep on playing in the playground even after the sports period gets over.				
9.	I come to school in proper uniform.				
10.	I maintain discipline while having mid-day meal and keep the utensils at proper place after finishing meals.				

ANSWER KEY

Qs. No.	Always	Sometimes	Rarely	Never
1	4	3	2	1
2	4	3	2	1
3	1	2	3	4
4	1	2	3	4
5	1	2	3	4
6	1	2	3	4
7	4	3	2	1
8	1	2	3	4
9	4	3	2	1
10	4	3	2	1

Score yourself according to the above answer key and find your total score.

Grade yourself as under:

10-17 Below average (Needs a lot of improvement)

18- 32 Average

33- 40 Above average

There is always a scope of improvement. So, you have to contribute in maintaining the discipline of your school by improving your behaviour.

ACTIVITY

Dear students, hope you all have tried well to improve your behaviour and contributed to the school discipline by following rules and regulations. Now make four teams and discuss your views with your team members, on how you can follow the rule laid down by the school in a better way. Each team member will write two suggestions on a slip and will give to his/her team leader. The leader will write down the obtained suggestions on the blackboard. The topic of discussion for each team is as under.

- Team 1 Discipline in classroom
- Team 2 Discipline in playground
- Team 3 Discipline during recess
- Team 4 Discipline during assembly

DISCIPLINE CHART

S.No.	TEAM 1 Discipline in classroom	TEAM 2 Discipline in playground	TEAM 3 Discipline during recess	TEAM 4 Discipline during assembly
1				
2				
3				
4				
5				
6				

All the students have done well in the above activity. Hope you have understood the importance of following school rules and regulations.

Note down all the suggestions written on the blackboard and always follow them.



**Special suggestions from
the Teacher to the Student**



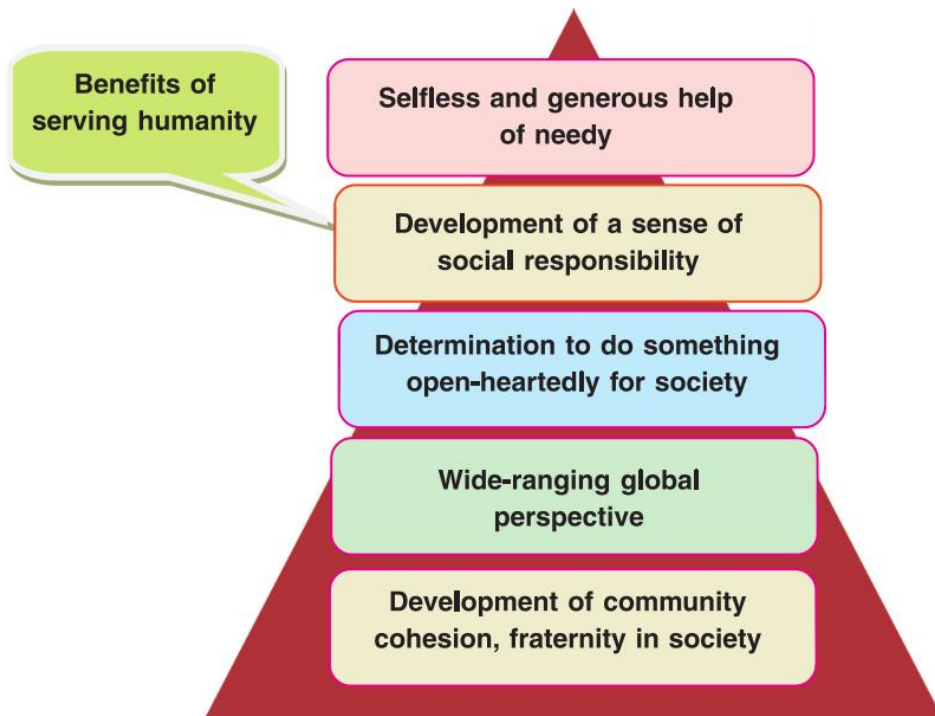


SERVICE TO HUMANITY

**If you want to do something, you will find a way.
If you do not want to do anything, you will find an excuse.**
-Anonymous

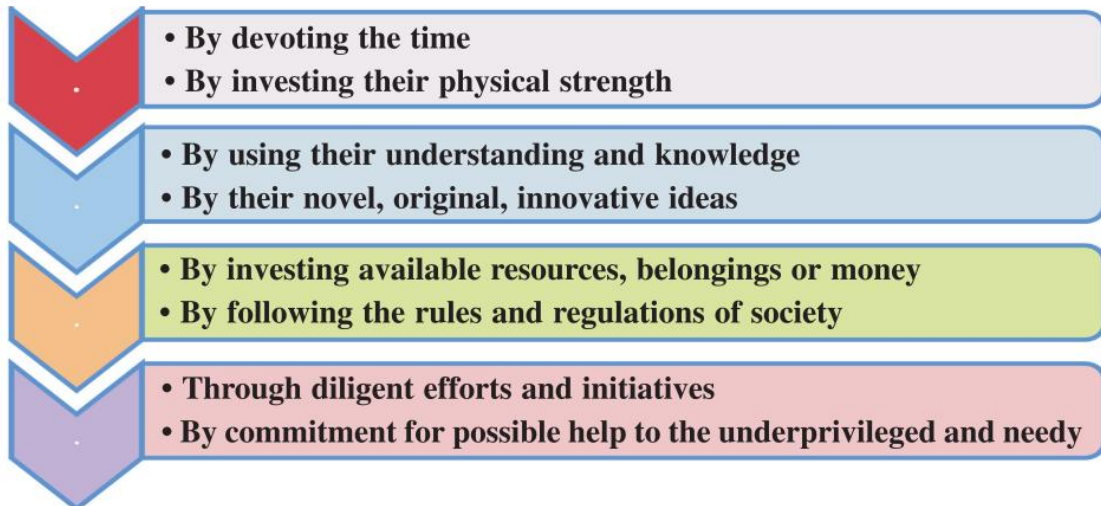
9.1 Introduction:-

'Service to Humanity' is an important virtue because it allows us to understand others and feel their problems by showing kindness and humility. Service to others means helping selflessly by doing something for someone without expecting any reward or gain. The prime aim is to promote the welfare of others irrespective of age, gender, class, race, caste or religion as well as economic status. Service to humanity means to help the needy with a sense of selflessness without any intention of personal gain, reward or benefit. The main purpose of such service is to work for the welfare, wellbeing and betterment of others. The genuine service to humanity is to serve the needy regardless of one's age, gender, class, caste, religion or economic status.



Role of students in the service of humanity

The greatest contribution that a student can make for society is through his/her innovative ideas. Students are young and their sharp minds can create productive ideas. These innovative ideas of young students can contribute by leading to new developments, discoveries and advancements. Students can do the following to fulfil their duties towards humanity:-






9.2 Activity:

“Roll the dice, to be nice” activity



Dear students, take the dice and roll to imbibe the value of serving humanity. Divide the students in your class into 6 teams; Team-1, Team-2, Team-3, Team-4, Team-5, Team-6. You can draw the following table on the blackboard in your classroom. Now throw the dice on the table. The team whose number comes up on the die will complete the below-mentioned statements turn-wise.

“Throw the dice, learn to serve humanity”	
	Service to humanity means
	We should serve humanity because
	We can serve humanity by contributing our

	Service of Humanity is important because
	Names of eminent personalities associated with Service of humanity
	Name of any organization that serves humanity (NGO)

Make efforts to know more about the above questions and gather information. Discuss with adults in your home and converse what can be done for the welfare of humanity.

9.3 “Help - Series”

Dear students, let us now start a "**Help - Series**" in our class for the service of humanity. Add five students in each group. Each group will have a leader. He will note down the activities performed by the members of his group for the whole week. The student who helps maximum people will be given the title of "**Helping Hero.**" Other students in the class who have helped other people in any way will be included in the "**Helping Force or Help Brigade.**" They will be encouraged by giving an appreciation card or a badge.

Student's Name	Day and Date	Activity done for Help

Dear students, if you keep on making sincere efforts, the “Help-Series” initiated by you will get longer.

Ideas for Helping Your Community:-

There are ample opportunities to serve humanity:-

- You can help the needy people around you, the needy families, the disabled, the underprivileged and deprived citizens according to the resources available to you.
- You can also help needy young children in your neighbourhood by giving them old books, toys or clothes and helping them in their schoolwork.
- By donating your blood, you can save someone's precious life.
- You can visit your nearest old age home or orphanage and participate in the service for a day.
- You can also arrange sanitation campaigns, environmental awareness campaigns and tree plantation drives in your village, town or city for the welfare of humanity.



9.4 Think and Write

1. Make a list of what you will do for the wellbeing of humanity.

2. Share your experience when you have done a good deed to others.

3. Draw a picture showing that “Service to humanity is the best service.”



**Special suggestions from
the Teacher to the Student**