



# 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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# 1

LESSON

## Strength Lies in Unity

Once upon a time, a farmer lived in a village. He had four naughty sons. They used to pass their time quarrelling with each other throughout the day. The farmer was worried for them.

The farmer decided to teach them a lesson. One day, he called all his four sons. He gave a bundle of sticks.

The eldest son tried to break the bundle but could not do so. Then



he gave the bundle to his second son and asked him to break it.

The second son also tried but could not break the bundle. After that, the farmer asked his third and fourth son one by one to do the same but none of them could break the bundle.

Then the farmer ordered his eldest son to untie the knot of the bundle. He did so. Now, the farmer gave a single stick to each of them



and asked them to break it. All of them broke the single stick very easily. Then the farmer said, “Did you see the magic?”

All of them asked surprisingly, “What kind of magic, father?”

The farmer replied, “Magic of unity, my dear sons!” When you tried to break the bundle of sticks, you failed; but you could



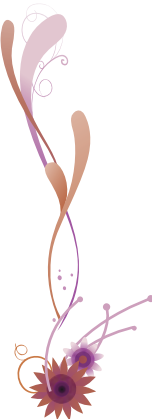
break the single stick very easily. It shows that unity has strength. If you are alone, anyone can harm you. If you are united, no one can dare to stand against you. All of his sons understood the power of unity and started working together thereafter.



**Moral:** United we stand, divided we fall.



# EXERCISE



## A. Multiple Choice Questions (MCQs)

Tick (✓) the correct option.

1. What is the moral of the story ?

- (a) United we stand, divided we fall
- (b) Unity is weakness
- (c) Unity means working together
- (d) None of these

2. What did the farmer give to his sons ?

- (a) Money
- (b) House
- (c) Bundle of sticks
- (d) None of these

3. How many sons did the farmer have ?

- (a) Two
- (b) Four
- (c) Six
- (d) None of these

4. Where did the farmer live ?

- (a) In a village
- (b) In a city
- (c) In a town
- (d) None of these

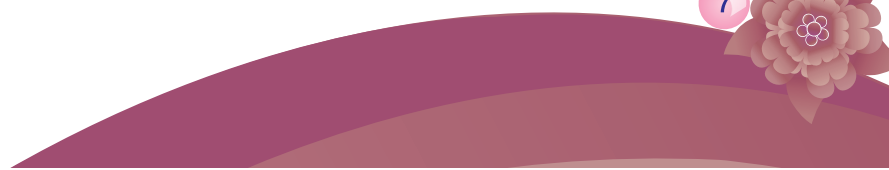
## B. Write 'T' for True and 'F' for False statements.


1. Each son broke the single stick easily.
2. Nobody could break the bundle of sticks.
3. If you are alone no one can harm you.
4. Unity has no strength.

## C. Answer the following questions.

1. Why was the farmer worried ?
2. What did sons do throughout the day ?



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3. What did the farmer decide ?
  4. Who was able to break the bundle of sticks ?

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

single    Naughty    bundle    sons

1. The farmer had four .....
2. They all were .....
3. The farmer gave a ..... of sticks to his eldest son.
4. All the sons broke the ..... stick easily.

### Activity Corner

What do you understand by the word “unity” ? Write in your own words.

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### TEACHER'S CORNER

Tell the students about the importance of unity.



# 2

LESSON

## Forgive and Forget




Once in a town there lived two brothers Bunty and Mohit. Bunty was very mischievous but Mohit was elder and very sincere. Bunty used to annoy Mohit and kept on doing things that made Mohit feel bad. Once, he took his radio outside and misplaced it willingly. He used to eat the cookies that Mohit wanted to have for snacks. He used to change the TV channel in the middle of a show and one day,

he even dragged a wagon full of dirt right over Mohit's toe. Mohit became very angry with his little brother Bunty and resolved not to talk to him again. Every time his brother Bunty came to him, Mohit asked him to go away and refused to play with him. Bunty



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said sorry but still Mohit kept the same attitude. Bunty tried hard to persuade Mohit to play with him but Mohit said, “I’m angry with you, don't come to me again.” Then, finally Bunty gave up. He went outside to play alone, and Mohit watched him from the window playing on his own. Bunty kicked a



ball around the yard looking very sad. Mohit thought, “Whatever Bunty has done, is really bad. But he did say sorry to me.” “Why I have not pardoned him ?” They both became quite unhappy and they both were all alone. Mohit realised that how wrong he was to have a heart of stone. He started feeling sorry for the things that he had done.

He wanted to play with his younger brother and thought to forgive him and wondered whether his brother would forgive him for his rude behaviour.

So, Mohit went outside and found Bunty playing under a tree. He said, “I’m sorry, Bunty. Please forgive me.”

Bunty said, “Forgive you ? I thought that you were angry with me.” They both forgave each other. They embraced each other. Tears were rolling down their eyes. It was such a sight to see. They kicked the ball together



and had fun out in the yard. They realised that it is not good to hold a grudge or push others away. It's best to put the past behind and make a better today. But then Bunty kicked the ball and it hit Mohit's head. Bunty thought he would be angry again, as Mohit's face was turning red. Then Bunty said, "I am sorry." And Mohit said, "That's okay dear. I am not angry with you. Today I have realised the power of forgiveness".

**Moral :** Forgiveness is the greatest virtue.



### A. Multiple Choice Questions (MCQs)

Tick (✓) the correct option.

1. What is the best policy ?

- (a) Forgive and forget  (b) Tit for tat   
(c) Learn and forget  (d) None of these

2. From where was Mohit watching Bunty ?

- (a) From the door  (b) From the window   
(c) From the house  (d) None of these

3. What did Mohit change in the middle of a show ?

- (a) Channel  (b) TV   
(c) Room  (d) None of these

4. What were the names of two brothers ?

- (a) Sumit and Mohit  (b) Rohit and Bunty   
(c) Mohit and Bunty  (d) None of these





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

1. Forgiveness is a divine virtue.
2. It is always good to forgive and forget.
3. Both the brothers Bunty and Mohit wanted to forgive each other.
4. Both were quite happy with their loneliness.

**C. Answer the following questions.**

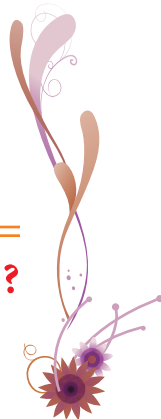
1. Why did Mohit feel bad about his brother ?
2. Did Mohit go when Bunty called him to play with him ?
3. Who forgave whom and why ?
4. Were both of them happy after being alone ?

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

alone    play    stone    angry

1. Mohit loved his brother, but his brother made him .....
2. Bunty tried and tried to make amends to get Mohit to .....
3. They both were quite unhappy, and they both were quite .....
4. Mohit learnt just how wrong he was to have a heart of .....





## Activity Corner

Have you ever faced any situation as mentioned in the story 'Forgive and Forget' ?  
Explain, what did you do to forgive him/her ?

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### TEACHER'S CORNER

Encourage the students to practice forgiveness. Point out situations when they will feel need to forgive others.





## Revenge

Once a fox and a crane lived in a dense forest with many other animals. The fox used to watch crane standing in the river praying to God. Two of them gradually became good friends.

One day the fox invited the crane to his house for lunch. Crane was very happy to visit his friend. But the fox was very cunning. He was jealous of crane who all day stood praying to God and had no need to go anywhere in search of food.

When the crane reached fox's house he found that fox had prepared delicious soup for him. Fox poured the soup in two flat dishes and started licking. Crane due to his long beak couldn't drink even a single drop of it. He felt disappointed but still invited fox for a feast of fishes at his place the next day.



Fox happily reached crane's place. His mouth watered on the thought of having fresh tasty fishes. Crane lovingly welcomed his friend and served him a jar full of fresh fishes. But to the fox's disappointment was a long necked jar with a narrow mouth. He came back hungry realising his mistake.



**Moral :** As you sow, so you reap.

## EXERCISE

### A. Multiple Choice Questions (MCQs)

Tick (✓) the correct option.

1. Where did crane stand every day ?

- |           |                       |                   |                       |
|-----------|-----------------------|-------------------|-----------------------|
| (a) River | <input type="radio"/> | (b) Roof top      | <input type="radio"/> |
| (c) Tree  | <input type="radio"/> | (d) None of these | <input type="radio"/> |

2. Who became friends ?

- |                      |                       |                   |                       |
|----------------------|-----------------------|-------------------|-----------------------|
| (a) Crane and fox    | <input type="radio"/> | (b) Fox and wolf  | <input type="radio"/> |
| (c) Crane and donkey | <input type="radio"/> | (d) None of these | <input type="radio"/> |

3. Who invited crane for lunch ?

- |          |                       |          |                       |
|----------|-----------------------|----------|-----------------------|
| (a) Bear | <input type="radio"/> | (b) Fox  | <input type="radio"/> |
| (c) Lion | <input type="radio"/> | (d) Wolf | <input type="radio"/> |



4. What did crane do the whole day ?

(a) Pray to God

(b) Sit idle

(c) Sloze in the river

(d) Ate whole day

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

1. Fox prepared delicious soup for crane.

2. Fox came back home after having his feast.

3. Fox was never jealous.

4. Crane was cunning.

**C. Answer the following questions.**

1. How did the crane take her revenge ?

2. What did the cunning fox do ?

3. Why was the fox jealous ?

4. What lesson did the fox learn ?

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

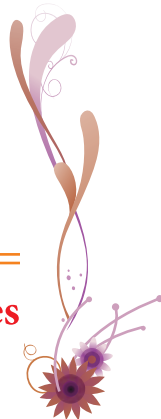
flat    beak    dense    necked

1. Crane and fox lived in a ..... forest.

2. Fox poured the soup in ..... dishes.

3. Crane couldn't drink soup because of his long .....

5. The jar of fishes was long .....



## Activity Corner

Write down another story of revenge in your own words and paste pictures according to the story in the space provided.

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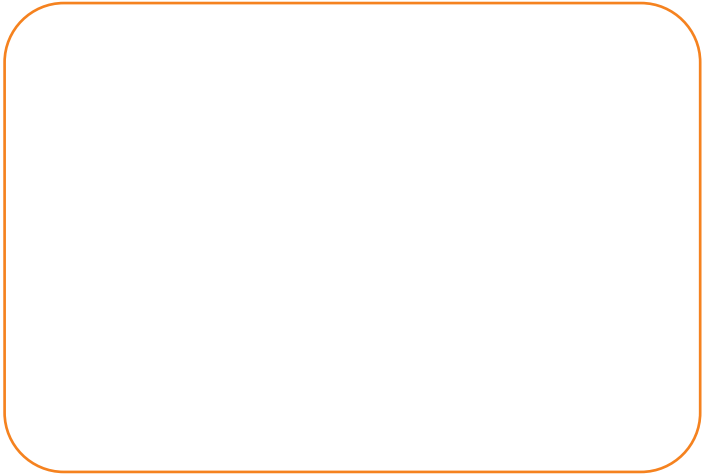
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## TEACHER'S CORNER

Tell the students to stay away from cunning people.





# Revision Test Paper - I

(Based on chapters 1 to 3)

## A. Multiple Choice Questions (MCQs)

Tick (✓) the correct option.

- What did the farmer give to his sons ?  
(a) Money  (b) House   
(c) Bundle of sticks  (d) None of these
- How many sons did the farmer have ?  
(a) Two  (b) Four   
(c) Six  (d) Five
- What did Mohit change in the middle of a show ?  
(a) Channel  (b) TV   
(c) Room  (d) None of these
- What did crane do the whole day ?  
(a) Pray to God  (b) Sit idle   
(c) Sloze in the river  (d) Ate whole day
- What is the best policy ?  
(a) Forgive and forget  (b) Tit for tat   
(c) Earn and forget  (d) None of these

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

- Nobody could break the bundle of sticks.
- Each son broke the bundle of sticks.
- Forgiveness is a divine virtue.
- Mohit and Bunty wanted to forgive each other.
- It is always good to forgive and forget.
- Fox didn't realise his mistake.
- As you sow, so you reap.



# 4

LESSON

## Animals Too Feel Pain

It was Sunday. Mr. Mohanty was in his room and was looking out of the window. He saw a boy playing in the street. He was eating bread and butter. A little dog passed by. The boy showed his bread to the dog. The dog went to



the boy and began to wag its tail. But the boy did not give bread to the little dog. Instead of giving the bread, he kicked the little dog.

The little dog cried in pain and ran away. The boy laughed loudly and enjoyed the sigh. Mr. Mohanty said to himself, “How cruel this boy is! I will teach him a lesson.”

Mr. Mohanty came out of his house. He had a video game in one hand and a stick in the other hand.

He asked the boy, “Do you want this video game ?”

The boy replied with joy, “Yes, I want it.”

Mr. Mohanty said, “Come here and take it.”

The boy went to Mr. Mohanty. He stretched out his hand for the video game. But Mr. Mohanty did not give him the video game. Instead, he struck the boy's hand with his stick.



The boy started crying and said angrily, “Why did you hit me ? I didn’t ask you for the video game.”

Mr. Mohanty replied, “You are right. But the little dog too did not ask you for the bread. Then why did you hit the poor dog ?”

The boy realized his mistake and cried, “I am sorry. I am sorry. Please forgive me. I will never do it again.”

Mr. Mohanty said, “Yes, now you must have realised the pain you gave to that little dog.”

The boy said, “Forgive me, uncle! I won’t repeat it.”

Mr. Mohanty said, “Today, you have learnt a lesson. So, do not ever injure or tease any animal or bird. They too feel pain like us. So, never repeat it.” Mr. Mohanty gave the video game to the boy.

**Moral :** Never hurt animals, they too feel pain.



# EXERCISE

## A. Multiple Choice Questions (MCQs)

Tick (✓) the correct option.


- From where did Mr. Mohanty see the boy teasing the dog ?  
(a) Room  (b) Garden   
(c) Door  (d) None of these
- What did Mr. Mohanty see in the street ?  
(a) Boy  (b) Dog   
(c) Car  (d) None of these
- What was the boy eating ?  
(a) Bread  (b) Butter   
(c) Both (a) & (b)  (d) None of these
- What did the boy give to the little dog ?  
(a) Bread  (b) Hard kick   
(c) Butter  (d) None of these
- What did Mr. Mohanty give to the boy ?  
(a) Video game  (b) Bread   
(c) Toy car  (d) None of these

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

- The boy gave the bread to the little dog.
- Instead of giving the bread, the boy gave a hard kick to the little dog.
- Mr. Mohanty gave the video game to the boy.
- Mr. Mohanty struck his stick on boy's hand.
- We should never hurt any animal or bird.

## C. Answer the following questions.

- What did the boy do to the little dog ?
- What did the boy have in his hand ?

- 
3. Where was Mr. Mohanty ?
  4. How did Mr. Mohanty teach a lesson to the boy ?

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

bread    kicked    window    kicked

1. The boy ..... the dog.
1. Mr. Mohanty was in his room and was looking out of the .....
3. The boy took some ..... and started eating.
4. Instead of giving the bread, the boy ..... the poor dog.

## Activity Corner

**How should you behave with the animals and birds ? Explain in your own words.**

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### TEACHER'S CORNER

Teach the students not to tease the animals as they also feel pain.



# 5

LESSON

# Always Be Happy

It was a rainy season. A peacock was dancing happily in the forest.

He heard a nightingale's voice, in the forest. The peacock lamented, "She has a very sweet voice which everybody loves and praises but when I sing, everybody makes fun of me. How unlucky I am!" His face turned pale and his eyes were filled with tears.



Just then Goddess of the forest appeared. She asked the peacock, "Why are you sad?" The peacock sobbed and said, "I have got such a beautiful body that is praised by all but my voice is so bad that everyone laughs at me. So, this beauty is vain," replied the peacock.

The Goddess said, "All the



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creatures have been gifted by God with different qualities. You have the gift of beauty; eagle, the strength; nightingale, a sweet voice; and so on. So, never get upset for what you don't have. Rather, be happy for what you have."



**Moral :** Everyone is unique in his ownself.

## EXERCISE

### A. Multiple Choice Questions (MCQs)

Tick (✓) the correct option.

1. Who has been gifted with strength ?
 

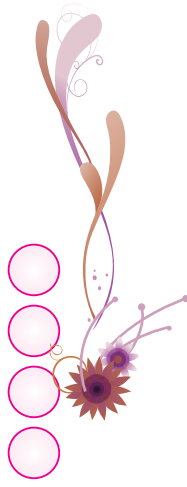
(a) Eagle	<input type="radio"/>	(b) Peacock	<input type="radio"/>
(c) Nightingale	<input type="radio"/>	(d) None of these	<input type="radio"/>
2. Who has been gifted with beauty ?
 

(a) Crow	<input type="radio"/>	(b) Eagle	<input type="radio"/>
(c) Peacock	<input type="radio"/>	(d) None of these	<input type="radio"/>
3. What made the peacock sad ?
 

(a) Sweet voice	<input type="radio"/>	(b) Rough voice	<input type="radio"/>
(c) Ugly feet	<input type="radio"/>	(d) None of these	<input type="radio"/>
4. Who was singing in a sweet voice ?
 

(a) Peacock	<input type="radio"/>	(b) Eagle	<input type="radio"/>
(c) Nightingale	<input type="radio"/>	(d) None of these	<input type="radio"/>
5. Who was dancing happily in the forest ?
 

(a) Nightingale	<input type="radio"/>	(b) Peacock	<input type="radio"/>
(c) Eagle	<input type="radio"/>	(d) None of these	<input type="radio"/>



**B. Write ‘T’ for True and ‘F’ for False statements.**

1. The peacock was sad due to its bad voice.
2. A peacock was dancing happily in a forest.
3. We should not learn to live with our ‘weakness’.
4. Peacock is gifted with sweet voice.

**C. Answer the following questions.**

1. Why should we not regret for what we don’t have ?
2. What did Goddess say to the peacock ?
3. Why did the peacock think that he was unlucky ?
4. What was the peacock doing on a rainy day ? Why did he turn pale and started crying ?

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

forest    qualities    season    beauty    happy

1. We should be contend and ..... with what we have.
2. All creatures have been gifted by God with different .....
3. The Goddess said, “You have the gift of .....”.
4. A peacock was dancing happily in a .....
5. It was rainy .....

**Activity Corner**

**Write three good qualities or features that you have and three drawbacks or short comings that you would like to improve in yourself.**



**TEACHER’S CORNER**

Teach the students to be happy with the qualities, gifted by God.







# Don't Be Over-Confident

Once there lived a man named Andrew and his son Syrus. They were imprisoned by the king without any fault. The prison was situated on an island. It had strong walls. Both wanted to escape from the prison.

But it was hard to escape from there.



One day Andrew and Syrus found plenty of birds' feathers on the island. They joined the feathers with wax and made two pairs of big wings. They tied the wings to their arms and reached the roof of the prison. They jumped from there flapping their wings in the air.

The people were surprised to see the two men flying in the air





like a bird. They saw this miracle with their mouths wide open. Soon, Andrew and Syrus moved in different directions.

After sometime, Andrew landed in France. But Syrus didn't stop. He flew higher in the sky. He was very confident of himself.

Syrus said to himself, "I can fly like a bird." He flew higher and higher, in the sky and went close to the sun. The wax of the wings melted and the feathers got separated. Syrus fell into the sea and met a tragic end. His over-confidence took his life.



**Moral :** Over-confidence can prove to be fatal.



# EXERCISE

## A. Multiple Choice Questions (MCQs)

Tick (✓) the correct option.

1. Who was the father of Syrus ?

(a) King

(b) Andrew

(c) Guard

(d) None of these

2. Where was the prison situated ?

(a) On an island

(b) In the city

(c) In a forest

(d) None of these

3. Where did Andrew land ?

(a) France

(b) London

(c) Paris

(d) None of these

4. What is the moral of the story ?

(a) Over-confidence can prove to be good.

(b) Over-confidence can prove to be fatal.

(c) (a) and (b) both

(d) None of these

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

1. The prison was situated in a forest.

2. Andrew and Syrus found plenty of birds' feathers on the island.

3. They knew how to fly.

4. Over-confidence can prove to be dangerous.

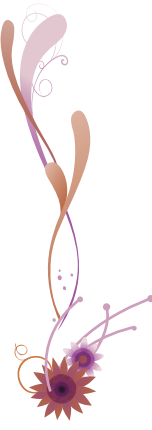
5. The wax in the wings of Syrus melted.

## C. Answer the following questions.

1. Where was the prison located ?

2. Why was it difficult to escape from the prison ?

3. What did Andrew and Syrus find on the island ?
4. What did they do with the wings ?
5. What happened to Syrus ?



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

wings air feathers island

1. Andrew and Syrus found plenty of birds' ..... on the island.
2. The prison was situated on an .....
3. They tied the ..... to their arms.
4. They jumped from the top of the prison, flapping their wings in the .....

**Activity Corner**

**1. What is self-confidence ? Explain.**

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**2. Write in your own words, how over-confidence may prove to be dangerous ?**

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**TEACHER'S CORNER**

Teach the students to be confident but not to be over-confident.



## Revision Test Paper - 2

(Based on chapters 4 to 6)

### A. Multiple Choice Questions (MCQs)

Tick (✓) the correct option.

1. From where did Mr. Mohanty see the boy teasing the dog ?

- (a) Room  (b) Garden   
(c) Door  (d) None of these

2. What was the boy eating ?

- (a) Bread  (b) Butter   
(c) Both (a) & (b)  (d) None of these

3. Who has been gifted with strength ?

- (a) Eagle  (b) Peacock   
(c) Nightingale  (d) None of these

4. Who has been gifted with beauty ?

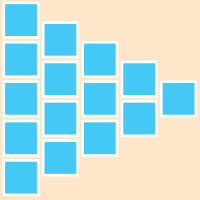
- (a) Crow  (b) Eagle   
(c) Peacock  (d) None of these

5. Where did Andrew land ?

- (a) France  (b) London   
(c) Paris  (d) None of these

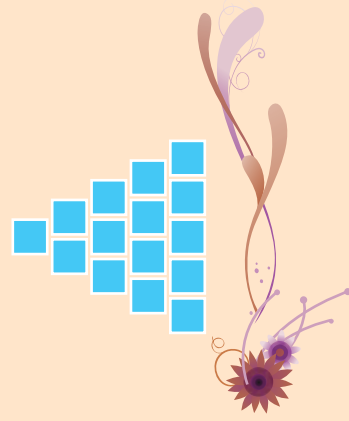
### B. Write 'T' for True and 'F' for False statements.

1. The boy gave the bread to the little dog.
2. Mr. Mohanty gave the video game to the boy.
3. We should never hurt any animal or bird.
4. Peacock is gifted with sweet voice.
5. The peacock was sad due to its bad voice.
6. Father and son knew how to fly.
7. The wax in the wings of Syrus melted.



## Model Test Paper - I

(Based on chapters 1 to 6)



### A. Answer the following questions.

1. Why was the farmer worried ?
2. How many sons did the farmer have ?
3. Why did Mohit feel bad about his brother ?
4. Who forgave whom and why ?
5. What did the cunning fox do ?
6. What did the boy do to the little dog ?
7. What did Goddess say to the peacock ?
8. Why did the peacock think that he was unlucky ?
9. Where was the prison located ?
10. What happened to Syrus ?

### B. Fill in the blanks.

1. The farmer had four .....
2. The farmer gave a ..... of sticks to his eldest son.
3. Mohit loved his brother but his brother made him .....
4. Mohit learned just how wrong he was to have a heart of .....
5. Crane invited fox for a feast of .....
6. As you ..... so you .....
7. The boy ..... the dog.
8. A peacock was dancing happily in a .....
9. They jumped from the top of the prison, flapping their wings in the .....
10. The prison was situated on an .....

### C. What do you understand by the word "Unity" ? Write in your own words.

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**D. Write two instances: one when you were forgiven by your elder sibling and one when you forgave your younger sibling.**

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**E. What do you understand by the moral of the story, 'As you sow, so you reap?'**



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**F. Write in your words, how can you help birds ?**

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**G. Write an incident where you showed self confidence and one when you were over confident.**

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# 7

LESSON

## Don't Deceive Others

Once, there lived a barber in Alipur. His name was Mustaq. He was very good at his work. The rich and the poor came to him and soon Mustaq became rich. But he became greedy too. He wanted to have more and more money by hook or by crook.



One day, a woodcutter came to Alipur with his donkey. There was a big pile of wood on his donkey's pack-saddle. He was standing in front of Mustaq's shop.

The woodcutter said to Mustaq, "Will you buy this pile of firewood?"



Mustaq said, "Yes, I'll buy and I'll give you two silver coins for all the wood piled on your donkey's back."

The woodcutter was in need of money, so he agreed. He took off the bundle of wood and said to Mustaq, "Please give me two silver coins, now."



Mustaq replied, “You have not given me all the wood piled on your donkey’s back.”

The woodcutter was shocked and said to the barber, “You have got the entire bundle of wood.”

Mustaq said, “What about the pack-saddle? It is made of wood. Give it to me then only I’ll give you the two silver coins.”

The woodcutter was shocked but he needed the money badly. So, he took off the pack-saddle and gave it to the barber. He knew that the barber had deceived him.

The sad woodcutter went to the king and narrated him the incidence. The king listened carefully. He said, “Mustaq has cheated you. He bargained with you cleverly and has broken the law. But don’t worry, I will tell you what to do.”

The king gave the woodcutter a gold coin and told him how to teach the barber a lesson.

The woodcutter went to the barber’s shop the next morning. He showed him the gold coin and said, “I’ll give you this gold coin



when you will shave me and my friend.” He shaved the woodcutter and then said, “Call your friend in, I’ll shave him.”

The woodcutter said, “It is better to go outside and shave him.”

Mustaq moved outside the shop and asked, “Where is your friend ?” The woodcutter replied pointing to his donkey, “That’s my friend.”



Mustaq got angry. He thought, “If I shave the donkey, everyone will laugh at me and the donkey might kick me.” But he wanted the gold coin. So, he started shaving the donkey.

Soon there was a big crowd. Everyone was laughing at the barber. He was very upset. He shouted angrily, “I won’t shave your donkey. I’ll go to the king.”

This was exactly what the king had planned. The king heard Mustaq’s story. He told him strictly, “You made a bargain and you have to stick to it. However, if you give the pack-saddle back to the woodcutter, you need not shave his donkey.”

Mustaq shouted, “Agree, agree.”

In this way Mustaq learnt a lesson.

**Moral :** Greed is a curse.



# EXERCISE

## A. Multiple Choice Questions (MCQs)

Tick (✓) the correct option.

1. Where did the barber live ?

(a) Alipur

(b) Paris

(c) Iraq

(d) None of these

2. What was barber's name ?

(a) Mustaq

(b) Rehman

(c) Shetan

(d) None of these

3. Who was in need of money ?

(a) Woodcutter

(b) King

(c) Barber

(d) None of these

4. What was settled for the pile of firewood ?

(a) 2 Silver coins

(b) 3 Silver coins

(c) 4 Silver coins

(d) None of these

5. Who was the friend of the woodcutter ?

(a) Barber

(b) Donkey

(c) King

(d) None of these

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

1. Mustaq lived in Alipur.

2. The king helped the woodcutter.

3. King did not want to teach a lesson to the barber.


4. The barber wanted to make money by hook or by crook.

5. Mustaq, the barber was not greedy.

## C. Answer the following questions.

1. Who was Mustaq ?

2. What was the woodcutter selling ?

- 
3. Why did the woodcutter give away his pack-saddle ?
  4. What did the king give the woodcutter ?
  5. Who was woodcutter's friend ?

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

money lesson barber pile

1. The woodcutter had a ..... of wood on his donkey's back.
2. The woodcutter was in need of .....
3. The woodcutter was cheated by the .....
4. The barber was taught a ..... by the woodcutter.

**Activity Corner**

**Write a story on "Greed". Explain how greedy people should be taught a lesson ?**

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**TEACHER'S CORNER**

Teach the students not to be greedy. Encourage them to work hard.



# Anger May Prove Fatal

Once there lived a little boy Suhan. He often used to lose his temper over little things.

Once his mother said to him affectionately, “Suhan, you should not get angry so often. You should try to control your anger. You should leave this habit of getting angry.”

Suhan said, “All right, mother, I’ll



try.” But he couldn’t keep his words. Once the landlord of his village was in search of a person who could feed his cattle and guard his fields. He was ready to pay one thousand rupees per month with every Sunday off.

Suhan’s mother spoke to the landlord about her son and he agreed.

The mother told Suhan, “Listen, son! This is a golden opportunity



for you. Don't miss it. I have already talked to the landlord. He will employ you. Work with dedication and don't lose your temper."

The work started from Monday. When the landlord reached the field, he noticed Suhan chasing a cow.

The landlord said, "What are you doing?"

"This cow didn't obey me and in turn insulted me," Suhan said angrily, "I want to take revenge."

"I don't pay you for this? You can do it on Sunday."

Suhan said, "All right. I'll see this cow on Sunday."

He pulled out a handkerchief from his pocket and tied a knot in it.

The next day, the landlord found Suhan chasing a dog with a stick in his hand.


The landlord asked, "What are you doing now?"

Suhan answered, "This silly dog was showing out its tongue to me. I want to take revenge."

"I don't pay you for this, do all this on Sunday," said the landlord scolding him.

Suhan said, "All right. On Sunday, I will take my revenge."





He pulled out his handkerchief from his pocket and tied another knot in it. The third day the landlord again noticed Suhan chasing a donkey with a stick in his hand. On being asked, Suhan answered, “This donkey troubles me a lot.” “Why, what’s the matter?” “It doesn’t obey me. It does not respond even to my repeated calls.” “Can’t you do this on Sunday?”



Once again he pulled out his handkerchief and tied the third knot in it.

It was Sunday. Suhan knew that on Sunday he could do whatever he liked.

The first knot was to set the disobedient cow straight.

Suhan didn’t waste a moment. He set out with a stick in his hand. He started beating the cow mercilessly.

The cow was furious and hit him with its horn. The horn hurt





Suhan's arm. He soon started chasing the dog. He hit the dog and it bit him on his left leg. He could not walk now. Then, he started hitting the donkey. It struck him on his right leg. Now, both his legs were injured. He limped his way to the village. The doctor bandaged both his legs and dropped him home.

Suhan explained everything to his mother. Mother made him realise the result of losing temper.

Suhan now realized and said to his mother, "I deserve the punishment. Now I have realised that anger is man's greatest enemy. I will never get angry now."

Suhan never lost his temper thereafter. He was a changed boy now.

**Moral :** Anger is our enemy, try to avoid it.



## EXERCISE


### A. Multiple Choice Questions (MCQs)

Tick (✓) the correct option.

1. How much amount the landlord was willing to pay a person for feeding his cattle and guarding his fields ?  
(a) 1000 Rupees per month       (b) 400 Rupees per month  
(c) 500 Rupees per month       (d) 600 Rupees per month





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2. Who realised that anger is man's greatest enemy ?
 

(a) Landlord	<input type="radio"/>	(b) Mother	<input type="radio"/>
(c) Suhan	<input type="radio"/>	(d) None of these	<input type="radio"/>
  3. Who is wise in the story ?
 

(a) Suhan	<input type="radio"/>	(b) Suhan's mother	<input type="radio"/>
(c) Both (a) and (b)	<input type="radio"/>	(d) Landlord	<input type="radio"/>
  4. What should be avoided ?
 

(a) Politeness	<input type="radio"/>	(b) Kindness	<input type="radio"/>
(c) Anger	<input type="radio"/>	(d) Simplicity	<input type="radio"/>

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

1. Suhan worked with dedication.
2. Suhan wanted to take revenge when the cow insulted him.
3. Suhan was a changed boy.
4. Suhan never lost his temper.
5. Suhan was a quiet boy.

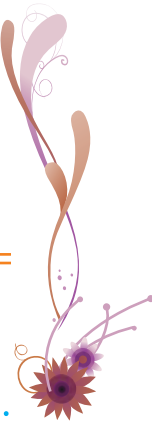
**C. Answer the following questions.**

1. Did Suhan disagree with his mother ?
2. Why did Suhan chase the cow, the dog and the donkey ?
3. What did Suhan's mother told him affectionately ?
4. Why was the landlord ready to pay the amount ?

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

dedication    revenge    temper    cross    opportunity

1. When the cow didn't obey, Suhan wanted to take .....
2. Suhan's mother told him, "This is a golden ..... . Don't miss it."
3. His mother told him to work with .....
4. Suhan's anger would ..... all limits.
5. Suhan used to lose his ..... over little things.



## Activity Corner

How can losing temper be harmful for us ? Explain in your own words.

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## TEACHER'S CORNER

Tell the students to avoid anger as it ruins the life of people.



# Revision Test Paper - 3

(Based on chapters 7 & 8)

## A. Multiple Choice Questions (MCQs)

Tick (✓) the correct option.

1. Where did the barber live ?

- (a) Alipur  (b) Paris   
(c) Iraq  (d) None of these

2. Who was in need of money ?

- (a) Woodcutter  (b) King   
(c) Barber  (d) None of these

3. Who was the friend of woodcutter ?

- (a) Barber  (b) Donkey   
(c) King  (d) None of these

4. Who is wise in the story ?

- (a) Suhan  (b) Suhan's mother   
(c) Both (a) and (b)  (d) Landlord

5. What should be avoided ?

- (a) Politeness  (b) Kindness   
(c) Anger  (d) Simplicity

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

1. Mustaq lived in Alipur.
2. The king helped the woodcutter.
3. King did not want to teach a lesson to the barber.
4. Suhan worked with dedication.
5. Suhan was a changed boy.
6. Suhan was a quiet boy.



Anuj was a very smart and brilliant boy. He studied in Mahavir Vidyalaya. He also actively participated in extra-curricular activities and sports. But he did not like the library period. He had no interest in reading books, he only went through sports magazines.

Anuj's parents did their best to inculcate the good habit of reading in him. But they could not do so. Anuj found reading books very boring. He was not interested in reading books at all.

It was Anuj's birthday. His parents presented him a wonderful aquarium with some wonderful and beautiful fishes. Anuj was very excited and happy. He always wished to have pets. At last, he got them. He sincerely promised his father and mother to look after the fishes properly.



Very soon, Anuj realized that it was not an easy task to look after these pets. To keep the fishes healthy and safe, he required to know lots of things about them. He knew nothing about how to take care of fishes or with what food to feed them. When he approached his mother to help him, she answered that she too did not know anything about fishes. She advised him to get some books from his library to get information related to fishes. Next day in the school, in the library period, Anuj looked for the books on aquarium fish care. Very soon Anuj learnt the art of keeping the aquarium clean, feeding the fish and changing the water. Besides fishes he read a bit about other pets also and started to share his knowledge with his close friends. Now, reading became a fun and thrill for Anuj.

**Moral :** Reading is to the mind, what exercise is to the body.



# EXERCISE

## A. Multiple Choice Questions (MCQs)

Tick (✓) the correct option.


- Anuj was a ..... boy.  
(a) bogus  (b) brilliant   
(c) ugly  (d) boring
- He always avoided his ..... period.  
(a) library  (b) classroom   
(c) meeting  (d) yoga
- He shared his knowledge with .....  
(a) siblings  (b) teachers   
(c) friends  (d) relatives
- Anuj's parents presented him ..... on his birthday.  
(a) aquarium  (b) video game   
(c) book  (d) computer

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

- Anuj was a very naughty boy.
- Books are known as our best friends.
- Anuj learnt to maintain an aquarium.
- He got some books on fish.
- Anuj did not like to read books.

## C. Answer the following questions.

- What was Anuj's weakness ?
- What did Anuj realize very soon ?

- 
3. What did Anuj promise to his parents?
  4. What lesson have you learnt from this story?

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

realized    aquarium    Mahavir    library

1. Anuj studied in ..... vidyalaya.
2. Anuj did not like ..... period.
3. His parents gifted him an ..... on his birthday.
4. Anuj ..... that it was not an easy task to look after these pets.

### Activity Corner

**Books are our true friends. Write few lines on how books help us in our life.**

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### TEACHER'S CORNER

Tell the students about the importance of books in one's life. Books are man's best friends.



# Invaluable Time

Rohit returned from his school in jolly mood. He was very happy and cheerful. “What happened ? Why are you so happy, Rohit ?” asked his Mom.

“Tomorrow, our school has organised a picnic for us. We are going to Dreamland. We will be enjoying all the swings and the rides. It would be a great day, full of pleasures and fun and no studies at all.” Rohit was very glad and was jumping with Joy.

In the evening, he went out with his Mom and purchased chocolates, snacks and fruit juices. After this, he took out his favourite boots and cap. He put all the important things in his picnic bag. Rohit did not stop smiling even for a second.



After his dinner, Rohit switched on his television.

Rohit ! “shouted his Mom”, “If you begin to watch television at this time, you will never be able to wake up on time. You should remember that you have to go for the school picnic also. You will have to wake up one hour before the routine time. So, now please go to bed and sleep.”



“No, Mom ! I want to watch television today. I don’t have any homework for tomorrow. So, I want to watch as many shows as possible. I will wake up tomorrow on time. You do not worry.” saying this, Rohit continued watching T.V. till late night.

The next day, in the morning, Rohit’s Mom tried hard to wake him up but all her attempts failed because he was in deep sleep. “Rohit ! Rohit ! Leave the bed or you will miss the school bus.” At last, Rohit woke up.

He turned his eyes towards the watch and murmured, “It’s only 7:00 a.m. at this time. My school begins...” All of a sudden, he remembered that his school bus would come half an hour earlier today. He rushed fast towards the bathroom with his towel and shouted, “Mom, assist me. Only 10 minutes are there in hand. I am not willing to miss my school picnic.” Rohit missed his breakfast and ran towards the bus stop. But, he was a bit late. He saw the school bus leaving from the bus stand. So, he missed it.



At this time nothing could be done. Rohit began to cry. He returned home and hugged his mother with despair.

“Mom, I am very sorry. You were absolutely right. Now, I fully understand the value of time.”

It is rightly said “Time and tide wait for none.”

**Moral :** We should not waste our valuable time.



## EXERCISE

### A. Multiple Choice Questions (MCQs)

Tick (✓) the correct option.

1. After eating dinner, Rohit switched on his .....

- (a) light  (b) camera   
(c) television  (d) bag

2. Rohit returned from his school in .....

- (a) jolly mood  (b) angry mood   
(c) sad mood  (d) none of these

3. In the evening, he went out with his .....

- (a) father  (b) mother   
(c) uncle  (d) brother

### B. Write ‘T’ for True and ‘F’ for False statements.

1. Rohit missed his school bus.   
2. Rohit was a punctual student.   
3. Rohit’s parents loved him very much.   
4. Rohit slept early for the sake of picnic.



**C. Answer the following questions.**

1. Why was Rohit happy ?
2. Was Rohit's preparation for picnic fruitful ? Why ?
3. What lesson did Rohit learn ?
4. What is invaluable ?

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

T.V.    late    early

1. You should get up ..... in the morning.
2. Rohit continued watching .....till late night.
3. Rohit was deep asleep till .....in the morning.

## Activity Corner

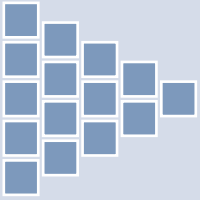
**Can you think of any incident in your life when you lost something because you got late?**

- (i) How did you feel ?



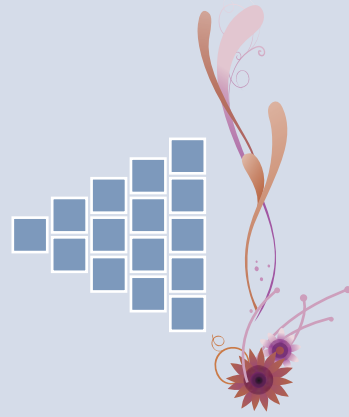
### TEACHER'S CORNER

Teach the students the value of time. Time is the most powerful factor in life.



## Revision Test Paper - 4

(Based on chapters 9 & 10)



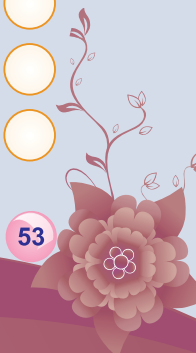
### A. Multiple Choice Questions (MCQs)

Tick (✓) the correct option.

- Anuj was a ..... student.  
(a) bogus  (b) brilliant   
(c) ugly  (d) boring
- He always avoided his ..... period.  
(a) library  (b) classroom   
(c) meeting  (d) yoga
- He shared his knowledge with .....  
(a) siblings  (b) teachers   
(c) friends  (d) relatives
- Rohit returned from his school in .....  
(a) jolly mood  (b) angry mood   
(c) sad mood  (d) none of these
- In the evening, he went out with his.....  
(a) father  (b) mother   
(c) uncle  (d) brother

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

- Anuj was a very naughty boy.
- He got some books on fish.
- Anuj did not like to read books.
- Rohit missed his school bus.
- Rohit was a punctual student.
- Rohit slept early for the sake of picnic.





## Model Test Paper - 2

(Based on chapters 7 to 10)



### A. Answer the following questions.

1. What was the woodcutter selling ?
2. What did the king give the woodcutter ?
3. Did Suhan disagree with his mother ?
4. What did Suhan's mother tell him affectionately ?
5. What was Anuj's weakness ?
6. What did Anuj promise to his parents ?
7. What lesson did Rohit learn ?
8. What is invaluable ?

### B. Fill in the blanks.

1. The woodcutter had a ..... of wood on his donkey's back.
2. The barber was taught a ..... by the woodcutter.
3. The woodcutter was in need of .....
4. When the cow didn't obey, Suhan wanted to take .....
5. Suhan's anger would ..... all limits.
6. Anuj studied in ..... Vidyalaya.
7. Anuj did not like ..... period.
8. His parents gifted him an ..... on his birthday.
9. Rohit continued watching ..... till late night.
10. Rohit was deep asleep till ..... in the morning.



**C. Write a situation when you have been greedy.**

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**D. Narrate an incidence when you have repented on for loosing your temper.**

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**E. Which is your favourite book and why ?**

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**F. Are you always on time ? Why or why not ?**

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## 11

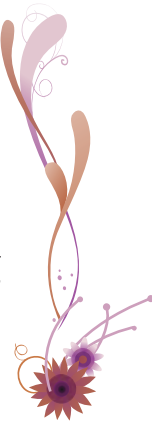
## LESSON

## Balasana (Child Relaxation Pose)

**Balasana (Child Relaxation Pose)** is a simple yoga asana. The name 'Balasana' is derived from the Sanskrit word 'bala' which means 'child' and 'asana' which means 'posture or pose'. Balasana is based on the way a child sleeps. This asana is perfect for taking rest and for relaxation. It strengthens the thighs and also gives relief in back, shoulder, neck and hip strain. To do balasana, follow the given steps:

- First sit on knees with buttocks touching your heels.
- Place your hands on thighs with palms down. Maintain the position of thighs as shown in the given image.
- While exhaling slowly bring your chest between your knees and put your hands forward. Try to touch your forehead on floor.
- Breathe softly and hold the posture for 1 to 2 minutes.
- Now inhale slowly and return back to starting position.
- Repeat this asana 3 to 5 times.





## Benefits

Balāsana completely relaxes the mind and is ideal for people suffering from restlessness. Following are the benefits of balāsana:

- It calms the mind and body.
- It encourages strong and steady breathing.
- It normalizes blood circulation throughout the body.
- It stretches muscles, tendons and ligaments in the knee, ankle and lower back.
- It releases tension in the back, shoulders and chest.
- It lengthens and stretches the spine.
- It gently stretches the hips, thighs and ankles.
- It helps in relieving stress and fatigue.
- It activates the body's internal organs and keeps them flexible.



## Let Us Revise

- ❁ Balāsana (Child Relaxation Pose) is a simple yoga asana.
- ❁ The name 'Balāsana' is derived from the Sanskrit word 'bala' which means 'child' and 'āsana' which means 'posture or pose'.
- ❁ Balāsana is based on the way a child sleeps.
- ❁ Balāsana calms the mind and body, and encourages strong and steady breathing.
- ❁ Balāsana strengthens the thighs and also gives relieve in back, shoulder, neck and hip strain.
- ❁ Balāsana normalizes blood circulation throughout the body.
- ❁ Balāsana activates the body's internal organs and keeps them flexible.







**A. Fill in the blanks.**

child activates blood circulation Balasana

1. .... is based on the way a ..... sleeps.
2. Balasana ..... the body's internal organs and keeps them flexible.
3. Balasana normalizes ..... throughout the body.

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

1. Balasana (Child Relaxation Pose) is a complex yoga asana.
2. Balasana strengthens the thighs and also gives relieve in back, shoulder, neck and hip strain.
3. Balasana calms the mind and body, and encourages strong and steady breathing.

**C. Answer the following questions.**

1. How is the name balasana derived?
2. How is balasana done?
3. Write any three benefits of balasana.



# Urdhva Hastasana (Raised Hands Pose)



Urdhva Hastasana or Raised Hands Pose is also known as Urdhva Vrikshasana or Upward Salute in yoga. The word 'Urdhva Hastasana' is derived from the Sanskrit word in which 'Urdhva' means 'raised or upward', 'hast' means 'hand' and 'asana' means 'posture or pose'.

This asana strengthens the abdomen and the legs. During practice when the hands are raised over the head, ribs are stretched and the thoracic cavity expands which increases the lung capacity. While doing urdhva hastansana, the following points of the body are lifted upward:

1. The arches of the feet.
2. The pelvic floor.
3. The lower abdomen, the rib cage and the cervical spine.
4. The top of the head.

To do urdhva hastasana, follow the given steps:

- Stand with your feet together.
- Now inhale to bring your arms out to the side and up towards the ceiling.
- Keep your arms straight and parallel to your body and then press your palms together.
- Slide your shoulders down towards your back.



- Stretch your thigh muscles strongly.
- Hold this pose for 10 to 15 seconds.
- Repeat it 4 to 5 times.

## Benefits

Practise the urdhva hastasana pose with your back to the wall so that you can feel the position of various organs and their alignment. Following are the benefits of urdhva hastasana:

- It improves posture.
- It increases the lung capacity.
- It strengthens the legs.
- It opens your shoulders.
- It stretches whole spine and abdominal muscles.

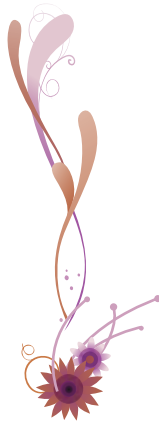


## Let Us Revise

- ❁ Urdhva Hastansana or Raised Hands Pose is also known as Urdhva Vrikshasana or Upward Salute in yoga.
- ❁ The word 'Urdhva Hastansana' is derived from the Sanskrit word in which 'Urdhva' means 'raised or upward', 'hast' means 'hand' and 'ansana' means 'posture or pose'.
- ❁ This asana strengthens the abdomen and the legs.
- ❁ During the exercise when the hands are raised over the head, the thoracic cavity and ribs are stretched and the thoracic cavity expands which increases the lung capacity.



# EXERCISE



## A. Fill in the blanks.

Urdhva hastasana ribs thoracic cavity

1. .... asana strengthens the abdomen and the legs.
2. The thoracic cavity and ..... are stretched.
3. The ..... expands which increases the lung capacity.

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

1. Urdhva Hastansana or Raised Hands Pose is also known as Urdhva Vrikshasana or Upward Salute in yoga.
2. Urdhva hastansana is not good for the abdomen and the legs.
3. During practice of this asana the body lifts the top of the head.

## C. Answer the following questions.

1. What is the importance of urdhva hastansana?
2. How is urdhva hastansana done?
3. Write any three benefits of urdhva hastansana.





# Hansasana (Swan Pose)

**Hansasana** or **Swan Pose** is a yoga asana which resembles a swan when performed. In Sanskrit, 'Hansa' means the swan and hence the name Hansasana.

Hansasana should be performed on an empty stomach. Make sure there is a gap of 4 to 5 hours after a heavy meal.

Assume the kneeling position with the legs slightly apart. Keep both the hands between the knees on the ground. The hands should point backwards towards the legs. Rest your elbows on your abdomen. Let your abdominal muscles assume the weight of the upper body. The elbows should be kept together. Take the legs backwards in a full stretch, one at a time. Make the body straight like a plank and use the toes to balance the weight of your legs. Keep the legs together. The body should be straight and make sure that your knees are not bent.

In the final position, the entire weight of the body is supported by the toes and the palms on the ground. Head and neck should be kept straight in line with the body. In the beginning you may try this position for 10 – 30 seconds.



## Benefits

- In Hansasana, the weight of the upper body rests on the abdomen. This strengthens the abdominal muscles and helps to reduce the belly.
- It gives strength to the arms.



- The pressure on the belly massages all the organs in the abdomen.
- Hansasana improves digestion and clears constipation.



## Let Us Revise

- ❁ In Sanskrit, 'Hansa' means the swan and hence the name Hansasana.
- ❁ **Hansasana** or **Swan Pose** is a yoga asana which resembles a swan when performed.
- ❁ Hansasana should be performed on an empty stomach.
- ❁ Hansasana improves digestion and clears constipation.



### A. Fill in the blanks.

straight swan kneeling empty

1. Hansasana or Swan Pose is a yoga asana which resembles a .....
2. Hansasana should be performed on an ..... stomach.
3. First assume the ..... position with the legs slightly apart.
4. The body should be kept ..... while doing this pose.

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

1. In Latin language, 'Hansa' means the swan.
2. Rest your elbows on your head while doing this pose.
3. In the final position, the entire weight of the body is supported by the toes.
4. Head and neck should be kept straight in line with the body.

### C. Answer the following questions.

1. What do you understand by Hansasana?
2. What does 'Hansa' mean in Sanskrit?
3. How is this asana performed?



## Revision Test Paper - 5



### A. Fill in the blanks.

stress    balasana    lung    urdva hastasana    mayurasana    fatigue

1. .... should be performed on an empty stomach.
2. .... improves posture.
3. .... encourages strong and steady breathing.
4. Balasana helps is relieving ..... and .....
5. Urdhva hastasana increases ..... capacity.

### B. Name a yogic posture to

1. Strengthen the arms
2. Strengthen the legs
3. Lengthen the spine
4. Improve digestion
5. Calm down mind and body
6. Rohit slept early for the sake of picnic.