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L- 1. Prayer (Thankfulness)

"Be kind, do good and respect others"

Dear God,

We come to you with grateful hearts,

Thanking you for this new day and its opportunities.

Help us to be kind and honest in all we do,

To respect and care for one another, and to always do our best.

Guide us on the path of righteousness,

Help us to avoid wrong doings, and grant us the strength to do good.

Bless us with wisdom, courage, and compassion,

And help us to forgive and forget.

We pray for our families, friends, and teachers,

And for the world to be filled with love, peace, and harmony.

Amen.

VOCABULARY:

- 1. Grateful-feeling or showing thanks
- 2. Righteaousness the quality of being morally right
- 3.Compassion feeling kind or caring towards other
- 4. Harmony things working together peacefully
- 5.Peace the state of being calm or quiet



A) FILL IN THE BLANKS:

- 1. Dear God, we come to you with ____ hearts, thanking you for this new day and its opportunities.
- 2. Help us to be kind and ___ in all we do.
- 3. Guide us on the path of ____.
- 4. Bless us with _____, courage and compassion.

B) WRITE TRUE or FALSE:

- 1. The prayer asks for strength to do bad things.
- 2. The prayer asks God to help us avoid wrongdoings.
- 3. We pray for love, peace, and harmony in the world.
- 4. The prayer focuses on respecting and caring for one another.

L- 2. The Circle of Kindness (Helpfulness)

"If you help others, then they will also help you"

Once there was a small boy named Shankar. He belonged to a poor family. One day, he was crossing through the forest carrying some woods. He saw an old man who was very hungry. Shankar wanted to give him some food, but he did not have food for his own. So he continued on his way. On his way, he saw a deer that was very thirsty. He wanted to give him some water, but he did not have water for himself. So he went on his way ahead.

Then he saw a man who wanted to make a camp but he did not have woods. Shankar asked his problem and gave some woods to him. In return, he gave him some food and water. Now he went back to the old man and gave him some food and gave some water to the deer. The old man and the deer were very happy. Shankar then happily went on his way.

However, one day Shankar fell down the hill. He was in pain but he couldn't move and no one was there to help him. But, the old man who he had helped before saw him; he quickly came and pulled him up the hill. He had many wounds on his legs. The deer that Shankar had given water saw his wounds and quickly went to the forest and brought some herbs. After some time his wounds were covered. All were very happy that they were able to help each other.

VOCABULARY:

- 1. Thirsty feeling the need to drink
- 2. Wound injuries or cuts on the body
- 3. Happy showing pleasure
- 4. Hungry wanting to eat



Q1: What did Shankar carry when he was crossing the forest?

Q2. How did the old man and the deer help Shankar when he was in pain?

Q3: What did Shankar give to the man who wanted to make a camp?

Q4: What is the moral of the story of the circle of kindness?

B) JUMBLE WORDS:

1. ILYMFA – FAMILY 2. LYIAHPP – HAPPILY

3. HIRTSTY – THIRSTY 4. GRYNHU - HUNGRY

C) TICK THE CORRECT ANSWER:

- 1. What was Shankar carrying when he first saw the old man?
- A) Food B) Water C) Woods D) Herbs
- 2. Why did Shankar not give food to the old man?
- A) He didn't have food for himself B) He was afraid of the old man
- C) He didn't want to help D) He wanted to save the food for later
- 3. How did the old man help Shankar when he fell down the hill?
- A) He gave him water B) He pulled him up the hill
- C) He gave him food D) He helped him find herbs

- 4. What did the deer do to help Shankar after he fell down the hill?
- A) Brought him food B) Brought him water
- C) Brought him herbs D) Pulled him up the hill
- D) ACTIVITY

Bring in articles from newspapers describing situations that show helpful actions on the part of individuals or groups. Discuss these in class, prepare posters or make a collage based on the reports under the headlines ways to demonstrate helpfulness.

L-3. The Lazy Farmer (Self-reliance)

Moral of the story "God helps those who help themselves."

The rain god had been smiling the whole night. The roads were muddy and the potholes were filled to the brim. It was the day for the market and Raju the farmer was riding his cart along the country road. He had to reach the market early so that he can sell his hay. It was very difficult for the horses to drag the load through the deep mud. On his journey suddenly the wheels of the horse cart sank into the mire.

The more the horses pulled, the deeper the wheel sank. Raju climbed down from his seat and stood beside his cart. He searched all around but could not find anyone around to help him. Cursing his bad luck, he looked dejected and defeated. He didn't make the slightest effort to get down on the wheel and lift it up by himself. Instead, he started cursing his luck for what happened. Looking up at the sky, he started shouting at God, "I am so unlucky! Why has this happened to me? Oh God, come down to help me."

After a long wait, God finally appeared before Raju. He asked Raju, "Do you think you can move the chariot by simply looking at it and whining about it? Nobody will help you unless you make some effort to help yourself. Did you try to get the wheel out of the pothole by yourself? Get up and put your shoulder to wheel and you will soon find the way out."

Raju was ashamed of himself. He bent down and put his shoulder to the wheel and urged on the horses. In no time the wheel was out of the mire. Raju learned his lesson. He thanked God and carried on his journey happily.

VOCABULARY:

- 1. Dejected sad or downhearted
- 2. Mire a muddy or swampy area
- 3. Whining complaining in a high -pitched voice
- 4. Urged pushed forward



A) ANSWER THE FOLLOWING QUESTIONS:

Q1: What was the problem Raju faced while riding his cart?

Q2: How did Raju react when his cart got stuck in the mud?

Q3: What advice did God give to Raju?

Q4: How did Raju solve the problem after God's advice?

Q5: What is the moral of the story of the lazy farmer?

B) FILL IN THE BLANKS:

- 1. Raju was riding his cart to the market to sell his _____.
- 2. When the wheels of the cart sank into the mire, Raju ____ about his bad luck and did not try to solve the problem himself.
- 3. _____ appeared before Raju and told him that he would not help him unless he made an effort to help himself.
- 4. After Raju put his shoulder to the wheel, he was able to ____ the cart from the mire.

L-4. A Man with a Lamp (Thoughtful)

Moral of the story "We should think before judging others. Always be polite and learn to see things from others point of view."

Once upon a time, there was a small town. There lived a man by himself who couldn't see. He was blind. Yet, he carried a lighted lamp with him whenever he went out at night.

One night as he was coming home after having a dinner outside, he came across a group of young travellers. They saw that he was blind, yet carrying a lighted lamp. They started passing comments on him and made a fun of him. One of them asked him, "Hey Man! You are blind and can't see anything! Why do you carry the lamp then?!"

The blind man replied, "Yes, unfortunately, I am blind and I can't see anything but a lighted lamp which I am carrying is for the people like you who can see. You may not see the blind man coming and end up pushing me. That is why I carry a lighted lamp". The group of travellers felt ashamed and apologized for their behaviour.

VOCABULARY:

- 1. Blind Unable to see.
- 2. Lamp A device for giving light, typically by burning oil, gas, or using electricity.
- 3. Travellers People who are journeying from one place to another.
- 4. Apologized Said sorry or expressed regret for a mistake.
- 5. Ashamed Feeling embarrassed or guilty because of one's actions or behaviour.
- 6. Considerate Showing concern for the needs and feelings of others.



- Q1. Why did the man carry a lighted lamp even though he was blind?
- Q2. How did the young travellers react when they saw the blind man carrying a lamp?
- Q3. What did the young travellers do after hearing the blind man's explanation?

B) FILL IN THE BLANKS:

- 1. The blind man could not anything but carried a lighted lamp.
- 2. The group of young ____ passing comments and made fun of the blind man when they saw him carrying the lamp.
- 3. The blind man said the ____ was for people like you who could see.
- 4. The travellers felt ashamed for their _____ after the blind man explained his reasons for carrying the lamp.
- 5. The moral of the story is to always _____ before judging others.

C) WRITE 'TRUE' or 'FALSE ':

- 1. We should not be polite always.
- 2. The group of travellers initially mocked the blind man, but they later felt ashamed and apologized.
- 3. The blind man carries a lighted lamp to help others avoid bumping into him, despite being unable to see.

L-5 The Dirty Village (Value of Cleanliness)

Moral of the story "Cleanliness is essential for our health, happiness, and well-being. We should keep our surroundings clean, wash our hands regularly, and maintain personal hygiene."

Once upon a time, there was a small village surrounded by beautiful mountains and a sparkling river. However, the village itself was filthy and dirty. The streets were littered with trash, the houses were covered in dust, and the river was polluted with waste. The villagers didn't seem to care about the state of their village. They would throw their trash on the streets, and the children would play in the dirty river. One day, a wise old man came to visit the village. He was shocked by the dirtiness of the village and decided to teach the villagers a lesson. The old man called upon the villagers and said, "I will grant you one wish each, but only if you keep your village clean for one week." The villagers were excited and agreed to the old man's condition. They worked together to clean the streets, houses, and river. They picked up trash, swept the floors, and washed the riverbanks. After one week, the village was transformed. It was clean, beautiful, and healthy. The villagers felt proud of their hard work and realized the importance of cleanliness. The old man returned and granted each villager a wish. But more importantly, he taught them a valuable lesson: "Cleanliness is next to godliness. A clean body, mind, and environment are essential for a happy and healthy life."

VOCABULARY:

- 1. Filthy: Very dirty or covered in dirt.
- 2. Polluted: Contaminated or made dirty by harmful substances, especially waste.
- 3. Grant: To give or bestow something.

4. Hygiene: The practice of keeping oneself and surroundings clean to maintain good health.



A) ANSWER THE FOLLOWING QUESTIONS:

- 1. What was the condition of the village at the beginning of the story?
- 2. What did the wise old man ask the villagers to do?
- 3. How did the villagers transform their village?

B) TICK THE CORRECT OPTION:

- 1. What did the old man offer the villagers in exchange for keeping the village clean?
- a) Money b) One wish each c) A new house d) Food for everyone
- 2. Who came to visit the village and taught the villagers a lesson?
- a) A king b) A wise old man c) A teacher d) A doctor
- 3. What lesson did the old man teach the villagers?
- a) Cleanliness is important for a happy and healthy life.
- b) Villagers should never waste water.
- c) The river should not be used for any purpose.

c) CACTIVITY

Draw a picture of a beautiful village .Write a caption below a picture that says "Cleanliness is next to godliness".

L-6. The Story of a Young School Captain (Responsibility)

Moral of the story "The responsibility is not just a duty, but an opportunity to make a positive impact. When we take our responsibilities seriously, we can achieve great things and earn the respect of others."

Rahul was a young student who had just been elected as the school captain. He was very excited and proud of his new role. As the school captain, Rahul was responsible for maintaining discipline in the school, helping the teachers, and making sure that everything ran smoothly.

At first, Rahul found it difficult to handle all the responsibilities. He would often forget to do his tasks, and the school would become messy. But then Rahul realized that being the school captain wasn't just about wearing a badge and giving orders. It was about taking care of his school and his fellow students.

Rahul made a plan and started working hard to fulfill his responsibilities. He made sure that the school was clean, the students were behaving well, and the teachers were happy. Slowly but surely, Rahul became a great school captain. He earned the respect of his teachers and fellow students, and the school became a better place.

VOCABULARY

- 1. Elected Chosen by others to do something, like a leader.
- 2. Captain A leader or head of a group or team.
- 3. Discipline Following rules and behaving in a proper way.
- 4. Tasks Jobs or duties that need to be done.
- 5. Messy Dirty or untidy, not clean or organized.

6. Realized – To understand something clearly.



A) ANSWER THE FOLLOWING QUESTIONS:

Q1: What was Rahul's new role in the school?

Q2: What did Rahul struggle in the beginning?

Q3: How did Rahul become a great school captain?

B) MATCH THE WORDS WITH THEIR MEANINGS:

1. Responsibility A. a chance to do something.

2. Discipline B. being in charge of a task or duty.

3. Respect C. the act of following rules or behaving in an orderly way

4. Opportunity D. a feeling of admiration and regard for someone.

C) FILL IN THE BLANKS:

1	Rahul was	excited to	become the	of his	school.
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2. As the school captain, Rahul had to make sure the school was ____ and the students were behaving well.

3. At first, Rahul _____ to manage all the tasks, and the school became messy.

4. After realizing his duties, Rahul made a ____ to help him do his job better.

5. Rahul earned the _____ of his teachers and fellow students by taking his responsibilities seriously.

D) ACTIVITY

Topic: What makes you happy?

Ask students to write a short paragraph about what makes them happy. Encourage them to think about simple joys, like spending time with family or playing outside, rather than material things.

L-7. The Story of Jawaharlal Nehru (Obedience)

Moral of the story "Obedience and discipline lead to personal growth and success."

Jawaharlal Nehru was a young boy when his father, Motilal Nehru, decided to send him to England for his education. Jawaharlal was reluctant to leave his family and friends behind, but his father was firm in his decision. Motilal Nehru instructed Jawaharlal to study hard, obey his teachers, and follows the rules of the school. Jawaharlal obeyed his father's instructions and worked diligently to excel in his studies.

However, Jawaharlal soon found himself struggling with the strict rules and discipline of the English school. He felt homesick and missed his family dearly. Despite his difficulties, Jawaharlal remembered his father's words and continued to obey the rules and instructions of his teachers. As a result of his obedience and hard work, Jawaharlal excelled in his studies and became one of the top students in his class. He also developed strong values of discipline and self-control, which served him well throughout his life.

VOCABULARY:

- 1. Reluctant: Unwilling or hesitant to do something.
- 2. Firm: Strong, resolute, and not easily changed.
- 3. Discipline: The practice of training oneself to follow rules or control behaviour.
- 4. Homesick: Feeling sad because of being away from home.
- 5. Excel: To perform exceptionally well in a particular area or task.
- 6. Values: Principles or standards of behaviour that is important to a person or society.
- 7. Obedience: The act of following orders, rules, or instructions.



- Q1. Why did Motilal Nehru send Jawaharlal to England?
- Q2. What instructions did Motilal Nehru give to Jawaharlal?
- Q3. How did Jawaharlal feel about the strict rules and discipline of the English school?

B) FILL IN THE BLANKS:

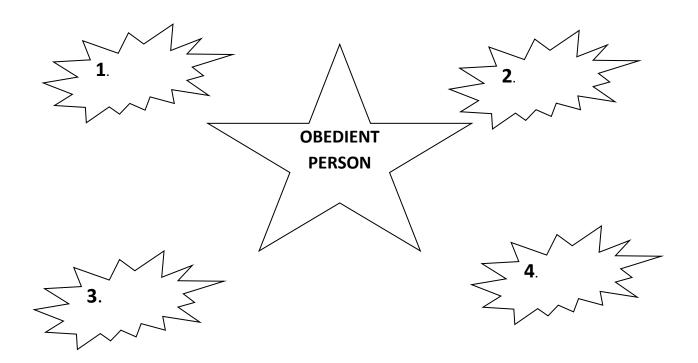
- 1. Jawaharlal Nehru was a young boy when his father, Motilal Nehru, decided to send him to ____ for his education.
- 2. Jawaharlal was ____ to leave his family and friends behind, but his father was firm in his decision.
- 3. Jawaharlal worked diligently to ____ in his studies.
- 4. He soon found himself struggling with the ____ rules and discipline of the English school.
- 5. Despite feeling ____ and missing his family, he continued to obey his father's instructions.

C) JUMBLED WORDS:

- 1. LANENGD- ENGLAND
- 2. TIONUDECA EDUCATION
- 3. ICTSTR STRICT
- 4. LYDAER- DEARLY
- 5. ICSKMHOE HOMESICK

D) ACTIVITY

Write four words that come to your mind when you think of an obedient person.



L-8. Where the Mind is Without Fear (Freedom)

by RabindraNath Tagore

Moral of the poem "Freedom of thought and expression is essential for true progress and development".

Where the mind is without fear and the head is held high;

Where knowledge is free;

Where the world has not been broken up into fragments by narrow domestic walls;

Where words come out from the depth of truth;

Where tireless striving stretches its arms towards perfection;

Where the clear stream of reason has not lost its way into the dreary desert sand of dead habit;

Where the mind is led forward by thee

Into ever-widening thought and action—

Into that heaven of freedom, my Father, let my country awake.

VOCABULARY:

- 1. Fear A feeling of dread or anxiety.
- 2. Head is held high It refers to having self-respect, dignity, and confidence.
- 3. Knowledge Understanding or awareness gained through learning or experience.
- 4. Fragments Broken pieces or parts of something.



Q1. What is the poet's vision for his country in the poem?

Q2: What does the "clear stream of reason" symbolize in the poem?

Q3: What is the message of the poet?

Q4: Write the name of the poet of where the mind is without fear.

B) COMPLETE THE FOLLOWING POEM:

Where the mind is without and the head is held;
Where is free;
Where the world has not been broken up into by narrow domestic;
Where words come out from the depth of;
Where tireless stretches its arms towards;
Where the clear stream of has not lost its way into the dreary desert sand of dead;
Where the mind is led forward by into ever-widening and;
Into that heaven of freedom, my, let my awake.

c) 😃

ACTIVITY:

Write a paragraph on "India of my Dreams".

L-9. The Butterfly (Struggles)

Moral of the story "Struggles are essential for growth".

A man found a cocoon of a butterfly. One day a small opening appeared. He sat and watched the butterfly for several hours as it struggled to force its body through that little hole. Until it suddenly stopped making any progress and looked like it was stuck. So the man decided to help the butterfly. He took a pair of scissors and snipped off the remaining bit of the cocoon. The butterfly then emerged easily, although it had a swollen body and small, shriveled wings.

The man didn't think anything of it and sat there waiting for the wings to enlarge to support the butterfly. But that didn't happen. The butterfly spent the rest of its life unable to fly, crawling around with tiny wings and a swollen body.

Despite the kind heart of the man, he didn't understand that the restricting cocoon and the struggle needed by the butterfly to get itself through the small opening; were God's way of forcing fluid from the body of the butterfly into its wings, to prepare itself for flying once it was out of the cocoon.

VOCBULARY:

- 1. Cocoon A protective covering made by certain insects, such as butterflies, during their pupa stage.
- 2. Swollen Enlarged or puffed up, often due to fluid accumulation.
- 3. Shriveled Wrinkled and dried up, typically due to a lack of moisture.
- 4. Restricting Limiting or preventing movement or progress.
- 5. Resilience The ability to recover quickly from difficulties or challenges.



AJ ANSWER THE POLLOWING QUESTIONS.
Q1. Why did the man help the butterfly?
Q2: What happened to the butterfly after the man cut the cocoon?
Q3: What was the purpose of the butterfly's struggle?
B) FILL IN THE BLANKS:
1. The man saw a of a butterfly.
2. The butterfly struggled to force its body through the
3. The butterfly's wings remained after it emerged.
4. The man the cocoon to help the butterfly.
5. The butterfly spent its life crawling with wings.

C) WRITE TRUE or FALSE:

- 1. The man understood that the struggle was necessary for the butterfly's wings to develop.
- 2. The butterfly was able to fly after the man cut the cocoon.
- 3. The butterfly needed the struggle to push through the small opening to develop strong wings.

L-10. The Story of the Bamboo Tree (Patience)

Moral of the story "Good things take time, and patience is essential for success"

Once upon a time, in a small village, there lived a young boy named Rohan. He loved to plant trees and watches them grow. One day, he planted a bamboo sapling in his garden. He watered it every day and waited for it to grow. But days turned into weeks, and weeks turned into months. The bamboo sapling didn't seem to be growing at all. He got impatient and asked his grandfather, "Why is the bamboo tree not growing?"His grandfather smiled and said, "Rohan, the bamboo tree is growing, but it's growing slowly. It needs time, water, and sunlight to develop strong roots. If you keep watering it and taking care of it, it will grow tall and strong."He took his grandfather's advice and continued to care for the bamboo tree. He watered it every day and waited patiently. And then, one day, after a year of waiting, the bamboo tree started to grow rapidly. It grew taller and stronger, and soon it was the tallest tree in the garden. Rohan was overjoyed and realized that his patience had paid off. He learned that good things take time and that patience is essential for success.

VOCBULARY:

- 1. Sapling a young plant
- 2. Essential necessary, that you must have or do
- 3. Impatient not be able to stay calm, wanting something to happen soon
- 4. Success doing well and becoming famous, rich etc.
- 5. Overjoyed happy



- Q1. What did Rohan plant in his garden?
- 2. Why did Rohan get impatient?
- 3. What advice did Rohan's grandfather give him?
- 4. What happened to the bamboo tree after a year?
- **B) MISSING LETTERS:**
- 1. B__MB__O
- 2. S_NL_GHT 3. S_PLI_G 4.P_TI_NCE

- 5. S __ RO___G



Create a poster with a quote about the importance of patience.

L-11. The Story of the Little Rabbit's Big Promise (Commitment)

Moral of the story "When we make a promise, we must keep it, no matter what challenges we face. Commitment helps us to build trust and respect with others."

Once upon a time, in a forest, there lived a little rabbit named Rosie. Rosie's best friend, a squirrel named Squeaky, was injured and couldn't gather nuts for the winter. Rosie promised Squeaky that she would gather nuts for her every day until she recovered. Rosie committed to doing this, even though it was a big responsibility.

Every day, Rosie would venture into the forest, collecting nuts and bringing them back to Squeaky's nest. She worked tirelessly, even when the rain poured down or the wind blew strong. As the winter approached, Squeaky's nest was filled with nuts, thanks to Rosie's hard work and commitment. Squeaky recovered and was grateful to Rosie for keeping her promise.

VOCBULARY:

- 1. Commitment a promise or agreement to do something
- 2. Venture to do something, daring journey, undertaking
- 3. Gather- to come or be brought together in a group
- 4. Tirelessly with great effort or energy
- 5. Recovered to get back or regain



- Q1. What promise did Rosie make to Squeaky?
- Q2. What challenges did Rosie face while gathering nuts?
- Q3. How did Rosie's commitment help Squeaky?

B) WRITE TRUE or FALSE:

- 1. Rosie promised to gather nuts for Squeaky until she recovered.
- 2. Rosie gave up gathering nuts when it rained.
- 3. Squeaky was able to gather her own nuts after Rosie's help.
- 4. Rosie learned that keeping promises is important.

C) CHOOSE THE CORRECT OPTION:

- 1. Who was Rosie's best friend?
- a) A bird b) A squirrel c) A deer d) A bear
- 2. What happened to Squeaky, the squirrel?
- a) She was lost b) She was injured c) She moved away d) She became sick
- 3. What did Rosie learn from her experience?
- a) To break promises when it's hard b) To only help friends when it's easy
- c) The importance of commitment and keeping promise
- 4. What did Rosie do despite the challenges she faced?
- a) Gave up b) worked tirelessly and kept her promise
- c) Asked other animals for help d) Took a break

L-12 Albert Einstein's Train Ride (Value of time)

Moral of the story "Time is precious, and we must use it wisely."

Albert Einstein was a famous scientist who loved to think and learn. One day, he was travelling by train to give a lecture. As he sat in his seat, he noticed a young boy staring out the window. The boy was so fascinated by the scenery outside that he didn't even notice Einstein sitting next to him. Einstein smiled and asked the boy, "What are you looking at?" The boy replied, "I'm watching the trees and houses go by. It's so much fun!" Einstein said, "I'm glad you're enjoying the view. But remember, time is passing quickly. We must use it wisely." The boy asked, "What do you mean?" Einstein explained, "Time is like a train. It keeps moving, and we can't stop it. We must make the most of the time we have. We can learn, play, and explore, but we must also be mindful of how we use our time."

The boy thought about this for a moment and then asked, "How do you use your time, Mr. Einstein?" Einstein smiled and said, "I use my time to think, learn, and explore. I ask questions, seek answers, and try to make the world a better place."

The boy was inspired by Einstein's words and decided to make the most of his own time.

Values:

This story teaches us the importance of:

- 1. Time management: Using our time efficiently and effectively.
- 2. Responsibility: Taking responsibility for our actions and our time.
- 3. Curiosity: Being curious and seeking knowledge.

VOCABULARY:

- 1. Famous Well-known or recognized by many people.
- 2. Lecture A talk
- 3. Scenery The view.
- 4. Mindful Paying attention or being careful.
- 5. Inspire To motivate.
- 6. Precious Very valuable or important.
- 7. Explore To travel



A) FILL IN THE BLANKS:

- 1. _____is like a train because it keeps moving forward and we cannot stop it.
- 2. Einstein used his time to think, ____ and ____.
- 3. To make the most of our time, we should be ____ and use it wisely.
- 4. It's important to use time _____ because once it's gone, we can't get it back.

B) WRITE TRUE or FALSE:

- 1. Einstein believed time is precious and we should use it wisely.
- 2. The boy ignored Einstein and didn't listen to his advice.
- 3. Einstein used his time to learn, explore, and make the world a better place.
- 4. Time stops and starts like a train.

C) CHOOSE THE CORRECT OPTION:

- 1. What did Einstein mean when he said, "Time is like a train"?
- a) Time stops when you want it to b) Time is always moving forward and doesn't stop. c) Time can go in reverse.
- 2. How did Einstein use his time?
- a) He spent it traveling around the world. b) He spent it with his family and friends. c) He used it to think, learn, and explore.
- 3. What can we do to make the most of our time?
- a) Use it to learn, play, and explore. b) Waste it by watching TV all day.
- c) Spend it doing nothing.
- 4. Why is it important to be mindful of how we use our time?
- a) Because time is always free. b) Because time is precious and cannot be wasted. c) Because time is not important.

D) ANSWER THE FOLLOWING QUESTIONS:

- 1. What was Albert Einstein doing on the train?
- 2. What was the young boy doing on the train?
- 3. What did Einstein tell the boy about time?

L-13. Master and the Coward Student (Courage)

Moral of the story "To overcome cowardice and fear, we should move out of our comfort zone and face it upfront."

Once there was a man in a village. He was called by villagers a coward because of his lack of courage. The man then decided to change himself. So, he visited a spiritual master in his village to teach him courage and bravery. Master said, "I am ready to teach you but on one condition. You need to go and live in a big city for one month. And during the stay, tell every person you meet there, you are a coward. When you tell, you have to say it loudly, openly, and look straight into the eyes of the person. After that, come back here." The man returned home and was thinking about the task. He was scared. He kept on thinking about it for some days. Then he decided to travel to the city instead of living his entire life as a coward, which is unbearable. In the initial days in the city, he could not talk to anyone. Whenever he tried, he could not see the face and talk, or sometimes no words came out of his mouth. He felt like he is going to die out of fear. As the days passed, he pushed himself to finish the task. He started talking to people. As every passing day, his voice sounded louder, his eye contact with the person improved. His body was responding without any shivering. One day he felt that he was not scared anymore to talk to people. Then he continued doing the task till the end of the month. He returned to his village and met his Master. He said, Master, I finished the task. Now I do not have fear. I feel I can do anything with courage. But I have one question. What made you think this task will help me overcome cowardice?" Master replied, "Being a coward is a habit. If you want to come out of this habit, you have to do things that scare you. That is what you did. As a result, you have replaced your cowardice with the habit of courage. So, similarly, if you have any bad habit that you want to change. Replace the bad habit with a good one."

VOCABULARY:

- 1. Coward A person who is afraid to do things that are difficult or dangerous.
- 2. Courage The ability to face fear or danger without being afraid.
- 3. Spiritual Related to the spirit or soul; often connected with religion or the inner self.



A) MISSING LETTERS:

B) ANSWER THE FOLLOWING QUESTIONS:

- Q1. Why did the villagers call the man a coward?
- Q2. What did the man decide to do after being called a coward?
- Q3. How did the man feel when he first started the task in the city?
- Q4. What did the man ask the master when he returned?

C) FILL IN THE BLANKS:

- 1. The villagers called the man a _____ because of his lack of courage.
- 2. The man decided to change himself and went to a _____ to learn courage.
- 3. The man felt ____ when he first started the task.

D) CONTRACTIVITY

Describe in the class about your fear how you will overcome it.

L-14. Importance of Yoga (Staying healthy)

Moral of the story "You may not be able to control the whole world, but you may learn to control your inner world through yoga"

Yoga is an ancient Indian practice that combines physical postures, breathing techniques, and meditation to promote physical, mental, and emotional wellbeing. Yoga is a special exercise that helps our body and mind stay healthy and strong. It started a long time ago in India. People who practice yoga do different movements and stretches, which are called "asanas." These exercises help make our muscles strong, improve balance, and help us feel calm and relaxed. Besides the stretches, yoga also teaches breathing exercises. These are called "pranayama." Breathing deeply and slowly can help reduce stress and make us feel peaceful. Yoga is good for everyone, no matter how old you are. It helps you focus, feel happy, and stay healthy. You can do yoga anytime, and it doesn't need special equipment—just a comfortable space!

Types of Yoga Asanas and its benefits:

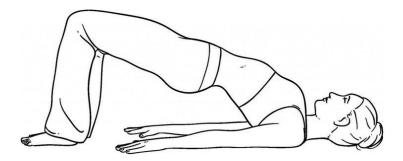
1. Mountain Pose (Tadasana)



Steps: Stand tall with your feet together and arms at your sides. Stretch your arms upwards and stand straight like a mountain.

Benefits: It helps improve posture, balance, and makes you feel strong.

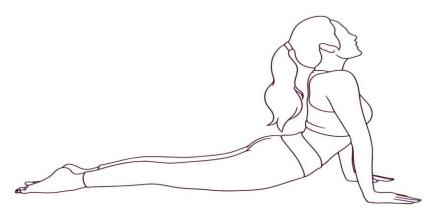
2. Bridge Pose (Setu Bandhasana)



Steps: Lie on your back with knees bent and feet flat on the floor. Lift your hips towards the ceiling to make a bridge shape.

Benefits: It strengthens your back, legs, and hips, and stretches your chest.

3. Cobra Pose (Bhujangasana)



Steps: Lie on your stomach, place your hands under your shoulders, and lift your chest up while keeping your legs on the floor.

Benefits: It strengthens your back and stretches your chest and spine.



- 1. What is yoga and why is it important?
- 2. What are pranayama?
- 3. Name some yoga asanas that we can practice.

B) FILL IN THE BLANKS:

- 1. Yoga is an ancient ____ practice that combines physical postures, breathing techniques, and meditation.
- 2. Yoga helps to keep our body ____ and strong.
- 3. Yoga improves our _____, balance, and coordination.
- 4. Yoga teaches us how to breathe deeply and . .
- 5. Yoga helps to boost our ____ and self-esteem.

c) 😃

ACTIVITY

Ask the children to write about their experience after practicing a few pose. They can describe how their bodies feel, which pose they liked the most or what they think yoga helps with.