



*Edition : New Edition*

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## **Moral Value (Part-2)**

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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# Always Keep Patience

Once, there lived a poor farmer in a small village. He woke up early in the morning. He regularly went to his field. He worked very hard. He ploughed his field the whole morning and patiently pulled out the weeds in the evening.


The poor farmer planted some cereal seeds in his field before the annual monsoon. He prayed to God for a very good crop.

But, the annual monsoon failed. It never rained. The poor farmer also waited for the rain patiently like other farmers.

The other villagers were hoping for the best. They were cursing their bad luck. But the poor



farmer did not lose hope. He began to water the seeds by himself and developed a habit of carrying buckets full of water from his village to his ploughed field. The remaining villagers made fun of the poor farmer, but he was not discouraged and kept on watering the seeds.



After sometime, the farmer was surprised to see green shoots coming out of the seeds. He got so happy on seeing the shoots that he ran very fast towards his village and told about this to everyone.

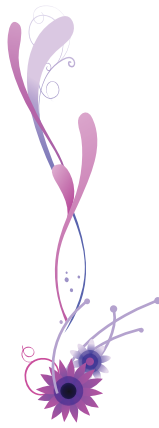
All the villagers were surprised. They felt happy for this poor farmer for his unbeatable continuous effort. Ultimately, his patience was rewarded superbly. The poor farmer became an inspiration for the other farmers. They also worked hard patiently and succeeded. They became prosperous and lived happily thereafter.



**Moral:** Patience always brings favourable results.



# EXERCISE



## A. Multiple Choice Questions (MCQs).

Tick (✓) the correct option.

- The poor farmer lived in a ..... village.  
(a) small  (b) big   
(c) city  (d) town
- The poor farmer began to water the ..... by himself.  
(a) fruits  (b) vegetables   
(c) seeds  (d) mangoes
- Ultimately, the farmer's patience was ..... superbly.  
(a) frustrated  (b) rewarded   
(c) punished  (d) none of these

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

- The poor farmer lived in a city.
- The poor farmer did not work hard.
- The other villagers made fun of the poor man.
- The poor farmer was happy to see the shoots.

## C. Answer the following questions.

- Where did the poor farmer live?
- Who made fun of the farmer?
- Who became the inspiration for the other farmers?
- What lesson have you learnt from this story?



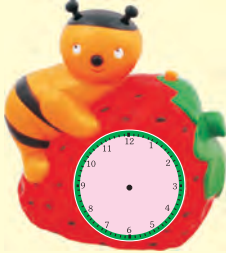

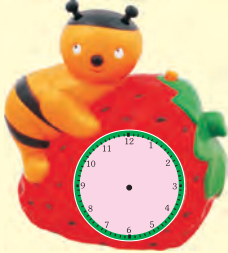

**D. Fill in the blanks with correct word given in the box.**

rewarded    hard    hope

1. The poor farmer worked very .....
2. The poor farmer did not lose .....
3. The farmer's patience was ultimately .....

**Activity Corner**

You must become patient to wait for the things to happen. Fill in the following clocks about your Sunday routine.

Art	Snack	Games	TV
			

Make a list of places or events where keeping patience is very important. Like waiting patiently for an ambulance to pass-by or boarding a bus or train patiently in a queue.

**TEACHER'S CORNER**

Tell the students about the importance of patience as patience always brings reward.



# 2

LESSON

## Regard for Others

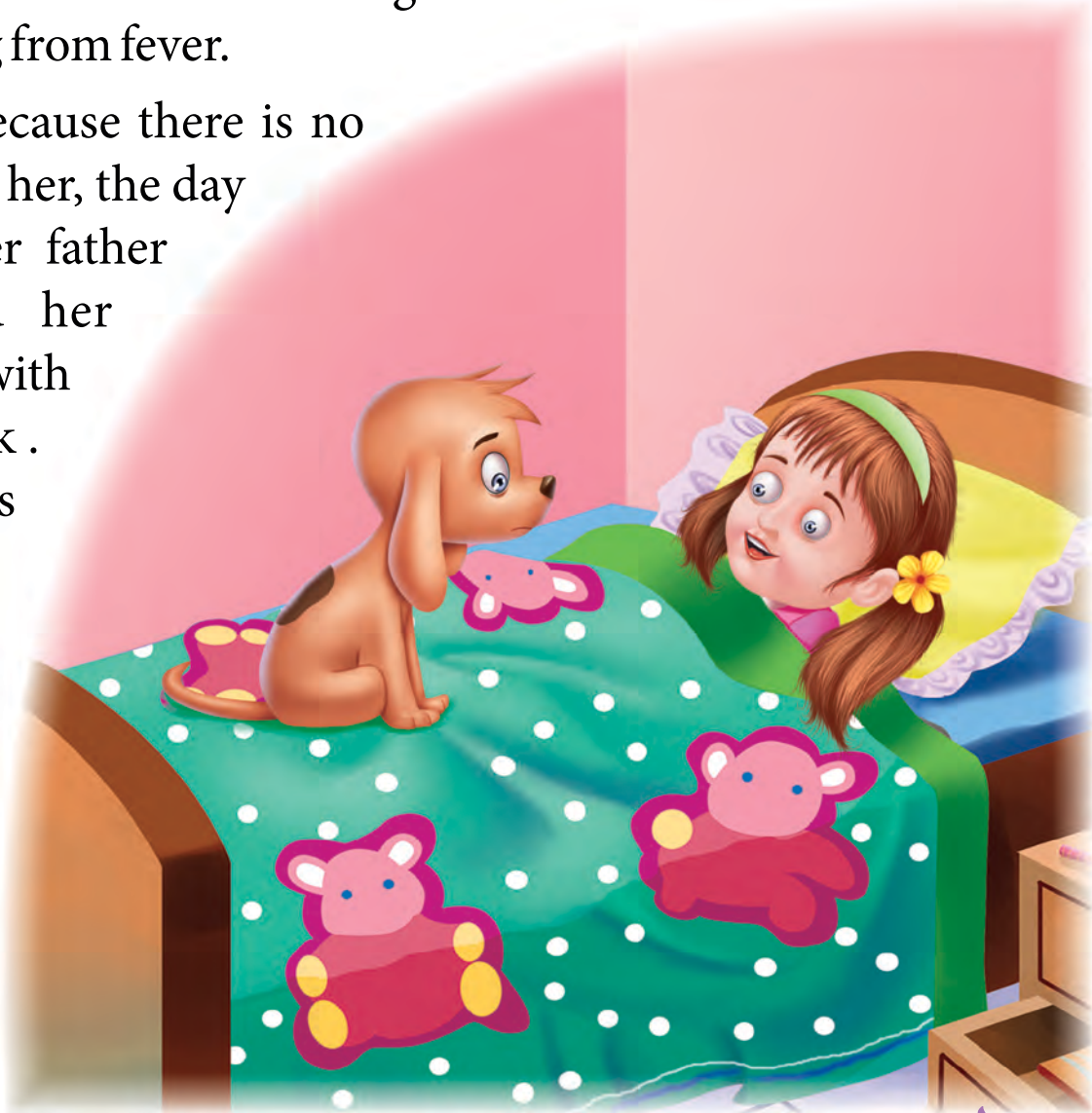
Ankita is a little girl. She studies in class II. She is very good and hard working. She is excellent in studies as well as in sports. She has always been her teacher's favourite. She has many friends in school. She goes to school everyday. But she is not able to go to school for the last five days as she is suffering from fever.

Ankita feels bored because there is no one to talk to her. For her, the day seems very long. Her father goes to office and her mother is too busy with domestic work. Without her friends she feels lonely. There is only Bruno, the dog, her only friend.

“Not even a single friend has come to see me,” thinks Ankita very sadly.

Perhaps my friends do not love me, mummy....”

“Ankita you should not worry,” said her mummy giving her juice.





The doctor had asked her to take rest. Then suddenly, her doorbell rings. Who could be there at this time.

Mrs. Srivastava, her class teacher has come to see her.

She asked, “How is the brave girl today?”

“Ma'am, I'm feeling very bored. I have to lie flat on my bed the whole day and night.”

“You'll be well very soon, okay,” assured her class teacher. Then, she gave Ankita her favourite



story books. Ankita inquired about all her friends and was surprised why none of her friends came to see her.

The teacher said, “See dear, all your dear friends in the school have given their signature on this greeting card to give it to you, which they all have made.”

Ankita humbly opens the envelope with great love and starts reading the beautiful greeting card – “We all are hopeful that you will get well soon. We miss you a lot.”

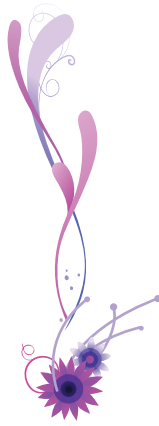
Ankita's eyes were filled with pleasant tears. She was very happy to have a caring class teacher and so many loving friends.

She thanked her teacher and friends for caring about her.

**Moral:** We can be grateful to others by showing our regards.



# EXERCISE



## A. Multiple Choice Questions (MCQs).

Tick (✓) the correct option.

1. Ankita was a good and ..... girl.  
(a) hard working  (b) lazy   
(c) naughty  (d) poor
2. Ankita's class teacher brought .....  
(a) chocolates  (b) story books   
(c) juice  (d) fruits
3. The name of Ankita's dog was .....  
(a) Moti  (b) Tom   
(c) Jimmy  (d) Bruno

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

1. Ankita was in class III.
2. Ankita's friends came to see her during her illness.
3. Ankita's eyes were filled with pleasant tears.
4. Ankita became happy after getting the greeting card.

## C. Answer the following questions.

1. Why did Ankita feel bore ?
2. Who came to see Ankita during her illness ?
3. Why hadn't Ankita gone to school for the last five days ?
4. What lesson did you learn from this story ?





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

pleasant      Class II      Mrs. Shrivastava

1. Ankita was a student of .....
2. The name of Ankita's class teacher was .....
3. Ankita's eyes were filled with ..... tears.

**Activity Corner**

**Make a list of people whom you care about and also write down the reasons.**

People for whom you care	Reason for care
1.	
2.	
3.	
4.	
5.	

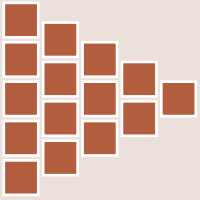
**Discuss with your class different ways in which you can show regards to others.**



**TEACHER'S CORNER**

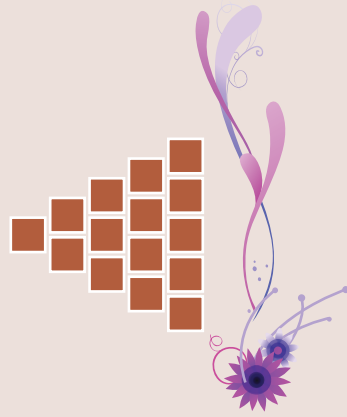
Ask the students how they show their regards for other.





## Revision Test Paper - I

(Based on chapters 1 & 2)



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

Tick (✓) the correct option.

- The name of Ankita's class teacher was .....  
(a) Mr. Sharma  (b) Mrs. Shrivastava   
(c) Mr. Pandey  (d) Mrs. Gupta
- Ankita was good and ..... girl.  
(a) hardworking  (b) poor   
(c) lazy  (d) naughty
- The poor farmer began to water the ..... by himself.  
(a) seeds  (b) fruits   
(c) vegetables  (d) cereals
- At last, farmer's patience was .....  
(a) punished  (b) frustrated   
(c) rewarded  (d) none of these
- Other farmers ..... at him.  
(a) laughed  (b) cried   
(c) helped  (d) none of these

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

- Ankita was a student of class II.
- Poor farmer did not work hard.
- The poor farmer lived in a city.
- Ankita's friends came to see her during her illness.
- Ankita became happy after getting the greeting card.





Once in a jungle there lived a hare and a tortoise. One day, the animals in the forest decided to have a cake-baking competition. A big prize was declared for the winner. A free trip to the Disney Land in America was also offered in the prizes. All the animals were excited about the




competition. Everyone wanted to go to the Disney Land. Even the hare and the tortoise wanted to enter the contest.

The next day the tortoise got a good recipe book for cakes from his friend. Seeing the tortoise with the recipe book, the hare said, “Why are you thinking of the contest so soon? There are so many days left for the contest”. The hare started making fun of the tortoise. He could not understand why the tortoise was planning for the competition that early. There was plenty of time. But the tortoise didn’t believe in postponing his work.



The tortoise chose a good recipe from the book. Then he prepared a list of things needed, bought them from the market and baked the cake two days before the contest. He also decorated the cake with colourful icing on it and sent the cake for the competition on time.





On the other side, the hare spent his time playing with his friends. Suddenly just two days before the contest, he thought to bake the cake. There was so much to do ! He had to think of a recipe for a quick and easy cake. Quickly he ran to the market to get the things. But there was no flour and no sugar in the shop. The hare requested the fox to somehow get these things.

At last the hare started to bake the cake. But it was not fluffy. It was flat and lumpy. The hare had forgotten to add sugar in hurry. There was no time to bake another cake. Now all that the hare could do was to sit and cry.

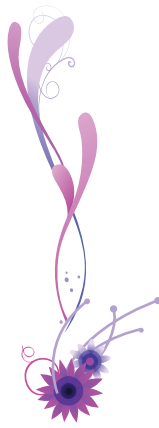
The tortoise won the first prize for his cake. The sad and disappointed hare watched the tortoise receiving the prize. Everyone was clapping for the tortoise.



**Moral:** Doing work on time always gives us success.



# EXERCISE



## A. Multiple Choice Questions (MCQs).

Tick (✓) the correct option.

- ..... competition was decided by the animals.  
(a) Cake baking  (b) Writing   
(c) Cooking  (d) None of these
- The hare spent his time in ..... with his friends.  
(a) playing  (b) walking   
(c) running  (d) none of these
- ..... decorated the cake with colourful icing.  
(a) Fox  (b) Tortoise   
(c) Owl  (d) Hare
- All animals wanted to go to the ..... land.  
(a) fairy  (b) dirty   
(c) disney  (d) none of these
- The hare had forgotten to add ..... in hurry.  
(a) salt  (b) sugar   
(c) flour  (d) cake
- ..... won the first prize for his cake.  
(a) Tortoise  (b) Fox   
(c) Hare  (d) Owl







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

1. The hare won the prize.
2. It was a cake-baking competition.
3. The tortoise postponed his work and could not bake the cake.
4. Punctuality gives us success.

**C. Answer the following questions.**

1. Which competition was decided by the animals ?
2. Who prepared the cake on time ?
3. Who won the first prize ?
4. When did the tortoise send his cake for the competition ?

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

Disney cake-baking first postpone

1. Animals decided to have a .....competition.
2. Everyone wanted to go to the ..... Land.
3. The tortoise's cake won the ..... prize.
4. Do not ..... your work.

**Activity Corner**

Prepare a greeting card and present it to your best friend on his birthday.  
Make a collage of your daily routine with the time at which you do those works.



**TEACHER'S CORNER**

Tell the importance of punctuality to the students.

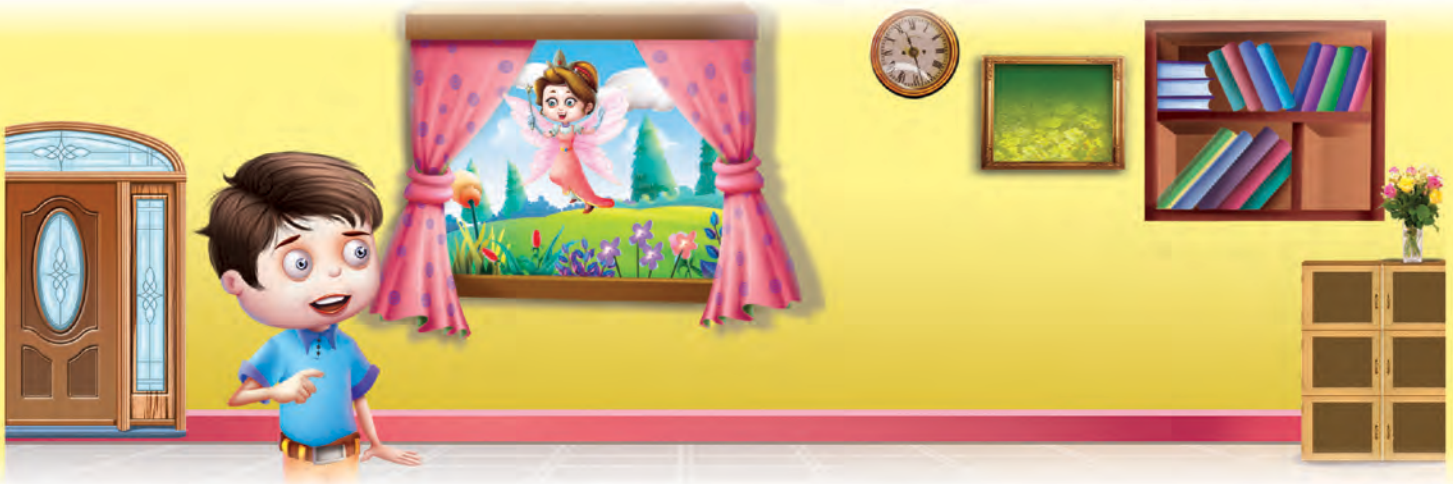




# 4

LESSON

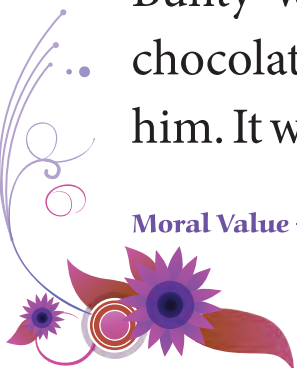
## Eat Healthy-Stay Strong



Bunty never liked eating fruits and vegetables. “I wish I could eat only those things which I like to eat,” he said loudly. Suddenly a fairy appeared before him and asked him what he would love to eat. “Chocolates, cakes and ice-creams all the time,” he said, “I will never get tired eating them.” The fairy granted him his wish.



Bunty was very happy. Whenever he felt hungry, a very big box of chocolates, a very big cake and a dozen cups of ice cream appeared before him. It was a great fun ! He had chocolates, cakes and ice creams for



breakfast, lunch and dinner too. The next day also he got the same things. The third day when Bunty got up, he was suffering with a stomach ache. “Oh, God! It is a terrible stomach ache !” cried Bunty. His mom rushed him to the doctor.

The doctor examined him and prescribed him some medicines. He had the medicines and gradually he began to feel better. He had to take leave from school. He could not do his assignments well. He had to take proper meals and he could not play for a week.

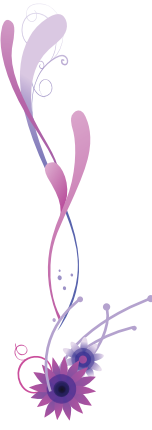


The doctor told him, “Listen Bunty, you should not eat chocolates, cakes and ice creams all the time. They are not good for your health. They will upset your stomach. You should eat rice, chapattis, vegetables and fruits everyday. You should also drink milk twice a day. Then, you will grow up to be healthy.” “All right, doctor uncle. Thank you very much, for your advice. I will never eat chocolates, cakes and ice creams,” said Bunty. He threw away all these things.

**Moral:** We should eat a balanced diet everyday.



# EXERCISE



## A. Multiple Choice Questions (MCQs).

Tick (✓) the correct option.

1. .... never liked eating fruits and vegetables.

- (a) Rohan  (b) Sohan   
(c) Bunty  (d) None of these

2. Suddenly a ..... appeared before him.

- (a) giant  (b) fairy   
(c) man  (d) none of these

3. On third day, Bunty suffered .....

- (a) toothache  (b) stomach ache   
(c) headache  (d) none of these

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

1. Bunty liked eating fruits and vegetables.
2. Chocolates, ice-creams and cakes are a balanced diet.
3. The doctor advised Bunty to have a balanced diet.
4. We need a proper healthy diet to grow up stronger.

## C. Match the columns.

### Column 'A'

- Burger and Pizza
- Fruits and Vegetables
- Pepsi and Cola

### Column 'B'

- Balanced diet
- Cold drinks
- Junk food





**D. Answer the following questions.**

1. What did Bunty hate ?
2. What happened whenever he felt hungry ?
3. What happened to Bunty on third day ?
4. What is the moral of the story ?

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

never healthy junk water overeat fruits

1. To grow up healthy, we need good, clean and ..... food.
2. A balanced diet includes vegetables, ..... and milk.
3. We should avoid ..... food.
4. We should not .....
5. .... eat spoiled food.
6. We should also drink plenty of ..... everyday.

**Activity Corner**

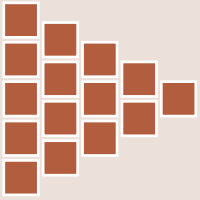
**Draw and colour any two fruits you like to eat.**

**Collect pictures of a balanced diet.**



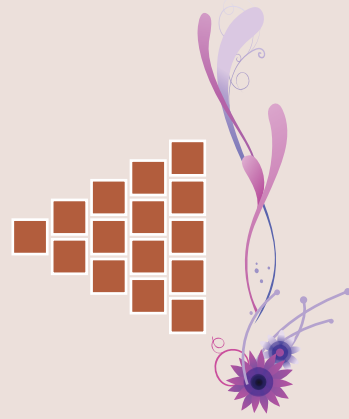
**TEACHER'S CORNER**

Tell the importance of 'Balanced diet' to the students.



## Revision Test Paper - 2

(Based on chapters 3 & 4)



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

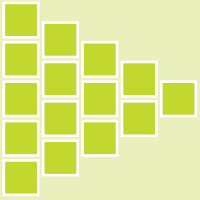
Tick (✓) the correct option.

- The ..... postponed the work and could not bake the cake.  
(a) tortoise  (b) fox   
(c) goat  (d) hare
- On third day, Bunty suffered .....  
(a) toothache  (b) stomach ache   
(c) headache  (d) none of these
- ..... competition was decided by the animals.  
(a) Cake-baking  (b) Cooking   
(c) Writing  (d) None of these
- ..... won the first prize for its cake.  
(a) Tortoise  (b) Ox   
(c) Hare  (d) Fox
- We should drink ..... twice a day.  
(a) juice  (b) cold drink   
(c) milk  (d) tea

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

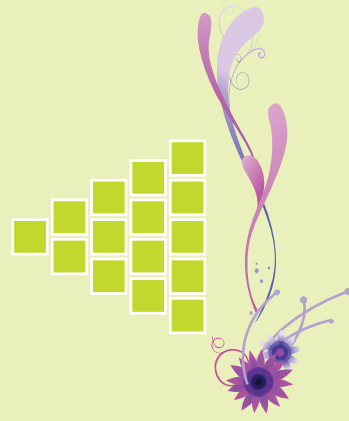
- Chocolates, ice-creams and cakes are balanced diet.
- The hare won the prize.
- The doctor advised Bunty to have balanced diet.
- Punctuality gives us success.
- It was a cake-baking competition.





## Model Test Paper - 2

(Based on chapters 5 – 9)



### A. Answer the following questions.

1. What happened to the younger kid fish the next day ?
2. Why did Princy fall ill ?
3. What did the teacher tell Gokul ?
4. What happened when Sohan didn't give lunch to the beggar ?
5. Why was the fire brigade called up ?
6. What did Rohit's parents decide one day ?
7. How did Rishabh get injured ?
8. What was the difference between Sohan and Gopal ?
9. Why did Gokul forget to do his homework ?
10. Why did Goddess appear as old beggar ?

### B. Fill in the blanks.

1. Gopal was a ..... man.
2. Rohit's cousins and friends were ..... on the day of party.
3. Rohit wanted to say ..... to everyone.
4. Sohan did not get ..... with the beggar.
5. According to Gokul, copying is .....
6. Rohit was a ..... boy.
7. The teacher said, "I ..... your honesty."
8. Rohit's parents wanted to send him to a ..... school.
9. Always ..... the truth.
10. Sohan and Gopal were .....



C. Look at the pictures and tell what is right and what is wrong. Put a (✓) for 'right' and a (✗) for 'wrong'.







# 5

LESSON

## Caring for Yourself

Once there were two sisters named Daisy and Princy. Daisy liked to go out and play with her friends. She grew tall and strong but Princy



always watched TV or slept at home. She did not like to play. She grew plump and fat. She was always unwell. Fever, stomach ache and toothache became her friends and would not leave her. She grew weak day by day and had to miss her school very often.



Their mother took Princy to the doctor. The doctor told Princy that she fell ill because her body could not fight the germs. She should make herself strong and healthy. She could do so by playing outdoors in the fresh air and by doing exercise.

Daisy took her to play outside in the park. Together, they did exercises and played everyday. Gradually Princy became quite healthy and active. All the diseases she was suffering from were forced to leave her. She felt happy and healthier. She could now even concentrate on her studies better.





# EXERCISE

## A. Multiple Choice Questions (MCQs).

Tick (✓) the correct option.

1. .... liked to go out and play with her friends.

- (a) Daisy  (b) Rosy   
(c) Princy  (d) None of these

2. As the time passed,..... became ill.

- (a) Daisy  (b) Rosy   
(c) Princy  (d) None of these

3. .... helped Princy to become healthy and active.

- (a) Princy  (b) Daisy   
(c) Rosy  (d) None of these

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

1. Princy did not like to play.   
2. Her friends told her to play.   
3. Daisy took Princy to play outside.   
4. We must not play outdoors in the fresh air.   
5. We must take bath everyday.

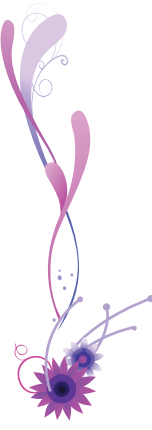
## C. Match the columns.

### Column 'A'

- (1) Take a bath  
(2) Wash your hand  
(3) Brush your teeth  
(4) Trim your nails  
(5) Go to bed

### Column 'B'

- (a) regularly  
(b) morning and evening  
(c) everyday  
(d) before and after eating  
(e) early



**D. Answer the following questions.**

1. What should we do to keep ourselves healthy ?
2. Why did Princy fall ill ?
3. How did Daisy help Princy to recover from all the diseases ?

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

park clean exercises outdoors

1. To keep healthy, we must do ..... daily.
2. We must play ..... in the fresh air.
3. We must wear ..... clothes.
4. Daisy took Princy out to play in the .....

**Activity Corner**

**1. Look at the pictures and write the names of the games.**



.....

**2. Name two games/sports you like to play.**

(a) .....

(b) .....

**TEACHER'S CORNER**

Teach the students how to keep themselves neat and clean.





# Obey Your Elders

Once there lived three fishes in a pond—Mummy fish and her two kids. One day two fishermen passed by the pond. They saw the fish happily playing in the water. One of them said, “There are a number of fish in this pond. We should catch them.” To this, the other fisherman replied, “It’s already late in the evening. We shall catch them tomorrow.” His friend agreed.



Mummy fish overheard their conversation. She shook with fear. She told her kids, “My dear children, did you hear what the fishermen said? It is dangerous to stay here, we must go to some other pond tonight itself.”

“That’s right, we must shift from here tonight,” said the elder kid. The younger kid did not like the idea. He was not ready to move rather, made fun of the elder brother and said, “What a big fool you are! Why should we leave our own pond and go somewhere else? I’m not going to do that.”



Both the Mummy fish and the elder brother fish tried to convince the younger fish, but he did not listen. Even their uncle Frog also tried to make him understand the need to go to another pond and save everyone's life, but he laughed at all of them. The younger kid fish was so stubborn that he did not want to listen or obey anybody. At last, on the same night Mummy fish and the elder fish left the younger fish in that pond and moved to another pond. The next day, the fishermen came to the pond early in the morning. The younger kid fish did not get frightened even when he saw them. He continued to play and swim in the water. The fishermen threw the fishing rod into the pond and the kid fish was caught



in fishing rod. He wriggled and wriggled, but it was too late. He could not escape from the fishing rod. Then, he thought of his Mummy and brother. Now he was regretting at his foolishness. He wished he would have listened to them and obeyed both of them. He cried loudly but no one was there to save him. The fishermen killed him and carried him away.

**Moral :** We must obey our parents and elders.



# EXERCISE

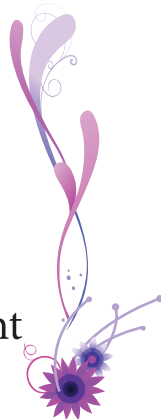
## A. Multiple Choice Questions (MCQs).

Tick (✓) the correct option.

- How many fishes were living in the pond ?  
(a) One  (b) Two   
(c) Three  (d) Four
- Who said this, "We should shift from this pond tonight itself."  
(a) Younger fish  (b) Starfish   
(c) Mummy fish  (d) Elder fish
- Who said, "What a big fool you are!"  
(a) Mummy fish  (b) elder fish   
(c) Younger fish  (d) none of these
- ..... fish overheard their conversation.  
(a) Mummy  (b) Younger   
(c) Elder  (d) None of these
- The ..... fish was stubborn.  
(a) younger  (b) elder   
(c) both (a) and (b)  (d) none of these

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

- The younger fish did not like the idea.
- Mummy fish left the elder kid fish in the pond.
- The younger fish stayed back in the pond.
- The fishermen killed the younger fish.
- The fishermen did not want to catch the fish.



**C. Answer the following questions.**

1. How many fishes lived in the pond ?
2. Why did the Mummy fish decide to move from the pond that night itself ?
3. What happened to the younger kid fish the next day ?

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

frightened    convince    laughed

1. The elder brother fish tried to ..... the younger kid fish.
2. The younger fish ..... at all of them.
3. When the younger fish saw the fishermen he did not get .....

**Activity Corner**

Teacher Rama told her students to play only in safe places. Some of her students are playing below. Look at their pictures and say whether they have obeyed her or not. Put a (✓) for 'yes' and a (✗) for 'no'.



**TEACHER'S CORNER**

Teach the students the importance of obeying elders.





## Revision Test Paper - 3

(Based on chapters 5 & 6)

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

Tick (✓) the correct option.

1. Who was suffering from diseases ?

(a) Daisy

(b) Princy

(c) Rosy

(d) None of these

2. How many fishes were living in the pond ?

(a) One

(b) Two

(c) Three

(d) Four

3. Who liked to go out and play ?

(a) Princy

(b) Daisy

(c) Rosy

(d) None of these

4. Who said this, "We should shift from this pond tonight itself?"

(a) Younger fish

(b) Star fish

(c) Mummy fish

(d) Elder fish

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

1. Princy did not like to play.

2. Mummy fish left the elder fish in the pond.

3. Daisy took Princy to play outside.

4. The fishermen did not want to catch the fish.

### C. Match the Columns.

#### Column 'A'

1. Take a bath

2. Wash your hand

3. Go to bed

#### Column 'B'

(a) before and after eating

(b) early

(c) everyday



# Honesty is the Best Policy

Once there were two friends Gokul and Shivam. One day Shivam asked Gokul, “Have you done your homework?” At once Gokul remembered that he had homework to do. Last evening he had gone to his friend’s birthday party and returned home late. He



completely forgot about the homework.

There was still time for the bell. The teacher had not come to the class. Some of the students were copying down the homework from others’ notebooks. Gokul also thought of doing the same.

Then he said to

himself, “No, I shall not copy the homework from others.”

Copying is cheating. It’s a bad thing to do. He knew he would be punished for not doing the homework. Still, he did not copy.

Gokul went to the teacher. He said, “I am very sorry teacher, I could not do the homework. Last evening, I had gone





to my friend’s birthday party and came back home very late. I’ve forgotten to do the homework.” The teacher did not get angry with him, but said with a smile, “Gokul I’m happy that you told me the truth. I appreciate your honesty. It’s okay. You can show me the homework tomorrow.”

**Moral :** We should not feel afraid in speaking truth.



## EXERCISE

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

Tick (✓) the correct option.

1. Gokul and ..... were two friends.
 

(a) Shivam	<input type="radio"/>	(b) Shiva	<input type="radio"/>
(c) Mukul	<input type="radio"/>	(d) None of these	<input type="radio"/>
  
2. .... went to birthday party.
 

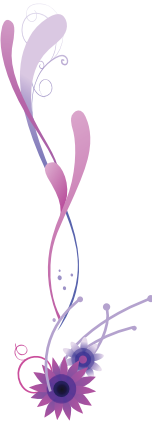
(a) Mukul	<input type="radio"/>	(b) Shiva	<input type="radio"/>
(c) Gokul	<input type="radio"/>	(d) None of these	<input type="radio"/>
  
3. The teachers appreciated ..... for his honesty.
 

(a) Gokul	<input type="radio"/>	(b) Shivam	<input type="radio"/>
(c) Mukul	<input type="radio"/>	(d) None of these	<input type="radio"/>

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

1. Gokul went to his friend’s birthday party.
2. The teacher got angry on Gokul.
3. The teacher appreciated Gokul’s honesty.
4. Tell the truth and feel proud.
5. Gokul copied the homework from his friend.





**C. Match the Columns.**

**Column 'A'**

1. Truth
2. Lie
3. Homework
4. Party

**Column 'B'**

- (a) Birthday
- (b) Notebook
- (c) Honesty
- (d) Guilty

**D. Answer the following questions.**

1. Why did Gokul forget to do his homework ?
2. What did the teacher tell Gokul ?
3. Why did Gokul not copy the homework from others ?
4. Was Gokul right in not copying the homework ? What do you think ?

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

speak appreciate returned cheating

1. Gokul had gone to the birthday party and ..... home late.
2. According to Gokul, copying is .....
3. The teacher said, "I ..... your honesty."
4. Always ..... the truth.

**Activity Corner**

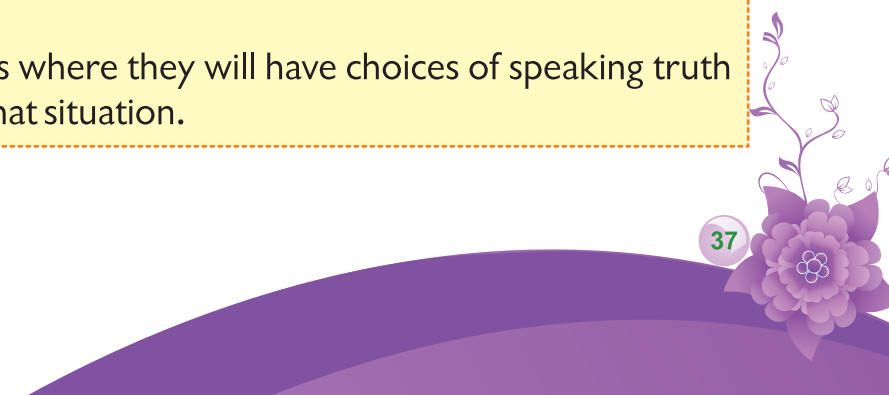
Unscramble the words and write in the boxes below.

thtru  styhone  pyhap



**TEACHER'S CORNER**

describe some situations to the students where they will have choices of speaking truth or lie and ask them what they will do in that situation.

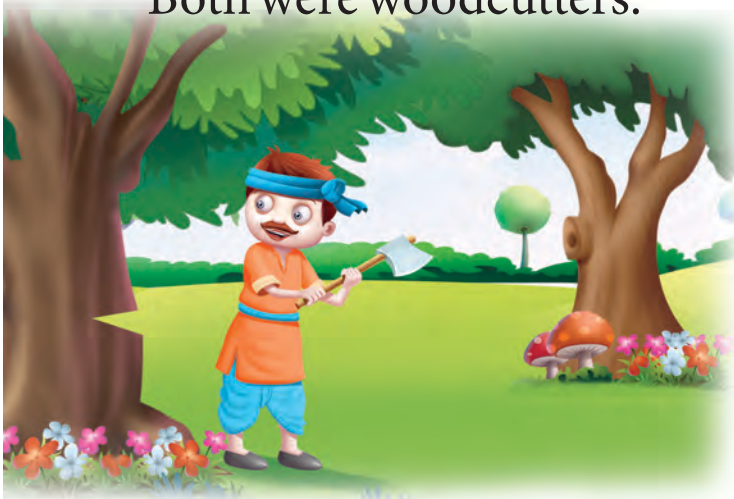


# How to Make God Happy

Once there were two neighbours called Sohan and Gopal. They were good friends. Both were woodcutters.



One day Sohan went to the forest to cut wood. He cut the wood till noon.



He felt that he was tired and hungry. He stopped cutting wood and sat down under a tree to have lunch. Suddenly an old beggar appeared before him and begged for some food. He said "I haven't eaten food for two days."



Sohan got very angry. He shouted at the beggar, "Go away from here. I have brought lunch to eat. I can't give you even a grain of rice." The beggar went away quietly.



After having food Sohan began to cut the wood again. But he met with an accident.



While cutting the wood, he cut his leg. He cried loudly with pain. But no one was there to help him.

The next day Gopal went to the forest to cut the wood. By noon, he felt hungry and tired. So he sat down to eat his lunch. As he started having his lunch, the same old beggar appeared before him and begged for some food. He repeated, “I haven’t eaten food for two days. I’m hungry. Please give me something to eat.”



Gopal closed his lunch box and gave all his lunch to the old beggar. The beggar happily ate the lunch.



The beggar thanked Gopal for the lunch and gave him a small box as a reward. Gopal opened the box and was shocked to see the box. It was full of precious stones.

“Who are you?” Gopal asked him. Suddenly the beggar turned into a beautiful Goddess. She said to Gopal, “I’m the Goddess of this forest.”

You have given me food. You are truly a kind man. I'm pleased with you. Take these jewels and sell them. You can live happily and help the poor people." Gopal thanked the Goddess and went home with the box.



**Moral :** We can make God happy by helping the poor.

## EXERCISE

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

Tick (✓) the correct option.

1. .... got angry with the beggar.
 

(a) Sohan	<input type="radio"/>	(b) Gopal	<input type="radio"/>
(c) Rohan	<input type="radio"/>	(d) None of these	<input type="radio"/>
  
2. While cutting the wood, Sohan cut his ..... .
 

(a) hand	<input type="radio"/>	(b) finger	<input type="radio"/>
(c) leg	<input type="radio"/>	(d) None of these	<input type="radio"/>
  
3. .... gave all his lunch to the beggar.
 

(a) Gopal	<input type="radio"/>	(b) Sohan	<input type="radio"/>
(c) Rohan	<input type="radio"/>	(d) None of these	<input type="radio"/>
  
4. The beggar gave Gopal a box of ..... stones.
 

(a) black	<input type="radio"/>	(b) white	<input type="radio"/>
(c) precious	<input type="radio"/>	(d) none of these	<input type="radio"/>
  
5. The beggar was a ..... .
 

(a) rich man	<input type="radio"/>	(b) Goddess	<input type="radio"/>
(c) ordinary man	<input type="radio"/>	(d) none of these	<input type="radio"/>

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

1. Sohan and Gopal were fishermen.
2. Gopal gave his lunch to the old beggar.
3. Goddess gave Sohan a small box.
4. Gopal met with an accident.

**C. Answer the following questions.**

1. Why did Goddess appear as an old beggar ?
2. What did she give Gopal as a reward ?
3. What happened when Sohan didn't give his lunch to the beggar ?
4. What was the difference between Sohan and Gopal ?

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

kind   rewarded   friends   old beggar

1. Sohan and Gopal both were .....
2. Goddess appeared before them as an .....
3. Goddess ..... Gopal with a small box of jewels.
4. Gopal was a ..... man.

**Activity Corner**

1. **Make a gift for your friend. It can be a greeting card or a drawing. Surprise your friend by giving him/her the gift you have made.**
2. **Save a chocolate/sweet and give it to a poor boy/girl in your neighbourhood.**

**TEACHER'S CORNER**

Teach the students to show kindness to the needy people.



A little boy named Rohit lived in a big joint family with his grandfather, grandmother, uncles, aunts and cousins.

Rohit was a very cheerful and intelligent boy. He had a lot of friends at school.

One day, his parents decided to send him to a boarding school in Dehradun. Rohit was very excited about it and requested his

parents to throw a farewell party for all his friends. He wanted to say goodbye to everyone. Invitations were sent and the food menu was decided. Everyone was very excited about the party.

Rohit's favourite snacks like burger, potato chips, ice cream and muffins were included in the menu.



On the day of the party, Rohit's cousins and his friends were very

happy. They started playing around. The knife to cut the cake and the matchbox to light the candles were lying on the table. The children began playing with the knife, the matchbox and the candles.

While playing, Rohit's cousin lit a matchstick and threw it on the gifts. On the other hand, Rohit's best friend Rishab got a cut on his arm. His arm started bleeding and he started crying out.

Soon there was panic all around. A lovely party was spoiled. The fire brigade was called. The doctor was called. Rishab was given medicine. The fire was put off. But Rohit learnt a very big lesson in life.

You should never play with the things which can harm you or others. It is very important to be safe everywhere.



**Moral :** We should not play with sharp objects and fire.



# EXERCISE



## A. Multiple Choice Questions (MCQs).

Tick (✓) the correct option.

- Rohit lived in a big ..... family.  
(a) joint  (b) small   
(c) nuclear  (d) none of these
- It is very important to be ..... everywhere.  
(a) safe  (b) free   
(c) unsafe  (d) none of these
- Rohit was a very cheerful and ..... boy.  
(a) naughty  (b) intelligent   
(c) foolish  (d) cruel
- What were the favourite snacks of Rohit ?  
(a) Burger  (b) Potato chips   
(c) Muffins  (d) All of these

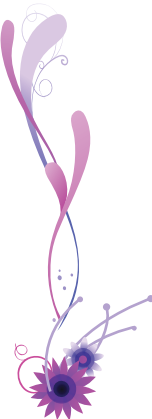
## B. Write 'T' for True and 'F' for False statements.

- Rohit lived in a small family.
- Rohit 's friend lit a matchstick and threw it on the gifts.
- The fire brigade put off the fire.
- Rishabh learned a very big lesson in life.

## C. Answer the following questions.

- What did Rohit's parents decide one day ?
- Were the kids right in playing knile and matchsticks ?

3. Who got a cut on his arm ?
4. Why was the fire brigade called up ?



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


happy boarding cheerful harm

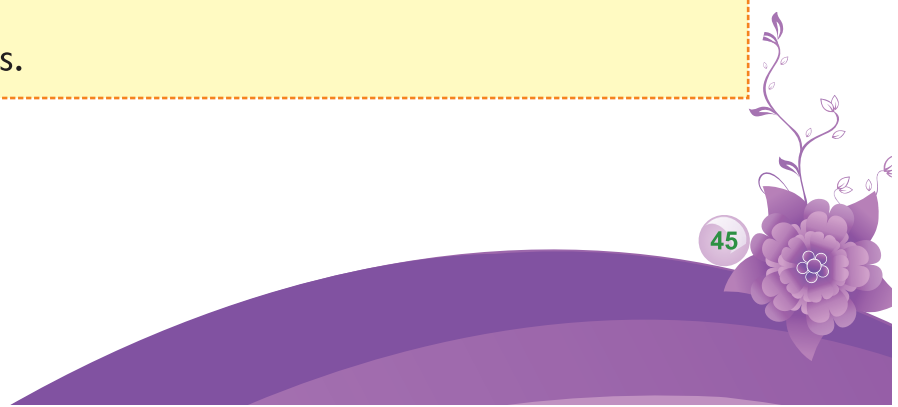
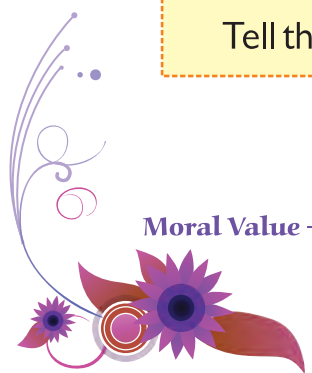
1. Rohit was a ..... boy.
2. Rohit's parents wanted to send him to a ..... school.
3. Rohit's cousins and friends were ..... on the day of party.
4. We should never play with the things which can ..... us or others.

**Activity Corner**

**Make a list of items with which children should not play.**

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

 **TEACHER'S CORNER**  
Tell the students to follow the safety rules.



## Revision Test Paper - 4

(Based on chapters 7, 8, 9)

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

Tick (✓) the correct option.

- ..... gave all his lunch to the beggar.  
(a) Gopal  (b) Sohan   
(c) Rohan  (d) None of these
- ..... went to his friend's birthday party.  
(a) Gokul  (b) Shivam   
(c) Shubham  (d) None of these
- It is very important to be ..... everywhere.  
(a) unsafe  (b) free   
(c) safe  (d) none of these
- Who went to the forest to cut down trees ?  
(a) Sohan  (b) Madhu   
(c) Grandmother  (d) Sudha

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

- Rishabh learnt a very big lesson in life.
- Gokul went to his friend's birthday party.
- Gokul copied the homework from his friend.
- Sohan and Gopal were fishermen.
- Goddess gave Sohan a small box.
- Rohit lived in a big joint family.



# Benefits of Yoga

There are many benefits of yoga. Yoga includes physical postures called **asanas**. These asanas increase strength, flexibility, balance, coordination and confidence.

Yoga also includes healthy breathing practice called **pranayama**. The healthy breathing refreshes the body and mind.

Following are some benefits of yogic practices:

**Yoga teaches us how to take care of our body:** In Yoga, we take care of our body by practices of various Asanas, Pranayamas and Meditation. We do Shatkarma for purification of body and mind.



**Yoga teaches us how to breathe in healthy way:** Yogic breathing practices teach us right and healthy way of breathing, what is right ratio of inhalation, holding and exhalation. In all yogic practices breathing plays an important role. When we do pranayama we breathe in right way which improves efficiency of our body.

**Yoga teaches us how to use our body energy:** Yogic practices balance our nervous system which leads to balance between our body and mind. When our body and mind is balanced than we can use our energy in balanced or right way.

Pranayama helps us in realising how to use the energy of our body called **prana**, to remain calm, relax and attentive.

•• **Yoga teaches us how to control our mind:** Yoga helps to control our mind and be aware & attentive and take good decisions.



**Yoga teaches us how to balance our body:** When we do yoga, we learn how to balance the left and the right sides of our body.

All the forms of 'Yoga' practices are good for healthy body and intellectual mind.



### Let Us Revise

- Yoga is a method of physical fitness through yogic poses called asanas.
- The asanas give strength, flexibility and confidence.
- Yoga helps us to have healthy breathing called pranayama.
- The healthy breath refreshes the body and mind.
- All the forms of 'Yoga' practices are good for healthy body and intellectual mind.



#### A. Fill in the blanks.

aasanas   refreshes   pranayama

1. Yoga is a method of physical fitness which is achieved through practice of different poses called .....
2. When we do ..... we breathe deeply which provides energy to our body.
3. The healthy breathe ..... the body and mind.

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

1. There are no benefits of yoga.
2. Yoga teaches us how to control our mind.
3. Yoga does not take care of our body.



#### C. Answer the following questions.

1. What are asanas?
2. What is pranayama?
3. Write any two benefits of yoga.



# Balāsana (Child's Pose)



**Balāsana** or the child's pose is a resting or sleeping pose. The name balāsana is derived from the Sanskrit words 'Bala' means 'Child' and 'Asana' means 'Pose'. It strengthens our thighs. It cures pain of back, shoulder and neck.

Bend your knees, hips and the shins on the floor. The **shin** is the front part of the leg below the knee.

Take long breath slowly.

Take a normal breathe and bend your body forward.

Keep your hands backwards.

Keep your knuckles on the floor. The **knuckles** are the joints of the fingers.

Stretch your head forward and touch your forehead on the ground.

Stretch your arms forward in front of the head or backwards towards the feet.

Bend your body as shown in the illustration.

Stay in this position for about 25 to 30 seconds and take relaxing breaths.

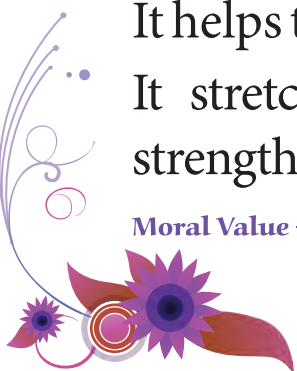
Now position your hands forward and sit down.

## Benefits

It stretches the legs and hips.

It helps to keep the mind calm and peaceful.

It stretches the muscles, tendons and ligaments in the knee and strengthens the spine.







## Let Us Revise

- Balasana or child's pose is a resting or sleeping pose.
- It strengthens our thighs and cures pain of back, shoulder and neck.
- It helps to keep the mind calm and peaceful.
- It normalizes blood circulation throughout the body.
- It stretches the muscles, tendons and ligaments in the knee and strengthens the spine.



### A. Fill in the blanks.

kunchles   sleeping   resting   normalizes

1. Balasana or child's pose is a ..... or ..... pose.
2. It ..... blood circulation throughout the body.
3. The ..... are the joints of the fingers.

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

1. The name balasana is derived from the Latin words 'Bala' means 'Child' and 'Asana' means 'Pose'.
2. The shin is the front part of the leg above the knee.
3. It helps to keep the mind calm and peaceful.

### C. Answer the following questions.

1. How is balasana done?
2. What are shin and knuckles?
3. What are the benefits of balasana?





# Ardha Pincha Mayurasana (Dolphin Pose)



**Dolphin Pose** helps in strengthening the shoulders, the chest, hips, legs and hands. It also helps in boosting our stamina.

Sit in kneel down position. Put your hands below your shoulders and knees below your hips.

Keep your palms on the floor.

Space out your fingers from each other.

Keep your back straight.

Breathe in and out. Keep your knees straight and lift your hips.

Now only raise your soles. Do not raise your toes. It should be on the floor.

Keep your hands on the floor, from elbows to palms, as shown in the illustration.

Take normal breath.

Your body should be bent in “/\” shape.

Stay in this position for about 20 to 25 seconds.

Back to normal pose and keep your body straight.

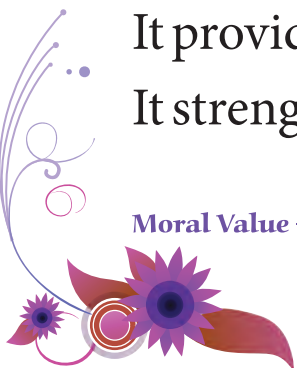
## **Benefits**

It stretches the hips and upper body.

It helps to cure headaches and backaches.

It provides energy to the body.

It strengthens the legs and hands.





## Let Us Revise

- Dolphin Pose helps in strengthening the shoulders, the chest, hips, legs and hands.
- It helps in boosting our stamina.
- It helps to cure headaches and backaches.



### A. Fill in the blanks.

'A' energy strengthening

1. Dolphin pose helps in ..... the shoulders, the chest, hips, legs and hands.
2. Your body should be bent in ..... shape.
3. Dolphin pose provides ..... to the body.

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

1. Dolphin pose helps in boosting our stamina.
2. It cannot cure headaches and backaches.
3. It strengthens the legs and hands.



### C. Answer the following questions.

1. What is dolphin pose?
2. What are the benefits of dolphin pose?





# Trikonasana (Triangle Pose)



**Trikonasana** or the triangle pose is made of two Sanskrit words 'Trikon' means 'Triangle' and 'Asana' means 'Pose'. Usually, the trikonasana is performed in two parts, first facing right and then facing left. Triangle pose is very important for health and wellness. It gives strength and stamina to our body.

Stand straight and take long breath. Keep your feet away from each other and breathe out. Extend your arms at the shoulder level. Now raise your hands towards the ceiling (roof) and stretch your body upwards. Bend your body on your right side. Lower down your right hand and put it on your ankle as shown in the illustration. Stay in this position for about 10 to 15 seconds or until you can hold. Stand straight and repeat this pose for the left side.



## Benefits

It helps in stretching and strengthening the legs, knees, ankles, hands, spinal cord and chest.

It improves our digestive system.

.. It helps to burn extra fat in the body.

It is recommended for growing children to increase their height.

Moral Value - 2





## Let Us Revise

- Trikonasana (Triangle Pose) is made of two Sanskrit words 'Trikon' means 'Triangle' and 'Asana' means 'Pose'.
- Usually, the trikonasana is performed in two parts, first facing right and then facing left.
- Triangle pose is very important for health and wellness. It gives strength and stamina to our body and improves our digestive system.
- It helps in stretching and strengthening the legs, knees, ankles, hands, spinal cord and chest.



### A. Fill in the blanks.

Triangle   Increase   Trikonasana

1. The ..... is performed in two parts, first facing right and then facing left.
2. .... pose gives strength and stamina to our body.
3. It is recommended for growing children to ..... their height.

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

1. Triangle pose is very important for health and wellness.
2. It is not good for our digestive system.
3. 'Trikon' means 'Triangle' and 'Asana' means 'Pose'.

### C. Answer the following questions.

1. What is trikonasana (triangle pose)?
2. What are the benefits of triangle pose?