



*Edition : New Edition*

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## **Moral Value (Part-1)**

Designed & Illustrated by :  
**EDIT ONE INTERNATIONAL**



# Preface

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

The design of every less on has following sections:-

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

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

-Author

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# Be Respectful to Others

Tia was a cute little girl. She lived with her parents and grandparents in a small but clean and beautiful house. Her family loved her very much. She was good at her studies and also sang very well. Everyone who knew her, as well as her teachers appreciated her a lot. But, she was not kind at her heart. She was proud of her qualities. She always mocked others and didn't respect her elders. She would always tease her younger cousins. She used to throw pebbles on stray animals and birds. She did not care for her belongings. She didn't respond to her parents and grandparents whenever they called her.

Her mother always told her the importance of being polite, kind and courteous. But she ignored it all.

One day she had a dream. She saw that she has lost her way to home. People were mocking at her. Animals were growling at her and small kids were throwing stones at her. She has even



lost her beautiful voice. No one was there to help her.

She woke up frightened and ran to her mother crying. Her mother patted her. Tia promised her mother that she would be respectful to others from now on Tia was a changed girl now.



**Moral Value :** We should always respect others and speak sweetly.

## EXERCISE

### A. Multiple Choice Questions(MCQs).

Tick (✓) the correct option.

1. What should we not do?

- (a) Throw pebbles on stray animals
- (b) Tease younger kids
- (c) Do not reply to our elders
- (d) All of these

2. If we have some quality we should

- (a) be proud of it
- (b) mock others who don't have that quality
- (c) both a & b
- (d) neither a nor b

3. We should always be

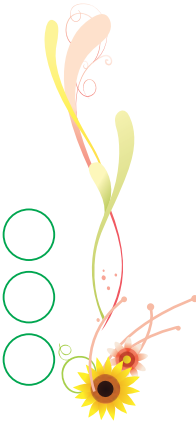
- (a) kind
- (b) hard hearted
- (c) courteous
- (d) both a & c

4. A respectful child always

- (a) Hits stray animals
- (b) Mocks others
- (c) Teases younger birds
- (d) Listens to elders

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

1. We should not respond whenever our elders call us.
2. We should hit birds.
3. We should not take care of our belongings.

**C. Answer the following questions.**

1. What are the acts of being unkind?
2. How can we be respectful to others?
3. What should we do if we are better than others in something?
4. How can we be courteous to our elders?

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

reply    teasing    polite    belongings

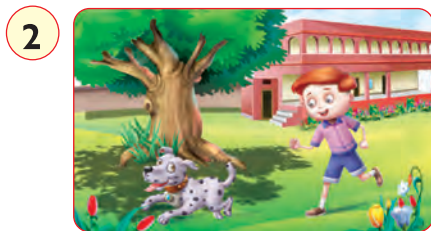
1. We should always care for our .....
2. Always ..... to your parents when they call you.
3. It is very important to be ....., kind and courteous.
4. .... younger kids is being unrespectful to them.

**Activity Corner**

**1. Look at the pictures and tick (✓) the right action and cross (✗) the wrong action.**



.....



.....



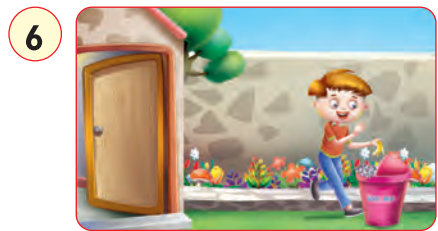
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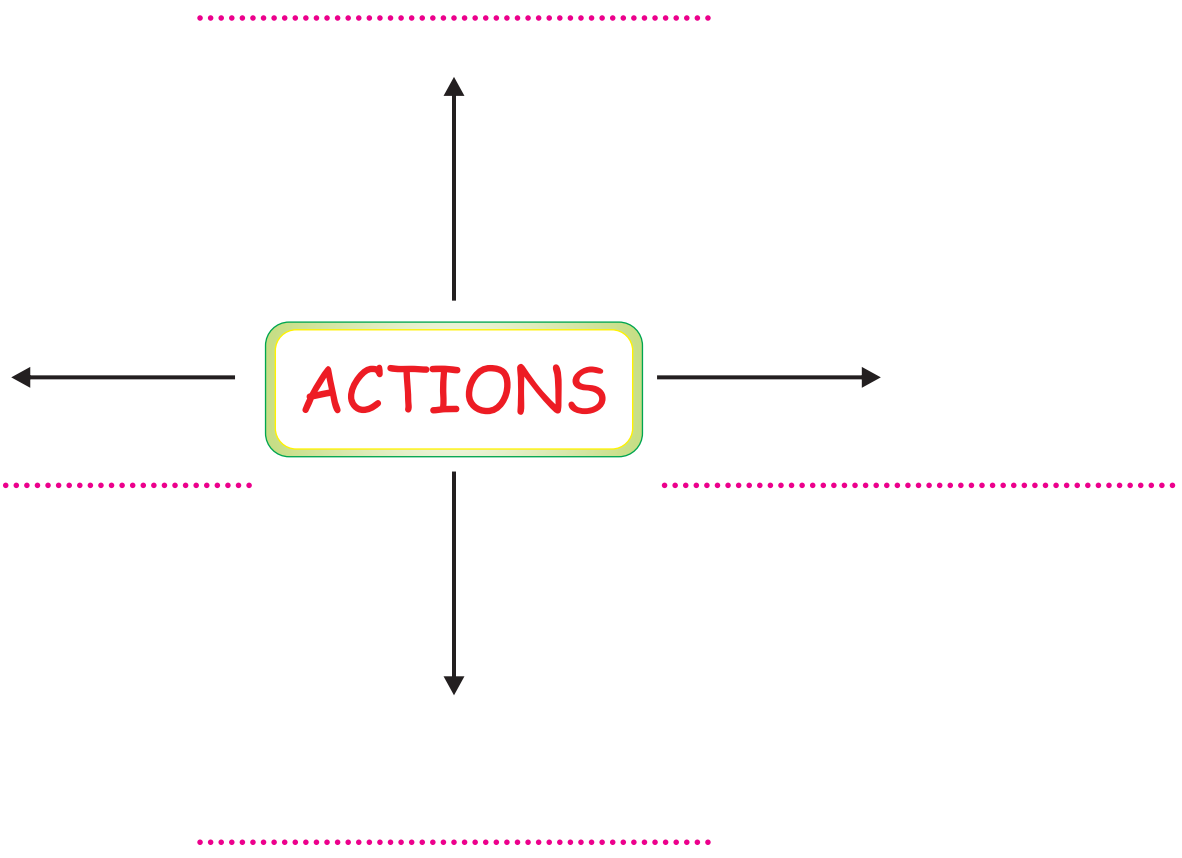


.....





2. Write the actions we should follow in order to respect others.



**TEACHER'S CORNER**

Tell the students to respect others.





# 2

LESSON

# Magical Words

Being nice and gentle with others is called 'Politeness'. We can be polite to others by following these magical words.

Sahil and Deepika are friends.  
They meet in a park.



Sahil : Hello Deepika, how are you?  
Deepika : Hi Sahil, I'm fine. Thank you.

Richa is at a gift shop.



Richa : Do you have some gifts? Can you please show me?  
Shopkeeper : Sure, I will show you.

One day Aarav came late in his class.



Aarav : Excuse me, teacher. May I come in?  
Teacher : Yes, you may.

A waiter brings food to Kanika in a hotel.



Kanika : Thank you for the food.  
Waiter : You're welcome.



Garima has too many books to carry and needs somebody's help.



Garima : Seema, **can you please** help me to carry some of the books?

Seema : Of course. Give me some books.

Rohit has broken a flower vase at home.



Rohit : I'm very **sorry**, Mom, I've broken the flower vase.

Mother : That's all right, Rohit. Just be careful next time.

**Moral Value:** We should use magical words in our day-to-day life.

## EXERCISE

### A. Multiple Choice Questions(MCQs).

Tick (✓) the correct option.

1. When we ask for help we say .....

(a) please

(b) thank you

(c) it's OK

(d) never mind

2. When we want to draw someone's attention we say .....

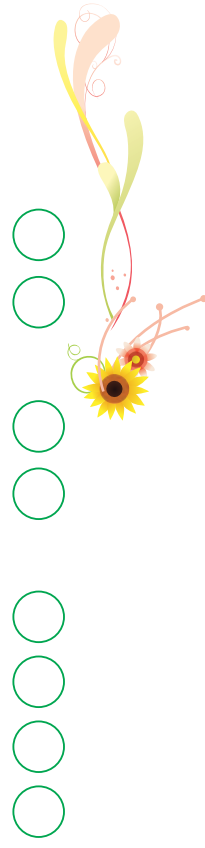
(a) sorry

(b) thank you

(c) excuse me

(d) it's all right

3. When someone helps us we should say ..... .
- (a) thank you  (b) excuse me
- (c) I am sorry  (d) none of these
4. When we hurt someone we say ..... .
- (a) thank you  (b) sorry
- (c) please  (d) excuse me



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

1. When we hurt someone, we say 'Sorry'.
2. When we seek for help we say 'Hello'.
3. Before entering the class, we should say 'May, I come in'.
4. When we receive a gift, we say 'excuse me'.

**C. Answer the following questions.**

1. What should we say when we take leave of someone?
2. What should we say before entering the class?
3. What should we say when we receive a gift?

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

please      thank you      good morning      sorry

1. We should say ..... when someone meets us in the morning.
2. When we hurt someone we should say ..... .
3. When we ask for help we should say ..... .
4. When someone helps us we should say ..... .

**Activity Corner**

1. Make a list of all the magical words that you have learnt from the lesson. Also mention when should you use these magical words.

1. ....  
 .....





2. ....  
.....

3. ....  
.....

4. ....  
.....

5. ....  
.....

**2. Write few sentences on any of the magical word used in the chapter.**

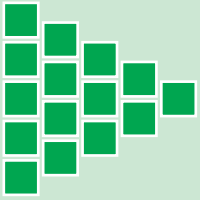
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**TEACHER'S CORNER**

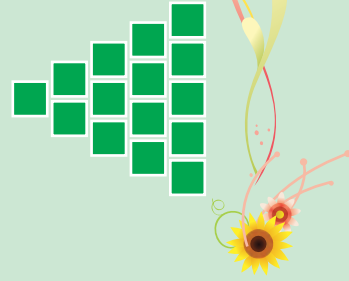
Tell the students about other magical words and also tell them the importance of being polite.





## Revision Test Paper - I

(Based on chapters 1 & 2)



### A. Multiple Choice Questions (MCQs).

Tick (✓) the correct option.

- The little beautiful girl used to hit all the ..... on her way to school.  
(a) girls  (b) puppies   
(c) boys  (d) monkeys
- Her grandmother stopped giving her .....  
(a) chocolates  (b) milk   
(c) juice  (d) water
- When we ask someone for help we say .....  
(a) please  (b) it's OK   
(c) thank you  (d) never mind
- When we hurt someone we say .....  
(a) excuse me  (b) sorry   
(c) thank you  (d) please
- Before entering the class, we should say .....  
(a) May, I come in  (b) come in   
(c) let's come in  (d) may, I go

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

- The little girl greeted her grandparents.
- The little girl never shared things with her friends.
- The cute little girl learnt a lesson.
- When we seek for help, we say 'Hello'.
- When we receive a gift, we say 'Thank you'.






# 3

LESSON

## Daily Routine

Deepali is a good girl. Everyone likes her. What is special about Deepali? Let's read:



Deepali, do you wake up early in the morning?

Yes, I wake up early in the morning. Then, I pray to God. Next, I brush my teeth and take a bath. Later, I memorize my lessons. I am always punctual in my school.



After school ... ?

I come back home. I complete my homework. I give some time to help my mother at home.



In the class ... ?

I always listen to my teachers. I obey and respect them. I help my friends. I don't quarrel with anybody. I wear clean and proper school uniform.



Deepali, do you play with your friends?

Yes, I play with my friends. I also share my toys with them.

How do you entertain yourself ?



I entertain myself by watching T.V. for a while.

When do you sleep then?



I sleep at 9:00 p.m. Before sleeping, I pray and thank God.

**Moral Value:** We should have good to attract others. A child with good habits is everyone's favourite.

## EXERCISE

### A. Multiple Choice Questions (MCQs).

Tick (✓) the correct option.

1. After brushing, Deepali takes .....

- |          |                       |                   |                       |
|----------|-----------------------|-------------------|-----------------------|
| (a) bath | <input type="radio"/> | (b) comb          | <input type="radio"/> |
| (c) food | <input type="radio"/> | (d) none of these | <input type="radio"/> |

2. Deepali wears ..... uniform.

- |                    |                       |                   |                       |
|--------------------|-----------------------|-------------------|-----------------------|
| (a) neat and clean | <input type="radio"/> | (b) dirty         | <input type="radio"/> |
| (c) incomplete     | <input type="radio"/> | (d) none of these | <input type="radio"/> |



3. Deepali prays to .....

(a) teacher

(b) friend

(c) God

(d) none of these

4. Deepali sleeps at .....

(a) 8 p.m.

(b) 9 p.m.

(c) 10 p.m.

(d) none of these

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

1. Deepali is a good girl.

2. Deepali doesn't like to play games.

3. Deepali hates her friends.

4. Deepali wears neat and clean dress.

**C. Answer the following questions.**

1. Name the girl who is described in the lesson.

2. Write any two qualities of Deepali.

3. How is Deepali in her studies?

4. What does Deepali share with her friends?

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

toys    Deepali    T.V.    early

1. .... is a good girl.

2. Always wake up ..... in the morning.

3. Deepali entertains herself by watching .....

4. She shares her ..... with her friends.



# Activity Corner

## 1. Let's sing:

Children, please sing together,	Share, share, share your toys,
Today I pledge to be kind-	Share them with your friends
To use the nicest words I can find,	It's so much fun to share your toys
Today I pledge to try to share,	Sharing has no end.
To wait for my turn and to be fair.	

## 2. (a) Write 3 examples of good conduct.

.....

.....

.....

.....

.....

## (b) Write 3 examples of bad conduct.

.....

.....

.....

.....

.....



### TEACHER'S CORNER

Teach the students to share things with their friends.





**We should acquire good habits. We should not develop those habits which are harmful.**

## **Some Good Habits to follow everyday**

We must wake up early in the morning.

We must obey our parents.

We must obey our teachers.

We must pray everyday.

We must help the needy.

We must be attentive in the class.

We must follow the rules.

Always do what is right.

Always speak the truth.

Always keep your surroundings neat and clean.

Always keep your mind sound and clean.

Always keep your body clean and tidy.

Be courteous to all.

Be kind to the poor and the old.

Be kind to animals.



## Some Bad Habits

- Speaking lies.
- Fighting with others.
- Hurting others.
- Talking in the class.
- Cheating and stealing.
- Plucking flowers.
- Teasing animals.



**Moral Value :** We should always practice good habits.

## EXERCISE

### A. Multiple Choice Questions (MCQs).

Tick (✓) the correct option.

1. Good habits are .....

- |                                  |                       |                      |                       |
|----------------------------------|-----------------------|----------------------|-----------------------|
| (a) speaking the truth           | <input type="radio"/> | (b) obey our parents | <input type="radio"/> |
| (c) being attentive in the class | <input type="radio"/> | (d) all of these     | <input type="radio"/> |

2. We must obey our .....

- |             |                       |                  |                       |
|-------------|-----------------------|------------------|-----------------------|
| (a) parents | <input type="radio"/> | (b) elders       | <input type="radio"/> |
| (c) teacher | <input type="radio"/> | (d) all of these | <input type="radio"/> |



3. Which of these should we do?

(a) Speak the truth

(b) Talk in the class

(c) Fight with others

(d) None of these

4. Which of these should be kept neat and clean?

(a) Our body

(b) Our mind

(c) Our surroundings

(d) All of these

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

1. We should wake up early in the morning.

2. We should not follow the rules.

3. We must be attentive in the class.

4. We should tease animals.

**C. Answer the following questions.**

1. Write any three good habits.

2. When should we wake up?

3. Whom should we obey?

4. How should we behave with the poor, the old and animals?

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

tease   acquire   truth   clean

1. We should ..... good habits.

2. We must keep our surrounding neat and .....

3. We should not ..... animals.

4. We should speak .....



## Activity Corner

1. Look at the following pictures given below. Put (✓) against the picture showing a good habit and (✗) against the picture showing a bad habit:





2. Divide your class in two groups. One group will say the things that one should do and the other group will say the things that one should not do.

Obeying elders, not following the rules, helping the needy not follow the rules, teaching the animals, not fighting with others, obeying our teachers, Being courteous to all. Plucking flowers, Praying everyday, talking in the class.

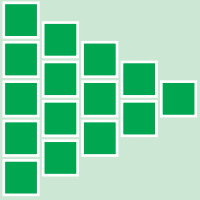
Good Habits	Bad Habits
..... ..... ..... ..... .....	..... ..... ..... ..... .....



**TEACHER'S CORNER**

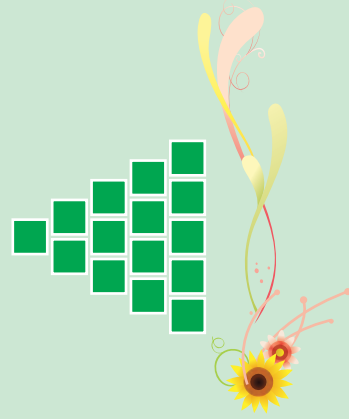
Ask the students about their daily routine and tell them what is right and what is wrong.





## Revision Test Paper - 2

(Based on chapters 3 & 4)



### A. Multiple Choice Questions (MCQs).

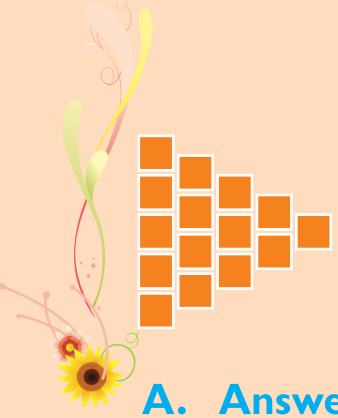
Tick (✓) the correct option.

- Always wear ..... uniform.  
(a) incomplete  (b) dirty   
(c) neat and clean  (d) none of these
- We should pray to .....  
(a) teacher  (b) God   
(c) friend  (d) none of these
- We should always share our ..... with our friends.  
(a) toys  (b) uniform   
(c) T.V.  (d) homework
- We must obey our .....  
(a) parents  (b) teacher   
(c) elders  (d) all of these
- ..... is a good habit.  
(a) speaking lies  (b) talking in the class   
(c) fighting with others  (d) none of these

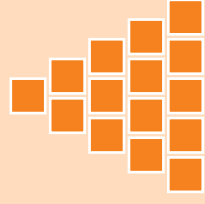
### B. Write 'T' for True and 'F' for False statements.

- We should not tease animals.
- Deepali wears neat and clean dress.
- We should acquire good habits.
- Deepali hates her friends
- We should wake up early in the morning.





# Model Test Paper - I



(Based on chapters 1, 2, 3 & 4)

## A. Answer the following questions.

1. What should we say before entering the class?
2. What happened to the girl at last?
3. Whom should we obey?
4. Write any two good habits.

## B. Fill in the blanks.

1. We should say ..... when someone meets us in the afternoon.
2. The little girl was very ..... to all her elders.
3. We should ..... good habits.
4. Deepali shares her ..... with her friends.
5. The cute little girl grew up and became even more .....

## C. Make a list of all the magical words and also mention when should you use these magical words.

1. ....  
.....
2. ....  
.....
3. ....  
.....






Anmol and Charu had completed their homework. Their mother Mrs. Damini laid the table for dinner. Anmol and Charu washed their hands and sat at the table to have dinner. Their father, Mr. Tarun also joined them. Before dinner, they prayed, “Dear God, bless us! Be with us as we eat. Thank you Lord, for giving us food.”

Now, they began to eat. The rice and curry was tasty. The potato fry was yummy. Charu dropped some rice on the floor while eating. Seeing that Mr. Tarun, said to her, “My child, food is a gift of God. Don’t waste it.”

“Do you know there are many people around us who do not have meal even once a day,” added Mr. Tarun. “I am sorry, Dad, I’ll be careful. I





won't drop even a grain of rice hereafter." Mrs. Damini asked her children to eat slowly and chew the food well.



Anmol proudly said, "I have finished my food and did not drop any." "Very good. That's like a smart boy," said Mr. Tarun with a smile. They ate their dinner happily and washed their hands. They once again thanked God.

**Moral Value:** Always be thankful to the god for every single meal we get to eat.



# EXERCISE



## A. Multiple Choice Questions (MCQs).

Tick (✓) the correct option.

1. What should we do before having our meals?
  - (a) Rice and cheese
  - (b) Bread and vegetable
  - (c) Rice and curry
  - (d) None of these
2. There are many people around us, who do not have ..... even once a day.
  - (a) rater
  - (b) meal
  - (c) both of these
  - (d) none of these
3. How should we eat our food?
  - (a) By chewing well
  - (b) Slowly
  - (c) Both of these
  - (d) None of these
4. We should not waste food because.
  - (a) its a gift of God
  - (b) this will waste money
  - (c) so that we can eat it next day
  - (d) none of these

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

1. We must wash our hands before and after every meal.
2. There is no person in the world who does not have meal even once in a day.
3. We must eat food slowly.
4. We should waste our food.





**C. Answer the following questions.**

1. What is the correct names of eating food?
2. Who gives us food?
3. Whom should we thanks for giving us food?

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

God    drop    meal    food

1. There are many people who don't get even a single ..... everyday.
2. We should always thank ..... for giving us food.
3. We should eat slowly and chew the ..... well.
4. We should not ..... our food while eating.

**Activity Corner**

**Discuss with your friends and teachers why & should are not waste food. Ask your friends what each one of them does to not to waste food.**

.....

.....

.....

.....

.....



**TEACHER'S CORNER**

Tell the students how saving even a single bite of food may help someone to get his/her meal.





# 6

LESSON

## Caring for Animals


Dhwani lived with her parents in a city. In summer vacations, she went to her village where her grandfather and grandmother lived. Her



grandmother used to talk about Frey and Molly. Dhwani she wondered who they were? She wanted to meet them. When she met them. She found that they were two new-born calves! Dhwani was thrilled. She patted and cuddled them.



Besides that, her grandmother had a dog, a cat, a rabbit and an aquarium full of colourful fishes. Dhwani helped her grandmother in feeding the



calves, giving milk to the cat, taking the dog for a walk and in cleaning the aquarium. She enjoyed doing this. Once she asked her grandma, “Grandma, why do you have so many animals?” “I love them,” said her Grandma “and they love me much more in return.” Dhwani herself watched how the animals showed their happiness whenever they saw the grandmother. They wagged their tails, jumped at her and licked her face and hands. Her grandma told her, “Animals never complain or grumble but love us very much.”

“But sad to say, some people do not treat the animals well. They forget that, God has made animals, too. The animals also have feelings and feel pain just as we do. They cannot talk to us and tell us how they feel, so,



we should not hurt them. We should love and take care of not only of our pets but also stray animals. We should never them or hurt them.” said Grandma “You are absolutely right, Grandmother. From today onwards I will never tease or hurt the animals. I will also tell my friends to do the same.

**Moral Value:** We should love animals.





# EXERCISE



## A. Multiple Choice Questions (MCQs).

Tick (✓) the correct option.

- ..... are God's creation.  
(a) animals  (b) humans   
(c) birds  (d) all of these
- Which of these animals will you take to have as a pet.  
(a) Calves  (b) Dogs   
(c) Rabbits  (d) fishes
- Which of these abilities animals do not have?  
(a) Ability to think  (b) Ability to express its feelings   
(c) Both of these  (d) None of these
- The animals that use need at home and are useful to us are called  
(a) Domestic  (b) Wild   
(c) Pet  (d) None of these

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

- Fishes are kept at home in aquariums.
- We should feed our pet animals.
- Animals do not have feelings.
- Animals always love us bach.

## C. Answer the following questions.

- What do animals need?
- How should we treat stray animals?
- Who has made animals?
- What do animals give us in return of the care they receive from us?





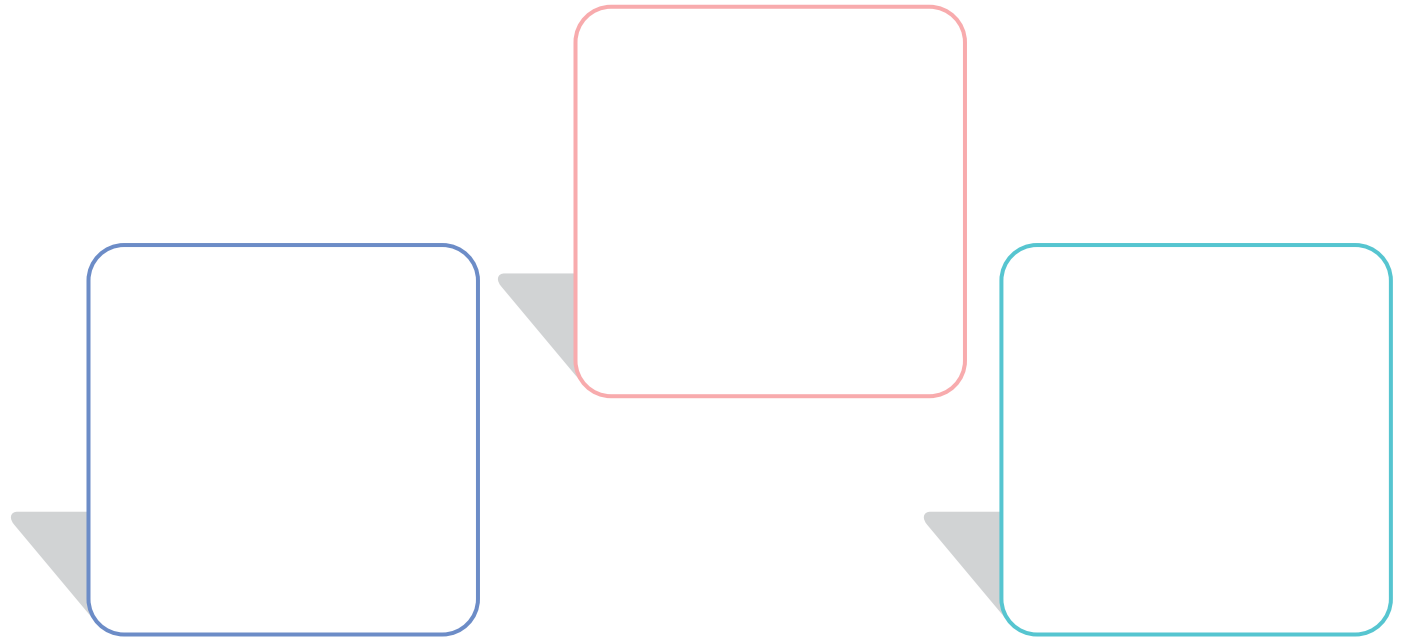
**D. Fill in the blanks with correct words given in the box.**

animals    parents    people    grumble

1. .... animals live with us in our homes.
2. Animals never complain or ..... but love us very much.
3. Some ..... do not treat animals well.
4. We should not hurt the .....

**Activity Corner**

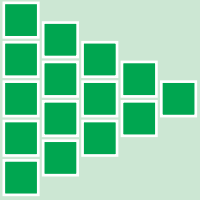
**Collect and paste the pictures of three animals that give us milk:**



**TEACHER'S CORNER**

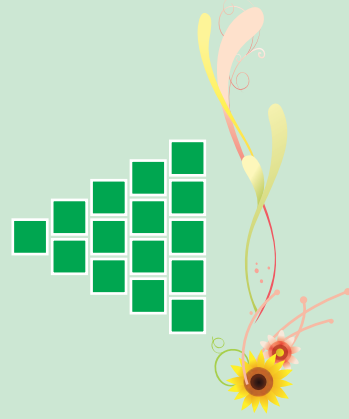
Tell the students how animals are useful to us. What is the difference between pet animals and domestic animals.





## Revision Test Paper - 3

(Based on chapters 5 & 6)



### A. Multiple Choice Questions (MCQs).

Tick (✓) the correct option.

- Who love to sit on the branches of plants?  
(a) Bees  (b) People   
(c) Animals  (d) Birds
- Which one of these animals gives us milk?  
(a) Cow  (b) Horse   
(c) Cat  (d) None of these
- Frey and Molly were the names of two .....  
(a) cats  (b) horses   
(c) calves  (d) dogs
- Which of these food did the family have?  
(a) Rice and cheese  (b) Rice and curry   
(c) Bread and vegetable  (d) None of these
- How should we eat our food?  
(a) By chewing well  (b) Slowly   
(c) Both of these  (d) None of these

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

- We should waste our food.
- Animals do not have feelings.
- Rabbit is a pet animal.
- Leaves make food for a plant.
- We must eat food slowly.







# Importance of Plants



One day while walking in his garden, Harsh saw a plant. The plant had beautiful flowers. He was delighted to see those lovely flowers. As he was about to Pluck a twig he heard a strange voice. It said, “Harsh,



what are you doing?” Are you taking away my leaves? Do you know these leaves make my food and I’ll starve without them? Look at the flowers you’re going to pluck. People come here to look at these



beautiful flowers and feel happy. The bees and butterflies also get nectar from these flowers.



“Please do not hurt me.” The birds love to sit on my branches. “Will you water me and take care of me, Harsh?” said the plant.



Harsh felt sorry. He promised the plant that he would never pluck the flowers and leaves. The plant was happy. “Harsh, get up. Harsh, it’s

late for school,” called out his mother. Suddenly he woke up from his sleep. It was all a dream.

Rose plant



Flowers (Rose)

Tomato plant



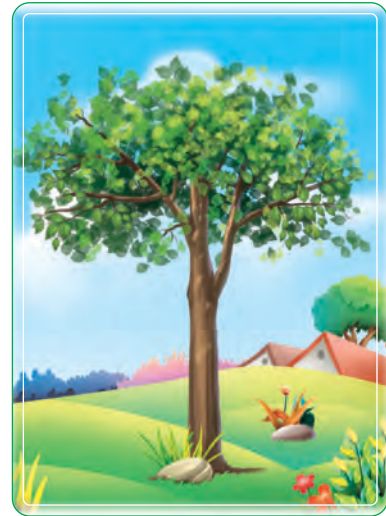
Vegetables (Tomatoes)

Mango tree



Fruits (Mango)

Teak tree



Wood (Teak)

**Moral Value:** We should not pluck flowers and leaves of a plant. Plants are God's precious gift to man. They are very important for us.



# EXERCISE



## A. Multiple Choice Questions (MCQs).

Tick (✓) the correct option.

- Plants give us  
(a) fruits  (b) vegetables   
(c) shade  (d) all of these
- Who love to sit on the branches of plants?  
(a) Bees  (b) Birds   
(c) Animals  (d) People
- The bees and butterflies also get ..... from plants.  
(a) food  (b) nectar   
(c) both (a) and (b)  (d) none of these
- What do we get from Teak tree?  
(a) Fruits  (b) Flowers   
(c) Wood  (d) Nectar

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

- Plants can talk.
- We do not need plants.
- Leaves make food for a plant.
- Plants do not need love and care.

## C. Answer the following questions.

- How can we take care of plants? Give two ways.
- What will happen to the plants without leaves?
- Who come to the plants for nectar?
- What do we get from plants?





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

Pluck    happy    garden    birds

1. There are many beautiful flowers in the .....
2. We should never ..... flowers and leaves.
3. The ..... love to sit on branches of plants.
4. The plants become ..... when we take care of them.

**Activity Corner**

1. Learn the names of five plants and five trees. Find out their uses from your parents / teachers:

	Plants	Uses	Trees	Uses
1.	.....	.....	.....	.....
2.	.....	.....	.....	.....
3.	.....	.....	.....	.....
4.	.....	.....	.....	.....
5.	.....	.....	.....	.....

2. Make a class project to show the use of plants and trees.



**TEACHER'S CORNER**

Tell the students about different kinds of plants and trees and their uses. Also tell them how and why should can we save plants and trees by taking good care of them.






# Our School

## **A School is a Temple of learning.**

Our school is our second home. Children go to school not only for studies but also to learn many things. We learn good manners, friendship moral values and cooperation at school. Teachers teach us different subjects like English, Math, Science, Hindi and Computer. They also inculcate good manners in us. Teachers are like our parents. They take care of us with love and affection.





We spend so much time in school daily. We should love and respect our teachers. We should listen to our teachers and obey them. As at home our parents look after us and fulfil our needs, so the teachers are there to look after us and our needs at school. In this way, they are our second parents.



Good children do not fight with other children at school. They help their friends. They always keep their books, notebooks, erasers, pencils and bags carefully. They always do their homework on time. They learn their lessons daily. They listen to their

teachers carefully and never make a noise in the class. Teachers love such children.

We should always keep our school and classrooms neat and clean. We should never destroy school property. We should never write on the walls, desks, chairs and tables. They are for use. As we keep our home neat and clean so should we keep our school.

**Moral Value:** Schools are Temples of learning so we should always keep our school neat and clean.



# EXERCISE



## A. Multiple Choice Questions (MCQs).

Tick (✓) the correct option.

1. You should obey your .....  
(a) elders  (b) parents   
(c) teachers  (d) all of these
2. Your school is your ..... home.  
(a) first  (b) second   
(c) third  (d) fifth
3. You should never write on .....  
(a) desks  (b) tables   
(c) walls  (d) all of these
4. Teachers are our ..... parents.  
(a) first  (b) second   
(c) both (a) and (b)  (d) none of these

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

1. Children go to school only to play.
2. You should listen to your teachers.
3. You should take care of your school property.
4. Teachers are not proud of good children.

## C. Answer the following questions.

1. What do you learn at school?
2. Which is your second home?
3. Who are your second parents?
4. Why do children go to school?







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

affection    Subjects    fight    second

1. School is our ..... home.
2. Good children never ..... with others.
3. Teachers show love and ..... to all the students.
4. Teachers teach us ..... different at school.

**Activity Corner**

**Prepare an ID card giving all these details:**

1. Your Name .....
2. Father's Name .....
3. Class .....
4. Section .....
5. Name of Your  
class teacher .....
6. School Name .....
7. Your Home Address .....
8. Phone No. ....



**Paste your photo here**

**TEACHER'S CORNER**

Tell the students about good manners and also tell them how these good manners help them to become a good person.





# Our Country India



I am Tanushri Agarkar  
I am from Maharashtra.  
I speak Marathi.  
I am an Indian.  
I love my country India.



I am Gurdeep Singh  
I am from Punjab.  
I speak Punjabi.  
I am an Indian.  
I love my country India.



I am Anjali  
I am from Kerala.  
I speak Malayalam.  
I am an Indian.  
I love my country India.



I am Debojit Mukherjee  
I am from Kolkata.  
I speak Bengali.  
I am an Indian.  
I love my country India.

All the people who live in India are Indians.



India is a vast country. It has many different cultures and religions. The capital of India is New Delhi. There are high mountains, rivers and many deep forests in our country. There are many beautiful historical monuments in India like the Taj Mahal, the Qutub Minar, the Red Fort, the Charminar and the Gateway of India, etc. Our National Flag has three colours - saffron, white and green. That is why it is called the Tricolour (Tiranga). It has a blue wheel (chakra) in the middle. Our National Anthem is 'Jana-gana-mana....'. Our National Animal is Tiger. Our National Bird is Peacock. Our National Flower is Lotus.

**Moral Value:** India is our motherland and we are proud to be Indians.



## EXERCISE

### A. Multiple Choice Questions (MCQs).

Tick (✓) the correct option.

1. People in ..... speak Punjabi.

- |                 |                       |             |                       |
|-----------------|-----------------------|-------------|-----------------------|
| (a) Maharashtra | <input type="radio"/> | (b) Gujarat | <input type="radio"/> |
| (c) Kerala      | <input type="radio"/> | (d) Punjab  | <input type="radio"/> |

2. Our National Anthem is .....

- |                    |                       |                   |                       |
|--------------------|-----------------------|-------------------|-----------------------|
| (a) Jana-gana-mana | <input type="radio"/> | (b) Vande mataram | <input type="radio"/> |
| (c) Both (a) & (b) | <input type="radio"/> | (d) None of these | <input type="radio"/> |



3. Which is our National Flower?

- (a) Rose  (b) Sunflower   
(c) Lily  (d) Lotus

4. Which is our National Animal?

- (a) Lion  (b) Panther   
(c) Tiger  (d) Leopard



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

1. The Taj Mahal is a beautiful historical monument in India.
2. Our National Animal is Elephant.
3. Our National Flag is also known as Tricolour.
4. Our National Flower is Rose.

**C. Answer the following questions.**

1. What is the capital of India?
2. Which is the National Bird of India?
3. How many colours are there in our National Flag?
4. What is the National Anthem of India?

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

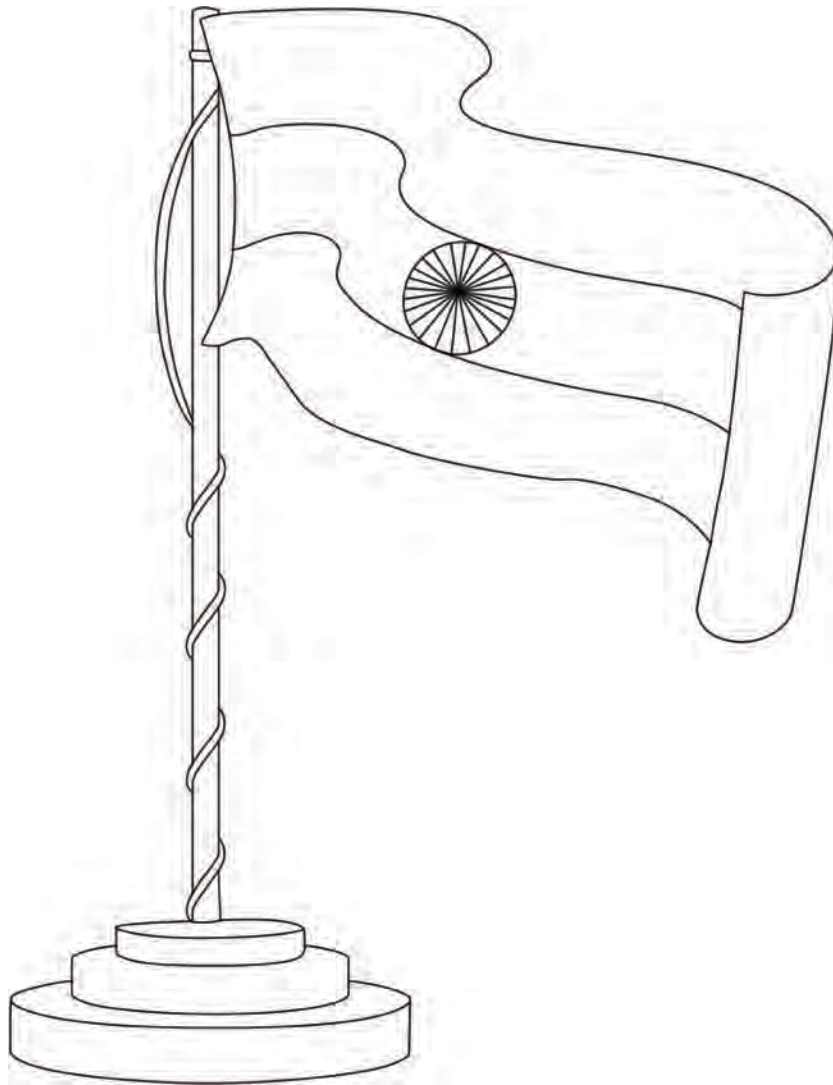
Peacock   Indians   three   New Delhi

1. People of India are called .....
2. Our National Flag has ..... colours.
3. .... is our National Bird.
4. The capital of India is .....



## Activity Corner

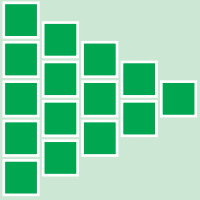
### 1. Colour the National Flag.



### 2. Learn National Anthem from your teacher and sing it together.

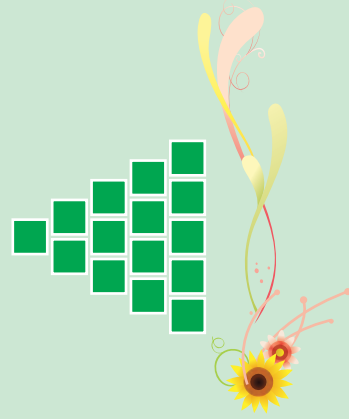
#### TEACHER'S CORNER

Teach the students the National Anthem and the National Songs of our country. Tell them a brief history of India and tell them in what ways we can respect our country.



## Revision Test Paper - 4

(Based on chapters 7, 8 & 9)



### A. Multiple Choice Questions (MCQs).

Tick (✓) the correct option.

- You should never write on .....  
(a) walls  (b) desks   
(c) tables  (d) all of them
- ..... of plants make food a leaves.  
(a) Leaves  (b) steam   
(c) root  (d) fruit
- We should ..... and respect our teachers.  
(a) love  (b) hate   
(c) disrespect  (d) none of these
- Which is our National Flower ?  
(a) Lily  (b) Rose   
(c) Sunflower  (d) Lotus
- Our National Bird is .....  
(a) peacock  (b) tiger   
(c) owl  (d) lion

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

- The Taj Mahal is a beautiful historical monument in India.
- We can take care of plants by watering them.
- Children go to school only to play.
- You should take care of your school property.
- We should always Pluck flowers from a garden.





## Model Test Paper - 2

(Based on chapters 5, 6, 7, 8 & 9)



### A. Answer the following questions.

1. What will happen to the plants without leaves?
2. How should we look after animals.
3. Who gives us food?
4. Why do children go to school?
5. What is the capital of India?

### B. Fill in the blanks.

1. People of India are called .....
2. Teachers show love and ..... to all the students.
3. We should always thanks ..... for giving us food.
4. We should not hurt the .....
5. .... make a plant look beautiful.

### C. Match the following.

- |                                     |                 |
|-------------------------------------|-----------------|
| 1. Eat your food                    | a. schools      |
| 2. Animals need                     | b. India        |
| 3. Temples of leaning               | c. slowly       |
| 4. Different cultures and religions | d. do not Pluck |
| 5. Flowers                          | e. love         |

# Yoga: An Introduction

## What is Yoga?

In Vedic Sanskrit, **yoga** means "to add", "to unite" or "to attach", i.e., yoga is the "union" of mind and physical body. Thus, yoga is a way which helps to unite the body and the mind.

Do you know that **YOGA** was originated in **India**? But now it is becoming popular **around the world**.

Yoga is not a religion. It is a way of living.

Yoga is a way to restore our personality in a joyful way.

Yoga increases flexibility and strength. It helps us to increase our concentration and immunity.

The yog methods purify our nervous system, improve the blood circulation and make us feel happy. It is fit for all ages. It helps us to overcome our weaknesses.

**We must do yoga daily to remain healthy and strong.**







## Let Us Revise

- Yoga is the “union” of mind and physical body.
- Yoga is not a religion. It is a way of living.
- Yoga is a physical, intellectual and spiritual practice.
- Yoga increases flexibility and strength, endurance, balance and co-ordination.
- We must do yoga daily to remain healthy and strong.



### A. Fill in the blanks.

increases    religion    Yoga

1. .... is a technique which helps to control the body and the mind.
2. Yoga is not a .....
3. Yoga ..... flexibility and strength.

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

1. YOGA did not originate in India.
2. In Vedic Sanskrit, yoga means "to divide".
3. We must do yoga daily to remain healthy and strong.

### C. Answer the following questions.

1. What is yoga?
2. Why is yoga good for health?
3. Who all can do yoga?



# Sukhasana (Easy Pose)



The name **Sukhasana** refers to most easy and comfortable pose for doing yoga. The child or beginner can easily do this asana.

For sukhasana one should, comfortably sit keeping the head, neck and spine straight. There should be no curve in the body posture.

Sit in an ordinary cross-legged position as shown in the illustration.

Keep your spine vertical to the floor and let the hands rest on the knees in any mudra.

Close your eyes and relax the whole body.

Stay in this pose till you are comfortable.

Breath slowly and uniformly.

## Benefits

It stretches the spine wonderfully.

It increases concentration of the mind.





## Let Us Revise

- Sukhasana refers to most easy and comfortable pose for doing yoga.
- For sukhasana, comfortably sit keeping the head, neck and spine straight.
- Stay in sukhasan pose till you are comfortable.
- Start slow and uniform breathing.

# EXERCISE

### A. Fill in the blanks.

Sukhasana      whole      ordinary

1. .... refers to most easy and comfortable pose for doing yoga.
2. For sukhasana, close your eyes and relax the ..... body.
3. Sit in an ..... cross-legged position.

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

1. The child or beginners cannot easily do this asana.
2. Keep your spine vertical to the floor and let the hands rest on the knees in any mudra.
3. Take deep and fast breathing.

### C. Answer the following questions.

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





# Padmasana (Lotus Pose)



**Padmasana** or the Lotus Pose is an important asana for doing yoga. In Sanskrit, 'Padma' means Lotus and 'Asana' means Pose.

Padmasana is one of the best poses for a yogic practitioner as it stimulates the flow of energy in body.

Sit on the floor and spread the legs forward.

Keep your right foot on the left thigh and the left foot on the right thigh.

Keep your hands on the knee joints.

Keep the body, spine and head straight.

Close your eyes and start breathing in and out.



## Benefits

1. It helps in improving the concentration of mind.
2. It improves digestion.
3. It improves flexibility of leg (ankle & knee joints)
4. It reduces muscular tension and controls blood pressure.

Moral Value - 1





## Let Us Revise

- Padmasana or the Lotus Pose is an important asana for doing yoga.
- Padmasana stimulates the flow of energy in body.
- Padmasana helps in improving the concentration of mind.
- Padmasana improves digestion.



## EXERCISE

### A. Fill in the blanks.

reduces      sanskrit      straight

1. In ....., 'Padma' means Lotus and 'Asana' means Pose.
2. Keep the body, spine and head .....
3. It ..... muscular tension and controls blood pressure .

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

1. Padmasana is one of the best poses for yoga as it stimulates the flow of energy in body.
2. Place the hands on the head.
3. It helps in improving the concentration of mind.

### C. Answer the following questions.

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



# Ardha Chandrasana (Half Moon Pose)



Ardha Chandrasana or the crescent moon pose builds strength and stamina.

Breathe in and stand straight.

Raise your hands upwards while inhaling.

Join your palms and keep your fingers towards the ceiling.

Exhale and bend your body a little towards your right side.

Stay in this position for a few seconds.

Then, inhale and stand straight. Bring your arms down while exhaling.

Repeat this pose on the left side also.

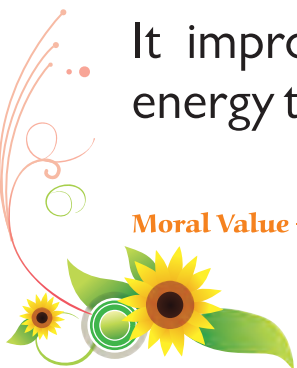
## Benefits

It helps in relieving the stress.

It stretches your abdomen, hands and spinal cord.

It strengthens your ankles, knees, legs, back, shoulders and arms.

It improves blood circulation and provides energy to the entire body.





## Let Us Revise

- The crescent moon pose strengthens your legs, back, shoulders and arms.
- It builds strength and stamina, and improves balance of body.
- It stretches your abdomen, hands and spinal cord.
- It strengthens the ankles and knees.
- It improves blood circulation and provides energy to the entire body.



### A. Fill in the blanks.

inhaling      stretches      strengthens

1. The crescent moon pose ..... your legs, back, shoulders and arms.
2. Raise your hands upwards while .....
3. It ..... your abdomen, hands and spinal cord.

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

1. Join your palms and keep your fingers towards the ceiling.
2. It weakens the ankles and knees.
3. It improves blood circulation and provides energy to the entire body.

### C. Answer the following questions.

1. What is crescent moon pose in yoga?
2. How crescent moon pose is done?
3. What are the benefits of crescent moon pose?