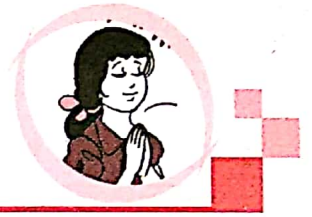


CONTENTS

Lesson	Relationship	Value	Page
1. A Prayer	Child & God	Devotion	5
2. Footprints In the Sand	Child & God	Devotion	7
3. Face the Problems	Child & Himself	Courage	9
4. Heaven and Hell	Child & Himself	Discrimination	11
5. Qualities of a Leader	Child & Himself	Leadership	14
6. Dare to Dream	Child & Himself	Self-expression	18
7. Ambition	Child & Himself	Self-expression	22
8. Together We Shall Triumph	Child & Family	Family Bonding	25
9. Parable of the Pencil	Child & Himself	Self Awareness	28
10. Humility	Child & School	Humility	31
11. Being Responsible	Child & School	Responsibility	34
12. Compassion for the Needy	Child & Society	Kindness	36
13. Think Before You Speak	Child & Society	Self-expression	39
14. Story of Two Friends	Child & Friends	Discrimination	41
15. Colours of A Rainbow	Child & World	Appreciation	43
16. Love for One's Country	Child & Country	Patriotism	46
17. Saving Animals	Child & Animals	Humanity	48
18. Famous Personalities	Child & Icons	Perseverance	51
19. Learning Life Skills	Child & Future	Abillties	55
● Peace Gallery			63
● Suggestion for Parents			65

1

A PRAYER



Rabindranath Tagore was the first Indian to win the Nobel Prize. He got the Nobel Prize for his book *Gitanjali*. In the prayer given below, the poet has asked God not to remove difficulties from his life but to give him the strength to face all difficulties.



*This is my prayer to thee, my lord strike, strike
At the root of penury in my heart.
Give me the strength lightly to bear my joys and sorrows.
Give me the strength to make my love fruitful in service.
Give me the strength never to disown the poor or
Bend my knees before insolent might.
Give me the strength to raise my
Mind high above daily trifles.*

*And give me the strength to surrender
My strength to thy will with love.*

— Rabindranath Tagore

1. Thee – you 2. penury – poverty 3. insolent – extremely rude
4. trifles = unimportant things 5. thy – yours

THOUGHT OF THE DAY

Prayer changes things by changing people.

- Ernest G. Sangster



**Think And
Answer**

Answer these Questions :

1. Do you pray to God to give you the strength to face difficulties?
2. The poet wants five kinds of strengths write them down in your own words.



Let's Do

Study this statement on Peace and try to understand the true meaning of Peace.

"Peace comes through love, understanding of our fellow men, and faith. Peace does not include selfishness or indifference. Peace is never wrapped at a counter for a price. It is earned by giving of ourselves. Our own earned peace will ignite peace in our family, in our community, city, state, country and flow over the entire world.

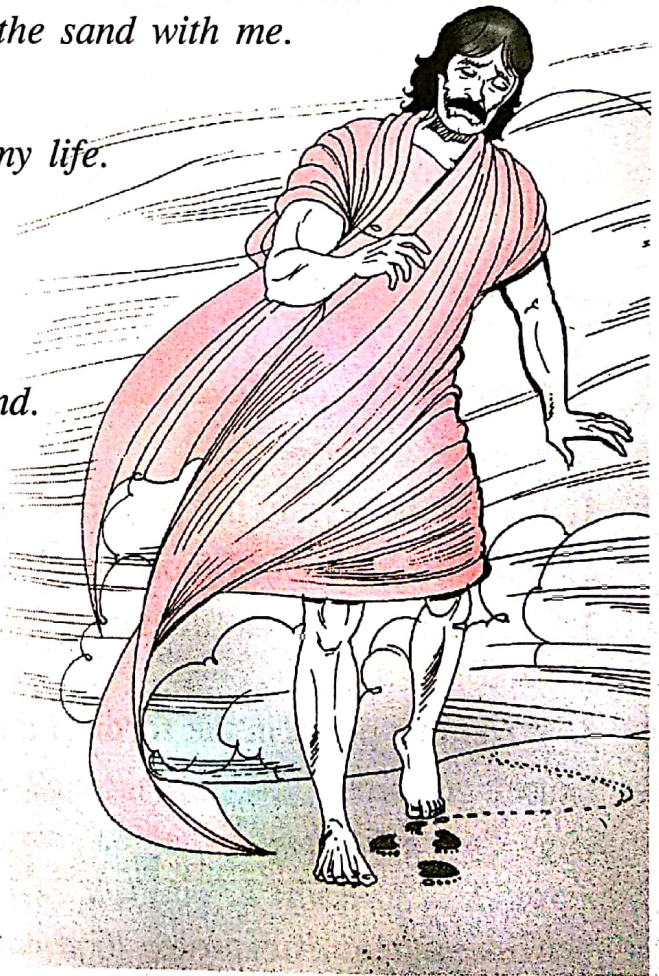
If we have no peace, within ourselves, it is in vain to seek it from outside sources."

— La Rochefoucauld



There are times when we feel that God has forsaken us. But this is not true. God is always with us whether it is sunshine or rain. Read this poem and find out how the poet questions God's presence and how God clarifies his doubts.

*One night I had a dream
I dreamed that I was walking along the beach with the Lord.
And across the sky flashed scenes from my life
For each scene I noticed two sets of footprints in the sand
One set belonged to me and the other to the Lord.
When the last scene of my life flashed before my eyes
I looked back at the footprints in the sand.
There was only one set of footprints in the sand with me.
I often noticed that it happened,
At the very lowest and saddest time in my life.
This really bothered me,
So I questioned the Lord about it.
One set of footprints in the sand
But you promised me you'd hold my hand.
Tell me why in the troubled time
I look back and only find
One set of footprints in the sand.
Lord, you said that once
I decided to follow You
You would walk with me all the way.
But I've noticed that during the most
troublesome times in my life,
There is only one set of footprints.*



*I don't understand why in times when I needed You most
You should leave me.*

And the Lord replied,

"My precious, precious child, I love you,

And I would never, never leave you,

During the times of trial and suffering

When you saw only one set of footprints in the sand

It was then that I was carrying You."

One set of footprints in the sand

Oh yes, at last I understand

Through every thought you carried me

Now I praise the Lord each time I see

One set of footprints in the sand

One set of footprints in the sand.

THOUGHT OF THE DAY

God will never forsake us even if everyone else forsakes us.



**Think AND
Answer**

Answer these questions :

1. Do you believe in the power of prayer?
2. What do 'one set of foot prints' stand for?
3. At what time in his life did the poet find 'only one set of foot prints in the sand'.
4. Write this poem in the form of a story.



Let's Have Fun

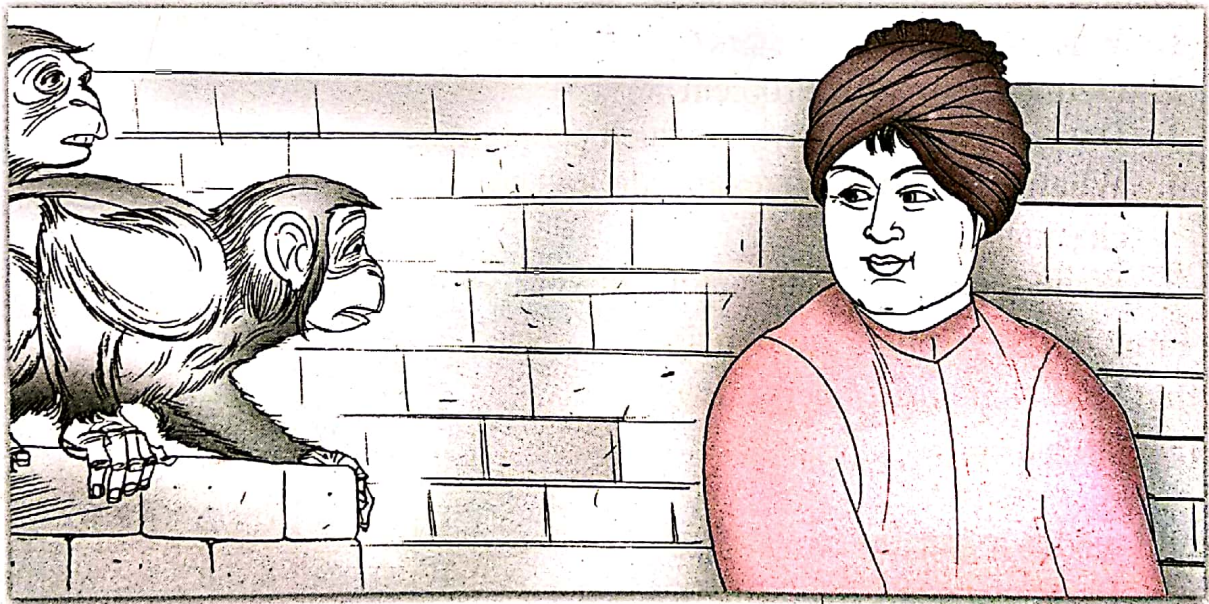
Make a beautiful poster of this poem and hang it in your room.



"The only thing we have to fear is fear itself."

During the course of our life, we have to face many problems. Instead of facing problems, some people just sit and bewail their lot. Some people run here and there, and try to get advice from all quarters — the result is they get so confused! But there are some people who just look boldly into the problems, think calmly and patiently, and try to find a solution. These are the people, who come out winners!

Let's read this story of great Swami Vivekananda — a true role model for the youth of India.



Once Swami Vivekananda had gone to Banaras. He was returning from a visit to the temple. The lane he took was narrow. There was a wall on one side, and on the other side was a large tank. As he was walking, a troop of monkeys started coming towards him. They ran after him and were about to pounce on him.

Swami Vivekananda began to run. The monkeys chased him. Suddenly, a voice came, "Face the brutes." Swami Vivekananda saw that an old man was standing far off and it was his voice that he had heard. Swamiji turned back and faced the menacing monkeys. He stared at them boldly and the monkeys ran away.

After a few days, Swami Vivekananda went to the U.S.A. Speaking to the people there, he told them about this incident and said, "This is the lesson for all— in life face the trouble, face it boldly. Like the monkeys, the hardships of life fallback when we cease to flee before them. If we are ever to gain freedom, it must be by conquering nature, never by running away. Cowards never win victories. We have to fight fear and troubles, and ignorance if we expect them to flee before us."

THOUGHT OF THE DAY

Difficulties test us as gold is tested in fire.



**Think AND
Answer**

A. Answer these questions :

1. Who are the real winners?
2. Define the word, 'Problem'.
3. Describe the two ways in which people react to problems.
4. What was Swami Vivekananda told to do when the monkeys were chasing him?
5. Write the moral of this story in your own words.

B. Find out six words hidden in this grid that have been taken from this lesson.

A	V	H	P	G	U	Q	S	I
W	I	N	N	E	R	O	O	J
F	C	O	W	A	R	D	L	T
E	T	B	C	D	R	K	U	S
M	O	N	K	E	Y	W	T	X
B	R	U	T	E	S	Z	I	Y
O	Y	N	A	L	B	M	O	C
J	K	D	N	A	H	R	N	W
E	L	F	M	G	N	H	A	I



There are some days when we feel low, we feel as if we are living in hell. And there are some days when we feel we are living in heaven.

What is the reason for these feelings?

The reason is our attitude towards things.

Our positive attitude makes us feel we are in heaven, even though things may be going against us. A positive attitude is one of the greatest blessings in life.



A person with positive attitude knows that every cloud has a silver lining. He knows that every suffering or problem has some hidden lesson in it. He feels that suffering is a blessing in disguise. His positive attitude makes his life a heaven.

Here is a story of a Samurai who wanted to know the difference between hell and heaven.



Samurais were warriors who used to live in Japan. They were a brave class and always used to carry swords. A Samurai went to a monk and asked him, "What is heaven and what is hell?"

The monk looked at him and said, "What a foolish question? I will not waste my time in answering such questions."

Hearing the monk's answer, the Samurai's hand straightaway went to his sword. His face went red with anger, and he took out the sword from his scabbard. As he lifted his sword, he saw that the monk was smiling. The Samurai was taken aback. He asked the monk, "How dare you smile?"

The monk said, "You were asking me about hell and heaven. Here's the answer. The moment you felt anger and took out your sword, you were in hell."

The Samurai, hearing his answer, started smiling too and kept the sword back in his scabbard. Now the monk said, "Son, now you are smiling. This is heaven. I am extremely sorry that I spoke so rudely to you, when you first asked me the question, my intention was to answer your question and not to humiliate you in any way."

The Samurai was very pleased to hear this and said, "Master, you have opened my eyes. I have now learnt that heaven or hell are a condition of our mind. If we control our mind, we can create a heaven right within us."

THOUGHT OF THE DAY

Mind in its own place can make hell of heaven and heaven of hell.

– John Milton



**Think And
Answer**

A. Answer these questions :

1. Who were the Samurais?
2. Explain the proverb, 'Every cloud has a silver lining', in your own words.
3. What are the advantages of being optimistic or having a positive attitude?

4. How did the monk make the Samurai understand the difference between hell and heaven?

B. Unscramble the jumbled up words with the help of clues.

1. LEHL

Clue : A bad condition of our mind.

2. EEHAVN

Clue : A person with a controlled mind can create it within himself.

3. FUSFRENIG

Clue : It's a blessing in disguise.



Let's Have Fun

Make the picture of a Samurai.

Anecdote

Abraham Lincoln made friends in a very unusual way. He once spoke kind words about his political opponents. A woman asked him how he could speak kindly of his enemies when he should rather destroy them.

"But, madam," Lincoln replied, "do not I destroy them when I make them my friends?"



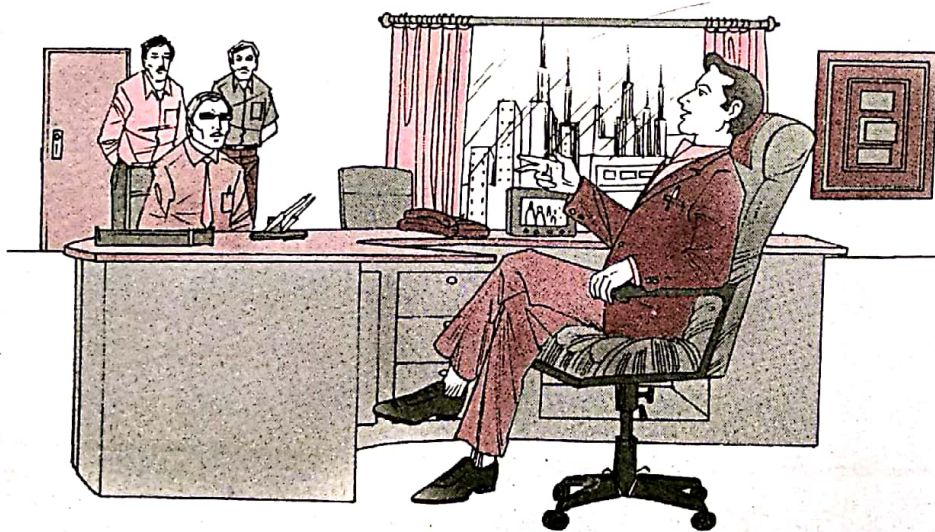
5

QUALITIES OF A LEADER



According to Napoleon Hill, a leader has the following qualities :

- Self-control
- Unwavering courage
- A pleasing personality
- A keen sense of justice
- Definiteness of plans
- Definiteness of decisions
- Willingness to assume full responsibility
- Sympathy and understanding
- Mastery of details



Here are a few sentences describing the nature of a some people. Read them carefully and write 'L' against the people who can be leaders and 'No' against the people who cannot be leaders.

- Aman listens carefully and patiently.

- Ram makes hasty decisions.

- Radha speaks clearly, gives instructions intelligently and makes sure that everybody has understood.

- Seema forgives others for their mistakes and gives them a chance to improve.

- Rajan remains calm even in times of stress and difficulties.

- Ranjit always hesitates while taking any decision.

- Rajnish has a pleasing personality. He is also a hard worker.

- Smriti likes to take responsibility.

- Ruby encourages sharing of knowledge and information.

- Kavita is a bold and courageous girl. She does not lose her cool in trying circumstances.

- Anju does not impose her likes and dislikes on others. She enjoys her freedom and also respects other people's freedom. She readily gives up her freedom to serve a better cause.

- Nisha has low esteem because of her looks. She feels shy in public and is not able to express herself properly.

- Ashu loses temper easily. He is also very rude.

THOUGHT OF THE DAY

Leadership is action, not position. It is an art of getting others want to do something you are convinced should be done.



Think And Answer

Answer these questions :

1. Which quality, according to you, a leader must have? Why?
2. Which quality is the most difficult one to acquire?
3. Name the quality you wish you had or want to possess.

4. Do you have the qualities of a leader?

Make pairs and let your friend point out your strengths and weaknesses.

Now you tell your friend his/her strengths and weaknesses.



Paste the picture/photograph of your favourite leader.

Anecdote

Paderewski, the famous pianist, used to say, "I can trustfully say that if I neglect my practice for one day, I can see the difference; if I neglect for two days my audience discovers it, and if I neglect my practice for three days, the whole world knows it."

6

DARE TO DREAM

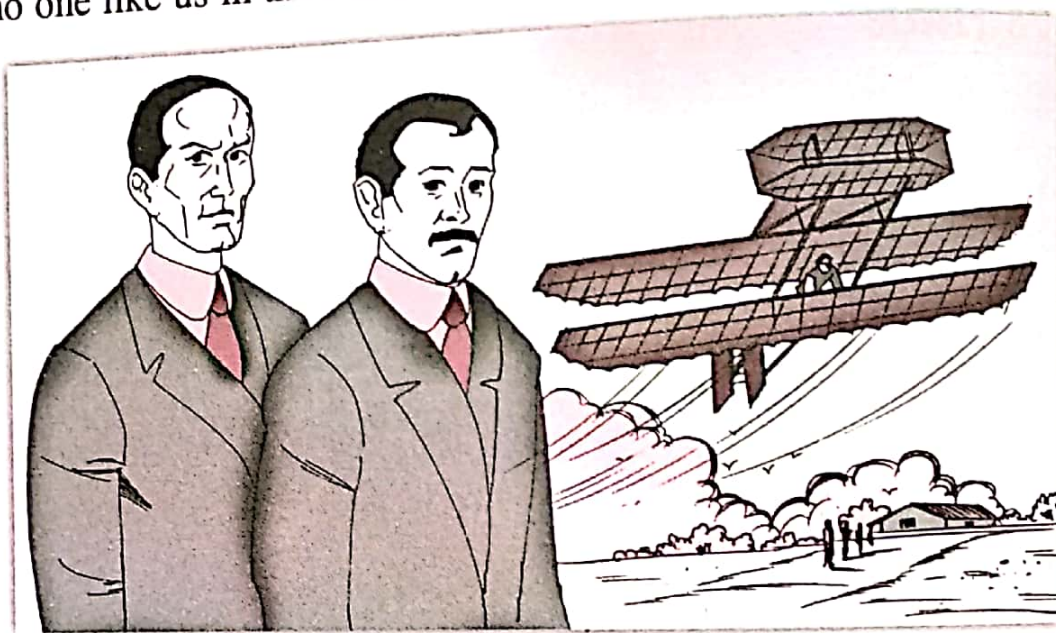


We are often discouraged by others not to dream. People say dreamers are lost in their own world and don't do anything worthwhile. They are right but to a certain extent only. A person who only dreams and does not do anything to fulfil them, will be called a failure in life.

Many great persons dared to dream and in the process made many inventions and discoveries. Every noteworthy achievement which became a reality started in somebody's imagination.

Many great people have gained their success not by chance, luck or inheritance, rather they became great by taking up the **challenge** to become the person they dreamt of being.

It is said, "We are all born originals but we die copies." All of us are unique. There is no one like us in the whole world.



Read the life-stories of great persons and you will find that they had a dream and they turned it into a reality. When Wright Brothers thought of a machine that could fly, people made fun of them and said it was impossible. But Wright Brothers did not give up. Eventually, they invented the aeroplane. Today the whole world salutes them.

Making it to the top is not an easy task. There are many stresses and challenges that one has to face. Many people give up if there is some difficulty. But there are a few who never give up. They are the ones who become great leaders, artists, scientists, inventors, etc.

Many of us lead unremarkable lives because we dare not dream. We are satisfied with mediocrity. We don't want to make the effort to achieve great things. We leave everything to fate and then cry that God has been unjust to us!

Shakespeare has rightly said, "The fault, my dear, lies not in our stars but in ourselves."

Do you know Abraham Lincoln (who became the President of the USA) had to face so many obstacles on his way to becoming the President? His profile is as follows :

Age 22, failed in business

Age 23, contested for legislature and was defeated

Age 24, elected to legislature

Age 27, had a nervous breakdown

Age 29, lost in an election for Speaker

Age 34, lost in the election to the Congress

Age 37, elected to the Congress

Age 39, lost in the election to the Congress

Age 46, lost in the election to the Senate

Age 47, lost in the election of Vice-President

Age 49, lost in the election to the Senate

Age 51, elected President of the United States of America.

Abraham Lincoln was not discouraged by his failures. He dreamt of abolishing slavery in the United States and was successful in doing so.

THOUGHT OF THE DAY

Let us learn to dream but with our eyes open.



Think And
Answer _____

A. Answer these questions :

1. Who were the Wright Brothers and what did they invent?
2. What do you learn from the life of Abraham Lincoln?
3. Have you faced any obstacle in your school life? If yes, narrate the incident in the class and say how you overcame it.
4. Do you have any dream that you want to fulfil?

B. Learn this poem.

*A dream is a seed
The seed of a tree
A tree full of life
And the things you can be
Your dreams are the windows
Through which you can see
A hint of your future
And the things you will be
Each night when you sleep
You are feeding the seed
The seed of the tree
Of who you will be.*





Let's Have Fun

Some of your dreams could be

- Coming first in a race.
- Coming first in the class
- Winning a sports competition.
- Learning to do certain things in the arts or crafts class.

Are there any more of them?

Write them in the space given below :

Quotes :

- "Dream as if you will live forever; live as if you'll die today."
- "You see things and say, Why? But I dream things that never were and I say, Why not?"
- "Dreams are like stars ----- you may never touch them but if you follow them, they will lead you to your destiny."



Pearl Bailey has said, "A man without ambition is dead."

Everybody has certain dreams which he or she wants to fulfil. The strong desire to achieve something is ambition. For achieving your ambition, you need to keep your eyes on the goal.

Florence Chadwick was a great swimmer who had conquered the English Channel. She was on her way to becoming the first woman to swim across the Catalina Channel. There was intense fog, bone-chilling cold and sharks in the water yet she was fighting against all odds. She was striving to reach the shore but she could not see anything except the dense fog and so she gave up. She was bitterly disappointed when she came to know that she was only half a mile away from the coast when she quit. She quit only because her goal was not in sight. Two months later, she swam across the Catalina Channel.



Kalpana Chawla

In spite of the bad weather, she achieved her goal and beat the men's record by two hours. It was possible for her the second time because her goal was set; she knew her destination. That's why she could do it.

Kalpana Chawla had a strong desire to travel beyond the horizons, to fly into the heavens and touch the stars some day. She made this desire the ambition of her life and became the first Indian woman to go in space.

Kalpana Chawla was born in 1961 in a traditional middle-class family in Karnal. She was the youngest of four children. From the very childhood, sketching and painting airplanes was her passion instead of dressing up dolls. Her brother Sanjay

was her mentor throughout her journey as both of them shared the same dream and vision — To fly in the skies.

After graduating from the Tagore School, Karnal in 1976, she decided to do a Bachelor's Degree from Punjab University in Chandigarh. She was the only girl in the aeronautics batch. Her family initially resisted her decision but they also knew that she was a determined person and nothing would stop her. She did her Masters in Science in aerospace engineering from University of Texas, 1984 and Ph.D. in aerospace engineering from University of Colorado in 1988.

In 1994, she was selected by the NASA from among 4000 applicants for its astronaut programme. After three years of her selection by the NASA, she became the first India-born woman in space and her dream was fulfilled. She was appointed a mission specialist and prime robotic arm operator in Columbia.

At the age of 35, her career graph had reached its peak. She was among the seven-member crew on Columbia which spent 16 days in orbit studying the effects of micro gravity on a variety of materials, focusing on how metal and crystals solidify when removed from the distorting effects of gravity.

Her second flight as a mission specialist on Columbia was a moment of joy for all Indians. Her return was eagerly awaited but fate had some other plans. When the spaceship was just 16 minutes away from the earth it exploded in the atmosphere. She along with the other crew members died.

She will always be a source of inspiration to young men and women.

THOUGHT OF THE DAY

Keep your eye on the goal, you will certainly be a winner.



**Think And
Answer**

A. Answer the following questions :

1. What is your ambition in life?

2. Who was Florence Chadwick?
3. Why do you think she failed in her first attempt but succeeded in her second?
4. When did Kalpana Chawla's career reached its peak? What did she achieve?
5. Why was her second mission in space a joy for Indians?
6. In what way does the story of Kalpana Chawla inspire you?

B. Rearrange the jumbled up words with the help of the clues given.

1. IMAIBTNO

Clue : It inflames our minds.

2. LFRONEEC HCDAIWKC

Clue : First woman to swim the Catalina Channel.

3. AKPLNAA HCWAAL

Clue : First Indian woman to go into space.



Let's Have Fun

Make a model of a spacecraft using thermocole.

Anecdote

Three people were laying bricks. A passerby asked them what they were doing. The first one replied, "Don't you see I am making a living?" The second one said, "Don't you see I am laying bricks?" The third one said, "I am building a beautiful monument." These people were doing the same thing but their replies were totally different.

8

TOGETHER WE SHALL TRIUMPH

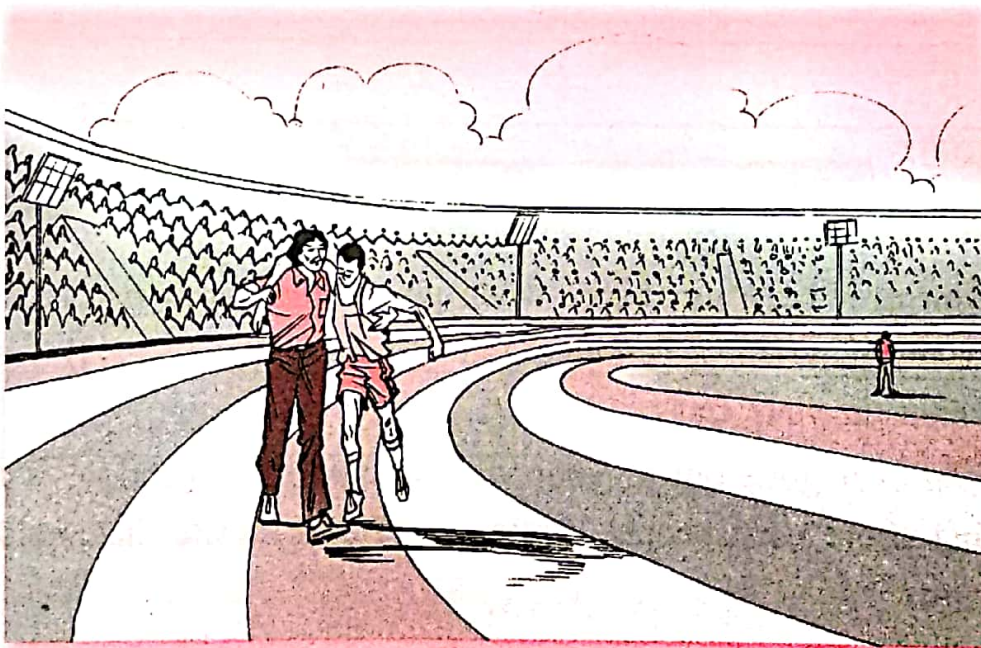


There are moments when we feel totally lost. At such a time, if somebody encourages us, our drooping spirits are revived. We take a new heart and can face any challenge. The incident narrated below is about a sprinter who due to an injury could not finish his race, but his father encouraged him to do it.

Here is an incident that took place in the Barcelona Olympics in 1992. The event was men's 100 metre race.

Derek Redmond was one of the contenders in this race.

All the contenders were full of zest and ran with all their might, the race of their lives before thousands of people. Suddenly tragedy struck him, Derek's hamstring was torn and he cried out with pain. Derek's chances of winning a medal vanished into thin air. The pain was so acute that completing the race was a task next to impossible for him.



All the contenders were at the finish line and a crowd of officials applauded the sprinters. Derek was left alone on the race track. He was very upset. Just then, a wonderful thing happened.

Derek's father, Jim Redmond, ran over to the place of injury. He put his arms around his son, giving him emotional as well as physical support, and both made their way to the finish line.

Derek was encouraged by his father's golden words which he heard while in immense pain :

"We are going to finish the race together." He did not bother that thousands of eyes were watching them.

Derek's condition was awful but they both somehow managed to reach the finish line. To Derek, this moment was far greater than being awarded a medal.

THOUGHT OF THE DAY

We human beings are not so great that we would never need anybody to lean on. When we support each other in times of need, we empower each other to complete a journey which otherwise would seem impossible to finish.



Think And Answer

Answer these questions :

1. Have you ever been in trouble when you needed your parents' help and support and they lent a helping hand to you at that time? If yes, narrate the incident in your class.
2. Have you ever gone out of your way to support somebody, without bothering about what people would say? If yes, write that incident in your own words.
3. Try to create a story of your own where the main character helps somebody in desperate need of help.



Let's Have Fun

Write down the following prayer on a chart paper and paste it in your room. Read it everyday and thank God for having given you a family.

I belong to a family

God loves me and cares for me through whom we love and care for each other,

God our father is with us.

I believe, God my Father, loves me

Cares for me through my family.

Write your favourite prayer here.

Anecdote

A boy was drowning in a river. He shouted for help. A man passing by jumped into the river and saved the boy's life. As the man was leaving, the boy said, "Thank you for saving my life." The man looked into the boy's eyes and said, "Son, make sure when you grow up that your life was worth saving."

9

PARABLE OF THE PENCIL



The pencil maker before packing a pencil said to it, "There are five things you need to know before I send you out into the world. Always remember them and never forget, and you will become the best pencil."

One : You will be able to do many great things, but only if you allow yourself to be held in someone's hand.'

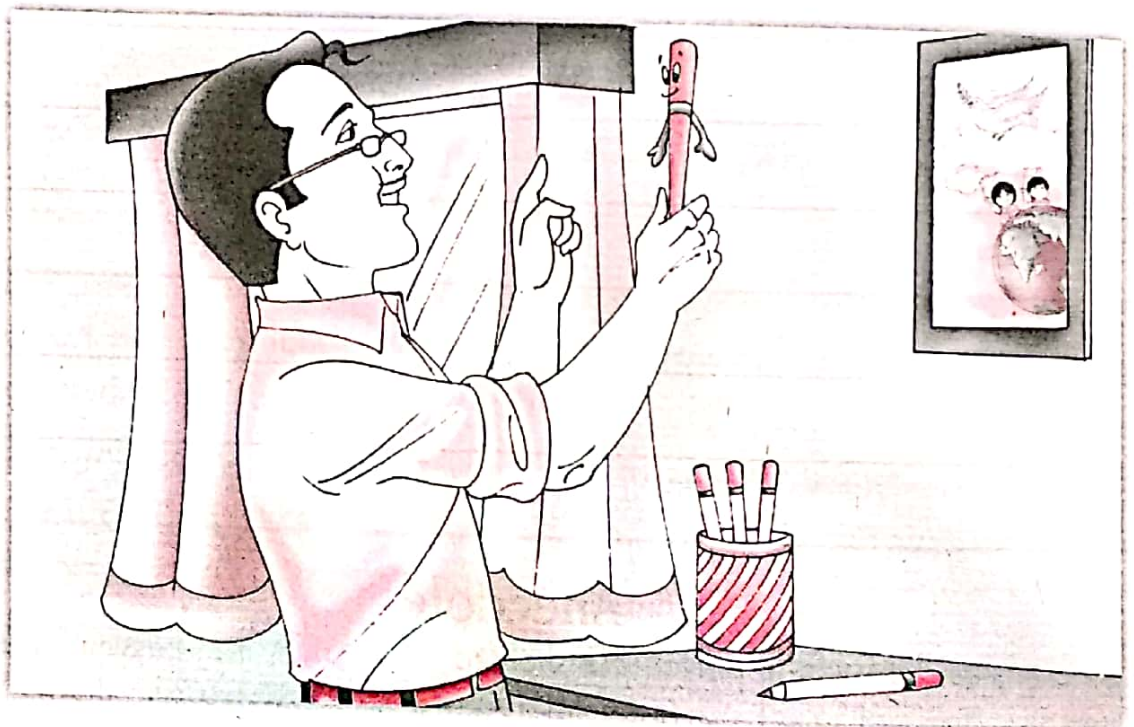
Two : You will experience a painful sharpening from time to time, but you'll need it to become a better pencil.

Three : You will be able to correct any mistakes you might make.

Four : The most important part of you will always be what's inside.

And Five : On every surface you are used on, you must leave your mark. No matter what the condition, you must continue to write.

The pencil understood and promised to remember, and went into the box with a purpose in its heart.



Now apply these things in your life and you will become a better human being.

One : You will be able do many great things, but only if you allow yourself to be held in God's hand.

Two : You will experience a painful sharpening from time to time, by going through various problems in life, but you'll need them to become a stronger person.

Three : You will be able to correct any mistakes you might make.

Four : The most important part of you will always be what's inside.

And Five : On every surface you walk through, you must leave your mark. No matter what the situation, you must continue to do your duties.

Let this parable of the pencil encourage you to know that you are a special person and only you can fulfil the purpose which you were born to accomplish.



THOUGHT OF THE DAY

Just as gold is tested by fire, in the same way a great man is tested by difficulties.



**Think And
Answer** _____

A. Answer the following questions :

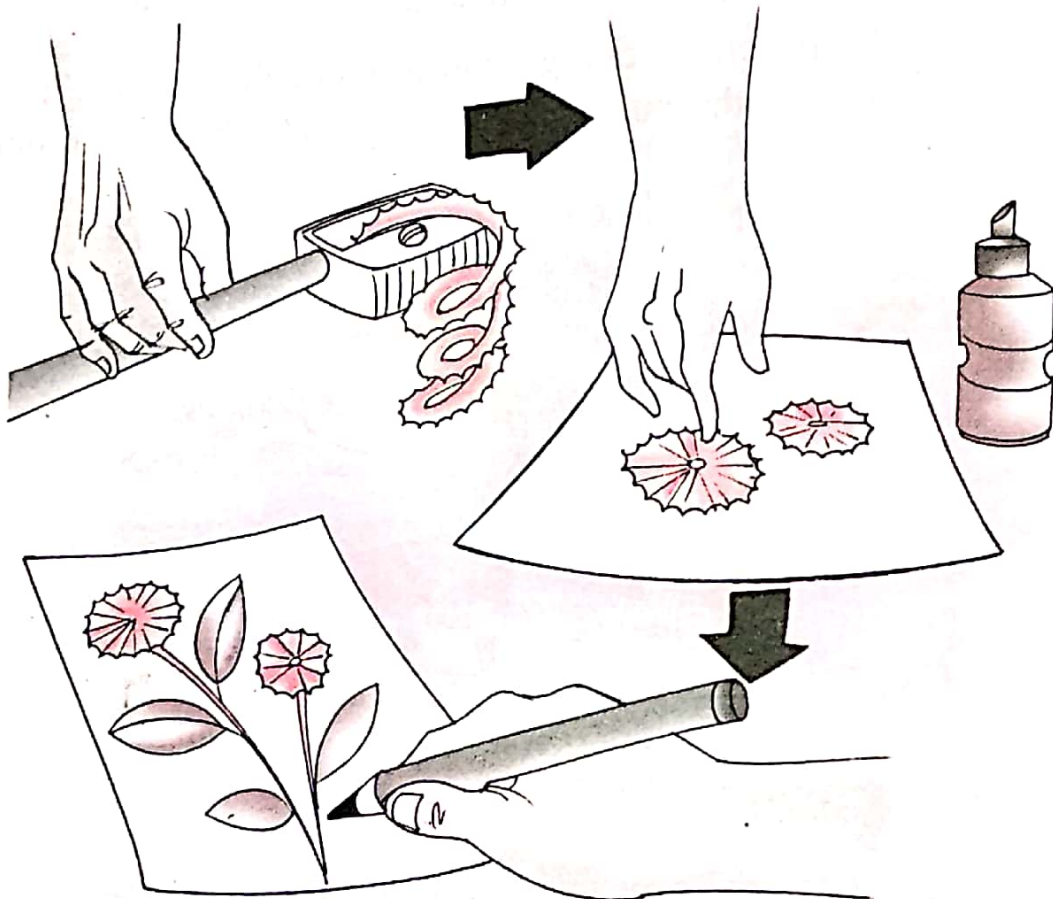
1. What were the five things that the pencil maker asked the pencil to remember?

2. Does pain make a person stronger? What are your views?
3. What is a parable? What do you learn from this parable?
4. Explain in your own words, 'You will do great things if you allow yourself to be held in God's hands.'



Let's Have Fun

Use shavings of a pencil to make a flower.



Anecdote

There lived a woman in a city. A man used to pass by her house everyday and teach people to do good things and believe in God. The woman hated him and everyday threw garbage on him. The man never protested. One day as he passed by that lane nobody threw garbage on him. He went inside the woman's house and found her down with high fever. The man took her to the doctor and looked after her till she was all right. The woman felt ashamed and asked for his forgiveness.



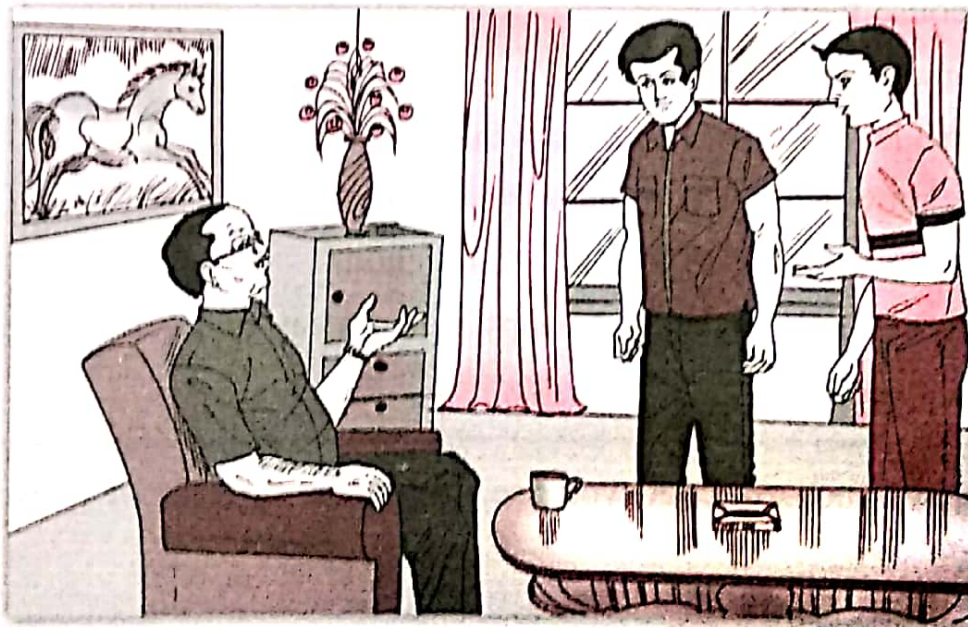
There's a Sanskrit *shloka* which says 'Vidya dadati vinayam' which means knowledge leads to humility. As a tree laden with fruits bows down, similarly a person having true knowledge becomes humble.

In the story given below, you will learn what true education is. Read it and apply the teachings in your life.

Mr. Malik had sent his two sons Rajnish and Rohan abroad for further studies after they had finished their graduation.

After a few years when both of them returned, Mr. Malik wanted to test how much they had learnt.

One day, Mr. Malik called them both and asked Rohan, "What did you learn in all these years?"



Rohan replied, "Father, it would not be possible for me to tell you all that I have learnt. I have indeed acquired a lot of knowledge about the world around me. My knowledge is truly vast. You should be proud that your son is so well educated."

Mr. Malik was somehow not convinced with the words of his arrogant son. He then turned towards Rajnish and asked him the same question.

Rajnish kept silent.

His father repeated his question. Then Rajnish replied, "Father, I have learnt a lot. Every time I learnt something new, I felt that there was so much more that I had to learn. Today, when I look back, I feel it is impossible for me to say that I have learnt this or that. There is so much more that I have yet to learn."

Mr. Malik was overjoyed to hear Rajnish's answer. He said, "Son, you have not wasted all these years. You have become a truly learned man as true humility is the hallmark of a truly educated person."

Did You Know?

A professor in Chicago is reported to have given a test to his pupils which is as follows. He told them they were not really educated unless they could say **yes** to all the questions given in this test.

1. Has your education given you sympathy with all good causes and made you espouse them?
2. Has it made you public-spirited?
3. Has it made you a friend to the weak?
4. Do you know what it is to be a friend yourself?
5. Do you see anything to love in a little child?
6. Can you be high-minded and happy in the mean drudgeries of life?
7. Do you love God?

Find out how much educated you are. Count the number of questions that you can answer yes.

THOUGHT OF THE DAY

Knowledge leads to humility.



Think And Answer

A. Answer the following questions :

1. Why did Mr. Malik sent his sons, Rohan and Rajnish, abroad?
2. When asked by Mr. Malik what he had learnt in all those years, what was Rohan's reply?
3. Why was Mr. Malik not happy with the reply?
4. What did Rajnish say when asked by Mr. Malik what he had learnt in all those years?
5. What was Mr. Malik's reaction to Rajnish's reply?

B. What do you learn at school?

Separate the following phrases into two columns given below :

learn to build up character; learn to be jealous; learn to be humble;
learn dignity of labour; learn to criticise; learn to become self-centred;
learn to be arrogant; learn orderliness; learn to be happy and joyous;
learn to be responsible

S.No.	Column 1	Column 2
	Things you learn at school	Things you don't learn at school

C. What according to you is true education? Write in your own words.

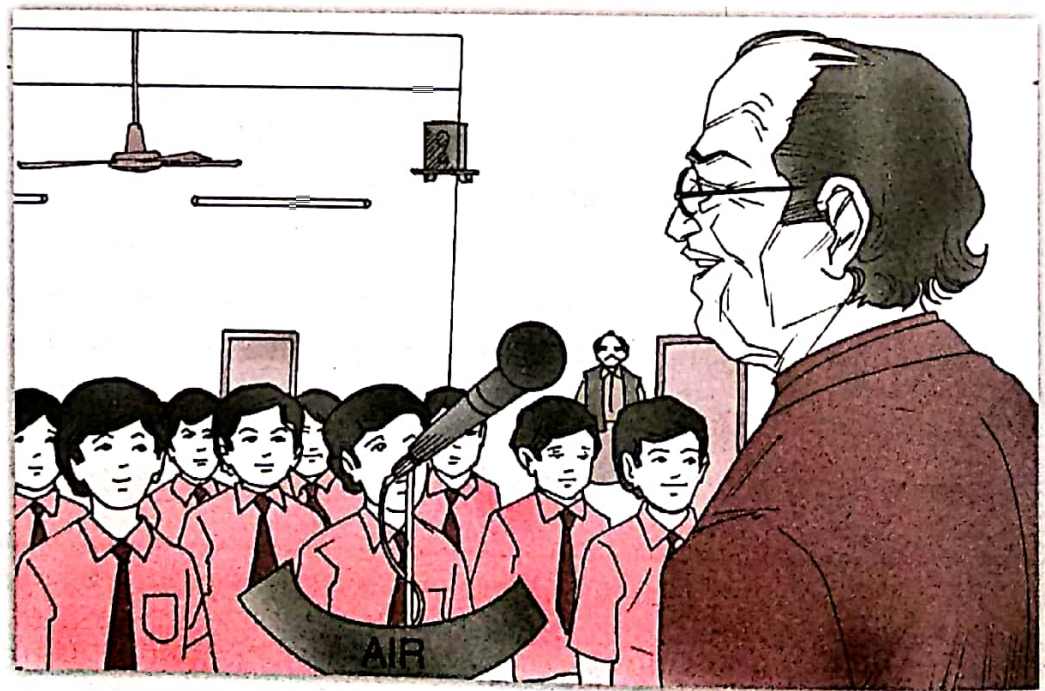
D. Have you read an autobiography/biography of any great person? If so, what did you learn from that?



Do you blame others for your shortcomings? Whenever your parents or teachers give you any job or duty, do you pass it on to someone else or do it yourself?

Here is a story of schoolchildren who had the habit of passing on their duties to others. The teachers of the school were upset with their behaviour. The teachers tried hard to improve their behaviour but were not able to get the message across to the students so they approached the Principal for help. The Principal heard their complaint and said, "Tomorrow I will talk to the children during the assembly."

The next morning after the prayer was over, the Principal stepped on the stage. He held the mike in his hand and said, "Children, today I am going to tell you a story about Everybody, Somebody, Anybody and Nobody. I hope you all will try to comprehend the moral behind this story and apply it in your lives."



"There were four people called **Everybody**, **Somebody**, **Anybody** and **Nobody**. There was an important job to be done and **Everybody** was sure that **Somebody** would do it. **Anybody** could have done it but **Nobody** did it. **Somebody** got angry because it was **Everybody's** job. **Everybody** thought **Anybody** could do it but **Nobody** realised that **Everybody** would not do it. It ended up with **Everybody** blaming **Somebody** when **Nobody** did what **Anybody** could have done."

The schoolchildren understood what the Principal was saying. They decided not to pass on their duties to others.

THOUGHT OF THE DAY

Whatever your hand findeth to do, do it with all thy might.

— The Bible



Think And
Answer _____

A. Answer the following questions :

1. Which behaviour of the school children upset their teachers?
2. Whom did they approach for help?
3. After the Principal heard their complaint, what did he say?

B. What would you do if you were given some duty by your teachers?

- (a) You will do it with all your might.
- (b) You will pass it on to somebody else.
- (c) You will do it but unwillingly.

C. Explain the last sentence of the story ____ "It ended up ..." in your own words. "What do you learn from it?"

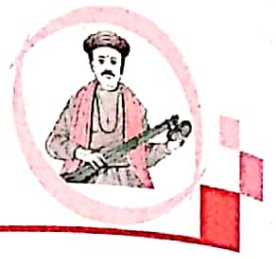


Let's Have Fun

Make a dustbin out of waste material for your school.

Take a large tin or empty box. Stick fluorescent sheet on it. With the help of a marker, write — USE ME on it and keep it in a place convenient for everyone.

12

COMPASSION FOR
THE NEEDY

India has produced many great men and women. Sant Tukaram of Maharashtra was one such person. He was a saint of the highest order. He felt that the best way we can serve God is to help the poor and the needy. In recent times, Swami Vivekananda too laid great emphasis on serving the poor and the needy. He used to say, '*Nar Sewa is Narayan Sewa*', that is, serving humankind is worship of God.

Let us read an incident from the life of Sant Tukaram.

Sant Tukaram lived in a village called Dehu. He was an honest and sincere grocer. He sold good stuff at very reasonable prices. He had a great compassion for the poor and needy people. But this virtue became his weakness.

The villagers took full advantage of Tukaram's compassionate nature. Every day, someone or the other came to him, told him a long story of his misfortune and sorrow. Tukaram's heart melted and he lent them money which they never bothered to return. Some villagers took away goods from his shop on credit and never paid him back. The villagers exploited his generosity to such an extent that he had to close down his shop.

Tukaram's wife was deeply hurt by Tukaram's failure in his business. She sold off all her jewels and raised some money. She encouraged her husband to start his business once again but in some other village where nobody knew him.





Tukaram liked his wife's advice. He left his village and went to some other village and started selling salt. There he succeeded in raising a tidy sum, much more than he had earned before. He then decided to return to his own village with that money. On the way, he saw a group of people beating a man. The man was crying in agony but the people were not showing any sign of mercy.

Tukaram intervened to save the poor man from the attackers. He asked them why they were beating up the poor man.

A villager told Tukaram that there was no point in showing pity to this man. He used to borrow money from the people every now and then and never returned the money. The villager told Tukaram that they were his creditors and wanted to teach him a lesson that he would never forget, and in future never think of borrowing money from anyone.

Tukaram's heart melted seeing the plight of the poor man. He asked the creditors how much money he owed them. The creditors told him the amount. He gave them the required amount and rescued the poor man.

Tukaram then accompanied the poor man to his house. He was moved to see the pitiable condition of his family. His children were crying for food. Tukaram's heart was touched so much that he gave the family the rest of his money.

Such was Tukaram's compassion!

Tukaram later in his life became a singing saint.

Did You Know?

Today, Tukaram's 'abhangas' are considered immortal. People have a great reverence for him. He is as popular as Mira and Surdas.

So, try to be like Tukaram. Keep on doing good without thinking what you get in return.

THOUGHT OF THE DAY

We may not always be able to do exceptional deeds, but there are thousands of small, generous acts we can do, to help others lift the load on the rough road of life.



**Think And
Answer** _____

A. Answer these questions :

1. Why did Tukaram change his business?
2. Who arranged the money for Tukaram to start the new business and how?
3. Where did Tukaram spend the money he had earned from the salt business?
4. Do you think changing his village made any difference in Tukaram's character? Why/Why not?

B. You have bought a game for yourself by saving your entire pocket-money, and a poor friend of yours has asked for that game. What would you do?



Let's Have Fun

Read more about Tukaram, Mira and Surdas.



Thomas Fuller has said, *"A word and a stone let go cannot be called back."*

We must think twice before we utter a word. Our words should not hurt others.

Here is a story of a girl called Shruti who spoke harsh words to her friend and later on repented her rude behaviour.

Shruti was in a boarding school. One day she had spoken rudely to her friend. Later on, she felt sorry. She went to her warden and said, "I want to confess something."



"What is it my child?" the warden said.

"Today I was very rude and unkind to one of my friends. Please tell me how I can undo the wrong I have committed."

The warden picked up a sheet of paper and tore it into many small fragments and gave it to Shruti and said, "Go and scatter these bits of paper in the school campus."

Shruti did as she was told. As soon as she scattered the bits of paper, a strong gust of wind blew. All the pieces flew hither and thither and were lost. She then returned to her warden and told her what she had done. The warden then told her, "Now go and bring all those bits of paper back."

Shruti went to the school campus and searched for the bits of paper. But she could not find even a single bit. After searching for a while, she returned to her warden's room and said. "Ma'am, I could not find even a single bit of paper." Then her warden explained to her, "My child, similar is the case with the words you speak. No sooner do they leave your lips than they are scattered and lost forever. Do whatever you can, but you will never be able to get them back again." Shruti promised she would never use harsh words again.

So, we must take care of the words we speak. Before uttering even a single word, we must make sure that what we are going to speak is better than silence; if not, then we must remain silent. If we take care of this simple rule, we will not have to repent.

THOUGHT OF THE DAY

An injury by sword gets healed but the injury caused by harsh words cannot be healed.

— Lord Chesterfield



Think And Answer

A. Answer the following questions :

1. Why was Shruti upset?
2. What did the hostel warden suggest her to do?
3. Have you ever used harsh words to your friends? If yes, write down the whole incident and also tell whether you felt sorry for your act or not.
4. What did you learn from this story? Write it in your own words.

B. Use the following phrases and write a paragraph telling the importance of speech.

- unkind and untrue words
- strong gust of wind
- undo the words/wrongs
- no sooner
- scattered and lost forever
- uttering a single word
- silence is golden

14

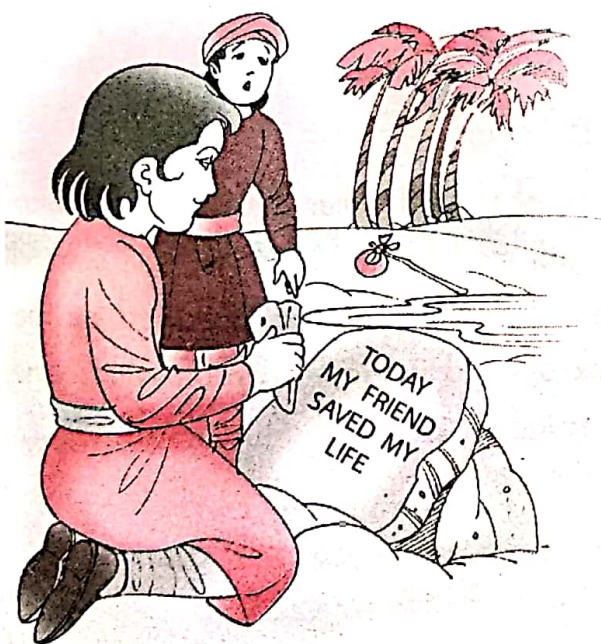
STORY OF
TWO FRIENDS

Two friends were walking through a desert. During some point of the journey they had an argument, and one friend slapped the other one in the face. The one who got slapped was hurt, but without saying anything, wrote in the sand :

**"TODAY MY BEST FRIEND
SLAPPED ME IN THE FACE."**

They kept on walking until they found an oasis, where they decided to take a bath. The one, who had been slapped, got stuck in the mire and started drowning, but the friend saved him. After the friend recovered from the near drowning, he wrote on a stone.

"TODAY MY BEST FRIEND SAVED MY LIFE."



The friend who had slapped and saved his best friend, asked him, "After I hurt you, you wrote in the sand and now, you write on a stone, why?"

The other friend replied : "When someone hurts us, we should write it down in sand where winds of forgiveness can erase it away. But, when someone does something good for us, we must engrave it in stone where no wind can ever erase it."

LEARN TO WRITE YOUR HURTS IN THE SAND, AND TO CARVE YOUR BENEFITS IN STONE.

THOUGHT OF THE DAY

To make a friend, be one.



Think And
Answer _____

Answer the following questions :

1. Why did one friend slap the other one?
2. What did the friend who got slapped write in the sand?
3. When did the friend write on a stone?
4. Why did the friend write on the stone?
5. What should we do when someone hurts us?



Let's Have Fun

How do you react when someone hurts you? Write five lines about it.

Anecdote

Ms. Kiran Bedi, India's first IPS officer, after taking charge of Tihar Jail, attempted to reform prisoners, not with the punishing hand, but with meditation and Yoga. She started vocational classes for the inmates with the help of some NGOs. The profits earned by the prisoners were deposited in their names in the bank opened inside the prison walls. She said, "You don't have to flaunt authority or use lathi to reform people."



Once upon a time the colours of the world began to quarrel.
Each one claimed that it was the best.

Green said : "Clearly I am the most important. I am the sign of life and of hope. I was chosen for the grass, trees and leaves. Without me, all animals would die. Look all over the countryside and you will see that I am in the majority."

Blue interrupted : "You only think about the earth, but consider the sky and the sea. It is the water that is the basis of life and drawn up by the clouds from the deep sea. The sky gives space and peace and serenity. Without my peace, you would all be nothing."

Yellow laughed : "You are all so serious. I bring laughter, joy and warmth into the world. The sun is yellow, the moon is yellow, and the stars are yellow. Every

time you look at a sunflower, the whole world starts to smile. Without me, there would be no fun."

Orange started next to blow its trumpet : I am the colour of health and strength. I may be scarce, but I am precious, for I serve the needs of human life. I carry the most important vitamins. Think of carrots, pumpkins, oranges, mangoes, and papayas. I don't hang around the time, but when I fill the sky at sunrise or sunset my beauty is so striking that no one gives another thought to any of you."

Red could stand it no longer, he shouted out : "I am the ruler of all of you. I am blood. Without me, the earth would be as empty as the moon."

Purple rose up to his full height. It was very tall and spoke with great pomp : "I am the colour of royalty and power. Kings, chiefs, and bishops have always chosen me for I am the sign of authority and wisdom. People do not question me! They listen and obey."

Finally indigo spoke, much more quietly than all the others. But with just as much determination : "Think of me. I am the colour of silence. You hardly notice me, but without me you all become useless. I represent thought and reflection, twilight and deep water. You need me for balance and contrast, for prayer and inner peace."

And so all the colours went on boasting. Each was convinced of its superiority. Their quarrelling became louder and louder. Suddenly there was a flash of lightning. Thunder rolled and boomed. Rain started to pour down. The colours drew close to one another for comfort.

The rain began to speak : "You foolish colours, fighting among yourselves, each trying to dominate the rest. Don't you know that you were each made for a special purpose, unique and different? Join hands with one another and come to me."

Doing as they were told, the colours united and joined hands.

The rain continued, "From now on, when it rains each of you will stretch across the sky in a great bow of colour as a reminder that you can all live in peace. The rainbow is a sign of hope for tomorrow."

And so, whenever a good rain washes the world a Rainbow appears in the sky, to let us remember that we must appreciate one another.

THOUGHT OF THE DAY

Everyone is unique in this world.



Think **AND**
Answer _____

Answer the following questions :

1. What did the green colour say?
2. What did the yellow colour say?
3. What did the blue colour say?
4. What did the red colour say?
5. What did the rain say to all the colours?
6. When does a quarrel start among people?

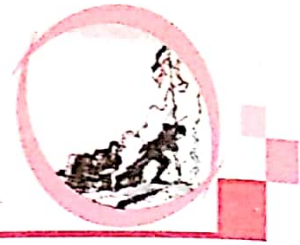


Let's Have Fun

Find out what does the acronym VIBGYOR stand for?

Anecdote

When earthquake hit Gujarat on 26 January, 2001, ordinary citizens round the country rose to the occasion as one body. One such citizen was Amit Malkhani. Seeing volunteers busy helping around, this 26-year-old, polio-stricken young man felt helpless. Riding his tricycle, Amit Malkhani reached the V.S. Hospital, Ahmedabad, to donate his blood. When told by the staff that they had enough blood, he pleaded, "Please take my blood. It is not handicapped!" The staff could not refuse.



We should love our country. A person who has no love for his/her country is as good as a dead person. Patriotism, which means love for one's country, is one of the highest virtues. We should strive to do the best for our country because in this way we can show love for our motherland.

*Breathes there the man with soul so dead,
Who never to himself hath' said
"This is my own, my native land!"
Whose heart hath never within him burned
As home his footsteps he hath turned*



*From wandering on a foreign strand²?
If such there breathe, go, mark him well;
For him no minstrel³ raptures swell;
High though his titles, proud his name,
Boundless his wealth as wish can claim;
Despite those titles, power, and pelf⁴,
The wretch, concentrated all in self,
Living, shall forfeit⁵ fair renown,
And, doubly dying, shall go down
To the vile dust from whence⁶ he sprung,
Unwept, unhonoured and unsung.*

– Sir Walter Scott

1. hath – has 2. strand – the shore of a sea or ocean
3. minstrel – a musician or singer 4. pelf – wealth 5. forfeit – give up
6. whence – where

THOUGHT OF THE DAY

Ask not what the country can do for you, ask what you can do for your country.



Think And
Answer _____

A. Answer the following questions :

1. Whose souls are supposed to be dead
2. Who are the people who die unwept, unhonoured and unsung?"
3. List a few things that you love about your country.

B. Find out the names of five famous Indian patriots.



Let's Have Fun

Write two patriotic songs in your notebook.



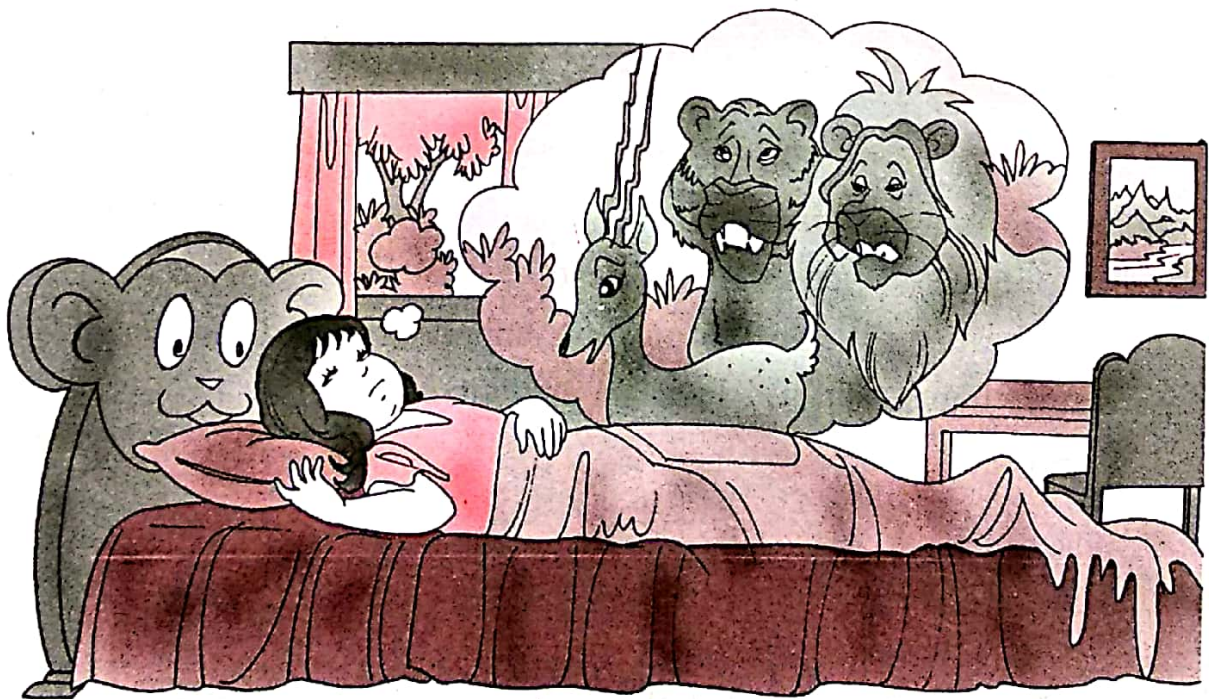
Namita was watching a documentary on the television which showed the deteriorating condition of the flora and fauna in Africa. She was shocked to know that many of them have become extinct due to excessive hunting and destruction of animals' habitats, and that many animals have become endangered (about to become extinct).

After watching the documentary, she went to sleep. She had a dream. She saw many animals' like a tiger, lion, monkey, chimpanzee, deer, etc., crying out to her, saying, "Save us! Save us from the human beings."

Namita woke up hearing their cries. She was very disturbed. She could not sleep afterwards. In the morning, her grandfather asked her, "Why are you looking so lost?"

Namita told him about her dream.

Her grandfather said, "Human beings out of greed are killing animals mercilessly. They do not think that animals too have the right to exist on this planet."



We should save animals at any cost. An animal which becomes extinct, is lost forever."

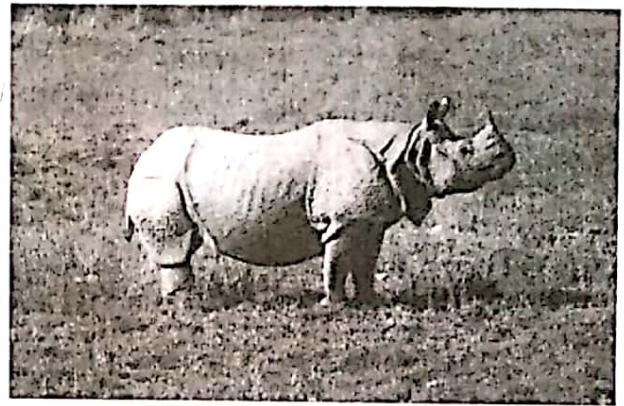
Namita asked, "Grandpa, why should we save animals and how can they be saved?"

Grandfather said, "Animals help in maintaining the balance of nature. They give out carbon dioxide. Plants use carbon dioxide to make food. If animals are less, plants won't be able to make food as carbon dioxide would be less. Thus, it is very important to save animals."

The Indian government has set up many national parks and wildlife sanctuaries to save animals. Hunting is prohibited there. Some of our famous national parks and wildlife sanctuaries are :

1. Jim Corbett National Park
2. Kaziranga National Park
3. Ghana Bird Sanctuary
4. The Gir Forest

As individuals, the most important thing we can do to save animals is to create awareness among the people that in saving animals lies our well-being.



THOUGHT OF THE DAY

Everything that God has created has a purpose.



Think And
Answer _____

A. Answer the following questions :

1. Why have many animals become extinct?
2. Why are human beings killing animals?
3. Why should we save animals?
4. What is the contribution of our Government in saving animals?

B. Write three slogans which can make people more aware of the danger wildlife is in.



Amitabh Bachchan

“Tough times never last, tough people do.” Amitabh Bachchan, popularly known as Big B, is one such person who faced many ups and downs in his life but, with his determination, turned the weakness into a strength, obstacles into stepping stones and disaster into a triumph. In the beginning of his career in the film industry, he struggled to get a good role due to his height and unconventional voice. But with his determination, he established himself as an actor. He faced near death, his Production Company ABCL failed, but he persevered in his chosen field. His life story is an inspiration for all young people.



Born Amitabh Harivansh Bachchan on 11 October, 1942, he is an Indian film actor.

He first gained popularity in the early 1970s as the "angry young man" of Hindi cinema, and has since become one of the most prominent figures in the history of Indian cinema.



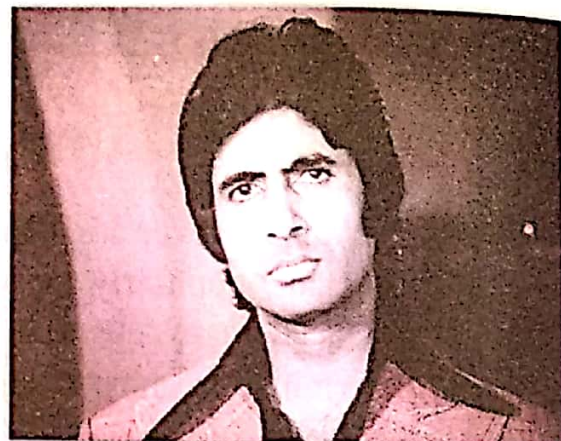
Bachchan has won numerous major awards in his career, including four National Film Awards, three of which are in the Best Actor category, and fourteen Filmfare Awards. He is the most-nominated performer in any major acting category at Filmfare, with 36 nominations overall. In addition to acting, Bachchan has worked as a playback singer, film producer and television

presenter, and was an elected member of the Indian Parliament from 1984 to 1987.

Born in Allahabad, Uttar Pradesh, Amitabh Bachchan hails from a Kayastha family. His father, Dr. Harivansh Rai Bachchan was a well-known Hindi

poet, while his mother, Teji Bachchan was a Sikh-Punjabi from Faisalabad (now in Pakistan). His father passed away in 2003, and mother in 2007.

He attended Allahabad's Jnana Prabodhini and Boys' High School (BHS), followed by Nainital's Sherwood College, where he majored in the art stream. He later went on to study at Kirorimal College of the University of Delhi and completed a Bachelor of Science degree. In his twenties, Bachchan gave up a job as freight broker for the shipping firm, Bird and Co., based in Calcutta, now known as Kolkata, to pursue a career in acting.



Bachchan made his film debut in 1969 as a voice narrator in Mrinal Sen's National Award winning film 'Bhuvan Shome'. Thereafter he got his first acting role as one of the seven protagonists in 'Saat Hindustani'. Though the film was not a financial success, Bachchan won his first National Film Award for Best Newcomer.

'Anand' (1971) followed, where he starred alongside Rajesh Khanna. Bachchan's role as a doctor with a cynical view of life earned him his first Filmfare Best Supporting Actor Award. Amitabh then played his first negative role as an infatuated lover-turned murderer in 'Parwana' (1971). This was followed by several films including 'Reshma Aur Shera' (1971). During this time, he made a guest appearance in the film 'Guddi' which starred his future wife Jaya Bhaduri. He narrated a part of the film 'Bawarchi'.



In the year 2000, Bachchan stepped to host India's adaptation of the British television game show, Who Wants to Be a Millionaire? entitled, *Kaun Banega Crorepati*. The programme found immediate success. He has hosted all but one of the seasons of the show. Bachchan hosted KBC till November 2005, and its success set the stage for his return to film popularity. Bachchan hosted the third season of the reality show Big Boss in 2009.

Apart from National Film Awards, Filmfare Awards and other competitive awards which Bachchan won for his performances throughout the years, he has been

awarded several honours for his achievements in the Indian film industry. In 1991, he became the first artist to receive the Filmfare Lifetime Achievement Award, which was established in the name of Raj Kapoor. Bachchan was crowned as Superstar of the Millennium 2000 at the Filmfare Awards. The Government of India awarded him Padma Shri in 1984 and the Padma Bhushan in 2001. France's highest civilian honour, the Knight of the Legion of Honour, was conferred upon him by the French Government in 2007, for his exceptional career in the world of cinema and beyond.

In 1999, Bachchan was voted the Greatest Star of stage or screen of the Millennium by BBC online poll where he defeated many Hollywood legends. In 2001, he was honoured with the *Actor of the Century Award* at the Alexandria International Film Festival in Egypt in recognition of his contribution to the world of cinema. Many other honours for his achievements were conferred upon him at several International Film Festivals, including the Lifetime Achievement Award at the 2010 Asian Film Awards.

In June 2000, he became the first living Asian to have been immortalised in wax at London's prestigious Madame Tussauds Wax Museum. Another statue was installed at New York and Hong Kong in 2009.

In 2003, he was conferred the Honorary Citizenship of the French town in Deauville. He was honoured with an Honorary Doctorate by the Bundelkhand University in 2004, the Delhi University in 2006, the De Montfort University in Leicester, UK in 2006, the University Brandan Foster by the Leeds Metropolitan University in Yorkshire in 2007. Another Honorary Doctorate was conferred by the Queensland University of Technology in Australia in 2009. But he turned down the honour as a mark of protest to racial attacks on Indian students. (He later accepted the Doctorate in October 2011.)



Several books have been written about Bachchan. *Amitabh Bachchan: the Legend* was published in 1999. *To be or not to be: Amitabh* in 2004, *AB : The Legend: (A Photographer's Tribute)* in 2006 *Amitabh Bachchan: Ek Jeevit Kimvadanti* in 2006, *Amitabh: The Making of a Superstar* in 2006, *Looking for the*

Big B: Bollywood, Bachchan and Me in 2007 and *Bachchanalia* in 2009. Bachchan himself has also written a book in 2002: *Soul Curry for You and Me—An Empowering Philosophy That Can Enrich Your Life*.

His latest achievement is singing the “Hanuman Chalisa” along with other famous singers!

THOUGHT OF THE DAY

Perseverance and determination can make one scale the highest peaks and achieve success.



Think And Answer

Tick the choice you think is the best.

A. Which, according to you, is his biggest asset as an actor?

- (i) his height (ii) his voice (iii) his looks

B. In which role you prefer to see him most?

- (i) An angry young man (ii) In a comic role (iii) Serious role

C. Which movie of his have you liked the most?

- (i) Sholay (ii) Paa (iii) Baghban

D. Which T.V. show of Amitabh Bachchan became an instant hit?

- (i) Big Boss 3 (ii) KBC 1 (iii) 2BC 5

E. How many firsts Amitabh has achieved based on the lesson?

- (i) one (ii) four (iii) six



Let's Have Fun

Collect and paste in your scrap book three pictures of Amitabh you like. Write 2 lines under each to say why you like the pictures you have pasted.



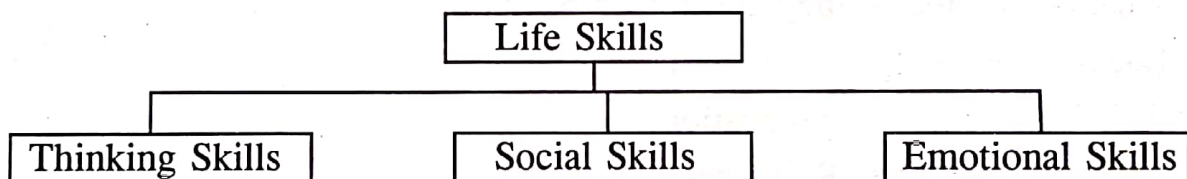
It is essential that along with right values, you as learners acquire life skills also.

A. What are Life Skills

Life Skills are abilities which will enable you to face all the challenges you meet at home, at school and later on when you step out into the world. Life Skills influence your behaviour and help you to adapt yourself to the various situations you have to face everyday in life. They are abilities which will help you positively in your physical, mental and emotional growth and well being.

B. Kinds of Life Skills

Look at the chart given below.



Life Skills are divided into three core groups. Each group helps you to develop, change and adapt yourself to face any challenge.

C. Lets take them one by one

1. Thinking Skills

When you were in primary school you learnt whatever you were taught by your teachers. You accepted what your parents told you at home. In Class VI, you have the ability to think on your own, to gather information on your own, make decisions and solve problems. Thinking Skills help you to develop abilities of decision making, problem solving and information gathering. They make you skilled in analysing your actions, their effect on others and the future consequences of your actions on others. You develop the skill or ability to find alternative solutions to problems, you are able to analyse your own values and values of those around you. You are able now to decide what is right and what is wrong.

In short,

Thinking Skills help you to achieve:

- (i) Self-Awareness
- (ii) Problem Solving
- (iii) Decision Making
- (iv) Critical Thinking
- (v) Creative Thinking

2. Social Skills

Social skills enable you to communicate with others (verbal and non-verbal). They develop the skill of listening attentively, to express your feelings. You learn the skills of saying no, to assert yourself and managing any kind of conflict. Above all Social Skills help you to understand the needs of others, to participate in team work and co-operate with others. They develop the ability to express respect for those around you—your parents, elders, teachers and friends. They help you to place yourself in other persons place, truly understand what he/she feels—they develop empathy.

Social Skills help you to achieve:

- (i) Effective Communication
- (ii) Develop Inter-Relationships
- (iii) Empathy

3. Emotional Skills

These skills help you to increase your self-control, realise your own strengths and weaknesses and an ability to be always aware of the consequences of your actions. They help you to deal with stress— to develop certain abilities to deal with any kind of stress you meet in your young life.

Emotional Skills help you to achieve:

- (i) Successful management of your feelings and emotions.
- (ii) Dealing with stress.

How to Develop Life Skills

You have to make continuous and concentrated efforts to acquire life skills.

1. Thinking Skills

- ◆ Ask questions before you do any task. Clear your doubts before you start.

- ◆ Think about all the options you have for doing the task.
- ◆ Try to find new ideas to do a task.
- ◆ Try different ways of doing a task and implementing them.
- ◆ Apply all your knowledge skills to new situations.

Let us discuss a few examples.

(a) Self-Awareness

In Class VI, you have the ability to know about yourself. If you know who you are, you will also know what you want to become. You are old enough now to set a goal for yourself. But how do you find out things about yourself? Simple! Answer the following questions **honestly** and you will have a self portrait ready.

The questions are :

1. What do I want most?
2. What do I think about most?
3. How do I use my pocket money?
4. What do I do in my leisure time?
5. Whose company I enjoy most?
6. Whom and what do I admire ?
7. What makes me laugh or laugh at?



When you have answered all the above questions ask yourself, “Am I happy with my portrait? Do I have to improve in certain areas, or at least think about them?”

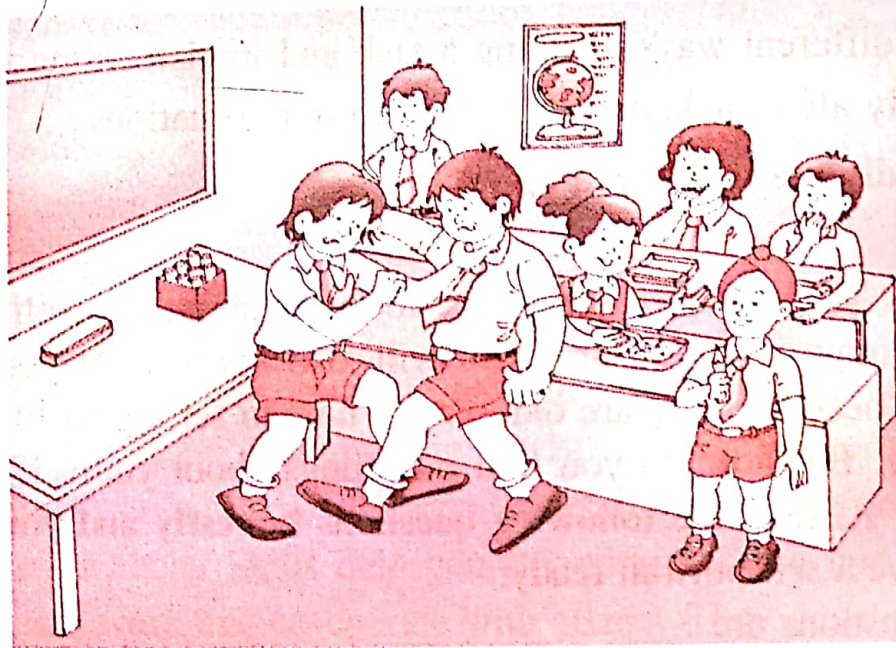
(b) Problem Solving and Decision Making

You are the Class Monitor.

You find two of your classmates quarrelling with each other for no apparent reason. What do you do?

- ◆ You ignore both of them and pretend you are not a witness?
- ◆ You side with A, because he/she is your friend?
- ◆ You blame B, without finding out the reason why he/she fought with your friend?
- ◆ Or you report the incident to your teacher and let him/her make the decision.

If you use your thinking skills, what will you do?



- First Step : Stop the fight first.
- Second Step : Be friendly and helpful to both.
- Third Step : Without taking sides find out the reason for their quarrel.
- Fourth Step : Help both of them to see reason after analysing the cause. Help them both realise the futility of quarreling.
- Fifth Step : Without reporting to the teacher you show leadership, help your classmates to resolve their problem by analysing and without criticising.

You used your problem solving, decision making skills and saved two classmates from punishment and becoming enemies.

You have proved yourself to be a **doer** and a **thinker**.

2. Social Skills

- ◆ You develop your Social Skills by getting along well with others (family, neighbours, teachers and friends).
- ◆ Communicate with others, choosing your words carefully and not displaying wrong emotions by your body language.
- ◆ Listening attentively and actively to what people say.

- ◆ Taking criticism in a positive way without giving in to resentment or anger.
- ◆ Understand and respond to other people's emotions in an effective and empathetic manner.

Let us discuss some examples.

(a) Develop Interrelationship

You hate your parents telling you to do things around the house. Why not do them voluntarily? You know you have to do them ultimately, for example, keep your room clean, help younger siblings to do their homework, do not quarrel with older siblings, help with the house work etc.

You can save your parents' hours of anxiety by doing your homework, coming home on time, not watching T.V. for long, not playing music loudly!

All these small acts of your will spread happiness around. You just have to remember the things you would also like them to do for you.

Your Social Skills will make you a friendly likeable person and a person who can reach out to others.

(b) Empathy

The dictionary meaning of empathy is : The ability to share another person's feelings and emotions as if they were your own.

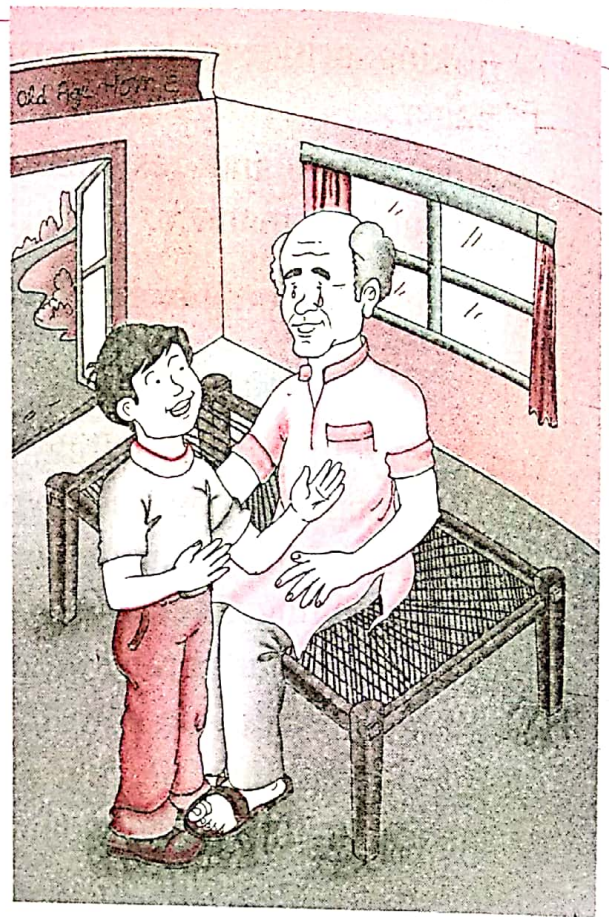
Empathy is very different from sympathy. Sympathy means you feel sorry for some person, you understand his/her position, feel pity **but not as if they were your own feelings.**

Read the true story about Karthik

Read the true story of Karthik, a student of Class VI, studying in a well known school of Chennai. Their class was taken on a visit to an old age home in one of the suburbs of Chennai. Karthik was not very enthusiastic about the project. On arrival at the home, they were taken around the building, and the rooms where quite a few senior citizens were sitting. Some were ill, some even blind, all quite old. Karthik saw an old man staring at him and when he approached him the old man said, "Hariram, my child, you are back at last from school!" He laughed, his eyes shone with joy. Then suddenly he started sobbing. Poor Karthik! He was totally bewildered. The Caretaker came up and took Karthik aside. He explained that the old man was waiting for his grandson

who was in London. Hariram's father, the old man's son, had put him in the old home 20 years ago and had never visited him!

Karthik was stunned. He was totally moved. He felt empathy for the old man, so cruelly abandoned by his family. He understood the suffering of the old man and it made him think about his own behaviour towards the elderly members of his own family. The visit taught Karthik the true meaning of empathy. He learnt a lesson that knowing people leads to developing a strong bond and relationship with them.



3. Emotional Skills

You have to learn to control your emotions. You learn how to avoid anger.

- ◆ You do not scream, show anger and disturb others when you are not getting your own way.
- ◆ You learn about your strengths and weaknesses and try to improve the weaker areas by regular practice.
- ◆ You choose work according to your own ability and build up your strengths.
- ◆ You show respect and discipline at home and in school.
- ◆ You take the help of parents and teachers when you face some problem.

Let us discuss some examples.

(a) Controlling your Emotions

- ◆ Your friend borrows your favourite video game, promising to return it the next day. For a week, he does not return it. After three reminders from you, he gives your game back but without a word of apology. You are terribly hurt but you control your anger.

Instead, you decide never to speak to your friend again and never to lend him anything anymore. You never tell him how angry you are with him and hold a grudge against for almost a year.

- ◆ If you are an emotionally strong person, you will explain your feelings to your friend, not accuse him or quarrel.
- ◆ You will allow him to explain why he behaved as he did.
- ◆ You will also explain that you are not doing this to express your anger, but to simply clear the air. Your suppressed anger, your holding on to your grudge will only harm you, make you lose a friend. By clearing the air, you show maturity and the ability to manage your emotions.



(b) Coping with stress

In Class 6, what can cause stress in your young life?

- ◆ Fear of exams?
- ◆ Not doing well in your favourite sport?
- ◆ Not chosen as the Class Monitor?
- ◆ Failing in some competition and being jeered by classmates?

For all the above reasons first you have to analyse why they are causing stress

- (i) Did you neglect your studies, in favour of T.V., video games?
- (ii) Did you not practice enough to win your favourite race?
- (iii) For Class Monitorship_____ did you try to be friendly with everyone in class, polite to your teachers, regular in your school week? Were you genuinely interested in your classmates, hobbies and interests?
- (iv) Why are you afraid of criticism? From your critics you learn a lot about yourself and how to improve your self-confidence.

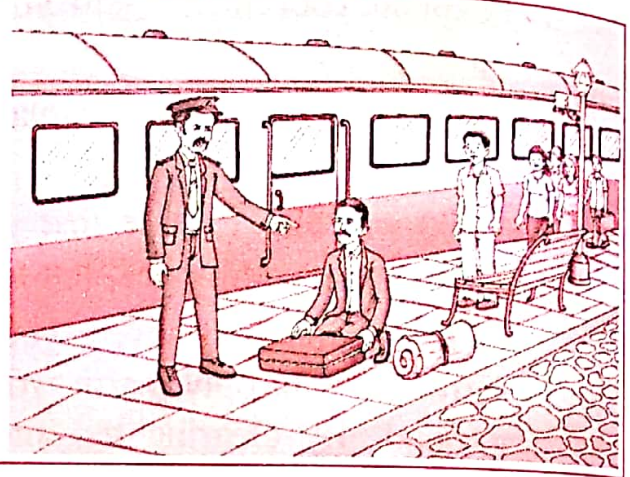
To avoid stress

Eat healthy, avoid junk food and exercise regularly, study regularly, practice hard to do better in games.

One failure should not let you give up. The best way to face stress is to face it and challenge it, and soon you will overcome all obstacles.

Remember this story about Gandhi ji?

Mahatma Gandhi was humiliated in South Africa, was literally thrown out of a train because he was a Black, sitting in a compartment meant for Whites only. This experience led him to fight against apartheid and from an ordinary lawyer he became the Father of Our Nation!



Conclusion

You acquire positive skills when you learn Life Skills. Each skill promotes your mental well-being and prepares you to face the realities of life. They lead to self-awareness, self-esteem, self-confidence, and help you to develop your full personality, ability to use your opportunities and face problems and nurture a holistic development.



Think AND Answer

A. Answer the following questions :

1. What are life skills?
2. How many kinds of life skills are there?
3. How do thinking skills help you?
4. In what ways are social skills helpful to us?
5. What do social skills help us to achieve?
6. In what ways are emotional skills helpful to us?
7. What do emotional skills help us to achieve?
8. How can you differentiate between sympathy and empathy?

B. Modern life is full of stress. List five ways how we can avoid stress.

PEACE GALLERY

EARTH ANTHEM

O say can we see
by the one light in all
Our Earth to embrace
at the call of all nations
where our children can play
in a world without war
where we stand hand in hand
in the grace of creation
in the grace of creation
where the rivers run clean
through the forests of green
where the cities stand tall
in the clear skies of freedom
O say do our hearts sing
for harmony and love forever
on the planet of our birth
blessed with peace on Earth.



QUOTATIONS ON PEACE

"True peace is not merely the absence of tension, it is the presence of justice."

— Martin Luther King Jr.

"The real and lasting victories are those of peace and not of war."

— R. W. Emerson

"Nothing can bring you peace but yourself."

— R.W. Emerson

"It is not enough to talk about peace, one must believe in it. And it isn't enough to believe in it, one must work at it."

— Eleanor Roosevelt

"Responsibility does not lie with the leaders of our countries or with those who have been appointed to do a particular job. It lies with each of us individually. Peace, for example, starts within each one of us. When we have inner peace, we can be at peace with those around us."

— Dalai Lama.

Suggestions for Parents

Why Value Education

What is value education? To know it, we have to first understand what the term "value" means.

A value is an idea of what is good, worthy and desirable for everyone in the world. Values are *ideas to which we attach importance*, which we follow and which we expect everyone to follow. In fact, it is our values that uphold our society, without them a society will not exist.

Some values are universal, while there are some values which are different for different societies.

Universal values are the values which everyone in the world considers important for human life. For example, respect for truth, patriotism, desire for peace, etc., are some of the universal values. Honest living and hard work are also valued everywhere. We may reject some of our earlier values and acquire new ones as we grow in age and become mature. But the need of basic values will always be there. In fact, there is no society which can live without values.

The Significance of Family

Now the question is : *Where do we acquire our values from?* Just as values are ideas that uphold society, it is society that gives rise to values that it needs.

It is here that the importance of family comes in. As sociologists tell us, family is the very basic unit of every society. Families are the building blocks of the society in which we live. Neighbourhood, peer group, playgroup, school and college, workplace, club, association, etc., are the social entities that come later in a man's life and continue the work done by the family in laying the foundations of its members' personality.

Value education starts in the family itself. It is parents who tell their children to always speak the truth, never steal what belongs to others, never be cruel to anyone, etc.

It is thus clear that the future of a society very much depends on how its constituent families bring up their new members. A child of today has to learn something today from society and family, and tomorrow he or she will pass the collective heritage of society to his or her own children. And thus the circle goes on.

The meaning is thus clear. It is true that no man can ever live a meaningful and successful life without values. It is also true that if a child is not guided from a very early age, he or she may pick wrong values which will make him or her not a useful or worthy member of society but a destructive element or a burden upon others. Naturally, no sensible and conscientious parent would like such a future for his or her children, but would like to consciously foster correct values among their children.

The Complexity of Today's World

Today, the society has become exceedingly complex and has integrated with other societies of the world. Today, no country lives apart. The events and trends in one society affect other societies. The speed of change has also increased. Call it jet age, space age or computer age, the fact is that we can never even think of remaining unaffected from the happenings in other parts of the world.

This further enhances the necessity of value education. Today, western cultural traits and western values are penetrating in our society rapidly. But while no society can remain aloof from others, nor should it remain aloof from others, it is also true that everything western is not healthy or socially useful. Violence, chasing success assessed by one's bank balance, nuclear families are some of the western values should we adopt them blindly? Should we learn to live the same way? The answer will be an emphatic no.

The responsibility of all our social institutions has increased manifold. And these include not only school and other social institutions but also family. This is all the more

necessary because we don't have *gurukuls* today.

School is certainly an important institution in the life of a child and it has to inculcate positive values as well as fight negative values among pupils. It cannot run away from this duty.

Let us remember one simple fact : fighting negative values is as necessary as inculcating positive values among our children no less important for schools also.

The Present Series

Keeping in mind the significance of value education and the role of parents in this process that the present series **The Mirror of Values** has been designed.

The series seeks constant cooperation of parents in imparting value education to their children. Home is the first place where children learn anything, including values. It is the parents who give them basic values of what is good, worthy and desirable in the world. It is the good work started at home which schools continue and further foster. Thus the parents' role in a child's life is crucial.

Our series expects the parents to impart healthy values to their children. These are values that are desired by everyone. We want our children to be self-reliant and we want them to be skilled professionals, but we also want that they become better human beings, that they know the values of patriotism, tolerance and civic duties. They must develop respect for truth, honesty, courage and loyalty.

In short, our objectives are —

1. To inculcate in the children respect for elders, parents and teachers, consideration for the poor and the physically challenged.
2. To develop human values like honesty, truthfulness, punctuality, courtesy and appreciation of good qualities in others.

3. To develop values like cooperation, tolerance, caring and sharing.
4. To guide young minds to become useful and worthy members of society.
5. To help develop love for beautiful things, a sense of pride in them and a desire to preserve them. This includes our natural heritage and cultural heritage.
6. To develop respect for one's country's laws, patriotism, faith and courage.
7. To make children mentally and emotionally strong so that they choose the right values on their own and uphold them.
8. Last but not the least, to develop an unshakable faith in God and His presence in every sphere, at every step of our life, during every ups and downs of our life.

The aim of our series is to take the child gradually from *itself* or *family*, to *society* and to the *world*. **Child and God** is throughout the base of this series.

Request to Parents

The series is a guidebook for parents. The lessons are easy to understand and follow. It is desired that parents ensure their children's lively participation in each lesson. Parents can do it by showing an understanding towards their wards, by inviting their children to have discussions with them and by gently assuring them that it is the children's own well-being which they have in mind. Parents also have to use their imagination and experience to supplement the lessons so that children may imbibe the right values. Complete cooperation and constant involvement of parents are essential to make the moral science class meaningful and interesting.

Authors

1. A Prayer

The Main Value of the Lesson

Children at this stage should understand the importance of prayer. It should be a part of every child's life, irrespective of the faith or religion

he/she follows. Prayer is talking to God and parents should inculcate this habit in their children from the beginning. Majority of parents insist on prayer and all schools have prayers in the Morning Assembly before studies start. Prayer should not be just a ritual, but should be sincere, and from the heart.

Parents should emphasise that prayer does not mean asking God for some favour. It should mean thanking God for whatever He has given us. In this lesson God's blessings are asked and strength to face all difficulties in life. Children, at this stage, know that there are problems in life, for example, understanding a difficult subject in school, working hard to achieve success in games. These problems have to be faced with courage and determination. A prayer gives us strength to do so.

- Read out the prayer to the child. Ask him/her what he/she thinks is the main idea.
- Make the message of the prayer clear to the child.
- Let the child read the poem in silence. Make him/her think and answer, 'Has she/he ever prayed like the poet?'

Suggested Activities

1. Tell your child to read about Rabindranath Tagore and his work as a great poet.
2. Read out his poem, "Where the Mind is without Fear."

Do's and Don'ts

- Pray to God to seek His blessings and ask Him to be by your side always.
- Do not say your prayers for mere wish fulfilment. Do not forget the need to work hard to achieve your goals.

○○○

2. Footprints in the Sand

The Main Value of the Lesson

This lesson has another prayer but with a different message. We should never doubt that God is not with us! When we are troubled, or some difficulty arises, we lose faith in Him. We do not trust Him. It is necessary for parents to teach their children that God is always with them. This faith can be strengthened in school by teachers. We see so many examples around us of how God helps people in their time of need.

- Read out the story of Dhruv and Prahalad to the child. Point out to it how God helped

them in their difficulties and how these two followers of God never lost faith. Their faith that God is with them, was never shaken.

- Explain 'lowest and saddest time'. Ask them whether they have ever felt 'low' or 'sad'? What did they do? How did they overcome their feelings?

Suggested Activities

1. Help your child to write the poem as a story and read it out in class.
2. Tell your child about an incident when, inspite of difficulties, you did not lose faith in God. It can be a story about some other person also.

Do's and Don'ts

- We should always remember that God loves us and that He is by our side.
- We should never lose our trust in God. This will keep us from going astray.

○○○

3. Face the Problems

The Main Value of the Lesson

So far we talked about how God helps us. This lesson teaches us how we can help ourselves. It should be clear that prayer will give us strength, faith in God will give us courage, but we have to solve our problems ourselves. The only way we can succeed in life is to face our problems boldly not just pray or stand helplessly. Remember God only helps those who help themselves! Parents and teachers can only show the way, the real hard work is done by every person himself/herself.

- Relate the story of Alexander and King Porus to the child. Though defeated and injured, Porus did not show any sign of fear before Alexander. His courage touched Alexander's heart and Porus got his kingdom back.
- Cite examples of the children who receive awards on the Republic Day. These children receive rewards for having faced problems bravely. Fear makes cowards of us.

Suggested Activities

1. Tell your child to find out about a child who got an award on the Republic Day.
2. Ask your child to tell you about some person who overcame a difficulty by courage and diligence.

Do's and Don'ts

- Whenever we face a problem, we should seek ways of solving them. We should face difficulties bravely and courageously and should ask God to lead us on the right path.
- We should not avoid or run away from difficulties. It will only worsen the situation.



4. Heaven and Hell

The Main Value of the Lesson

Modern children have the tendency to feel 'low' if they are denied something. They become moody, irritable and life is 'hell' for them. Parents should encourage positive thinking in them. They should learn to accept that everything cannot be according to their wishes. If they fail to get something they want, it is not the end of the world. They can try again. If they are not given a prize, it means they must make a better effort. By accepting the disappointments as part of life, a child develops a positive attitude. Defeat and victory are part of our lives and one should not feel low when defeated or be very jubilant in victory.

- Explain to the child that 'heaven' and 'hell' are not actual places. We create them with our own attitude or mind. We live in heaven when we are happy and in hell when we sulk or are sad.
- Emphasise the need to remain happy and smiling even when things do not go our way. Instead of sulking, we should try to learn from our mistakes and not repeat them.
- Positive thinking should be inculcated in the child so as to help him/her achieve his/her goals.

Suggested Activities

1. Ask your child to think about an incident when disappointment made him/her gloomy. How did he/she get over the disappointment?
2. Encourage your child to read about some scientist, inventor or a great person in any field. Did they give up or felt miserable at their failures? (Marie Curie, Thomas Edison, Abraham Lincoln...)

Do's and Don'ts

- We should never lose heart when defeated or denied something. Instead of sulking, we should try to learn a lesson from our failures and promise ourselves never to repeat the same mistakes.
- We should always think positive. Only then can we face and solve difficulties.



5. Qualities of a Leader

The Main Value of the Lesson

All kind of moral lectures do not teach so much as one single example. Parents can teach good habits, good values to their children as long as they follow good habits and values themselves. Parents are a role model for children and they have to set an example. In school, teachers are role models and they have to be very careful in their attitudes and actions. Children are quick to notice any difference in behaviour and words. By Class VI children have heroes as role-models, whom they want to follow. Their rooms are full of pin-ups of sportsmen, pop singers, film-stars. They want to be leaders too. It is necessary for them to know which qualities they should develop to become leaders. They should know that to lead and inspire others they must possess certain qualities, or develop them with hard work.

- Positive thinking is essential for our mental and physical well-being. Prevent negative thoughts from crowding your mind.
- Negativity ruins our personality and the impression that others have of us. Negative people are generally avoided.

Suggested Activities

1. Ask your child who he/she thinks is his/her favourite. What qualities of that character impressed him/her most?
2. Encourage your child to think how he/she could overcome his/her weaknesses.
Examples : Rough in speech — Try to be courteous to everyone.
Hasty — Think for 15 minutes before reacting to a situation.

Do's and Don'ts

- If you are fond of collecting famous people's autographs, think of how **you** may be able to give your autographs to others some day.
- Do not lose your control of your senses in any circumstance. Even if you possess other leadership qualities, these become meaningless if you lose control.

○○○

6. Dare to Dream

The Main Value of the Lesson

This lesson tries to teach the children that they must have a goal and do everything to achieve it. At the age they are, each one of them has a secret dream. Each one wants to achieve something—become a famous actor, sportsman, astronaut, doctor, scientist, etc. They must prepare themselves for hard work, right from Class VI. In real life, when we dream, we fulfil our secret ambitions, we get over the day's disappointments. Parents, and also teachers, should encourage children to dream, have an ambition. But they should also prepare them for the fact that it won't be easy to fulfil their ambitions. They should be mentally and physically strong to face all the obstacles. They should never give up but keep on striving for the goal. Mere dreaming will not help them.

- Ask your child about his/her dreams. Ask him/her if he/she dreams about the future. Ask him/her how he/she will achieve his/her goals.
- Stress on the need to work hard to fulfil

dreams and to achieve goals.

- Relate stories of some great men who have achieved success and fulfilled their dreams.

Suggested Activities

1. Help your child to learn one story about how someone succeeded, inspite of all the obstacles.
2. Tell your child to make a list of his/her dreams.
3. Make it clear to your child that dreaming can be a positive quality when a person makes efforts to realise his/her dreams. Dreaming without action becomes like building castles in the air.

Do's and Don'ts

- We must never be afraid of dreaming and of aiming high. Dreams and the desire to fulfil them keep us moving ahead and fills our life with zest.
- We should not limit ourselves to hoping that something will be accomplished somehow. We must never forget that dreams along with hard work help us to achieve success.

○○○

7. Ambition

The Main Value of the Lesson

This lesson is in continuation of the previous two. Dreams are hidden ambitions, and it is only ambition which makes men and women struggle in their life. It is ambition which gives men and women drive to achieve great things. In Class VI children are too young to decide what should be their goal in life. Only a lucky few know what they want. But for the majority of children, parents should set a goal before them. For example, "I will try to be good in studies" or "a good singer, artist, scientist, etc." This goal will make them take a keen interest in their studies. Right ambition, encouraged by

parents and helped by teachers, will be an incentive to study hard for the children.

- Relate stories of successful men and women. Ask the child to explain how these men and women have achieved success.
- Cite the examples of Sudha Chandran. She was a Bharatnatyam dancer. She lost a leg in a road accident when very young. But she did not give up. With the help of an artificial leg, she came back to dance, acted in a film 'Nache Mayuri' and now is a well known T.V. star. She did not waste her time in blaming fate.
- Help your child understand that dreams take the form of ambitions and our ambitions help us to achieve our goals.

Suggested Activities

1. Ask your child to collect a picture of Kalpana Chawla and stick it in his/her scrapbook.
2. Ask your child to write a paragraph on Kalpana and her achievements, and read it out to you.

Do's and Don'ts

- Think what you want to achieve, set your goals and start working to achieve them. A person without any ambition will not be motivated enough and will lose interest in everything. His life becomes very dull.
- We should set realistic goals for us. We should not become ruthless and cruel in our attempts to achieve success.
- We should not attempt to achieve success through unfair means.

○○○

8. Together We Shall Triumph

The Main Value of the Lesson

We need support and love in our lives. We cannot stand alone all the time. Children need the love and support of their parents. In school they need the help and friendship of their peers and encouragement of their teachers. Without this kind of support no one will be able to stand

up to disappointments and failures. The main value of this lesson is that children are not alone in this world. They have the love and support of their families, friends and teachers. And above all this, is God's love. So all children should remember to give this support and love to others around them. They should also help others to face their problems and rise in the world.

- Read the lesson. You must tell the child that it is obligatory to finish a race, even if you come last. You can't leave it in the middle. Sportsmanship demands completion of a race.
- Emphasise that a child is not alone, he/she is surrounded by loving people. Above all, there is no shame in asking for help. Life is full of give and take.

Suggested Activities

1. Ask your child to read out this story before you and check whether he/she has understood the main value.
2. Discuss with your child the following topic : "A man should be judged not by his success but by the sincerity of the his attempt even if he fails."

Do's and Don'ts

- We should always reach out to those in need. A helping hand in the times of need makes a world of difference.
- We should never look down upon those who are suffering or have failed.

○○○

9. Parable of the Pencil

The Main Value of the Lesson

Jesus Christ gave his sermons in the form of a story. From the story his disciples and devotees learnt the lesson he wanted to teach. The parents and teachers should emphasise that we are born with special qualities and each one has come to this world to serve a person. We are unique and we have to fulfil what God wants us to do. We cannot or should not waste our time

but strive to accomplish what God meant us to accomplish. We are born to fulfil the purpose and we have to do our best to do it. We are tested by difficulties and we have to make our own efforts to overcome them.

- Students must learn from the lesson how we can become better human beings.
- Must learn what we want to achieve.
- Must remember to do our duty always.
- Never be discouraged by difficulties or problems.

Suggested Activities

1. Ask your child to read a parable (from the Bible or any holy book) and try to understand its meaning.
2. In school recite Kabir and Rahim's "Dohas", ask questions. Try to solve them. See that the children understand their deeper meaning.
3. Give them a simple puzzle to solve— a puzzle which involves two solutions. See that they choose the right and honest solution.

Do's and Don'ts

- A parable is a very interesting and effective way of teaching the right lesson.
- Have a class discussion. Ask student to vote and come to a conclusion. Let each child say something do not interrupt or correct them. Even parents can play this game with children at home to test them.

○○○

10. Humility

The Main Value of the Lesson

The most difficult thing to learn is to remain modest and humble all your life, in spite of fame. Many people become rude and arrogant if they succeed in life. People become too proud of their wealth, knowledge, and expertise in any field. All religions consider **Pride** and **Arrogance** as the worst kind of trait one can have. Parents play a great role in teaching their

children modesty and humility. Too much praise of looks or excellence in studies will make their children proud. Pride leads to bad manners and further leads to loss of friends. Truly great people never boast, never talk about themselves. Every child should learn to respect others for their qualities and never boast.

- Clarify the concept of humility, pride and arrogance with the help of suitable examples.
- Stress on the need to think of others and be happy even when facing the daily problems of life.
- Ask the child whether he/she loves God. Tell him/her that if we really love God, we will not be proud. God has given us so much but He does not boast about it. He just gives.

Suggested Activities

1. Explain to your child, with the help of suitable examples, that if a learned man gets arrogant, he can only prevent himself from further learning. Also that arrogance can make for you many enemies.
2. Encourage your child to collect pictures of great saints, who had accumulated knowledge and wisdom, but never boasted about it!

Do's and Don'ts

- Do not think too highly of your achievements. Learn to take your success in your stride.
- Don't forget to appreciate and rejoice in the success of others.

○○○

11. Being Responsible

The Main Value of the Lesson

It is very easy to blame others for something you were responsible. Everyone is doing it all the time. Children love to blame others when things go wrong. Parents should check this habit from the very beginning. One should do any work given by parents or teachers with sincerity and full responsibility. It should

not be passed on to others. Older children should not order the younger ones and the younger ones should not shirk their duties. If each child does his/her duty the work will be done sooner without any burden on any one person. At home, parents should distribute duties among all children. Also in school, teachers should see that everyone performs — not just the monitor or a few responsible students. Learning to fulfil your duties will help the young children when they face the world later in life.

- Ask your child a simple question — 'If your room is untidy with nothing in its proper place, who would you expect to set it in order : (a) Your mother (b) your older brother or sister (c) the maid or (d) would you do it yourself? Ask him/her how it would feel if other people left their work for you to complete.
- Stress that we should do our work with honesty and sincerity.

Suggested Activities

1. Ask your child to make a list of duties to be performed at home.
2. Have a discussion with your child about the duties he/she does not like. Point out how necessary they are. (Cleanliness is very important. They may not have any help, when they grow up. They should know how to do their own work, etc.)

Do's and Don'ts

- We should shoulder our responsibilities with sincerity and should complete all our duties.
- We should not shirk from exerting ourselves in the hope that others will finish the unfinished jobs.

○○○

12. Compassion for the Needy

The Main Value of the Lesson

Compassion is a feeling of pity, sympathy and understanding for someone who is suffering. The children at this stage should be aware of the difference between mere pity and compassion. Pity is feeling sorry for someone — a beggar or

a sick person. But you may not do anything about it. Compassion is a stronger word, you understand the pain the other person is undergoing. All great saints had this quality. They felt for the poor, the weak and the suffering, and they went out of their way to serve them. Buddha, Mahavir, Jesus Christ did this. Great saints of the Bhakti period, the Sufis had compassion. Children should be taught at home and in school to help the suffering. Compassion teaches unselfishness.

- Relate the life stories of saints like Buddha, Jesus Christ, Mother Teresa to the children. Explain that all these saints taught people to be kind to other human beings.
- Explain to your child the meaning of word 'compassion'. Ask him/her what he/she does on seeing a needy person.
- Tell the child about Florence Nightingale who nursed sick soldiers and Vinoba Bhave who started an Ashram for the lepers.

Suggested Activities

1. Tell your child to read the biographies of Ramakrishna Paramhans, Vivekananda and Mother Teresa.
2. Tell your child if you help the needy in any way.

Do's and Don'ts

- We should try to reach out to the weak and needy, and do things to lessen their misery.
- We should never look down upon or laugh at people in distress.

○○○

13. Think Before You Speak

The Main Value of the Lesson

A very important value to learn. Children can be very cruel, even to their friends. They do not realise how easy it is to hurt others by making an unkind remark and laughing at others. Unkind remarks make enemies of even friends. Parents should teach their children to be very careful about what they say. Words spoken thoughtlessly can create problems, even lead to fights! Some insults are never forgotten and

hence never forgiven!

- Ask your child what kind of friend he/she would like : (a) one who is extremely witty and makes sarcastic remarks about others (b) who is kind and does not make nasty remarks? Ask him/her the reason for his/her choice.
- Tell your child that nasty remarks hurt and create unpleasantness. But the most important thing is that they lead to a loss of trust!
- Explain to them that words are like arrows which once shot can never be retrieved. Ordinary disputes become pitched battles because someone lost control and used harsh language.

Suggested Activities

1. Tell your child a story in which kind words saved the situation.
2. Explain to your child the difference between nasty remarks and innocent or lovely jokes.

Do's and Don'ts

- Think twice before saying anything to others as it is impossible to retrieve words that have been spoken.
- We should never utter harsh words.



14. Story of Two Friends

The Main Value of the Lesson

The lesson tells us that one must remember a good deed done by a friend and try to forget if he/she has hurt you will never forgive your friend. The friend may realise what he/she had done and try to make amends and do you a bigger favour than the small unkind thing he/she did. Remember, our parents always forget the silly mistakes we make or the wrong things we do sometimes. They always praise us and encourage us when we do something good. We also do not remember when they get angry with us and sometimes say harsh words to us. We know for sure that parents and teachers get angry sometimes, because they care for us and

want us to do good things, become good children and citizens, of whom they can be proud. Parents and teachers have to teach that forgiveness is any day better than remembering harm done to us.

God always forgives us when we make a mistake.

- Ask yourself how you feel when someone you love makes a kind gesture.
- When do you feel better—when you forgive and forget **OR**

When you keep the hurt and never forgive your friend. Who is the loser you or your friend?

Suggested Activities

1. Tell your child a story about great men who always forgave. (Here you can tell the story of George Washington, Mahatma Gandhi, pardoned by their fathers when they did something wrong.)
2. Imagine or relate a true incident about how you felt when you forgave your best friend for misbehaving with you, after he/she apologised.

Do's and Don'ts

- To err is human, to forgive is divine.
- See the goodness in others and overlook their faults.



15. Colours of A Rainbow

The Main Value of the Lesson

The minute one starts thinking one is superior to others quarrels begin. All understand other person point of view. Boasting about ourselves is the worst thing one can do. Each of us has been given special qualities and we must appreciate the good points in others. Parents and teachers have to teach tolerance and humility to their students and children. If a child lives in harmony with other siblings (brothers and sisters), he/she will not be ill-tempered or quarrel someone in school. A child must learn that he or she is not always right. The minute we

become too proud, misunderstandings are created and people start quarrelling, Nations go to war!

- Ask your child – Is it good to be boastful? Isn't being humble leads to a peaceful life? Would you like to behave like the colours in the Rainbow?
- Explain the true meaning of humility. No quarrel will ever begin if we are tolerant and understanding — do not think too highly of our own qualities.

Suggested Activities

1. Ask your child how he/she would solve the problem if the loud music from the neighbour's house disturbs him/her in studies.
2. What would your child do, if a classmate keeps talking about his/her abilities and laughs at the efforts of other students.

Do's and Don'ts

- If you are humble, people will recognise your good qualities.
- Self-praise is no praise

○○○

16. Love for One's Country

The Main Value of the Lesson

A very important value indeed! Indian children, due to media, have started taking freedom and patriotism for granted. They are more influenced by everything foreign — specially western. Western dress, western culture, western thought is influencing them a lot. The spirit of patriotism, love for the country has to be revived and encouraged in them. They should be taught at home and in school that the love of the country is the first thing they should learn. One can admire other nations. Instead of condemning your own values, one must try to improve them.

- Make sure that the child understands the significance of the poem. Tell him/her that he/she must love India, inspite of its various shortcomings.

- Ask them why Subhash Chandra Bose and Chandrashekhar Azad are remembered even today.
- Tell him/her about the significance of the national symbols, national flag and national anthem.

Suggested Activities

1. Ask your child to recite a patriotic song.
2. Help your child learn to recite the National Anthem.
3. Encourage your child to read about at least one famous Indian patriots.

Do's and Don'ts

- We must find ways to serve our motherland and seek ways to make it a better place.
- We should never feel ashamed of backwardness of our nation and should always feel proud of being an Indian.

○○○

17. Saving Animals

The Main Value of the Lesson

The worst thing one can do is to be cruel to animals. It is man's greed, a desire to get rich quickly which has led to their destruction. Inspite of all the laws, people continue to kill rare animals mercilessly. Children should be taught not to fear animals, but learn how valuable they are to us, how by killing them the balance in nature is destroyed. God has created them for a purpose and man has no right to hunt them.

Parents can inculcate love of animals by teaching the children to treat the pets at home with kindness and love. They should be taught not to be cruel to stray animals in the colony. If cruelty to animals is stopped at home, then children will not harm precious animals when they grow up.

- Let the child know about the various uses of animals and why they are hunted and killed.
- Inform the child about the various steps taken by the government to save animals.

Suggested Activities

1. Discuss with your child the importance of wildlife for us.
2. Ask your child what is meant by endangered species. Find out whether he/she can tell you the names of three animals that are endangered.
3. Tell your child what has made rhinoceroses an endangered species.
4. Help your child to write down his/her suggestions for saving rare species from destruction.

Do's and Don'ts

- We should treat animals with kindness and not destroy or kill them.
- Do not be cruel to animals.

○○○

18. Famous Personalities : Amitabh Bachchan

The Main Value of the Lesson

We have chosen a film personality as a lesson. Amitabh Bachchan stands heads and shoulders above all as an actor, an actor who has lasted more than 42 years in his field. The main lesson we learn from his life is his persistence in face of failures (remember, his first 11 films failed at the box office!), his determination and undoubted talent which overcome all obstacles. He faced near death, his ABCL, failed as a business enterprise but he persevered in his chosen field. His life story is an inspiration for all young people.

Parents can quote his example, how one can overcome all difficulties and become successful. Success has not made him arrogant but more humble. He is an example how one can interact with people from every strata of society (KBC is a shining example).

Suggested Activities

1. Discuss with your child the importance of never giving up, if you meet with failure initially.

2. Tell your child that true talent will definitely get recognition.
3. Tell your child to set a goal and pursue it whole heartedly.

Do's and Don'ts

- **Remember:** Failure is an opportunity to begin again more intelligently. The most important ingredient in the formula of success is performing consistently.

○○○

19. Learning Life Skills

The Main Value of the Lesson

Parents play a very vital role in developing Life Skills in their children. They lay the foundation of abilities and skills that lead to their physical, mental and emotional growth and well being. Consciously and unconsciously, they encourage self-esteem, self-confidence and self-awareness in their wards and help them to develop positive personality traits.

Here are some suggestions to help the parents. Along with right values, parents can help their children acquire Life Skills also.

Life Skills are divided into three core groups.

A. Thinking Skills:

Under this skill children develop :

- (i) Self-Awareness
 - (ii) Decision Making
 - (iii) Problem Solving
 - (iv) Creative Thinking and
 - (v) Critical Thinking
- In middle school age (11+12+13), your child is capable of facing problems, to analyse the cause of the problem, find out different ways of solving the problem, make a decision after a critical examination.
 - As a parent, help your child to become self-aware of his/her strengths and weaknesses. Let the child first know himself/herself—What makes him happy, sad, angry or rebellion.

- Without giving lectures, or scoldings let the child understand the reason for his/her emotions.
- Is he/she sad, angry or rebellious because he/she did not get what he/ she wanted?
- Did he/she think about others in the family before behaving the way he/she did?
- Encourage his/her good qualities and strengths. Help him/her to overcome his/her weaknesses by constant praise for his/her efforts.
- For example : Your child is a late riser because he watches T.V. till late night or plays video games. As a result, he is late to school, gets detained. Let him realise himself the consequences of his late rising, find out the cause, analyse how to manage time, come to a decision and then act on it. You just guide and make suggestions—no reprimands no lectures, no display of anger!
- Inculcate self-awareness by letting your child analyse and discover—What makes him sad, angry or rebellion.

B. Social Skills

- Who can teach better a child to be courteous, to share things, to show respect to elders, than you?
- By your own example you make your child learn consideration and compassion. From parents only, a child will learn Social Skills—how to get along with others (interrelationship), how to talk and behave with others (Communication Skills), and true Empathy.
- By being gentle to animals, kind to those who work for you, by being courteous to elders and neighbours, your child learns how to communicate. The parents inculcate these skills. Sharing things with siblings, spending time with old grandparents, by being considerate and listening to other people's views, they learn Social Skills at home.
- Above all, compassion for the poor, the weak, the sick helps your child to learn true sympathy and empathy.

- Parents' example, their actions help the child to be successful in life, when he or she steps out in the world.

C. Emotional Skills

- Nobody knows a child better than his/her parents.
- It is parents who, by their guidance, loving care and protective role, teach emotional control to their children. Love your child, but teach him/her to accept a 'no' also. Every demand and wish cannot be fulfilled. Prepare them for the harsh world outside by teaching them to accept disappointments.
- Do not give in to their tantrums. Be friendly and try to analyse the cause of their wrong behaviour.
- Do not pass orders. Explain why you have put restrictions on them. Let them understand your anxiety when they come late at night. Explain why you do not allow them to stay late with their friends.
- Make them see how watching T.V for long can affect their health.
- Teach them to cope with stress by building up trust and making them believe that you are the best person to guide them and they should confide in you.
- Help them study regularly so that they do not have the fear of exams, the fear of failing.
- Let them know that whether they succeed or fail, you will be there with them, looking and caring as usual.
- Be alert and check what kind of company they have. Let them play healthy games, eat proper nutritious food, read inspiring books, take up challenging tasks.
- Never criticise them in public—praise their good efforts. Give them your time as much as you can. You should be their confidant, their most trusted person—their true guide, whom they trust implicitly.
So parents, you must help your children in acquiring Life Skills and help in their holistic development.

○○○