



Edition : New Edition

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Moral Value (Part-3)

Designed & Illustrated by :
EDIT ONE INTERNATIONAL



Preface

Moral Value a series of 8 books from class (1 to 8) has adopted a novel approach towards familiarizing the school going children with the necessary care personal, social and national values. This series is designed to inculcate values in children in a practical way and allow them the opportunity to explore and experience their own strengths, abilities and qualities. Students are engaged to express their ideas through meaningful exercises and activities. The stories, ideas and imaginative themes facilitate the creation of a harmonious atmosphere for the overall growth and development of children. This will help them to understand the basic values like respect, patience and confidence.

The design of every less on has following sections:-

- ◆ Exercises
- ◆ Activity
- ◆ Teacher's Corner
- ◆ Four Formative Assessments and two Summative Assessments

The purpose of the overall plan is to provide an interesting learning experience to the children in order to make them morally strong individuals.

–Author

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Honesty is the Best Policy

Once upon a time, there lived a poor boy in a village. He used to sell fruits to support his family. One day, he went to a woman's house to sell mangoes. The woman said to the boy that she would buy only one fourth of the mangoes. The little boy gave his mango basket to her. The woman took the basket inside her house to take out the mangoes. The poor boy was waiting outside the house.



After sometime the woman returned with the mango basket and asked the boy, “Won't you step inside to see if I have taken one fourth of mangoes or more? How are you so assured that I will not cheat you ?” The boy replied with a smile, “I am not worried at all. Suppose if you take more than you need, I will simply loose a few mangoes, but you will loose your honesty.”

Moral: Honest always gets paid.



EXERCISE

A. Multiple Choice Questions (MCQs)

Tick (✓) the correct option.

- The boy was
(a) Blind (b) Lame
(c) Poor (d) Rich
- The boy used to sell to support his family.
(a) Fruits (b) Vegetables
(c) Clothes (d) All of these
- The woman said to the boy that she would buy only of the mangoes.
(a) One third (b) One fifth
(c) One fourth (d) One Sixth

B. Write 'T' for True and 'F' for False statements.

- Honesty is not the best policy.
- Honesty always gets ultimate victory.
- Honesty is not important in one's life.

C. Answer the following questions.

- How did the boy support his family?
- What did the woman say to the boy?
- What lesson have you learnt from this story?

D. Fill in the blanks with correct words given in the box.

house inside honesty mangoes

- The poor boy was waiting outside the
- Woman asked the boy to step the house.
- I will simply loose some but you will loose your

Activity Corner



1. Your friend asks you to lie for his sake or he/she will break the friendship. What will you prefer and why ?

.....

2. Read the situations and answer the questions. Write an honest rule for each situation. One has been done for you.



Your parents are not at home. You have a test, the next day.

Q. Will you study or play ?

Ans. **I will study.**



Nilu is sleeping. Her new pencil is kept on the table near her.

Q. Will you pick it up ?

Ans.



Deepa does not know the answer to this question. If she gets less marks, her parents will be angry.

Q. Should Deepa cheat in the examination ?

Ans.



TEACHER CORNER

Tell the students, the importance of honesty in their life.



An Obedient Son

Long long ago, there was a young boy named Shравan Kumar who was obedient and disciplined. He had great respect for his parents who were old and blind. His parents also loved him very much.

Shравan was a very hard working and responsible son. He always did his best to keep his parents happy. He made every possible effort to serve them.

One morning, Shравan's parents called him and said, "Dear son, we are becoming old and may



not live for very long time. We have a desire to visit some of the holy places. Take us to some holy places."

"How can I take them far-off?" Shравan fell in deep thought. The religious places were too far and crowded. At last he realised his moral duty and decided to fulfil their desire. He started exploring a method to taking his parents to the holy places. Then he thought of an idea. He

arranged a very strong bamboo pole and tied two large baskets strongly at both its ends. He requested his dearest parents to sit in those baskets. Then, he carried the bamboo pole on his shoulders with great devotion. As the religious journey was too long and tiresome, it was a very difficult task for Shravan Kumar, still he did not lose hope. He summoned up his courage to fulfil his parents' desire. His parents felt very proud of their obedient son.



Dear children, our parents also take care of us by bearing many hardships. They always provide us with all the things, that we desire and require in our life.

Sometimes, they are strict with us. Their strictness is only because they want to see us as a good and conscious human being in future.



It is our moral duty to make our parents happy. We should fulfil all their desires. We should never hurt them. We should always do such things which would make them feel very proud of us. As per Nature's law, when they grow old, it is our responsibility and duty to look after them and to make them happy and delighted as they do for us when we are young. We should remember that respecting parents is true service of God.

Moral: We should always obey our parents.



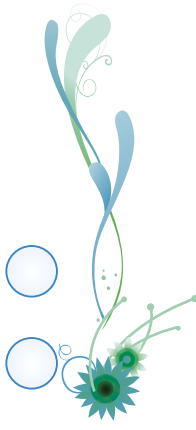
A. Multiple Choice Questions (MCQs)

Tick (✓) the correct option.

- Shravan Kumar was a/an boy.
(a) Disciplined (b) Obedient
(c) Both of these (d) None of these
- Shravan Kumar carried his parents on his
(a) Hand (b) Head
(c) Arm (d) Shoulders
- Shravan's parents desired to visit
(a) Holy places (b) Picnic spot
(c) Forests (d) Palaces



4. Shravan Kumar tied baskets to a strong bamboo pole.
- (a) One (b) Two
- (c) Three (d) Four



B. Write 'T' for True and 'F' for False statements.

1. Shravan Kumar was not an obedient boy.
2. His parents were old and blind.
3. Shravan's parents desired to visit some picnic spots.
4. We should not hurt our parents.
5. It is not necessary to make our parents happy and delighted.

C. Answer the following questions.

1. What kind of boy was Shravan Kumar ?
2. What was Shravan's parents wish ?
3. How did Shravan Kumar fulfil his parents' desire ?

D. Fill in the blanks with correct words given in the box.

God responsible serve holy

1. Shravan Kumar was very hard working and son.
2. He made every possible effort to his parents.
3. His parents' desire was to visit some places.
4. Respecting parents is the true service of



Activity Corner

Here are some children who are telling what their parents wish them to do. Do you agree? Add Four things which your parents would like you to do for them.

My parents wish that I should save some amount from my pocket money.



My parents want me to be a Lawyer like both of them.

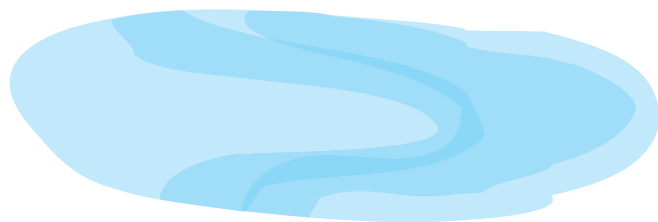
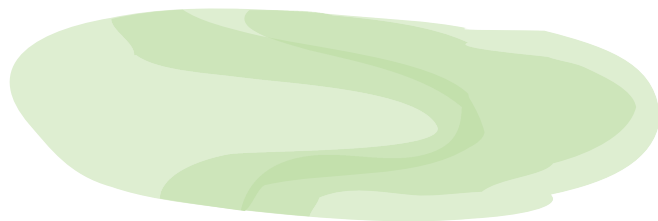


My parents want me to drink 2 glasses of milk everyday.



My parents want me to sleep and get up early everyday!





TEACHER'S CORNER

Advise the students to try their best to make their parents happy and always respect them.





Magical Sticks

Akbar was one of the greatest emperor of Mughal dynasty. Once upon a time, a case of theft was brought to his court by a man named Ramanand. Ramanand was a rich flourishing businessman and had very big house and numerous servants. One morning when he woke up, he realised that his house had been looted. A variety of gold utensils, precious jewellery and money had been robbed from his big house.

He instantly called all his workers and servants. Then, he strictly asked them one by one about the theft. He wanted to know the truth whether they had robbed the valuable things. But none of them answered him properly.

Finding no other way, he decided to take the help of Emperor Akbar. He went to the Emperor Akbar's royal court and requested for Birbal's help. Birbal went to Ramanand's house. There, he strictly asked his servants and workers about the theft. Even Birbal couldn't get a reply.



Then, Birbal fell in deep thought. A good idea flashed into his mind. He brought some sticks of same length and distributed the sticks among all the servants. Then he instructed, "These sticks are magical and the thief would surely be caught by tomorrow morning. The magical stick of the real thief will get longer tomorrow in the morning by five inches." Then he instructed all the workers and servants to keep those magical sticks

with them and asked them to come back next day with their respective sticks. All the workers and servants went to their homes. The thief servant who had stolen the precious things thought seriously, "Foolish Birbal thinks that he would prove me a thief tomorrow morning. Ha ! I will cut my magical stick by five inches and he will never be able to prove me a thief !" So, he cut his magical stick short by five inches.



Next day, Birbal checked the magical sticks of each servant. Stick of the servant who had stolen all the precious things was shorter by five inches. Birbal declared, "This is the real thief." The businessman got highly pleased with Birbal's intelligence and questioned him how he had found the real thief. Birbal replied, "The real thief had cut his stick beforehand short by five inches, in the previous night worrying that his magical stick will get longer by five inches."

The businessman got back all his valuable items and was very pleased with Birbal's trick and wisdom. He rewarded Birbal with a lot of precious jewellery.

Moral: Wrong deeds are always punished.

EXERCISE

A. Multiple Choice Questions (MCQs)

Tick (✓) the correct option.

1. Birbal was very
(a) Dull (b) Cruel (c) Foolish (d) Intelligent

2. Ramanand was a very

(a) Rich business man

(b) Loyal man

(c) Obedient man

(d) Selfish man

3. Ramanand brought the theft case before

(a) Emperor Akbar

(b) Police

(c) Shahjahan

(d) Birbal

B. Write 'T' for True and 'F' for False statements.

1. Ramanand was a poor man.

2. Ramanand's house was looted by one of his servants.

3. Birbal did not accept the request of Ramanand to find out the thief.

4. The businessman did not get back all his stolen valuable items.

C. Answer the following questions.

1. Who was Ramanand ?

2. What all was robbed from Ramanand's house ?

3. What made Ramanand bring the theft case before Birbal ?

4. Who helped Ramanand to get back his valuable items ?

D. Fill in the blanks with correct word given in the box.

Emperor Ramanand looted

1. was very rich business man.

2. Akbar was an

3. Ramanand's house was by one of the servant.

Activity Corner

Write down six qualities of Birbal for which he was famous for.

1.

2.

3.

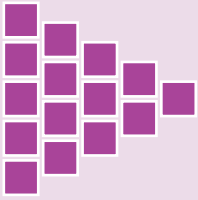
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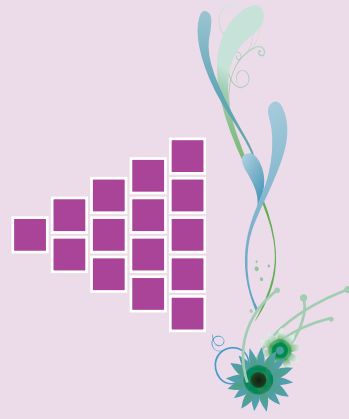
TEACHER'S CORNER

Teach the students the importance of honesty and integrity in one's life.



Revision Test Paper - I

(Based on chapters 1, 2 & 3)



A. Multiple Choice Questions (MCQs)

Tick (✓) the correct option.

- The boy used to sell to support his family.
(a) Fruits (b) Vegetables
(c) Clothes (d) All of these
- Shravan Kumar carried his parents on his
(a) Head (b) Shoulders
(c) Hand (d) Arm
- Shravan Kumar tied baskets to a strong bamboo pole.
(a) One (b) Two
(c) Three (d) Four
- Ramanand was a very
(a) Rich businessman (b) Royal man
(c) Obedient man (d) Selfish man
- Ramanand brought the theft case before
(a) Emperor Akbar (b) Police
(c) Shahjahan (d) Birbal

B. Write 'T' for True and 'F' for False statements.

- Honesty always gets ultimate victory.
- Honesty is not important in one's life.
- Shravan Kumar was not an obedient boy.
- We should not hurt our parents.
- Ramanand was a poor man.





4

LESSON

Be Clean Be Healthy



Cleanliness is very essential for healthy living. Those who do not keep themselves clean, fall ill frequently.

We should take bath everyday. Bathing kills all the germs and makes our body clean and keeps us fresh and active. We should put on clean clothes everyday. We should pay attention to the cleanliness of our hair and nails. We should comb our hair and keep them

properly set. We should trim our nails once a week.

It is also necessary to brush our teeth everyday. If we don't brush our teeth properly, we may get affected with several diseases. We should brush our teeth daily in the morning and before going to bed.

We should be careful about the cleanliness of our house, classroom, school and our surroundings. Waste papers, peels of banana and other fruits and useless things should not be thrown here and there. We should dispose them in a covered dustbin only.

We should not eat uncovered things in the market. Flies sit on them and spread diseases.



Moral Value - 3

We should drink clean water. It is good to boil or filter water before drinking.

We should also keep our books and notebooks clean by putting a cover on them.

Remember, if you observe cleanliness, you will not fall ill and you will remain healthy. So, be clean to be healthy.



Moral: Maintain cleanliness to stay healthy.



EXERCISE

A. Multiple Choice Questions (MCQs)

Tick (✓) the correct option.

- spread disease .
(a) Ants (b) Bees
(c) Flies (d) Butterflies
- We should throw our waste..... .
(a) In the street (b) Into a covered dustbin
(c) Here and there (d) None of these
- We can keep ourselves clean..... .
(a) By taking bath (b) By wearing clean clothes
(c) By combing and brushing teeth (d) All of these
- Cleanliness is necessary..... .
(a) To keep our body healthy (b) To keep us fresh and active
 (c) To prev

diseases

(d) All of these

B. Write 'T' for True and 'F' for False statements.

1. We must not take bath daily.
2. We must not trim our nails.
3. We must brush our teeth twice a day.
4. We must get our hair cut regularly.



C. Answer the following questions.

1. Why is cleanliness so important ?
2. What are the advantages of taking bath daily ?
3. What should be done for the cleanliness of the hair and nails ?
4. Why should we not eat uncovered food ?

D. Fill in the blanks with correct words given in the box.

sick boiling sweets cleanliness

1. Everybody should observe
2. Eating too much of leads to teeth decay.
3. Those who do not observe cleanliness become frequently.

Activity Corner

Write some measures in your own words how can you keep yourself and your surroundings clean ?

.....

.....

.....

TEACHER'S CORNER

Advise the students to adopt healthy and clean habits.



5

LESSON

Our Helpers

We cannot do all our work ourselves. We have to take the help of others for many things, such as, the sweeper, the washerman, the cobbler, the barber and the gardener. They are very useful to us and are called **our helpers**.

All of us want cleanliness. We clean our houses ourselves. But some other public places like streets and roads, also need to be kept clean. A sweeper



cleans all these places. He comes early in the morning, with a long-handled broom, sweeping the streets. He then collects all the garbage and takes it to the nearby garbage dump and disposes it off there.

Everybody likes to wear clean clothes. Nobody likes to see oneself in dirty

clothes. We wash many of our clothes ourselves at home but we still need someone to wash some of our heavy clothes. A washerman washes our heavy clothes. There are many other things which we cannot do ourselves at home. If



our shoe is torn, we cannot mend it ourselves. A cobbler mends our shoes.

We all love plants. A gardener looks after our garden. He waters the plants, trims the shrubs and takes care of the flowers that bloom in our garden.

When our hair grows long and looks untidy, we need a haircut. We cannot do it ourselves. So, we need to go to a barber for our haircut.



Thus sweepers, washermen, gardeners, cobblers and barbers help us as well as serve us. They work hard throughout the day and earn their living.

We should be thankful to them. We should respect them. They are not inferior in any way. We should pay them well. We cannot survive without their help.

Moral: We should respect our helpers.



EXERCISE



A. Multiple Choice Questions (MCQs)

Tick (✓) the correct option.

1. These people helps us
(a) A cobbler (b) A washerman
(c) A barber (d) All of these
2. He cleans the streets, roads, parks, etc.
(a) A washerman (b) A cobbler
(c) A sweeper (d) A barber
3. He washes our dirty clothes
(a) A sweeper (b) A washerman
(c) A barber (d) A cobbler
4. He mends our shoes
(a) A cobbler (b) A barber
(c) A sweeper (d) A washerman
5. He looks after the plants in the parks, garden, etc.
(a) A gardener (b) A cobbler
(c) A barber (d) A washerman

B. Write 'T' for True and 'F' for False statements.

1. A gardener looks after the plants in the garden.
2. We should treat all these helpers very well.
3. A sweeper cleans the streets and roads.
4. A cobbler washes our clothes.





C. Answer the following questions.

1. Who repairs our shoes ?
2. To whom do we go for a haircut ?
3. Who looks after the garden and parks ?
4. What will happen if there were no sweepers ?
5. How does a washerman help us ?

D. Fill in the blanks with correct words given in the box.

well sweepers ourselves others

1. We cannot do all our work
2. We have to take the help of in many things.
3. We can clean our house ourselves, but streets and roads are cleaned by
4. We should treat these workers

Activity Corner

1. Write in your own words why we need others to do our work and write the ways, how they help us.

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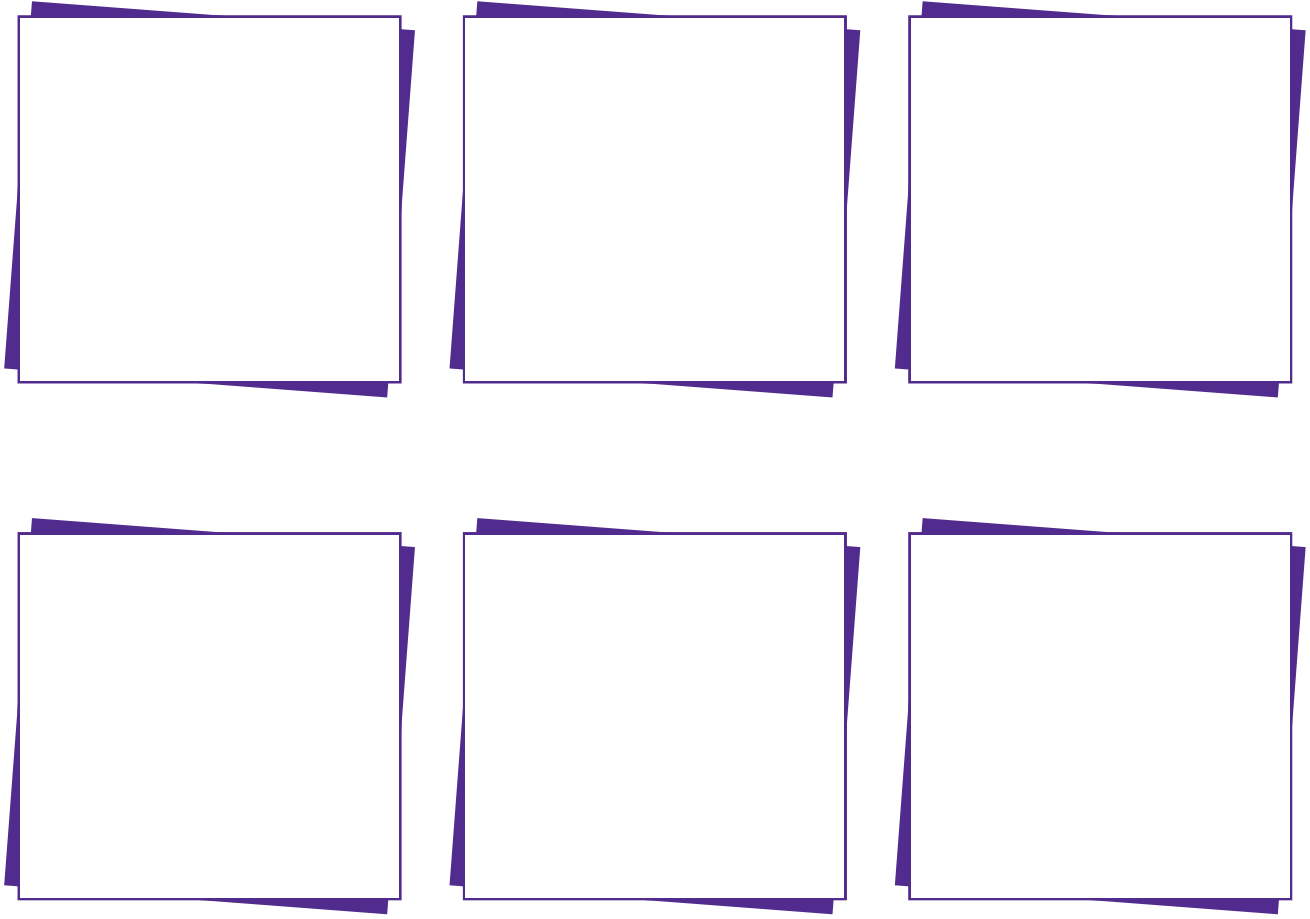
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2. Paste the pictures of our helpers.



TEACHER'S CORNER

Discuss about some more helpers in the class.



Trees : Our Best Friend

We all need fresh and pure air to breathe and keep us healthy. For this, we should grow more and more trees. Let us read a story about planting the trees.



One day, a king went on a round to see what was happening in his kingdom. He saw an old farmer planting a tree in his field.

The king went to him and said, “You are quite old now. Why do you work in the field at this age ? By the time these plants will grow and bear fruits, you may not be alive. Then why are you planting them ?”

The farmer said, “Sir, the trees which are giving us fruits now were not planted by me. They had been planted by my father. Now, he is no more in this world. His sons and daughters are eating their fruits.”





“These plants which I am planting now will provide fruits to my children. Therefore, I want to plant as many trees as I can,” said the farmer.

Plants and trees are our friends. We need fresh and pure air to stay alive. Trees provide us fresh air.

They also provide us shade. They save us from the heat of the sun. Animals take rest under the shade of the trees. Birds make their nests on the branches of the trees.

Trees give us fruits. We get mango, banana, apple, peach, orange and other fruits from trees.

Trees also provide us wood. Chairs, tables and other furniture is made out of wood.

Plants also provide us food. We get wheat, gram, rice, pulses and vegetables from plants. It can be said that our life is based on plants and trees.

We should take care of our trees. We should not unnecessarily cut down the trees. We should grow more and more plants in our kitchen-garden, within our school compound and at other nearby places. It is a sin to cut the trees.

We should keep our environment clean by keeping our river's water clean and looking after the trees which we have planted.

Moral: We should plant as many trees as we can and also take good care of them.



EXERCISE



A. Multiple Choice Questions (MCQs)

Tick (✓) the correct option.

1. Trees save us from

- (a) Rain (b) Heat of the sun
(c) Getting ill (d) Snowfall

2. What do we get from the trees ?

- (a) Fresh air (b) Shade
(c) Fruits (d) All of these

3. Which fruit do we get from trees ?

- (a) Mango (b) Banana
(c) Apple (d) All of these

B. Write 'T' for True and 'F' for False statements.

1. We all need fresh and pure air to breathe and keep us healthy.

2. One day, the king was walking in his garden.

3. We should take care of our trees.

4. It is not a sin to cut trees.

C. Answer the following questions.

1. Why was the old farmer planting the new trees ?

2. How do we get fresh and pure air ?

3. How are trees useful to birds and animals ?

4. What are the advantages of trees for us ?

5. Why did the king go on a round ?



D. Fill in the blanks with correct words given in the box.

trees fresh best pure

1. To stay alive, we need and air.
2. Plants and trees are our friends.
3. It is from that we get wood for furniture.

Activity Corner

Write in your own words " Why is it necessary to grow more trees ."

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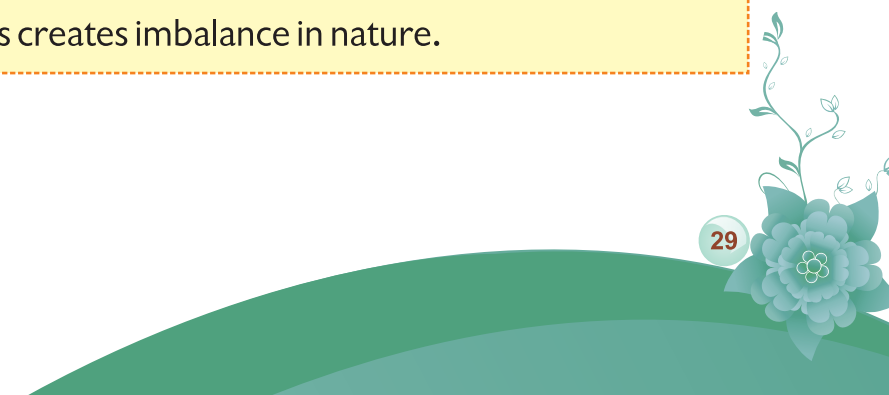
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TEACHER'S CORNER

Tell the students, how the cutting of trees creates imbalance in nature.



Revision Test Paper - 2

(Based on chapters 4, 5 & 6)

A. Multiple Choice Questions (MCQs)

Tick (✓) the correct option.

1. spread disease.

- (a) Ants (b) Bees
(c) Flies (d) Butterflies

2. We should throw our waste

- (a) In the street (b) Into a covered dustbin
(c) Here and there (d) None of these

3. He mends our shoes

- (a) A cobbler (b) A barber
(c) A sweeper (d) A washerman

4. He washes our dirty clothes

- (a) A sweeper (b) A washerman
(c) A barber (d) A cobbler

5. Trees save us from

- (a) Rain (b) Heat of the sun
(c) Getting ill (d) Snowfall

B. Write 'T' for True and 'F' for False statements.

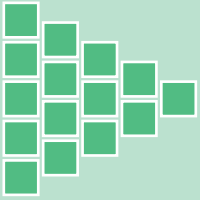
1. We must not take bath daily.

2. We must not trim our nails.

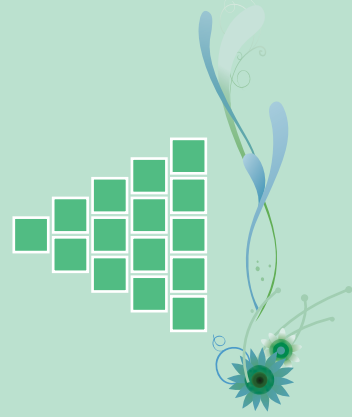
3. A gardener looks after the plants, gardens and parks.

4. A cobbler washes our clothes.

5. We should take care of our trees.



Model Test Paper - I



(Based on chapters 1 to 6)

A. Fill in the blanks.

1. Woman asked the boy to step the hut.
2. Respecting parents is the true service of
3. Akbar was an
4. Eating too much of leads to teeth decay.
5. Drink water only after or filtering.
6. Everybody should observe
7. We cannot do all our work
8. We should treat these workers
9. Plants and trees are our friends.
10. It is from that we get wood for furniture.

B. Answer the following questions.

1. How did the boy support his family ?
2. What kind of boy was Shravan Kumar ?
3. Who was Ramanand ?
4. Who helped Ramanand to get back his valuable items ?
5. Why is cleanliness so important ?
6. What are the advantages of taking bath daily ?
7. Who repairs your shoes ?
8. How does a washerman help us ?
9. How are trees useful to birds and animals ?
10. What are the advantages of trees for us ?

C. Name some other people who help us and write how do they help us.

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.....





D. What lesson did the Birbal's magic sticks teach?

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E. Write two ways in which you can keep your classroom clean.

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F. Write a short note of thanks to any of our two helpers describing how they help us.

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G. Write in your own words why is it important to be honest.

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7

LESSON

Kindness


It is our noble duty to show concern towards poor people. The feeling of joy and happiness by acts of sharing, caring and helping others is called 'Kindness'. Let us read a story:

It was a cold winter Sunday morning. Abhishek's mother planned to take him out to the zoo. Abhishek was very excited. They put on their woollen clothes and took some juices and chips. Abhishek also took his camera with him.



In the zoo, Abhishek enjoyed watching different animals and birds. He took their photographs. It was getting dark and they decided to return home. It became very cold. Outside the gate, Abhishek saw an old man wearing torn clothes. The old man was shivering because he had no woollen clothes. Abhishek's

Moral Value - 3



heart began to sink. “Mother, can you please give your shawl to this old man? My jacket will not fit him because I am small,” said Abhishek. “We have lots of woollen clothes at home and now we are going back to our home in the car,” Abhishek said again. His mother quickly took off her shawl and gave it to the old man. The old man blessed Abhishek. They stepped into the car. His mother embraced Abhishek. She said, “I am very proud of you, my son !”

Moral: We should always be kind to poor people.



EXERCISE

A. Multiple Choice Questions (MCQs)

Tick (✓) the correct option.

- Whom did Abhishek’s mother give her shawl ?
(a) Old man (b) Old lady
(c) Young man (d) None of these
- How was Abhishek enjoying ? By watching
(a) Different animals (b) Birds
(c) Both of these (d) None of these
- When did they decide to return home ?
(a) In the morning (b) At noon
(c) In the evening (d) All of these

4. In which season did they visit the zoo ?

(a) Summer (b) Rainy

(c) Winter (d) Spring

5. Which place did Abhishek's mother want to visit along with him ?

(a) Zoo (b) Market

(c) School (d) Marriage party



B. Write 'T' for True and 'F' for False statements.

1. Abhishek's mother was proud of her son.

2. The old man was wearing torn clothes.

3. His mother gave a shawl to the old man.

4. Abhishek was not happy to go to the zoo.

C. Answer the following questions.

1. Where did Abhishek's mother take him on Sunday ?

2. What did Abhishek's mother carry in the car ?

3. What did Abhishek ask his mother to give to the old man ?

4. How did mother feel for Abhishek while going back home ?

D. Fill in the blanks with correct words given in the box.

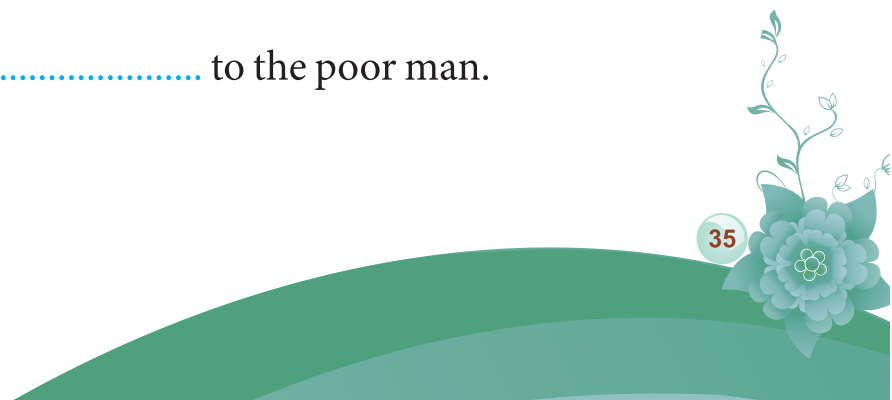
enjoyed zoo torn shawl

1. Abhishek's mother was planning to take him to the

2. Abhishek watching animals and birds.

3. The old man was wearing clothes.

4. Abhishek's mother gave her to the poor man.





Activity Corner

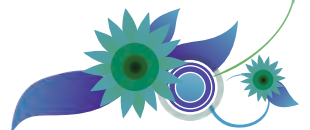
Write five things, you would like to do to help poor people.

1.
2.
3.
4.
5.



TEACHER'S CORNER

Teach the students to be kind to the poor people. Also, encourage them to give their extra things to the needy people.





Hardwork is the only key to success


Ashok, Prateek and Rohit were studying in IIIrd class. It was the time when they had to undergo their class tests.

It was a Monday morning. Ashok had studied hard to prepare for the class test. He did not even play previous evening. His friends, Prateek and Rohit were not prepared for the test. They had wasted their precious time in playing video games.



The teacher started writing down the questions on the blackboard. Ashok was busy in writing answers. Rohit requested him to show the answers of the given questions. But Ashok did not pay attention to Rohit's request. Rather, he asked the teacher to change his seat.

After the test was over, he went back home.



Next day, the teacher distributed the answer-sheets. Ashok scored 7 out of 10 whereas Rohit and Prateek who had cheated scored 8 and 9 out of 10 respectively.

Ashok was very upset. He thought that if he would have cheated, he would have scored more marks. Ashok went home and shared his problem with his mother.

Mother was very touched. She embraced Ashok and said, “I am proud of you, my son !” You will succeed only by your hard work in future. “Even if you had scored 10 out of 10 by cheating, I would have never been happy.”

Working hard for success is the best quality for any human being and you have that quality. Ashok always remembered what his mother told him. Soon, Ashok’s class teacher discovered that Rohit and Prateek had been cheating to score high marks. Rohit and Prateek were not promoted to the next class. Ashok stood first and was promoted to next class.



Moral: Hard work always brings success in our life.



EXERCISE



A. Multiple Choice Questions (MCQs)

Tick (✓) the correct option.

1. Why were Rohit and Prateek not promoted to the next class ? The cause behind it was

- (a) Sincerity (b) Hard work
(c) Cheating (d) None of these

2. Who wrote down the questions on the blackboard ?

- (a) Teacher (b) Ashok
(c) Rohit (d) Prateek

3. Who were not prepared for the class test ?

- (a) Rohit (b) Prateek
(c) Both (a) and (b) (d) Ashok

4. Who was fully prepared for the class test ?

- (a) Ashok (b) Rohit
(c) Prateek (d) All of these

B. Write 'T' for True and 'F' for False statements.

1. Ashok scored 7 out of 10 marks.
2. Ashok's mother was not proud of him.
3. Ashok was promoted to the next class.
4. Rohit and Prateek were promoted to the next class.

C. Answer the following questions.

1. What did teacher do to Rohit and Prateek ?
2. Did Ashok's mother shout at him for scoring less ?
3. How did Rohit and Prateek score more than Ashok ?
4. Name two of Ashok's friends who were not prepared for the test. Why were they not prepared for the test ?





D. Fill in the blanks with correct words given in the box.

present promoted prepared playing

1. Ashok was for the class test .
2. Rohit and Prateek were not to the next class.
3. Rohit and Prateek wasted their time in games.
4. Rohit and Prateek were in school.

Activity Corner

Write another short story on the topic “Honesty is the best policy” in your own words.

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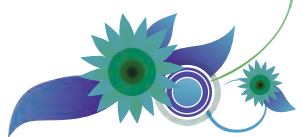
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TEACHER'S CORNER

Teach the students to be laborious.





9

LESSON

Your Favourite Hobby

Hobbies are the activities that we like to do regularly for pleasure. There are various types of hobbies. Hobbies are a good time pass and help us to improve our talent. Painting, singing, dancing, photography along with indoor games such as chess, carrom, table-tennis, etc. are good time pass hobbies.



Moral Value - 3



Reading books is one of the best hobby. A person who has hobby of reading books never gets bored. There are so many subjects to choose from. There are books on nature, environment, story books, adventure, etc.

Just adopting a hobby is not sufficient, you have to pursue that hobby. By doing so you become creative. Hobbies can enhance your personality in many ways. In school you can participate in extra-curricular activities. It will make your parents, teachers and school proud of you. So, go ahead and choose a hobby that interests you the most. Hobbies can also earn you name and fame. All of us are fond of some kind of sports, like football, hockey, cricket or badminton. Many world famous players started playing these sports as a hobby but today their names are listed among the famous people of the world.

Moral: Hobbies are good pursuits.



EXERCISE

A. Multiple Choice Questions (MCQs)

Tick (✓) the correct option.

1. What can be achieved by hobbies ?

- | | | | |
|----------------|-----------------------|------------------|-----------------------|
| (a) Fame | <input type="radio"/> | (b) Publicity | <input type="radio"/> |
| (c) Popularity | <input type="radio"/> | (d) All of these | <input type="radio"/> |



2. What represents hobby ?

- (a) Creativity (b) Laziness
(c) Both (a) and (b) (d) None of these

3. Which is the best of all hobbies ?

- (a) Dancing (b) Painting
(c) Reading (d) Singing

4. What are various types of hobbies ?

- (a) Dancing (b) Painting
(c) Singing (d) All of these

B. Write 'T' for True and 'F' for False statements.

1. Hobbies are a waste of time.
2. Hobbies can earn you name and fame.
3. By adopting a hobby you don't become creative.
4. Hobbies can enhance your personality.

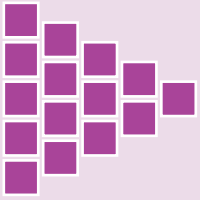
C. Answer the following questions.

1. In what way is a hobby useful ?
2. Name four hobbies of your choice.
3. What should we keep in mind while choosing a hobby ?
4. Can indoor games be chosen as a hobby ? Why ?

D. Fill in the blanks with correct words given in the box.

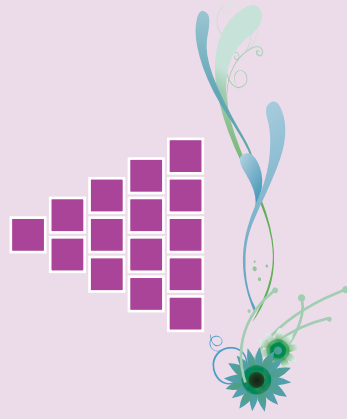
health hobby name and fame reading

1. Anything we do in our free time is called
2. Amongst of all the hobbies, habit of is the best.
3. Hobbies are good for
4. Hobbies can earn you



Revision Test Paper - 3

(Based on chapters 7, 8 & 9)



A. Multiple Choice Questions (MCQs)

Tick (✓) the correct option.

1. Whose mother planned to take him out to the zoo ?

- (a) Ramesh (b) Rakesh
(c) Abhishek (d) Prateek

2. In which season did they visit the zoo ?

- (a) Summer (b) Rainy
(c) Winter (d) Spring

3. Who was fully prepared for the class test ?

- (a) Ashok (b) Rohit
(c) Prateek (d) All of these

4. What can be achieved by hobbies ?

- (a) Fame (b) Publicity
(c) Popularity (d) All of these

5. What represents hobby ?

- (a) Creativity (b) Laziness
(c) Both of these (d) None of these

B. Write 'T' for True and 'F' for False statements.

1. The old man was wearing torn clothes.

2. Abhishek was not happy to go to the zoo.

3. Ashok was promoted to the next class.

4. Ashok scored 7 out of 10 marks.

5. Hobbies are waste of time.



Respect Your Elders

An old man lived with his son, daughter-in-law and a seven year old grand daughter. The entire family always used to have dinner together on the dining table every night.

The old man was very weak. He was about ninety years old. His hands trembled and vision was low. Everyday he scattered his food on the bed and table while eating.

One day, the glass tumbler fell down from his weak and trembling hands and broke into pieces.

His son and daughter-in-law screamed at him, “Oh Daddy! You are so untidy and clumsy.”

One day, the daughter-in-law of the old man said to her husband, “You should make arrangements for your weak and old father. I don’t have money to buy new tumblers and dining sheets daily. Am I right ?” An idea flashed into their mind.

They thought of arranging a small table at the corner of a separate room, where old man would eat alone in isolation.

They gave their old father an old and a torn sheet. They gave wooden tumbler as it would not break on falling.





The young intelligent grand daughter kept watching his poor grandfather taking food in isolation for many days.

One day, in the evening, before the dinner time, the girl's father noticed carefully that his young daughter was busy working with a piece of wood. "What are you doing with this my dear daughter?" questioned her father. "Oh! Father this is a special gift for you. I have made some wooden bowls for you and my dear mother to have food, when you too will be very old like my grandfather."

The girl's parents were shocked and surprised. They could not utter a single word but were flooded with tears of guilt. They felt heartily that they had never shown regard and respect for their old father. They went to him humbly, held his hand and guided him back to their family table.

Now the son and daughter-in-law had changed. They started loving their father and stopped uttering a



single word to the father whether a spoon fell, or a tumbler broke or the vegetable fell. The little had child had taught her parents how we should give regard to our elders.

Moral: We should respect our elders and not neglect them due to their old age.





EXERCISE

A. Multiple Choice Questions (MCQs)

Tick (✓) the correct option.

1. One day glass fell down and broke into pieces.
(a) Bowl (b) Tumbler
(c) Jar (d) Jug
2. In the end grand daughter taught a lesson to her
(a) Parents (b) Uncles
(c) Aunties (d) Relatives
3. Son and daughter-in-law did not love their
(a) Father (b) Uncle
(c) Mother (d) Daughter
4. Age of the old man was about
(a) 70 years (b) 80 years
(c) 90 years (d) 75 years

B. Write 'T' for True and 'F' for False statements.

1. Give love to your grandparents.
2. We should help elders.
3. We should not respect our parents.
4. We should support our grandparents.

C. Answer the following questions.

1. Why were the child's parents getting irritated at her father ?
2. How did the child teach a good lesson to her parents ?
3. Where did the entire family take food ?
4. Who lived with his son, daughter-in-law and grand daughter ?



D. Fill in the blanks with correct words choosing from the box.

ninety trembled spilt wooden

1. They gave tumbler to their old father.
2. Grandfather was years old.
3. The old man's hands
4. He often food on the table.

Activity Corner

1. Write four things that you like to do with your grandparents.

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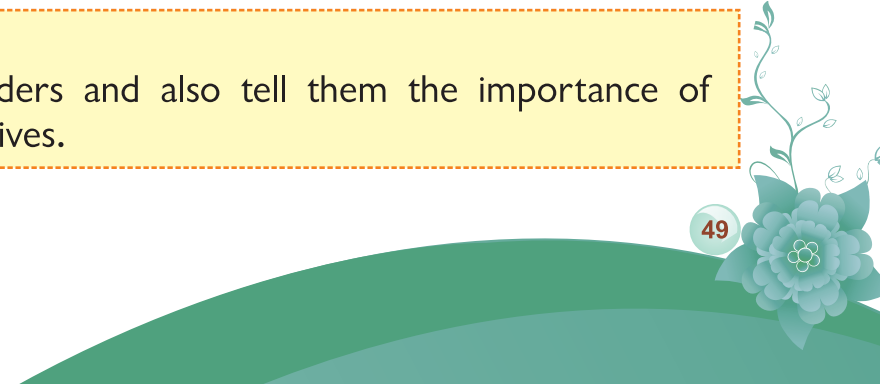
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2. What do these symbols stand for ?



TEACHER'S CORNER

Tell the students to respect their elders and also tell them the importance of grandparents and elderly people in our lives.





11

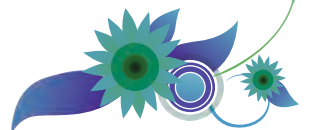
LESSON

Obedience

Sneha was very happy and in jolly mood, as her school had organised a picnic. They all were going to a forest for a nature walk. She was excited to gather flowers and fallen leaves for her science album. All her friends were also excited and cheerful to go to picnic. They were strictly asked not to pluck or touch anything in the forest. As they reached forest, they were divided into groups by their class teacher. She told them, “Kids, I am forming groups of three students each. Never leave your group. Neither run nor walk too fast here and there. You

may be lost.”

Sneha was a very good athlete. She was in the habit of doing her work quickly. She was a little taller also than the rest of the students of her group. When the students began to explore, she felt that the remaining students were walking very slow. She began to



walk a bit faster with expectation that the remaining students will also follow her easily.

In the meantime, on her way, she saw different kinds of leaves and flowers. On the way, she also spotted numerous birds etc., that she had never seen earlier. She became so enthusiastic that she began to move faster. Very soon, she was isolated from the remaining students of her group. She reached a dark place. She looked around but she did not find



any of her classmates with her.

She shouted out the names of her friends but did not get any answer. There was dead silence around her. The only sound she was hearing was the chirping of birds and rustle of leaves. Now,

she realised that she has been isolated from her group and was totally alone.

Once again, she shouted, “Help! Help! I am totally lost !” She again found dead silence around. She got afraid and started crying.

After sometime, she heard someone calling her name. It was her worried class teacher. Sneha felt delighted gave a big sigh of relief. She said, “Thank you very much Ma’am. I was too scared.”



“Now onwards, I will always obey my elders and will always stay in the group. I firmly promise I won’t try to become oversmart.” Her class teacher smiled at her and said, “My Dear, we always make rules for you as we know what is right and what is wrong for you. Now come here and join your friends. They are all waiting for you.” Sneha had now learnt a very good lesson to obey her elders.

Moral: We should avoid becoming over smart.



EXERCISE

A. Multiple Choice Questions (MCQs)

Tick (✓) the correct option.

1. Why was Sneha very happy and in jolly mood ?

(a) She was going for picnic	<input type="radio"/>
(b) She stood first in class	<input type="radio"/>
(c) She was praised by her friends	<input type="radio"/>
(d) She was first in her race	<input type="radio"/>

2. Where were they going for a picnic ?

(a) Amusement park	<input type="radio"/>	(b) Forest	<input type="radio"/>
(c) Circus	<input type="radio"/>	(d) Museum	<input type="radio"/>

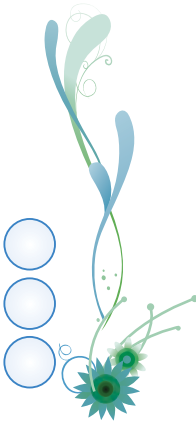
3. Sneha was a very good

(a) Writer	<input type="radio"/>	(b) Singer	<input type="radio"/>
(c) Athlete	<input type="radio"/>	(d) Dancer	<input type="radio"/>

4. What happened to Sneha in the forest ?

(a) She was isolated and lost	<input type="radio"/>
(b) She was attacked by wild animal	<input type="radio"/>
(c) She fell down from the hill	<input type="radio"/>
(d) She was scolded by her teacher for misbehaving	<input type="radio"/>





B. Write 'T' for True and 'F' for False statements.

1. Our elders guide us only for our benefits.
2. It is not necessary to follow our elder's instructions.
3. Sneha was a good dancer.

C. Answer the following questions.

1. Why was Sneha very happy and jolly in mood ?
2. What were the instructions of class teacher to the students ?
3. Why and how was Sneha separated from her group ?
4. Do you like Sneha's nature ?

D. Fill in the blanks with correct words given in the box.

fruitful good touch pluck parents elders

1. Every student was asked neither to nor anything.
2. Obeying is always and
3. We should always obey our and

Activity Corner

Have you ever met with the situation like Sneha? Write five lines about it. What was the final result ?

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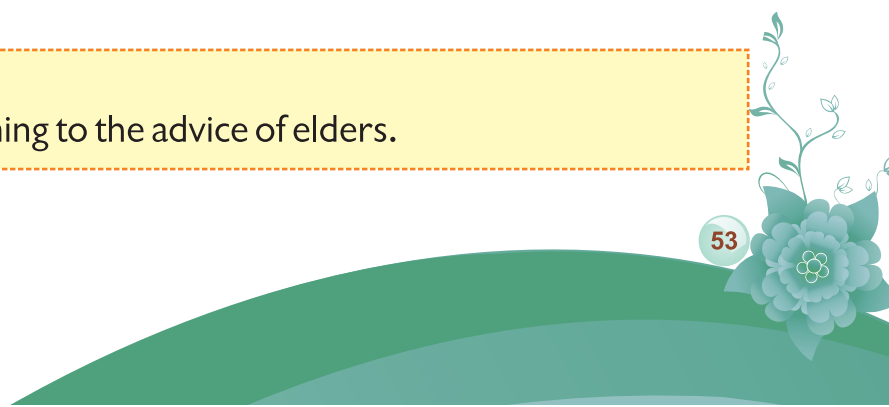
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TEACHER'S CORNER

Tell the students the importance of listening to the advice of elders.



Revision Test Paper - 4

(Based on chapters 10 & 11)

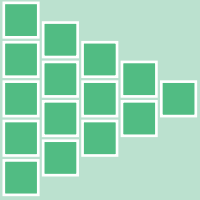
A. Multiple Choice Questions (MCQs)

Tick (✓) the correct option.

- In the end grand daughter taught a lesson to her
(a) Parents (b) Uncles
(c) Aunties (d) Relatives
- Age of the old man was about
(a) 70 years (b) 80 years
(c) 90 years (d) 75 years
- Son and daughter-in-law did not love their
(a) Father (b) Uncle
(c) Mother (d) Daughter
- Where were they going for a picnic ?
(a) Amusement Park (b) Forest
(c) Circus (d) Museum
- Sneha was a very good
(a) Writer (b) Singer
(c) Athlete (d) Dancer

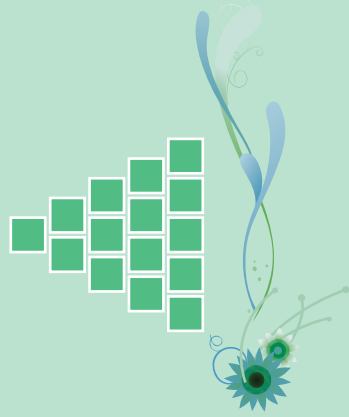
B. Write 'T' for True and 'F' for False statements.

- Give love to your younger.
- We should help elders.
- We should support our grandparents.
- Our elders guide us only for our benefits.
- Sneha was a good dancer.



Model Test Paper - 2

(Based on chapters 7 to 11)



A. Answer the following questions.

1. Where did Abhishek's mother take him ?
2. What did teacher do to Rohit and Prateek ?
3. Did Ashok's mother shout at him for scoring less ?
4. What should we keep in mind while choosing a hobby ?
5. Name four hobbies of your choice.
6. Why were child's parents irritated with her grandfather ?
7. Where did the entire family take food ?
8. How did the child teach a lesson to her parents ?

B. Fill in the blanks.

1. Abhishek enjoyed animals and birds.
2. The old man was wearing clothes.
3. Rohit and Prateek were not to the next class.
4. Ashok was for the class test.
5. Amongst of all the hobbies, habit of is the best.
6. Hobbies can earn you
7. Obeying is always and
8. We should always obey our and
9. The old man's hands
10. He often food on the table.

C. Write 5 ways in which you can help your grandparents or other elderly people.

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D. Write down the names of eminent sports players who are world famous. Also mention that sports they play.

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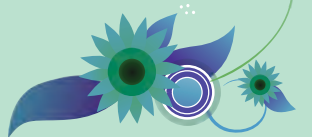
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E. What do these symbol stand for ?



Dhanurasana (Bow Pose)

Dhanurasana or Bow Pose is called so because it looks like an archer's bow. Dhanurasana provides a very good back bend.

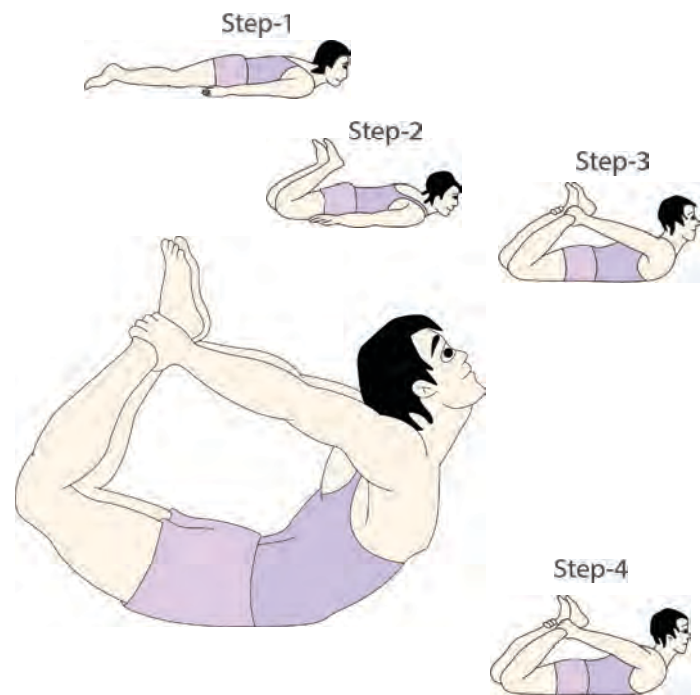
Step:-1 Lie down flat on your stomach with your hands on the side.
Relax and breathe normally.

Step:-2 Bend your knees while exhaling.

Step:-3 Take your hands backwards and your toes with your hands.

Step:-4 Raise your head and look forward. Stay in this position for about 5 to 7 seconds.

Step:-5 Then, release your toes and lie down straight comfortably.



Benefits

It helps the kids in improving their body posture and stretching their whole body.

It helps in strengthening the back muscles.

It improves digestion.



Let Us Revise

- Dhanurasana or Bow Pose is called so because it looks like an archer's bow.
- Dhanurasana provides a very good back bend.
- It helps in strengthening the back muscles.
- It improves digestion.



A. Fill in the blanks.

improving backmuscles archer's bow

1. Dhanurasana or Bow Pose is called so because it looks like an
2. It helps the kids in their body posture.
3. It helps in strengthening the

B. Write 'T' for True and 'F' for False statements.

1. Stand straight with your hands on the side.
2. Stretch your body and look backward.
3. Hold your toes with your hands.



C. Answer the following questions.

1. What is dhanurasana?
2. How is dhanurasana done?
3. What are the benefits of dhanurasana?



Vrikshasana (Tree Pose)



Vrikshasana or the tree pose. This posture resembles a firm tree structure. The name 'Vrikshasana' is derived from the Sanskrit words 'Vriksha' meaning 'Tree' and 'Asana' meaning 'Pose'. In the tree pose, the eyes remain open so that you can maintain the balance of your body. Tree pose is one of the most well-known poses in yoga.

The asana is done to stretch the spine. First this asana is started with left leg and then the pose is repeated by standing on the opposite right leg.

Breathe in and stand straight.

Keep your arms upwards.

Keep your left sole a little bit upwards, but keep your left toe on the floor.

Bend your right knee and place the right foot high up on your left thigh.

Keep the sole of the foot flat and firmly near the origin of the thigh as shown in the illustration.

Make sure that your left leg is straight.

Now look straight in front at a distant object. It will help you to maintain your balance.

Confirm that your spine is straight.

Start taking long deep breaths.





Stay in this position for 8 to 10 seconds.

Repeat this pose with the other leg.

Benefits

It helps to balance your body and broadens the chest.

It helps in strengthening your legs and hands.

It gives balance and equilibrium to your mind.

It helps in improving concentration power.



Let Us Revise

- ❁ Vrikshasana or the tree pose resembles a firm tree structure.
- ❁ The name 'Vriksasana' is derived from the Sanskrit words 'Vriksha' meaning 'Tree' and 'Asana' meaning 'Pose'.
- ❁ In the tree pose, the eyes remain open so that you can maintain the balance of your body.
- ❁ The asana is done to stretch the spine.
- ❁ It gives balance and equilibrium to your mind.
- ❁ It helps in improving concentration power.



EXERCISE



A. Fill in the blanks.

Well-known firmtree spine

1. Vrikshasana or the tree pose or posture resembles a
..... structure.
2. Tree pose is one of the most poses in yoga.
3. The vrikshasana is done to stretch the

B. Write 'T' for True and 'F' for False statements.

1. In the tree pose, the eyes remain closed so that you can maintain the balance of your body.
2. 'Vriksha' means 'Tree' and 'Asana' means 'Easy'.
3. Tree pose gives balance and equilibrium to your mind.

C. Answer the following questions.

1. What is Vrikshasana or tree pose?
2. How is tree pose done?
3. What are the benefits of Vrikshasana or tree pose?





Anjali Mudra (Salutation Seal)

Anjali Mudra or salutation seal pose in yoga is taught to kids so that they know about the spiritual or divine world. Anjali word is derived from Sanskrit '*Anj*' which means 'Divine Offering' or 'Salutation'. The word 'Mudra' means Gesture, 'Seal' or 'Sign'. Hence, it is called the 'Salutation Seal'.

In our country India, 'Anjali' means 'Offering' and is often used for the term 'Namaste'. Therefore, it is also called *Pray Position*, *Namaskar Mudra* or *Pranam Mudra*.

The anjali mudra gives ease in relaxation and meditation. It is one of the most commonly used yoga asana. This mudra can be done by any age group.

Sit on the floor crossing your legs. Cross your legs in the posture so that the sole of the right foot (bottom of the foot) is positioned at start of the left thigh as shown in the illustration.



Child Pose should be like this Adult Pose





Now breathe in normally.

When you inhale or breathe in, keep both your palms joined together.

Join your hands as if you are praying.

Keep your back straight.

Stay in this position for about a minute or more till you feel easy.

Now, first breathe in normally and then deeply.

Benefits

It relaxes your body and gives you peace of mind.

It relaxes the brain and the nervous system.

It stimulates the heart muscles.

It improves the flexibility of the arms, hands, wrists and fingers.



Let Us Revise

- Anjali Mudra or salutation seal pose helps you to know about the spiritual or divine world.
- Anjali word is derived from Sanskrit 'Anj' which means 'Divine Offering' or 'Salutation'. The word 'Mudra' means 'Seal' or 'Sign'. Hence, it is called the 'Salutation Seal'.
- In our country India, 'Anjali' means 'Offering' and is often used for the term 'Namaste'. Therefore, it is also called Pray Position, Namaskar Mudra or Pranam Mudra.
- The anjali mudra gives ease in relaxation and meditation.
- It relaxes the brain and the nervous system.
- It stimulates the heart muscles.
- It improves the flexibility of the arms, hands, wrists and fingers.





EXERCISE



A. Fill in the blanks.

divine spiritual Anjali

1. Anjali mudra or salutation seal pose in yoga helps to know about the or world.
2. The mudra gives ease in relaxation and meditation.
3. In our country India, means and is often used for the term

B. Write 'T' for True and 'F' for False statements.

1. Anjali word is derived from Sanskrit 'Anj' which means 'Divine Offering' or 'Salutation'.
2. The anjali mudra is not commonly used as a yoga asana.
3. It improves the flexibility of the arms, hands, wrists and fingers.

C. Answer the following questions.

1. What is anjali mudra or salutation seal pose in yoga?
2. Why is it called salutation seal?
3. How is anjali mudra or salutation seal done?
4. What are the benefits of anjali mudra or salutation seal?