



*Edition : New Edition*

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## **Moral Value (Part-5)**

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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# The Will to Sacrifice

It was the coldest month of the year. Everything had turned into white because of the heavy snowfall. Small animals were being buried in the snow drifts and the larger animals could hardly walk because the snow was very deep.

Animals began debating to send someone to the Creator. The

Rainbow Crow, the most beautiful of all the birds with shimmering feathers of rainbow hues and an enchanting singing voice, was chosen to go to the Creator. It was a very long journey, beyond the sun and the moon and even above all the stars. He was buffeted by winds and had no place to rest, but he carried on bravely until he reached heaven. When Rainbow Crow reached the holy place, he called out for the Creator, but received no answer. So, Rainbow Crow began to sing his most beautiful song.

The Creator was impressed by his sweet voice. Rainbow Crow asked the Creator to

thin the snow, so that the animals on Earth would not die. But the Creator told Rainbow Crow that the snow and the ice had spirits of their own and could not be destroyed.

“I will give you something that will warm all creatures during the cold times,” said the Creator.

The Creator stuck a stick into the blazing hot sun, which burnt brightly and gave off heat. “This is







fire,” he told Rainbow Crow, handing him the cool end of the stick. “You must go back to the earth as fast as you can, before the stick burns up.”

Rainbow Crow thanked the Creator and flew as fast as he could. It was a three-day trip to heaven and he was worried that the fire would burn out before he would reach the

earth. The fire grew hot as it came closer to Rainbow Crow’s feathers. As he flew past the sun, his tail caught fire, turning his feathers black. When he plunged into the sky and flew through the clouds, the smoke got into his throat, strangling his beautiful singing voice.

By the time Rainbow Crow landed among the freezing-cold animals on earth, he was black as tar and could only caw instead of sing. He delivered the fire to the animals and they melted the snow and warmed themselves, rescuing the small animals from the snow drifts where they lay buried.

Everyone was happy but the crow was sad. Then he saw the Creator, who was walking towards him.

“Do not be sad, Rainbow Crow,” the Creator said, “All animals will honour you for the sacrifice you made for them.”

Then the Creator pointed to Rainbow Crow’s black feathers. Slowly, Rainbow Crow saw the dull feathers became shiny and inside each one, he could see all





the colours of the rainbow. “This will remind everyone who sees you, of the service you have rendered and so shall it ever be,” said the Creator. The Rainbow Crow felt happy afterwards.

**Moral :** Sacrifices made for the service others names go unrecognized.

## EXERCISE

### A. Multiple Choice Questions (MCQs)

Tick (✓) the correct option.

1. Who the following animals is a character in this story ?
 

(a) Owl	<input type="radio"/> (b) Crow	<input type="radio"/>
(c) Turtle	(d) None of these	<input type="radio"/>
2. The Creator stuck a stick into the blazing hot .....
 

(a) Wind	<input type="radio"/> (b) Sun	<input type="radio"/>
(c) Moon	(d) None of these	<input type="radio"/>
3. Crow became sad when he saw the ..... feathers.
 

(a) Dull	<input type="radio"/> (b) Shiny	<input type="radio"/>
(c) New	(d) None of these	<input type="radio"/>
4. Who was sad at the end?
 

(a) Crow	<input type="radio"/> (b) Owl	<input type="radio"/>
(c) Turtle	(d) None of these	<input type="radio"/>
5. Who among the following was chosen to be send to the Creator ?
 

(a) Rainbow Crow	<input type="radio"/> (b) Owl	<input type="radio"/>
(c) Turtle	(d) None of these	<input type="radio"/>

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

1. The Creator told Rainbow Crow that the snow and the ice had spirits of their own.
2. We should never hesitate in making sacrifices.
3. The small animals were not buried in the snow drifts.
4. Rainbow Crow lost his sweet voice.
5. Everyone was happy but the crow was sad.





**C. Answer the following questions.**

1. Why were all the animals worried ?
2. Who was chosen to go to the Creator and why ?
3. Who was impressed by the sweet voice of crow and what did crow ask him ?
4. How did the crow's beauty get destroyed and What reward did he get in return ?

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

shimmering hot debating buffeted Creator

1. The animals began ..... among themselves to send someone to the Creator.
2. Rainbow Crow was ..... by winds.
3. The ..... was impressed by the lovely sound of crow.
4. Rainbow Crow with ..... feathers was chosen to go to the Creator.
5. The Creator stuck a stick into the ..... sun.

**Activity Corner**

List few things that parents sacrifice for their children.

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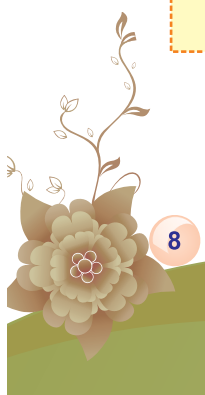
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**TEACHER'S CORNER**

Tell the students how sacrifice is always rewarded.







# Rani Laxmibai

The fearless woman who fought against the mighty Britishers was 'Rani Laxmibai'. She was born in Varanasi, Uttar Pradesh. Her father was an important minister at the royal court of Bajirao. Rani Laxmibai was popularly known as 'Manu' when she was a young girl. She was not only brilliant in studies but also an expert in shooting. Horse-riding was her cardinal passion. Manu enjoyed her childhood with two sons of Bajirao – Nana Saheb and Rao Saheb.

Her childhood stories are filled with courage and bravery. One day, Manu was playing a character role with the other two small children. She was acting the role of a royal queen and Nana Saheb played the character of a soldier. He with another soldier went before queen and said, “Your Highness, this man is a traitor! He has been found doing espionage for the British. He also persuaded people to fight among themselves.”

On hearing this, Manu got very angry. She instantly caught the traitor by his collar and said, “I order to hang this man till death in front of the entire public. The Britishers are declared enemies. They are trying their best to destroy us and capture our territories. All these traitors should be brutally hanged till death.”

At this time Nana Saheb immediately reminded Manu that it was just a character play. “Manu! Please have a control on yourself. At this time, the Britishers are our royal rulers. If anybody listens to this, we would be in a big trouble. Don't talk against them openly!”

These words did not hamper the brave girl. She shouted in a loud voice, “I never consider British as our true rulers. They have come here only to destroy and



exploit the wealth of India.” Seeing Manu’s extreme love for the country, Nana Saheb soon let the curtains down to halt the play.

When Manu grew up, she was married to Gangadhar Rao who was the king of Jhansi. And came to be known as the Rani of Jhansi. She gave birth to a son who died very soon. Then, she adopted Damodar Rao as her son. After sometime, King Gangadhar also died after a prolonged illness.



After the unfortunate demise of the king, Lord Dalhousie, the Governor-General of India decided to take over Jhansi as it did not have a natural legal heir. The Britishers had refused to accept Damodar as the natural legal heir of Jhansi. They ordered Rani Laxmibai to immediately leave Jhansi. But Rani Laxmibai refused. So, the British soldiers attacked the state of Jhansi. A fierce battle was fought between the army of Jhansi, under the strong leadership of Rani Laxmibai and Britishers. Many women were highly inspired by her and thus actively participated in the fierce battle.

All the men and women fought very bravely against the Britishers. The battle continued for many days. The British decided to capture Jhansi by killing the ruling queen of Jhansi. So, they secretly conspired to attack the strong fort at the midnight. When Rani Laxmibai came to know about it, she left the fort with her trusted followers. She began to march towards Kalpi to avoid being caught by the Britishers. The British officer, Hugh Rose suddenly saw her escaping and hence started chasing her along with his soldiers. The two parties again came across in a fierce battle at Gwalior. Rani Laxmibai fought very bravely but soon, all her associates were killed. She rode away very fast on her horse to get away from the clutches of the British, till she reached a river bank. It was not possible to escape now. The British army surrounded her and the brave queen was brutally killed. The last words spoken by her were, “ I wish my dead body should never be touched by my enemy Britishers.”

**Moral :** We should fight for our rights.





# EXERCISE



## A. Multiple Choice Questions (MCQs)

Tick (✓) the correct option.

1. A ..... battle was fought between the Britishers and the Rani of Jhansi.  
(a) Low  (b) High   
(c) Fierce  (d) Revolutionary
2. Rani Laxmibai began to march towards .....  
(a) Kalpi  (b) Varanasi   
(c) Lucknow  (d) Delhi
3. Rani Laxmibai was married to .....  
(a) Gangadhar Rao  (b) Madhav Rao   
(c) Krishna Dev  (d) Santosh Rao
4. The Britishers refused to accept ..... as the natural legal heir.  
(a) Madhav  (b) Damodar   
(c) Sundar  (d) Mahavir
5. Rani Laxmibai adopted ..... as her son.  
(a) Damodar Rao  (b) Madhav Rao   
(c) Santosh Rao  (d) None of these

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

1. Rani Laxmibai was popularly known as 'Manu' when she was a young girl.
2. Rani Laxmibai was married to Madhav Rao.
3. One day Manu played a character-role of a royal queen.
4. Rani Laxmibai was born in Madhya Pradesh.
5. She forgot that it was a character-play.
6. The Britishers accepted Damodar as the natural legal heir of Jhansi.

## C. Match the columns.

### Column 'A'

1. Gangadhar Rao
2. Lord Dalhousie
3. Damodar Rao
4. Rani Laxmi Bai
5. Horse riding

### Column 'B'

- (a) Adopted son of Rani of Jhansi
- (b) Born at Varanasi
- (c) Cardinal passion of Rani Laxmibai
- (d) Governor General of India
- (e) King of Jhansi





**D. Answer the following questions.**

1. What was Rani Laxmibai's cardinal passion ?
2. What was the traitors' punishment ?
3. When did Rani Laxmibai die ?
4. Who attacked the state of Jhansi ?
5. Who ordered Rani Laxmibai to leave Jhansi immediately ?

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

two Gwalior minister Varanasi soldier

1. One day, Nana Saheb played the character of a .....
2. Rani Laxmibai was born in ..... in Uttar Pradesh.
3. Her father was a ..... the court of Bajirao.
4. Manu spent her childhood with the ..... sons of Bajirao.
5. The two parties again came across in a fierce battle at .....

**Activity Corner**

**1. Write few lines on 'Rani Laxmibai'.**

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**2. Make a list of Freedom Fighters of India.**

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**TEACHER'S CORNER**

Tell the students about other National Heroes of our country.





# Reality and Fiction

Once there lived a man in a village. His name was Ghansham. The people of his village were very kind-hearted and soft spoken. Everyone in that village was leading a happy and prosperous life.

Ghansham was very mischievous. He caused troubles for the people. He used to make fun and tease others.

There was one other man named Vikrant who also lived in that village.

One day Ghansham said to Vikrant, “You had borrowed ten thousand rupees from me. Kindly return it back.” Vikrant got angry to hear this and said, “I never borrowed any money from you. Why are you saying so ?”

Ghansham replied, “Just a month ago, I had a dream in which you asked me for a loan of rupees ten thousand and I gave you.”

Vikrant took this problem to the Pradhan of the village panchayat. Pradhan was a wise man.

He called Vikrant for panchayat meeting after two days.

Two days later, all villagers came in the meeting.

The Pradhan said, “Place a large mirror here.” A large mirror was placed in the court where the meeting was taking place.





The Pradhan kept ten thousand rupees in front of the mirror.  
He called Ghansham and said, “Vikrant borrowed ten thousand rupees in dream, right ?”



“Right”, said Ghansham.

The panchayat leader said, “Alright, take the cash you see in the mirror.”

All the villagers were surprised to hear this.

Ghansham felt ashamed. Vikrant was very happy and felt relieved.

Everybody admired the right decision and solution provided by the Pradhan. Pradhan was wise and intelligent enough.

**Moral :** Wise decisions always resolve troubles.



# EXERCISE



## A. Multiple Choice Questions (MCQs)

Tick (✓) the correct option.

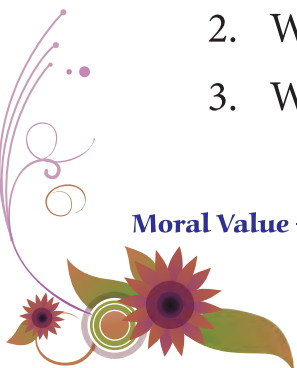
- ..... was brought for Pradhan to solve the problem.  
(a) Fruits  (b) Mirror   
(c) Food  (d) Stick
- The fight was for .....  
(a) 25 acres  (b) Ten thousand rupees   
(c) 10 bullocks  (d) Becoming Pradhan
- Pradhan took the right decision because he was .....  
(a) Foolish  (b) Wise   
(c) Stupid  (d) Head of panchayat.
- Where did Vikrant live ?  
(a) Park  (b) City   
(c) Village  (d) Panchayat

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


- Ghansham was a trouble maker.
- Vikrant gave ten thousand rupees to Ghansham.
- Pradhan took loan from Vikrant.
- Using a mirror, panchayat's head gave the right decision.

## C. Answer the following questions.

- What was the problem of Vikrant ?
- What was the role of the mirror in this story ?
- Who gave the right decision and how ?





- 
4. Was the decision given by the panchayat right? Explain.
  5. What is the moral of the story ?

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

dream    village    ashamed    Pradhan

1. Ghansham lived in a .....
2. Vikrant asked for a loan of rupees ten thousand in a .....
3. Vikrant took the problem to the ..... of the village.
4. Ghansham felt .....

**Activity Corner**

Write a short story on “The Power of Right Decision” in your own words.

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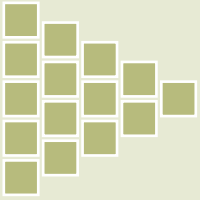
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**TEACHER'S CORNER**

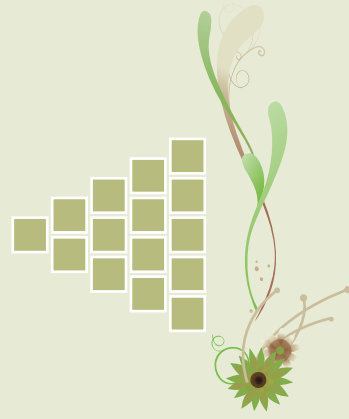
Teach the students to face problems wisely.





# Revision Test Paper - I

(Based on chapters 1 to 3)



## A. Multiple Choice Questions (MCQs)

Tick (✓) the correct option.

- The Creator struck a struck into the blazing hot .....  
(a) Wind  (b) Moon   
(c) Sun  (d) None of these
- ..... battle was fought between the British and the Rani.  
(a) Low  (b) High   
(c) Fierce  (d) Revolutionary
- ..... was wise and intelligent.  
(a) Ghansham  (b) Pradhan   
(c) Vikrant  (d) None of these
- Where did Vikrant live ?  
(a) Park  (b) City   
(c) Village  (d) Panchayat
- Crow became sad when he saw the ..... feathers.  
(a) Dull  (b) New   
(c) Shiny  (d) None of these

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

- We should never be self-centered.
- Rani Laxmibai was born in Varanasi.
- Ghansham was a trouble maker.
- Gangadhar Rao was the king of Jhansi.
- Everyone was happy but the crow was sad.
- Rainbow Crow lost his beautiful voice.
- Pradhan took loan from Vikrant.





# 4

LESSON

## Kindness



Once there lived an intelligent boy. His name was Ranjan. He was good at studies, obedient to his parents and more intelligent than other boys of his age. He was kind to everyone. Everyone loved him very much. But this thing caused

jealousy in many other boys who wanted to be like Ranjan.

Sumit was Ranjan's classmate. He was not good at studies and always wanted to play during school hours. He misbehaved with his parents, bullied his classmates and even ill-treated Ranjan. He always tried to let Ranjan down before others. But inspite of all this, Ranjan's grades kept getting better and better. Whether in studies or in sports Ranjan got praises from everyone.

It was his birthday and Ranjan got a nice pencil box as a gift from his parents. He brought it to the school next day so that he could use it. When Sumit saw it, he was





very jealous of Ranjan. He asked Ranjan, “Hey! Where did you get that? Did you buy it?”

“My parents gave it to me as a birthday gift,” replied Ranjan.

Sumit felt jealous of him as he never got any present from his parents. He decided to steal Ranjan’s pencil box.

During recess, when no one was there in the class, Sumit opened Ranjan’s bag and took out his pencil box. Then he kept it inside his bag and went out to have his lunch.

When Ranjan came back and could not find his pencil box, he informed his class


teacher about it. The class teacher ordered the class monitor to search the bag of every student. The missing box was found in Sumit’s bag. The teacher got angry with him. Sumit had tears in his eyes. He couldn’t say anything.

When Ranjan saw Sumit crying, he took pity on him. The kind boy had no

ill-feeling against his classmates. He requested his class teacher not to take any action against Sumit, now that his stolen box was found.

This incident opened Sumit’s eyes. He could now see what a good boy Ranjan was! He asked for forgiveness from his teacher and Ranjan. From that day





onwards, they both became friends and gradually Sumit changed himself to be as good as Ranjan. Everyone began to love him and Ranjan was now proud of his new friend.

Despite being hurt, Ranjan gave back only love to Sumit. This is how we should also treat our enemies. Our good behaviour may change the heart of our enemies and make them our friends.

**Moral :** We should never be jealous of others.



## EXERCISE

### A. Multiple Choice Questions (MCQs)

Tick (✓) the correct option.

1. What did Ranjan get as a gift on his birthday from his parents ?

(a) A nice shirt

(b) A nice story-book

(c) A nice pencil box

(d) A nice cap

2. Why did Sumit always want to let Ranjan down ?

(a) Because of jealousy

(b) Because of his personal enmity

(c) Because of Ranjan being rich

(d) All of these

3. Which of the following is/are true about Sumit ?

(a) He was not good at studies.

(b) He always wanted to play during school hours.

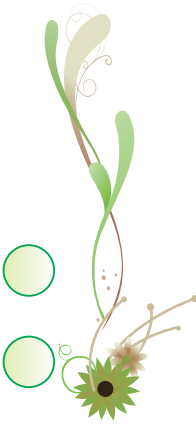
(c) He misbehaved with his parents.

(d) All of these



4. Which of the following qualities did Ranjan have ?

- (a) Good at studies  (b) Obedient to his parents   
(c) More intelligent than others  (d) All of these



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

1. Sumit was jealous of Ranjan.
2. Ranjan was loved by all.
3. Sumit was good in studies.
4. Sumit was loved by one and all.



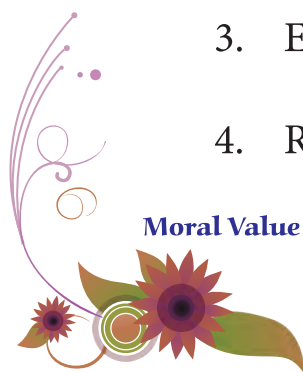
**C. Answer the following questions.**

1. What did Sumit do in recess time ?
2. Why was Ranjan loved by all ?
3. How was Ranjan a good boy ?
4. What present did Ranjan get on his birthday ?
5. What is the moral of the story ?

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

loved    good    jealous    misbehaved

1. Sumit always felt .....
2. Sumit ..... with his parents and others.
3. Everyone ..... Ranjan.
4. Ranjan was ..... at studies.





## Activity Corner

1. 'Never feel jealous for your friends.' Write a short note on this in your own words.

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2. Write five synonyms of kindness.

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### TEACHER'S CORNER

Teach the students to be kind to their enemies.



# 5

LESSON

## Good Manners

Neel was poor in Mathematics and had no good manners. He always showed bad behaviour. His mother decided to send him to a tutor so that he could learn good manners as well as Mathematics too. She took him to Mrs. Khanna.


He rang the door bell. No one opened the door. “Should I ring the bell again? he asked his mother. “No, wait for some time. If then also no one opens the door, then you can knock.” After a short while, Mrs. Khanna opened the door.

Neel’s mother asked him to say, ‘hello’ to Mrs. Khanna.

They greeted each other and went inside the house. Neel’s mother had tele-conversation with Mrs. Khanna about Neel’s tuition, so they were invited by Mrs. Khanna at her house. They sat in the dining room.

“Mrs. Khanna, this is my son, Neel. I spoke to you about him only.





After offering some snacks to them Mrs. Khanna asked Neel, “Which subject do you find difficult to understand ?” I find Mathematics, the toughest subject among all,” replied Neel and put a big piece of cake in his mouth. Neel’s mother looked at him. The cake quickly slipped down his throat.

Further conversation was disturbed by a sudden phone call to Neel’s mother. It was from Neel’s father.

While she was talking, Neel snatched the phone from her hands. “Father, have you bought the game for me ?” He asked his father who was on tour.

Mrs. Khanna did not like his behaviour. Neel gave the phone back to his mother after talking.

He told Mrs. Khanna that teachers don’t teach him well.

“Son, you should not complain about your teachers like this,” said Mrs. Khanna. “Do you ask your teachers when you don’t understand the concepts ?” asked

Mrs. Khanna. Neel replied, “No.”

Neel’s mother was quietly hearing the conversation between Mrs. Khanna and her son. She felt happy and thought that Mrs. Khanna was the right person to teach Neel.



After few weeks, Neel's mother observed few changes in Neel's behaviour as well as his grades started to improve. After few days, his father returned from the tour and they decided to go out for dinner. When Neel opened the door of the car for his mother and even pulled out the chair for her in the restaurant, his father was surprised and felt happy.

In the restaurant, he looked towards Neel's mother and asked how Neel's behaviour has changed.

"Mrs. Khanna is teaching him good manners alongwith his Maths tuition", she said softly. Neel's father was happy to see his son thanking the waiter for serving him food in his plate.

"I am glad, you made the right choice," he said.

**Moral :** Our good behaviour makes us respectable.



## EXERCISE

### A. Multiple Choice Questions (MCQs)

Tick (✓) the correct option.

1. Neel's father was ..... to see his changed son.

- |           |                       |                 |                       |
|-----------|-----------------------|-----------------|-----------------------|
| (a) Happy | <input type="radio"/> | (b) Sad         | <input type="radio"/> |
| (c) Angry | <input type="radio"/> | (d) No reaction | <input type="radio"/> |

2. From whom did Neel demand for game?

- |             |                       |            |                       |
|-------------|-----------------------|------------|-----------------------|
| (a) Uncle   | <input type="radio"/> | (b) Father | <input type="radio"/> |
| (c) Brother | <input type="radio"/> | (d) Mother | <input type="radio"/> |





3. Mrs. Khanna used to teach .....

- (a) Science  (b) English   
(c) Social science  (d) Mathematics

4. Neel's mother took Neel to .....

- (a) School  (b) Mrs. Mathur   
(c) Principal  (d) Mrs. Khanna

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

1. Neel never adopted good habits.   
2. Neel's uncle took the whole family for dinner.   
3. Mrs. Khanna was the right person for Neel.   
4. Neel was a bad mannered boy.

**C. Answer the following questions.**

1. Who was the right person for Neel and how ?  
2. What changes Neel's father observed in Neel ?  
3. Why did Mrs. Khanna frown to see Neel ?  
4. How can you say that Neel was a illannered boy ?

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

tele conversations    snatched    right    hello

1. Neel's mother had a ..... with Mrs. Khanna.  
2. Neel's mother asked him to say ..... to Mrs. Khanna.  
3. Neel ..... the phone from his mother.  
4. Mrs. Khanna was the ..... person to teach Rahul.





# Activity Corner

1. Write 5 bad manners and 5 good manners.

### Bad Manners

### Good Manners

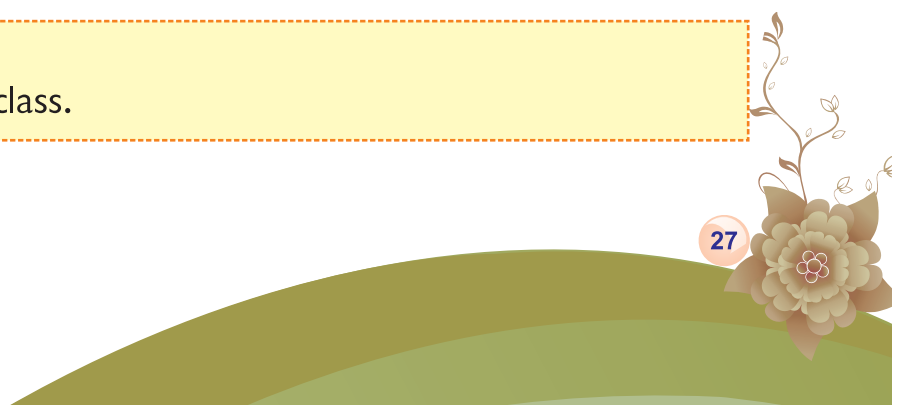
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|---------|---------|
| 1. .... | 1. .... |
| 2. .... | 2. .... |
| 3. .... | 3. .... |
| 4. .... | 4. .... |
| 5. .... | 5. .... |

2. Write 'G' for Good manner and 'B' for Bad manner.

- |  |                       |
|--|-----------------------|
| 1. We should wake up early in the morning. | <input type="radio"/> |
| 2. We should fight with others.            | <input type="radio"/> |
| 3. We should tease animals.                | <input type="radio"/> |
| 4. We should always be punctual.           | <input type="radio"/> |
| 5. We should make fun of others.           | <input type="radio"/> |

## TEACHER'S CORNER

Kindly take care of weak students in the class.





It is always better to forgive than to take revenge. We should show mercy towards our enemies. Mercy means ultimate victory over our enemies. Mercy can put our enemies to shame for their wrong doing.

The word mercy is full of truth and wisdom. It is the most divine quality. The showers of mercy are gentle and sweet.

The best way to take revenge is by showing mercy. Jesus Christ's last words were, "Father, forgive them for

they do not know what they do."

It is the ornament of the brave. It purifies our soul and raises us above the common rule of humanity. Once when Leonardo-da-Vinci was painting, he became angry with a certain man. His temper flared as he lashed out with bitter words.

He tried to paint the face of Jesus. But he could not get success. Finally, Leonardo-da-Vinci left his painting and went to look for the man and asked forgiveness. After that, he could complete the face of Jesus.



Moral Value - 5





Once there was a slave named Androcles in Rome. His master was very cruel and ill-treated him. He got fed up with his master. One day the slave ran away to a forest. Suddenly, he heard a lion's roar. Androcles saw a thorn in lion's paw. He pulled it out and rubbed the paw with leaves. Soon the lion recovered. Androcles and the lion became friends.



One day his master's men were passing by that forest. They saw him and he was brought back home. His master wanted to teach him a good lesson. He ordered his men to throw this slave in front of the hungry lion. The lion recognized him and



started wagging his tail. All were surprised to see this. The master freed Androcles from his slavery. Androcles was very happy. He went away with the lion to the forest.

**Moral :** Mercy is a sign of bravery.



Moral Value - 5







# EXERCISE

## A. Multiple Choice Questions (MCQs)

Tick (✓) the correct option.

1. Why could Leonardo-da-Vinci not complete his painting at first ?
  - (a) because painting ended up
  - (b) because he got tired
  - (c) because of his anger
  - (d) none of these
2. Androcles was a slave and was treated .....
  - (a) badly
  - (b) nicely
  - (c) both of these
  - (d) none of these
3. Which part of the lion was bleeding ?
  - (a) Tail
  - (b) Leg
  - (c) Paw
  - (d) Ear

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

1. Mercy is better than revenge.
2. Androcles and the lion became friends.
3. Mercy is a sign of weakness.
4. We should show mercy towards our enemies.

## C. Answer the following questions.

1. What were Jesus Christ's last words ?
2. Who was Androcles ? What happened when the lion saw him ?
3. What is the meaning of mercy ?



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

lion's    ornament    forgive    victory

1. Mercy is the ..... of the brave.
2. One day slave heard a ..... roar.
3. Mercy means ultimate ..... over our enemies.
4. It is always better to ..... than to take revenge.

**Activity Corner**

**Have you ever forgiven someone for his/her mistake? Explain in your own words.**

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**TEACHER'S CORNER**

Teach the students to adopt forgiveness.



## Revision Test Paper - 2

(Based on chapters 4 to 6)

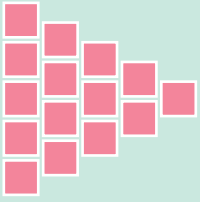
### A. Multiple Choice Questions (MCQs)

Tick (✓) the correct option.

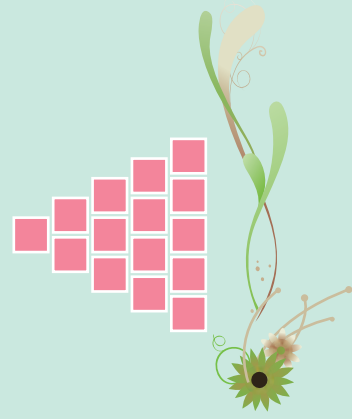
- Mrs. Khanna had to teach .....  
(a) Science  (b) English   
(c) Social Science  (d) Mathematics
- Neel's father was ..... to see his changed son.  
(a) Happy  (b) Sad   
(c) Angry  (d) No reaction
- Which of the following qualities did Ranjan have ?  
(a) Good at studies  (b) Obedient to his parents   
(c) More intelligent than others  (d) All of these
- Which part of the lion was bleeding ?  
(a) Tail  (b) Leg   
(c) Paw  (d) Ear
- What did Ranjan get as a gift on his birthday from his parents ?  
(a) A nice shirt  (b) A nice story-book   
(c) A nice pencil box  (d) A nice cap

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

- Sumit was loved by all.
- Sumit was good at studies.
- Mercy is a sign of weakness.
- Mrs. Khanna was the right person for Neel.
- Ranjan was loved by all.
- Mercy is better than revenge.
- Neel never adopted good habits.



# Model Test Paper - I



(Based on chapters 1 to 6)

## A. Answer the following questions.

1. What present did Ranjan get on his birthday ?
2. What was the role of the mirror in the story ?
3. Who was chosen to go to the Creator and why ?
4. What did Sumit do in recess time ?
5. What changes Neel's father observed in Neel ?
6. What was Rani Laxmibai's last wish ?
7. Who was impressed by the sweet voice of the crow ?
8. Why were all the animals worried ?
9. Why was Ranjan loved by all ?
10. What were Jesus Christ's last words ?

## B. Fill in the blanks.

1. Rainbow crow was ..... by winds.
2. Rani Laxmibai fought .....
3. Ranjan was ..... at studies.
4. Sumit ..... with his parents and others.
5. Rainbow Crow with ..... feathers was chosen to go the Creator.
6. Ghansham lived in a .....
7. Manu spent her childhood with the ..... sons of Bajirao.
8. The Neel's mother took Neel to .....
9. Ghansham felt .....
10. Mercy is the ..... of the brave.

## C. How did you sacrificed for someone if ever and why?

.....

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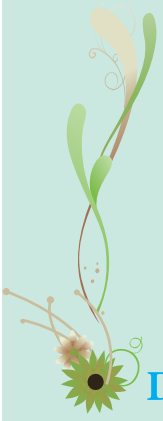
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**D. Write a short note when you left jealous of your friend.**

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**E. When were your for given? Give a note.**

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**F. Write few lines on 'Rani Laxmibai.'**

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**G. Narrate an incidence when your wise decision saved your from trouble.**

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# 7

LESSON

# Temptation

Once there lived a blacksmith. He was only three feet tall. He was too short that he needed a stool to stand on to see the great steeds of the knights. This did not bother him a bit. He secretly longed to become a knight and win the hand of the princess.

The princess was the only child of the King and the Queen and it should come as no surprise that the little blacksmith loved her very much for she was both kind and beautiful. She was even smaller than

him and had dancing eyes and long silken hair. One day a terrible dragon came to the kingdom. Breathing fire on everyone who crossed its path, it trampled houses and



burnt fields. Many knights tried to kill the dragon but in vain.

The King declared whosoever would kill the dragon, would be granted half his kingdom. Thousands of knights gathered to attack the dragon. But no one could kill him.

In desperation the King proclaimed whosoever would kill the dragon, would be granted his heart's desire.



Moral Value - 5



The little blacksmith's heart was full of hope for he finally had a chance to win the hand of the princess. Bowing before the King, he said, "I wish to be knighted so that I may rid your kingdom of this horrible monster."



There was a moment of silence, then everyone but the princess began to laugh. In fact, they laughed and laughed, which made the little blacksmith's ears turn red. The King said, "You are no match for this

dragon. It takes might to fight. You are simply too small."

The little blacksmith said, "I may be slight but I can fight." The princess was impressed. It was clear to her that he was brave and good. "Father, for my sake, knight him this day. You promised 'whosoever should slay the dragon, then surely he deserves a chance.'"

The King couldn't refuse his only daughter. He rose from his throne and knighted the blacksmith. "May you have good fortune, my knight," the princess said.

So the shortest knight set out on his pony to slay the dragon. He met many tired and injured knights on the way.

The dwarf knight had been travelling for half a day when he observed a beehive on the road



beneath a tree. Being a kind soul he picked it up to put it back on the tree. Suddenly he heard a tiny buzzing voice from the knapsack. A bee flew out and up to the dwarf knight's ear.



We have a way to repay you.

Throw our beehive on dragon's head and we'll save you.

So the dwarf knight grabbed the beehive, threw it at the dragon's head. Immediately a thousand bees flew out with a



thousand stingers. With their tiny swords they stung the dragon again and again. The dragon's eyes began to swell and he could hardly see. With a blow of pain and anger he leaped into the air and flew off to his cave in the mountains. Now, the dwarf knight had to reach the dragon's cave. Again the bee



helped him. He crossed the bridge and entered the cave. The dragon warned the dwarf knight not to come near him otherwise he would kill him. But the dwarf knight wasn't afraid. With his kind heart all he



could feel now was pity. He wanted to help the dragon, to give it water to drink and cool its swollen eyes.

While coming out he climbed down the cliff to the stream below. At the bottom there was plenty of water but nothing to carry. Then he found a broken cup. Carefully picking it from the sand, he filled it as best as he could and climbed back up.

To his surprise the beast rose up with a roar of glee and said happily, "Thank you, Oh! thank you, little knight."



You have saved me, all right!  
Let me take you home.  
I'll guard you forever, I tell no lies.  
I'll be your wings, if you'll be my eyes."



The dwarf knight was shocked and delighted. The evil dragon wasn't evil at all. It was proving to be as kind as its new master.

At first the King and all the kingdom were terrified except the princess. She trusted her dwarf knight and upon hearing the whole story set about immediately to make a healing salve for the dragon's eyes.

The dwarf knight married the princess and got half the kingdom. The dragon got back his eyesight and true to his word, guarded the kingdom faithfully. In due course of time, the dwarf knight and the princess had seven children who loved taking rides on the dragon's back. Of course, they lived happily everafter.

**Moral :** A good deed always helps us to win the heart of our enemies.



## EXERCISE

### A. Multiple Choice Questions (MCQs)

Tick (✓) the correct option.

1. What type of soul was the dwarf knight ?

- |                 |                       |                  |                       |
|-----------------|-----------------------|------------------|-----------------------|
| (a) Dirty soul  | <input type="radio"/> | (b) A clean soul | <input type="radio"/> |
| (c) A poor soul | <input type="radio"/> | (d) A kind soul  | <input type="radio"/> |

2. What did the king proclaim to do ?

(a) The mystery

(b) The story

(c) The riddles

(d) Kill the dragon

3. How tall was the blacksmith ?

(a) 10 feet

(b) 8 feet

(c) 3 feet

(d) 6 feet



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

1. The evil dragon was not evil at all.

2. The dwarf knight was a kind soul.

3. The blacksmith wanted the whole kingdom.

4. All the knights defeated the dragon.

**C. Answer the following questions.**

1. What did the blacksmith want for a long time ?

2. Why did the king announce to grant half of his kingdom to someone ?

3. What request did the princess make to the king ? What did she give to the blacksmith ?

4. What did the blacksmith find on his way ? How was it useful for him ?

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

child      knights      stool      dragon

1. The King and the Queen had only one .....

2. The shortest knight wanted to help the .....

3. The blacksmith needed to stand on a ..... to see the great deeds of the knights.

4. Many ..... went to battle.





# Activity Corner

Paste the picture of a dragon and write an information about it in 80 words.

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## TEACHER'S CORNER

Teach the students to face uncommon situations boldly.





# 8

LESSON

## Help Your Friends

Once there were two friends. One day, they were passing through a forest. Suddenly, they came across a bear.

One of them knew how to climb up a tree and he quickly climbed a tree and hid himself in the branches. The other man did not know how to climb. He realized that he would be attacked by the bear and he fell flat on the ground.



He had heard that bears don't touch a dead body. So he held his breath and pretended to be dead. The bear reached near him and felt him with his snout and smelt him all over.

When the bear found him dead, he left him.

And when the bear went away, the other friend came down from the tree. He asked his friend, "What was the bear whispering in your ear?"

His friend replied, "He

gave me an advice, "Don't trust a friend who leaves you alone at the time of trouble."

**Moral :** Never leave your friends in lurch.







# EXERCISE



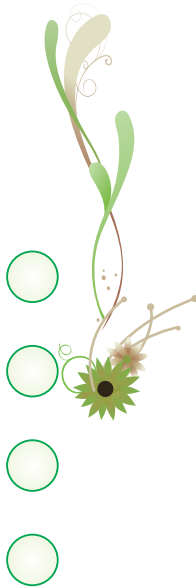
## A. Multiple Choice Questions (MCQs)

Tick (✓) the correct option.

1. Why did the bear leave the other friend ?
  - (a) The bear do not touch a dead body
  - (b) The bear was scared of him
  - (c) The bear had pity on him
  - (d) None of these
  
2. How many friends were travelling together ?
  - (a) One
  - (b) Two
  - (c) Three
  - (d) Four
  
3. Whom did the friends meet on their way ?
  - (a) Lion
  - (b) Donkey
  - (c) Bear
  - (d) Elephant
  
4. What did the other friend learn ?
  - (a) Do not trust a friend who leaves you alone at the time of trouble
  - (b) He should not fall flat on the ground
  - (c) He should have escaped leaving his friend alone
  - (d) None of these

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

1. Suddenly, they come across a bear.
2. Bears do not touch a dead body.
3. When the bear reached near the man, his friend rushed for help.
4. We should not trust a friend who leaves us alone at the time of trouble.



**C. Answer the following questions.**

1. Whom did the two friends meet on their way ?
2. Why did the other friend fall on the ground ?
3. Why did the bear leave the other friend ?
4. What did the second friend ask the other one when the bear went away ?
5. What did the other friend reply ?
6. What is the moral of this story ?

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

tree      dead      ground      two friends

1. The other friend fell flat on the .....
2. One of them climbed up quickly on a .....
3. He held his breath and pretended to be .....
4. The ..... met a bear on their way.





# Activity Corner

'A friend in need is a friend indeed.' Explain in your own words.

Handwriting practice area consisting of 15 horizontal dotted lines for writing.



## TEACHER'S CORNER

Teach the students not to leave their friends in their hour of need.



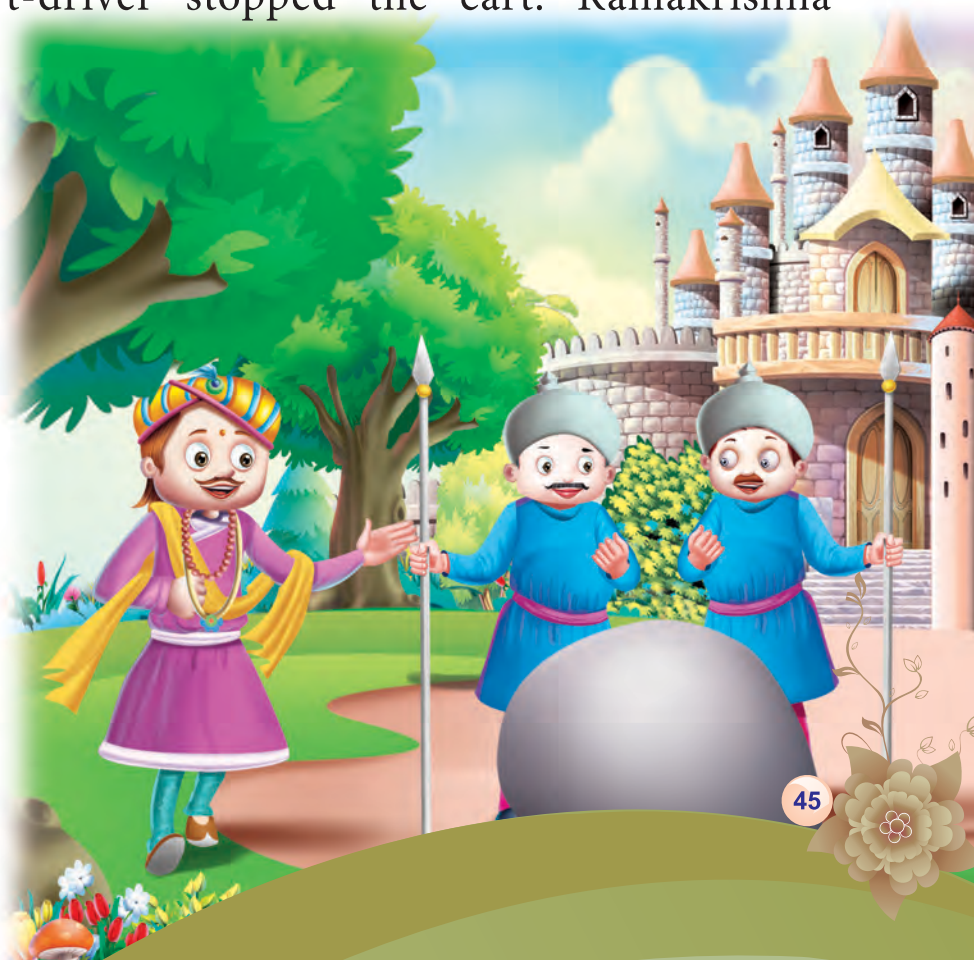


# Initiatives for Good Cause

Once upon a time, there was a very noble ruler named Vikrampal. He had huge kingdom, but most of the people of his kingdom were very lazy. They were all dependent on others for their work. They always lacked in responsible initiation. The king always wanted them to be hardworking.

He decided to generate awareness among the people of his kingdom. The king made a plan and to execute it, he ordered his servants to keep a very heavy stone exactly in the centre of the main road. He himself hid behind a tree to see if any one takes the initiative to move it aside. The first visitor who came there was a carpenter. He was in hurry so he collided with that stone. He fell on the ground and hurt himself badly. He cried in great pain. He went away blaming the king and his entire staff for not moving the stone aside.

After this incident, Ramakrishna the richest businessman of the kingdom was passing by, suddenly the cart-driver stopped the cart. Ramakrishna asked cart-driver, “Why have you stopped the cart ?” The cart-driver replied gently, “Sir, a huge stone is lying in the centre of the road, so we would have to take a different path.” The businessman became furious and angry at this. He too blamed his king and entire staff. The cart-driver followed a different path and went away. The king was watching very carefully.







At last, a small boy came there. On seeing the big stone, he tried his best to move it. He succeeded to move it to little distance only because that stone was very big and heavy. But the small boy was not disheartened. He tried continuously. After a great deal of continuous efforts, he succeeded in moving the stone. He was surprised to see a small purse of gold coins at the place where the stone was kept. In the meantime, the king came out from his hiding place and told him that this purse was a reward for his work because he had removed the big stone. Then he wholeheartedly praised the small boy for his wonderful initiative.

On the following day, the king called the boy to his royal court and honoured him at public place for his deed. All people now felt that they should never blame other people for their own problems. They assured the king from that day onwards they would work hard.

**Moral :** If something needs to be changed then it is only we who can change it by taking initiative.



# EXERCISE



## A. Multiple Choice Questions (MCQs)

Tick (✓) the correct option.

- ..... was a very noble ruler.  
(a) Vikrampal  (b) Chandrapal   
(c) Aditya  (d) Pratap
- The people of his kingdom were very .....  
(a) Active  (b) Lazy   
(c) Clever  (d) Shrewd
- The king decided to generate awareness, so he made a plan and ordered his servants to keep ..... in centre of the main road.  
(a) Trees trunk  (b) Heavy stone   
(c) Bundle of sticks  (d) Two heavy stones
- The ..... made continuous efforts to move the heavy stone.  
(a) Carpenter  (b) King   
(c) Boy  (d) Businessman
- The king always wanted his citizens to be .....  
(a) Honest  (b) Responsible   
(c) Fast runner  (d) Hard-working

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

- The businessman Ramakrishna requested his cart-driver to follow a different route.
- The small boy succeeded to move the stone.
- Unfortunately, the king could not reward the small boy.
- The king was not happy because his citizens were very lazy.
- Carpenter appreciated the king and his servants.





**C. Answer the following questions.**

1. Whom did the carpenter blame for his great pain ?
2. Did the richest businessman Ramakrishna remove the big stone ? What was his decision ?
3. What lesson you have learnt from this story ?
4. Why was king Vikrampal not happy with his citizens ?
5. Why did Vikrampal order his servants to keep a big stone at the centre of the main road ?

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

ordered   angry   removed   rewarded   not

1. The small boy ..... the big stone.
2. They got ..... at the king and his servants.
3. The businessman ..... the cart-driver to take the different path.
4. The king was ..... happy.
5. The king ..... the small boy.

**Activity Corner**

Write few sentences about any good work you have done in your life in the space given below.

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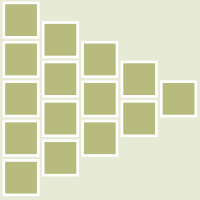
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**TEACHER'S CORNER**

Teach the students to take initiative for good cause.

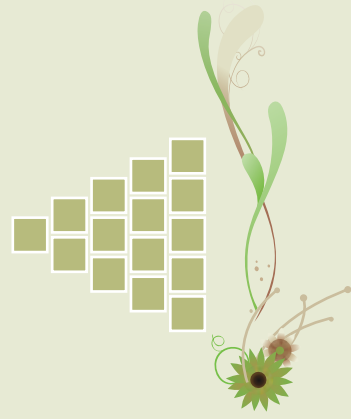






## Revision Test Paper - 3

(Based on chapters 7 to 9)



### A. Multiple Choice Questions (MCQs)

Tick (✓) the correct option.

1. What did the king proclaim to do ?  
(a) Solve mystery  (b) Racite story   
(c) Solve riddles  (d) Kill the dragon
2. Whom did the friends meet on their way ?  
(a) Lion  (b) Donkey   
(c) Bear  (d) Elephant
3. The people of his kingdom were very .....  
(a) Active  (b) Lazy   
(c) Clever  (d) Shrewd
4. What type of soul was the dwarf knight ?  
(a) Dirty soul  (b) A clean soul   
(c) A poor soul  (d) A kind soul
5. How many friends were travelling together ?  
(a) One  (b) Two   
(c) Three  (d) Four

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

1. All the knights defeated the dragon.
2. Bears do not touch a dead body.
3. The dwarf knight was a kind soul.
4. Both of the friends were true friends.
5. The small boy succeeded in moving the stone.
6. Carpenter appreciated the king and his servants.



# Keep the Surroundings Clean



Once upon a time, there was a farmer named Nandu in Raipur village. He had a small farm and he earned his living through the farm only. In his farm he had various domestic animals like cows, hens, etc. He there milk it for his livelihood.

Nandu's favourite cow Dolly was purchased by his grandfather when he was a very small kid. Nandu always took best care of Dolly, and gave her very good fodder.

One day, Nandu had to go to a nearby city to get some domestic supplies. He instructed his wife Anita to look after Dolly and remaining cows. Anita did not like the animals. She prefer rather to do the domestic works than wasting her precious time in feeding animals. So, she let the animals out of the shed to go and graze around.

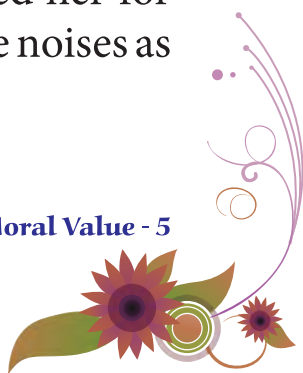


Dolly was extremely hungry. She grazed the grass in the nearby field for sometime. Then, she reached a nearby garbage dump.

That garbage dump was filled with all kinds of dirty wastes. It had paper and vegetable peels and many other unnecessary waste materials. Flies were continuously flying on the open dump. Dolly was totally confused. She kept on nibbling at the huge garbage here and there and ultimately came back to her shed.

The following day, Nandu returned. He was very curious to meet Dolly. When he reached the shed, he surprisingly saw Dolly lying down over there. She was looking very sick.

“What would have happened to her?” Nandu got worried. He observed her for sometime. She began to sweat by the evening. She started making strange noises as it seemed she was in great pain.



Nandu rushed to the nearby village veterinary doctor and talked to him. The doctor examined Dolly and said, “Her foodpipe is badly blocked. She is not able to breathe even as she has an infection. What did you give her to eat?”

“Yesterday, she had been grazing the whole day in the nearby garbage dump,” said Anita slowly. “What? Why did you let her feed on the nearby garbage dump? Don’t you even know how to look after the animals? How could you be so careless?” cried Nandu to Anita. “Nandu! It’s not totally her fault. It is actually fault said the seriously worried doctor.”

“Mine? But how? I feed her daily with the best fodders,” Nandu defended himself.

“And what do you do with the always waste in your house?” asked the doctor. “I throw waste always my home or sometimes in the nearby garbage dump,” answered Nandu.

“That is your main fault. Did you ever feel that all your waste contains dangerous materials like polythene bags, etc? Whenever you throw them in the open area, any stray animal will eat it and will be poisoned. These harmful substances can even choke the animals as has happened with Dolly. Imagine if she would have swallowed a small piece of glass that might have destroyed her organs,” narrated the doctor.

“Have you noticed even once, how many flies and germs breed in those dirty areas? Don’t you observe that many people also fall sick in your village very often? These dirty germs spread the worst problematic diseases.” “Oh my God! I never thought that. Doctor Saheb now I understood my fault.” The following day, doctor

and Nandu organized a meeting in their village.

Doctor instructed everyone how to dispose these wastes properly. He also told them the dangerous effects of throwing out waste in the open.







All the villagers understood how dangerous it is for their animals and to them also. All of them collectively pledged to always keep their village clean and decided to set an example for the other villages also to follow.

**Moral :** Waste should be disposed off properly.



## EXERCISE

### A. Multiple Choice Questions (MCQs)

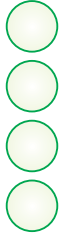
Tick (✓) the correct option.

- Where did Nandu live?  
(a) Raipur  (b) Dhanga   
(c) Badhapur  (d) Jhansi
- Nandu earned his living.....  
(a) By selling wool  (b) By selling milk   
(c) By selling eggs  (d) By selling wheat grains
- The garbage dump contains every kind of dirty.....  
(a) Wastes  (b) Water   
(c) Minerals  (d) Iron
- ..... became very sick.  
(a) Dolly  (b) Nandu   
(c) Anita  (d) Doctor
- Many..... and germs breed in dirty areas.  
(a) Mosquitoes  (b) Insects   
(c) Fish  (d) Flies



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

1. Nandu was a farmer.
2. His village's name was Raipur.
3. Environmental awareness is needed sometimes.
4. Anita loved the animals very much.



**C. Answer the following questions.**

1. How did Nandu look after Dolly?
2. Who purchased Dolly?
3. How did Dolly become sick?
4. What was the main fault according to the doctor?

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

doctor   Anita   Dolly   Raipur

1. .... did not love animals very much.
2. Nandu was a small farmer in ..... village.
3. .... was Nandu's favourite cow.
4. The ..... examined Dolly.

**Activity Corner**

The doctor told many ill-effects of open garbage dumps. List any five of them.

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

**TEACHER'S CORNER**

Make the students aware about the importance hygiene.

## Determination Brings Success



We are study going to about a child named Rahul who wanted to become an astronaut. We always think of what we would like to be when we are grown up. It requires great sincerity and determination to make our dreams come true.

Rahul was a small child and he had always listened to the stories of astronauts, space and spaceships from

his teachers and elders. He had developed a very big dream. He was curious to know more about the space and wanted to visit and explore the space. He had a dream to visit the moon to see how the earth looked from space.

One day, Rahul share this dream with his close friends. But all of them made fun of him and laughed at him. One of them said, “Oh-Ho! Rahul on the Moon! What a joke.” His sister told him, “It is not an easy dream better forget about reaching the moon.”

Rahul was very disappointed by all these remarks. He finally decided to discuss about his dream only with his father.

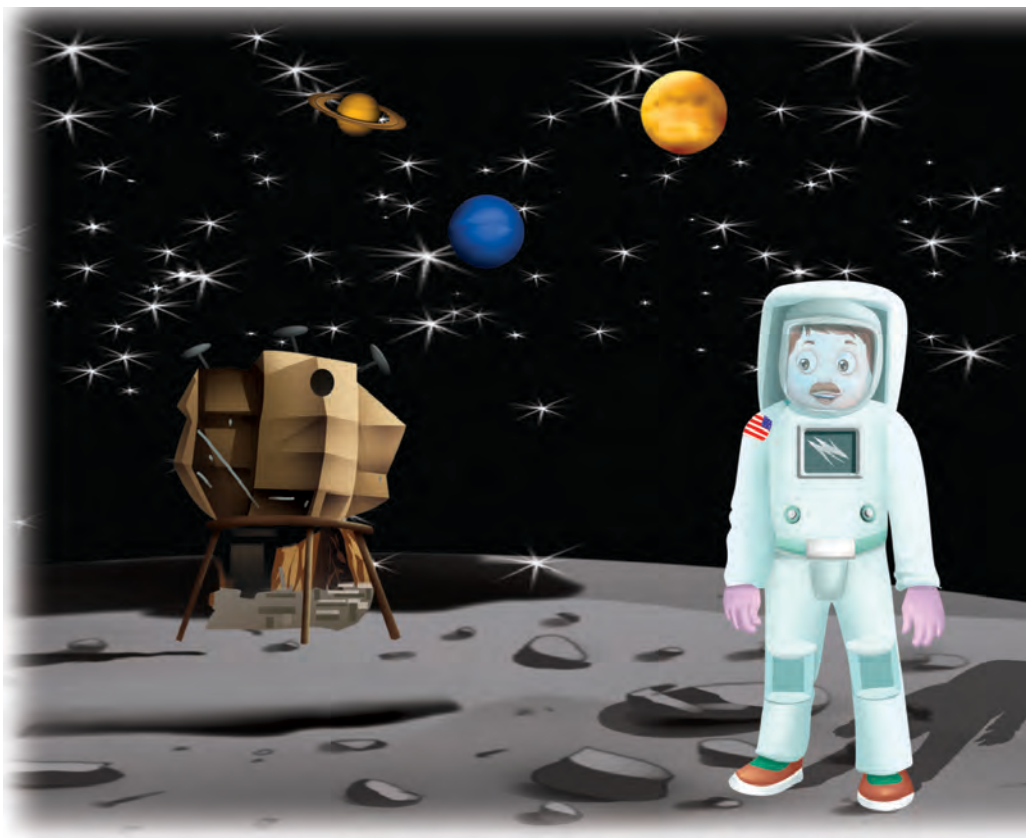
Rahul’s father had already heard about his dream to be an astronaut and to go to the moon. He said to Rahul, “Listen my dear son !



Moral Value - 5



I can realize that you have developed a big dream. To achieve something very big, you will have to remain focused and put in a lot of hard work. If you really want to be an astronaut, you will have to work very hard. You should always stay concentrated on your dream. Then only you can be an astronaut.”



Rahul properly understood that one should never leave one’s dream even if anyone laughs at him. He was encouraged to make his dream successful. From that day onwards, he started working harder. He took his studies very seriously and always kept his target in mind.

Now, Rahul has become a successful astronaut. Rahul’s father was extremely happy for his success.

**Moral :** Dedication and determination always bring success.

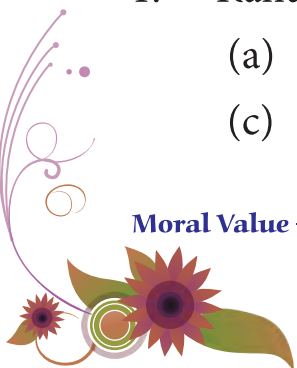
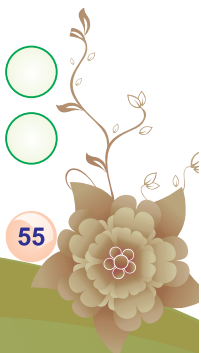


## EXERCISE

### A. Multiple Choice Questions (MCQs)

Tick (✓) the correct option.

1. Rahul’s father advised him to .....
- |           |                       |                 |                       |
|-----------|-----------------------|-----------------|-----------------------|
| (a) Relax | <input type="radio"/> | (b) Play        | <input type="radio"/> |
| (c) Sing  | <input type="radio"/> | (d) Concentrate | <input type="radio"/> |







2. Rahul thought to share his dream with his .....

(a) Cousins  (b) Aunt

(c) Close friends  (d) Uncle

3. Rahul wanted to become an .....

(a) Pilot  (b) Driver

(c) Astronaut  (d) Engineer

4. Rahul had fixed ..... in his life.

(a) Selling  (b) Purchasing

(c) Goal  (d) Playing

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

1. You should share your plans with your parents.

2. You achieve your target by luck.

3. You are completely determined to become what you want to be.

4. You have a target in your life.

**C. Answer the following questions.**

1. What did Rahul's friends say when they listened to his dream ?

2. What suggestion did Rahul's father give him ?

3. What did Rahul do to fulfil his dream ?

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

hard work astronaut determination hurt

1. Rahul was badly ..... by the remark made by her sister.

2. To achieve your dream you need to remain focused and apply a lot of .....

3. All dreams come true when you show .....

4. Now, Rahul has become a successful .....

## Activity Corner

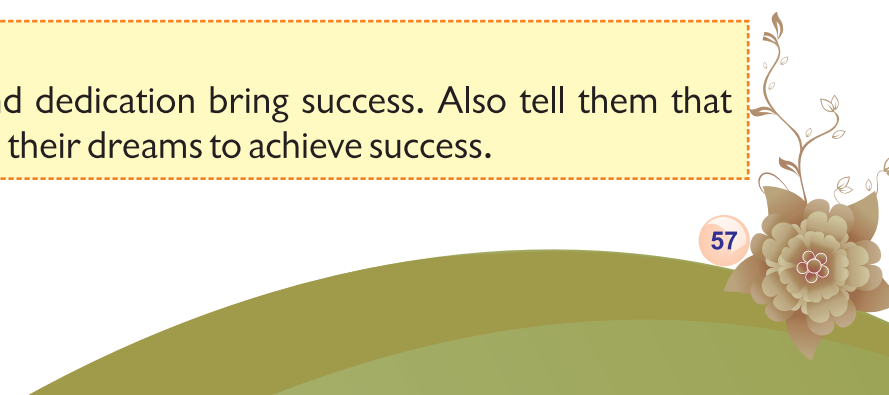


1. Make a list of all the students in your class and also mention what do they want to become when they grow up.
2. Collect and paste at least four pictures of people who succeeded in their life simply by determination and hard work.



### TEACHER'S CORNER

Tell the students that determination and dedication bring success. Also tell them that they should always stay concentrated on their dreams to achieve success.



# The Wise Abbot



There was a nice monastery in ancient Egypt which was occupied by monks. The monastery had a huge collection of rare books and this was its pride. The monks who resided in the monastery and the ones who visited often read the rare books. This helped them to enrich themselves with knowledge on different subjects. Anastasias was the abbot of the monastery. He was a gentleman and a very good person.

One day, a monk visited the library to read some books. He had a temptation of stealing a book and by the end of the day he could not resist his temptation. The theft was discovered on the same day. Everyone in the monastery knew very well who was the thief. The monks reported about the theft to Anastasias and everyone thought that Anastasias would send somebody to question that monk. But Anastasias did not send anybody fearing the addition of the sin of perjury to that of theft, as the monk would invariably deny stealing the book.

Meanwhile, the monk was trying to sell the book. He found a rich buyer. But the buyer asked him to leave the book to him for a day, so that the book could be evaluated.

The monk agreed and went back. The buyer immediately went to the monastery and showed the book to Anastasias. The abbot recognized the book at once, but did not disclose it to the buyer. The buyer said to the abbot, "A monk wants to sell me this book. He is asking for a gold sovereign as its price. Since you have knowledge about the books, please tell me whether this book is worth that much."

The abbot replied, "It is an invaluable book and its worth is much more than a sovereign." The man thanked the monk and left the monastery.

The next day when the monk came to him, the buyer informed him that he was willing to purchase that book. The monk was overjoyed to hear this news. But he asked the buyer, “Whom did you show this book?” The buyer replied, “Anastasias, the abbot.”

The monk turned pale and asked about the reaction of Anastasias. He said, “The book is worth a sovereign,” replied the buyer.

The monk was amazed and touched. He realized that, in order to save him from the charge of theft or any other trouble, the abbot had refused to reclaim his lost property. The monk then changed his decision and wanted to go back to Anastasias in order to return him the book. He was not lured even by the more price offered by the buyer, because he

realized the power of love showed to him by the abbot, which was never showed to him earlier. The monk went to the monastery and tried to return the book to Anastasias. But without receiving it, Anastasias replied, “Keep it with you. I have decided to give it to you.” The monk was overwhelmed and pleaded to stay back there to acquire wisdom. He was granted the plea and he spent the rest of his life in the monastery and acquired knowledge on various subjects.



**Moral :** With the power of love, sinners can reform into good people.





# EXERCISE



## A. Multiple Choice Questions (MCQs)

Tick (✓) the correct option.

1. Who was the abbot of the monastery ?

(a) Anastasias

(b) Monk

(c) King

(d) Priest

2. What did the monk realize ?

(a) Power of love

(b) Hate

(c) Revenge

(d) None of these

3. Where was the monastery ?

(a) In Rome

(b) In Egypt

(c) In China

(d) In Nepal

4. What was the pride of that monastery ?

(a) Collection of books

(b) Collection of coins

(c) Collection of pictures

(d) Collection of diamonds

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

1. The monk was trying to sell the book.

2. The buyer did not show the book to Anastasias.

3. The monk pleaded to stay back in the monastery.

4. The resident monks used to read the collection of books.

5. The visiting monks did not read those books.

## C. Answer the following questions.

1. Who stole a book from that monastery ?

2. Why did the abbot refuse to reclaim his lost property ?



3. Why did the monk change his decision ?
4. Which country had a nice monastery in the ancient period ?
5. Who was the head of that monastery ?

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

theft    touched    Egypt    sell

1. The ..... was discovered on the same day.
2. Meanwhile the monk was trying to ..... the book.
3. The monk was amazed and .....
4. Ancient ..... had a nice monastery.

**Activity Corner**

Write in your own way how sinners can reform into good people.

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**TEACHER'S CORNER**

Teach the students the importance of power of love.



# Revision Test Paper - 4

(Based on chapters 10 to 12)

## A. Multiple Choice Questions (MCQs)

Tick (✓) the correct option.

1. What did the monk realize ?

- (a) Power of love  (b) Hate   
(c) Revenge  (d) None of these

2. What was the pride of that monastery ?

- (a) Collection of books  (b) Collection of coins   
(c) Collection of pictures  (d) Collection of diamonds

3. Nandu earns his living .....

- (a) Wastes  (b) Water   
(c) By selling eggs  (d) By selling wheat grains

4. .... became very sick.

- (a) Heera  (b) Nandu   
(c) Anita  (d) Doctor

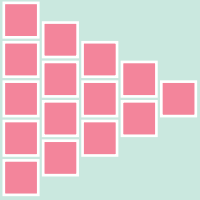
5. Rahul wanted to become an .....

- (a) Pilot  (b) Driver   
(c) Astronaut  (d) Engineer

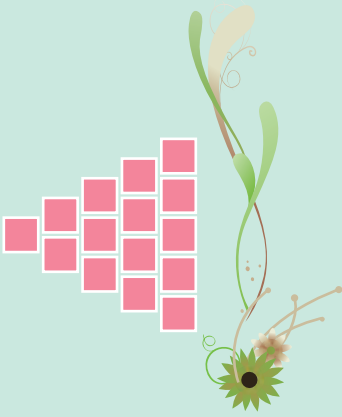
## B. Write 'T' for True and 'F' for False statements.

1. Anastasias was the abbot of the monastery.
2. You should share your plans with your parents.
3. The buyer did not show the book to Anastasias.
4. The monk pleaded to stay back in the monastery.
5. Environmental awareness is needed sometimes only.
6. You achieve your target by luck.
7. The monk was trying to sell the book.





# Model Test Paper - 2



(Based on chapters 7 to 12)

### A. Answer the following questions.

1. Who was Androceles ? What happened when the lion saw him ?
2. What did the Blacksmith want for a long time ?
3. Whom did the carpenter blame for his great pain ?
4. Who stole a book from the monastery ?
5. How did Dolly become sick ?
6. Why was the king Vikrampal not happy with his citizens ?
7. What did Rahul do to fulfil his dream ?
8. Whom did the two friends meet on their way ?
9. Who was the head of the monastery ?
10. Why did the bear leave the other friend ?

### B. Fill in the blanks.

1. Mercy is the ..... of the brave.
2. One of the friend climbed up quickly on a .....
3. All dreams come true when you show .....
4. The King and the Queen had only one .....
5. .... did not love animals very much.
6. The king ..... the small boy.
7. Success in your life largely depends on your .....
8. Many ..... went to the battle.
9. Ancient ..... had a nice monastery.
10. The monk was amazed and .....

### C. "A friend in need is a friend indeed." Explain in your own words.

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**D. Write five sentences on any good work you have done in your life.**

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**E. Write some information about the dragon in your own words.**

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**F. Have you ever forgiven someone for his/her mistake ? Explain in your own words.**

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**G. Write in your own way how sinners can reform into good people.**

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# Pranayama (Yogic Breathing)

**Prānāyāma** is a Sanskrit word where 'Prana' means the 'universal life force' and 'ayama' means 'to regulate or draw out or to extend'. Thus it refers to '**extension of the prāna or breath**' or '**extension of the life force**'. It originated in ancient India and was originally performed by the '**Yogis**', hence also called '**Yogic Breathing**' because the ancient sages or yogis of India realized the significance of these breathing techniques.

Pranayama is done to control the breath, which is the source of our prana or vital life force. The vital energy of prana keeps us alive. These techniques depend on breathing through the nostrils.

In our body, the '**Prana**' flows through thousands of subtle energy channels called '**Nadis**' and energy centers called '**Chakras**' which determines one's state of mind. The mind remains calm, positive and enthusiastic, if the 'Prana level is high' and its flow is continuous, smooth and steady. You must do this yogic practice in the presence of a guru or teacher to do it accurately. Do not practice it alone.

Some common pranayamas include **Bhramari**, **Bhastrika** and **Nadi shodan** pranayama. If done regularly, it increases and enhances the quantity and quality of prana, clears blocked nadis and chakras, so that the one can feel energetic, enthusiastic and positive.

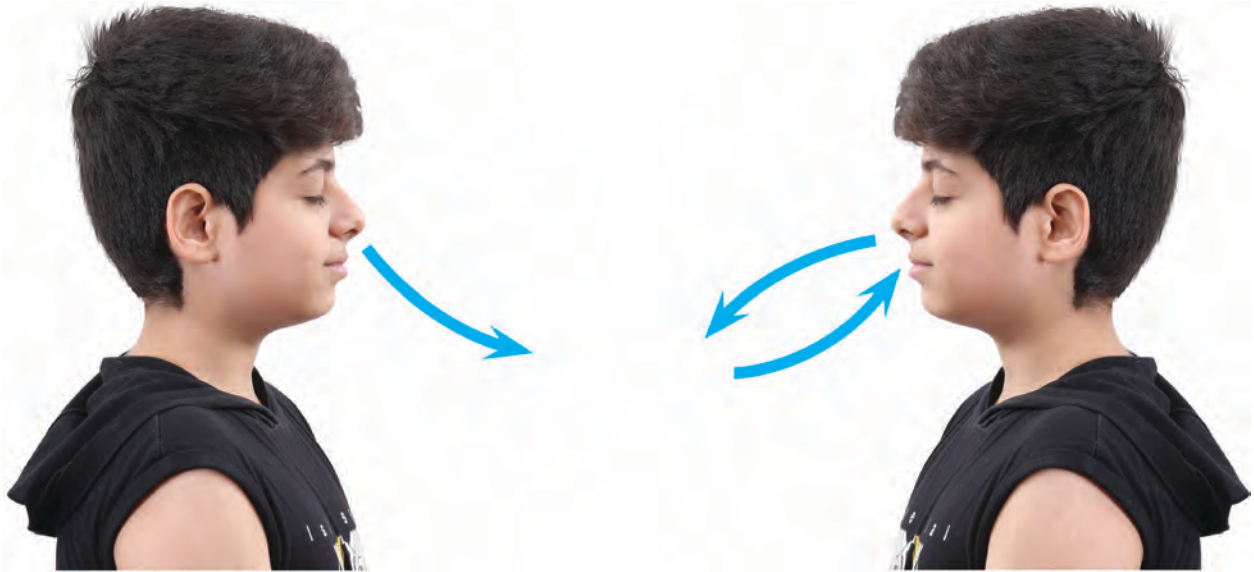
Researches have shown that if pranayama is done regularly it helps to cure asthma. It is also beneficial in treating stress related disorders, such as anxiety and depression.



In this lesson, we will learn about **Bhastrika Pranayam (Bellows Breath)**. Following are the three steps to do Bhastrika Pranayam:

**Step 1:** Breathe in deeply through your nostrils. First, feel the diaphragm move down, allowing the lungs to expand and forcing the abdomen out. Then feel your chest expand with your collar bones rising last.

**Step 2:** Breathe out quickly through your nostrils. Feel your collar bones dropping, chest deflating and abdomen shrinking as the lungs collapse. This process of exhaling should be much faster than the process of inhaling.



**Step 3:** Repeat the process. When you will do it correctly, your chest will expand when you breathe in and deflate when you breathe out. Continue doing this for 2-3 minutes.



Speed up your breathing with practice.



## Benefits

A number of health experts refer to pranayama for both physical and mental health because it is an effective practice. Following are the benefits of pranayama:


- It improves in the rate of breathing.
- It reduces in the heart rate which leads fitness.
- It helps the body to get rid of excessive fat and weight.
- It cures problems related to the digestive system.
- It improves the circulation of blood throughout the body.
- It enhances the functioning of several organs, which include the kidneys, pancreas, intestines, diaphragm, lungs and the heart.
- It removes the toxins from within the body.
- It strengthens the immune system, the nervous system and the respiratory system.
- It relieves stress, depression and hypertension.
- It provides deep relaxation to the body and mind.



## Let Us Revise

- Prānāyāma is a Sanskrit word where 'Prana' means the 'universal life force' and 'ayama' means 'to regulate or draw out or to extend'. Thus it refers to 'extension of the prana or breath' or 'extension of the life force'.
- It originated in ancient India and was originally performed by the 'Yogis', hence also called 'Yogic Breathing'.
- Pranayama is done to control the breath, which is the source of our prana or vital life force.
- The vital energy of prana keeps us alive.
- In our body, the 'Prana' flows through thousands of subtle energy channels called 'Nadis' and energy centers called 'Chakras' which determines one's state of mind.



- 
- Some common pranayamas include Bhastrika, Bhramari, and Nadi shodan pranayama.
  - Pranayama is also beneficial in treating stress related disorders, such as anxiety and depression.



**A. Fill in the blanks.**

1. .... refers to 'extension of the prāna or breath' or 'extension of the life force'.
2. Pranayama improves the ..... of blood throughout the body.
3. Breathe in deeply through your .....

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

1. 'Pranayama' is also called 'Yogic Breathing'.
2. Pranayama is not helpful in controlling the breath.
3. If pranayama is done regularly it helps to cure asthma.

**C. Answer the following questions.**

1. Why do doctors recommend pranayama practice?
2. How pranayama determines the state of mind?
3. Write any three benefits of pranayama.



# Simhasana (Lion Pose)



**Simhasana** or the lion pose resembles a crouching lion posture. In Sanskrit, 'Simha' means 'Lion' and 'Asana' means 'Pose'. Simhasana can be done by all age groups. In this asana, the body and face work together and invoke the force and strength as of a lion's roar. This asana or posture is the best exercise for face.

Inhale/breathe in fresh air.

Bend your knees backwards and sit down as shown in the illustration.

Keep your palms on your knees and spread out your fingers.

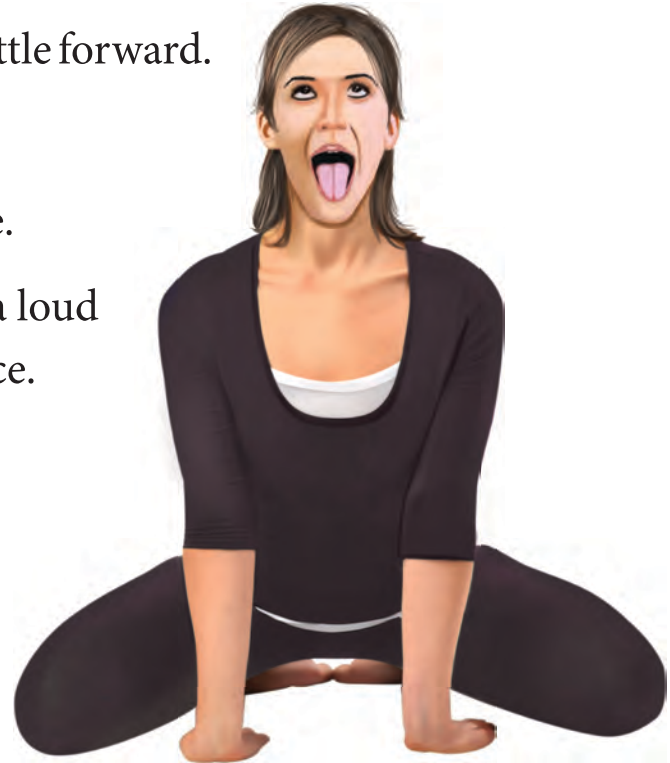
Exhale/breathe out and bend your body a little forward.

Now take deep breath through your nose.

Open your mouth and take out your tongue.

Breathe out through your mouth making a loud '**Roar**' as lion do. Roar at the top of your voice.

Repeat this pose as many times as you can.



## Benefits

- It benefits the face and the throat.
- It is a good for tongue.
- It can cure any infection of the throat and the respiratory tract.
- It helps in stretching the lower body.
- It releases stress and keeps the mind calm and peaceful.







## Let Us Revise

- ❁ Simhasana or the lion pose resembles a crouching lion posture.
- ❁ In Sanskrit, 'Simha' means 'Lion' and 'Asana' means 'Pose'.
- ❁ Simhasana can be done by all age groups.
- ❁ In this asana, the body and face work together and invoke the force and strength as of a lion's roar.
- ❁ This asana or posture is the best yogic practice for face and throat.
- ❁ It can cure any infection of the throat and the respiratory tract.
- ❁ It releases stress and keeps the mind calm and peaceful.



### A. Fill in the blanks.

1. Simhasana or the lion pose resembles a ..... lion posture.
2. This asana or posture is the best practice for ..... and .....
3. It can cure any ..... of the throat and the respiratory tract.

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

1. In Sanskrit, 'Simha' means 'Lion' and 'Asana' means 'Pose'.
2. Simhasana cannot be done by all age groups.
3. Roar at the top of your voice.

### C. Answer the following questions.

1. Who all can do the simhasana or lion pose?
2. How we do the lion pose?
3. What are the benefits of simhasana or the lion pose?



# Ananda Balasana (Happy Baby Pose)

**Ananda** Balasana or the happy baby pose is a forward bend yoga pose and an essential practice for all age groups. In Sanskrit, 'Ananda' means 'Happiness', 'Bal' means 'Baby' and 'Asana' means 'Pose'. It is named so because all the small babies do this pose naturally.

*Have you ever observed any baby in this pose?*

Try observing the little ones and see how happy they feel in this position.

Lay down flat on the floor as shown in the illustration. Now inhale normally.

Breathe out and fold your knees towards your abdomen. Hold your right foot with your right palm and left foot with your left palm. Stay in this position for 15 to 20 seconds or more till you are not tired.

Now, slowly lower down your legs. Repeat this yoga pose as many times as you can.

## Benefits

- It helps to keep the mind calm and body active.
- It stretches the spinal cord.
- It strengthens the arms and shoulders.



## Let Us Revise

- ❁ Ananda balasana or the happy baby pose is a forward bend yoga pose and an essential exercise for all age groups.
- ❁ It helps to keep the mind calm and body active.
- ❁ It stretches the spinal cord.
- ❁ It strengthens the arms and shoulders.



# EXERCISE



## A. Fill in the blanks.

1. Ananda balasana or the happy baby pose is a ..... bend ..... pose and an essential exercise for all age groups.
2. It is named so because all the small babies do this pose .....
3. It strengthens the ..... and .....

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

1. In Sanskrit, 'Ananda' means 'Happiness', 'Bal' means 'Adult' and 'Asana' means yoga 'Pose'.
2. The ananda balasana pose is done by the athletes.
3. It stretches the spinal cord.

## C. Answer the following questions.

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