

# Moral Science

## Class-5



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# L-1. THE HONEST WOODCUTTER

(Honesty)

## Moral

***"Always be honest, even in difficult situations, because honesty brings rewards and respect"***

Once upon a time, in a small village near a forest, there lived a poor woodcutter named Raju. He worked hard every day, chopping wood in the forest and selling it to earn a living. Though he was poor, Raju was known for his honesty and kindness.

One day, while chopping wood near a river, Raju's axe slipped from his hands and fell into the deep water. He became very worried because the axe was his only tool to earn a livelihood. Unable to retrieve it, he sat by the riverbank, feeling helpless and sad.

Suddenly, the river goddess appeared before him. "Why are you so sad, Raju?" she asked kindly. Raju explained his problem honestly, "My axe fell into the river, and I cannot cut wood without it. I am worried about how I will earn money for my family."

The river goddess smiled at his honesty and said, "Don't worry. I will help you." She dived into the river and came up holding a shiny golden axe. "Is this your axe?" she asked. Raju looked at the golden axe and shook his head. "No, that is not mine. My axe was old and made of iron."

The goddess dived into the water again and brought out a silver axe. "Is this your axe?" she asked. Raju again shook his head. "No, that is not mine either. My axe is simple and made of iron." The goddess dived one last time and brought out an old iron axe. "Is this your axe?" she asked.

Raju's face lit up with joy. "Yes, that is my axe! Thank you so much!" he exclaimed.

The goddess was pleased with Raju's honesty. "Because you were truthful, I will give you all three axes as a reward," she said, handing him the golden, silver, and iron axes.

Raju was overjoyed and thanked the goddess. He returned home and used the golden and silver axes to improve his life, but he never forgot to help others in need.

From that day on, Raju became an inspiration to everyone in the village. They learned that honesty truly is the best policy, for it brings blessings and peace of mind.

### **Vocabulary:**

1. Honesty - Always telling the truth.
2. Kindness - Being good and caring toward others.
3. Retrieve - To get something back.
4. Reward - A gift for doing something good.
5. Overjoyed - Very, very happy

## **EXERCISES**

### **A. Tick the correct answer:**

1. What was Raju's profession?  
a. Farmer  
b. Woodcutter  
c. Fisherman  
d. Blacksmith
2. What fell into the river?  
a. A bag  
b. A sword  
c. An axe  
d. A stick
3. Which axe did Raju claim as his own?  
a. Golden axe  
b. Silver axe  
c. Wooden axe  
d. Iron axe
4. What did the goddess reward Raju with?  
a. A new house  
b. Clothes  
c. Money  
d. All three axes

### **B. Fill in the blanks.**

1. Raju was known for his \_\_\_\_\_ and kindness.
2. The \_\_\_\_\_ appeared to help Raju because he was truthful.
3. The first axe the goddess brought was made of \_\_\_\_\_.



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



1. Raju was a rich woodcutter.
2. The river goddess gave Raju all three axes as a reward for his honesty.
3. Raju lied to the goddess to get the golden axe.
4. Honesty helped Raju improve his life and inspire others.

**D. Answer the following questions.**

1. Why was Raju sad by the riverbank?
2. What did the goddess first bring out of the river?
3. Why did the goddess give Raju all three axes?

**E. Activity Time:**

- Put the given phrases in the right column.

Honesty	
 Honest	 Not Honest
copying your friend's work	telling the truth
being where you say you will be	doing your own work
denying something you did	stealing
spreading rumors	doing what you say you will

## L-2. THE KIND STRANGER

### (Kindness and Empathy)

#### Moral

*Kindness and empathy can create a chain of good deeds, transforming not just one life.*

In a bustling town, there lived a young boy named Aman. He was kind-hearted and always willing to help others. One chilly winter morning, as Aman walked to school, he noticed an old man sitting by the roadside. The man was shivering, dressed in thin, tattered clothes, and looked hungry.

Aman felt a pang of sympathy. He stopped and approached the man. "Are you alright, uncle?" he asked softly. The old man smiled weakly and replied, "I'm just cold and haven't eaten for a day, but don't worry about me, child."

Aman couldn't bear to leave him like that. He thought for a moment, then decided to help. He removed his warm scarf and wrapped it gently around the old man's shoulders. "This will keep you warm," he said with a smile.

Next, Aman opened his lunchbox, which his mother had lovingly packed, and handed it to the man. "Please eat this. I'll be fine until lunch," he said. The old man hesitated. "You're so young, yet you're helping me. Won't you go hungry?"

Aman shook his head. "It's okay. You need it more than I do," he replied.

Grateful tears welled up in the old man's eyes. "You have a golden heart, child. Thank you."

When Aman reached school, his teacher noticed he wasn't wearing his scarf and had no lunch. Aman explained what had happened. Moved by his kindness, the teacher shared the story with the class. Inspired, the students decided to gather warm clothes and food to help others in need. Word of Aman's kindness spread throughout the town, and soon, the whole community came

together to support those less fortunate. They distributed blankets, food, and other necessities, ensuring no one suffered in the cold winter.

As for the old man, he found shelter and warmth thanks to Aman's simple act of kindness. He often visited Aman and shared stories, becoming a beloved friend and reminder of how one small act can ripple into something much bigger.

### **Vocabulary**

1. Bustling - Full of activity and noise.
2. Shivering - Trembling from cold or fear.
3. Tattered - Torn and worn out.
4. Hesitated - Paused before doing something.
5. Grateful - Feeling thankful.

## **EXERCISES**

### **A. Tick the correct answers:**

1. What did Aman notice on his way to school?
  - a. A child playing
  - b. A bird in the tree
  - c. A lost dog
  - d. An old man sitting by the roadside
2. What did Aman give to the old man first?
  - a. His gloves
  - b. His school bag
  - c. His jacket
  - d. His scarf
3. How did Aman help the old man with food?
  - a. He bought food from a shop.
  - b. He gave the man his lunchbox.
  - c. He asked someone else to help.
  - d. He brought food from home.
4. What did the town do after hearing Aman's story?
  - a. They ignored it.
  - b. They criticized him.
  - c. They gathered food and clothes to help the needy.
  - d. They gave Aman an award.

**B. Fill in the blanks.**

1. Aman was a kind-hearted boy who always \_\_\_\_\_ others.
2. The old man was shivering because he was dressed in thin, \_\_\_\_\_ clothes.
3. Aman gave the man his \_\_\_\_\_ to keep him warm.
4. The \_\_\_\_\_ started helping others by distributing blankets, food, and other necessities.
5. Aman's simple act of \_\_\_\_\_ created a chain of good deeds.

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

1. Aman ignored the old man because he was in a hurry to school.
2. Aman gave his lunchbox to the old man even though he would go hungry until lunch.
3. The teacher praised Aman and shared his story with the class.
4. The old man found shelter and warmth because the town ignored him.

**D. Answer the following questions.**

1. What qualities do Aman have?
2. What did the teacher do when Aman explained his actions?
3. How did the community respond to Aman's act of kindness?



## L-3.THE RESPONSIBLE SHEPHERD

### (Responsibility)

#### Moral

***Responsibility means being accountable for our actions and understanding the impact they can have on others. It's important to prioritize our duties and stay focused, even when distraction arise.***

In a peaceful village surrounded by hills, there lived a young shepherd named Rohan. Every day, Rohan took care of his flock of sheep. He led them to the green pastures by the river, making sure they had plenty of food and water. He was trusted by his family and the villagers because they knew he was responsible and reliable.

One afternoon, as Rohan was grazing the sheep, he became distracted by a group of his friends playing near the village. They called out to him, "Rohan, come play with us! Leave the sheep for a while and have some fun!" Rohan hesitated but then thought, "The sheep will be fine for just a little while." He left the sheep grazing and joined his friends. They played games, laughed, and enjoyed the warm sun. However, while Rohan was away, a wolf sneaked into the meadow and attacked the sheep. When Rohan returned, he was horrified to see some of the sheep were missing, and the others were scattered in panic.

Rohan rushed to the village and told his family what had happened. He felt deeply ashamed of not being responsible for the sheep when he should have been. His father, though disappointed, gently spoke to him. "Rohan, being responsible is about more than just completing tasks—it's about being accountable for the well-being of others and understanding the consequences of our actions."

Rohan apologized, and together, they worked to find the lost sheep and protect the rest of the flock. Over time, Rohan became even more vigilant and careful. He learned that responsibility means staying committed to your duties and not letting distractions get in the way.

From that day forward, Rohan took his role as a shepherd more seriously. He never again left the sheep unattended, and the villagers saw him as an example of what it meant to be responsible and accountable.

### **Vocabulary**

1. Distracted - Not paying attention because of something else.
2. Hesitated - Paused before making a decision or action.
3. Horrified - Shocked or extremely scared.
4. Accountable - Being responsible for what happens and answering for it.
5. Vigilant - Staying alert and watchful, especially for problems or dangers.

## **EXERCISES**

### **A. Write 'T' for True and 'F' for False statements.**

1. Rohan was always focused and never got distracted.
2. Rohan never felt guilty for leaving the sheep unattended.
3. Rohan was never distracted again after the incident with the wolf.

### **B. Fill in the blanks.**

1. Rohan was trusted by his family and the villagers because he was \_\_\_\_\_ and \_\_\_\_\_.
2. Rohan learned that responsibility means staying \_\_\_\_\_ to your duties and not letting \_\_\_\_\_ get in the way.

### **C. Answer the following questions.**

1. What caused the wolf to attack the sheep?
2. What did Rohan think when his friends called him to play?
3. Why did Rohan apologize to his family?
4. What lesson did Rohan's father teach him?
5. What did the villagers think of Rohan after he took responsibility for the sheep?

# L-4 THE BOY AND THE MAGIC DRUM

(Self-Discipline)

## Moral

*Self-discipline is the key to unlocking your potential and achieving your goals. Success comes from consistent*

In a small village, there lived a boy named Aditya. He was bright and talented but often struggled with self-discipline. He would start tasks with great enthusiasm but quickly lose focus, leaving his work unfinished.

One day, while exploring the forest, Aditya came across a wise old man sitting by a sparkling stream. The man had a small, beautiful drum in his lap. Curious, Aditya asked, "What is that drum for?" The old man smiled and said, "This is a magic drum. If you play it, it will help you achieve anything you desire. But it will only work for someone who has self-discipline."

Aditya's eyes lit up. "May I have it? I'll use it well!"

The old man handed him the drum but added, "Remember, the drum won't play for you if you don't stay disciplined. Practice every day, complete your tasks, and stay focused on your goals."

Aditya eagerly took the drum home. That evening, he tried playing it, but no sound came out. Frustrated, he thought of giving up, but he remembered the old man's advice. "Maybe I need to try harder," he said to himself.

The next day, Aditya began to make small changes. He woke up early, completed his homework on time, and helped his parents without being asked. He also set aside time to practice the drum daily, even when he didn't feel like it.

At first, it was difficult. There were days when he wanted to skip practice or procrastinate, but he pushed through. Gradually, he noticed the changes in himself. He became more focused, his work improved, and he felt a sense of accomplishment.

One morning, after weeks of effort, Aditya sat down to play the drum. To his amazement, it produced the most beautiful sound he had ever heard. The villagers gathered around, captivated by the melody.

The old man appeared and said, "The magic of the drum was never in the drum itself, but in you. By practicing self-discipline, you unlocked your true potential."

From that day on, Aditya's life changed. He achieved his dreams and inspired others in the village to embrace self-discipline, showing them that hard work and focus lead to success.

### **Vocabulary**

1. Enthusiasm - Excitement and eagerness to do something.
2. Frustrated - Feeling upset or annoyed because something isn't going as planned.
3. Procrastinate - To delay or put off doing something.
4. Accomplishment - A task or goal that has been successfully completed.
5. Captivated - Attracted and held the attention of someone.

## **EXERCISES**

### **A. Tick the Correct Answer.**

1. Who gave Aditya the magic drum?  
a. A villager                      b. A wise old man                      c. His parents
2. What was special about the drum?  
a. It could play itself.                      b. It could talk.  
c. It would only work for someone with self-discipline.
3. What did Aditya do to make the drum play?  
a. He wished for it to work.                      b. He gave up.  
b. He practiced self-discipline and hard work.

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

1. Aditya was always disciplined before he found the drum.
2. The old man told Aditya that the drum would play for anyone.
3. Aditya's life changed because he practiced self-discipline.
4. The drum's magic worked without Aditya putting in any effort.
5. The villagers were inspired by Aditya's efforts.

**C. Fill in the blanks.**

1. Aditya found the wise old man sitting by a sparkling \_\_\_\_\_.
2. The old man told Aditya that the \_\_\_\_\_ would only work for someone with self-discipline.
3. The drum produced a beautiful \_\_\_\_\_ after Aditya practiced for weeks.
4. The moral of the story is that \_\_\_\_\_ is the key to unlocking potential.

**D. Answer the following questions.**

1. Who was Aditya, and what was his problem?
2. What advice did the old man give Aditya about the drum?
3. What changes did Aditya make in his life to make the drum play?
4. What lesson did the old man teach Aditya at the end?

## L-5. THE MAGIC POT OF PORRIDGE

(Sharing is Caring)

### Moral

*Sharing is caring. When we share with others, we spread happiness and make the world a better place.*

In a small village surrounded by hills, there lived a kind-hearted girl named Tara. She was poor and lived with her mother in a tiny cottage. Despite having little, Tara always shared whatever she had with others in need.

One day, while walking through the forest to collect firewood, Tara saw an old woman struggling to carry a heavy basket. Tara rushed to help her and carried the basket to the woman's home. Grateful for her kindness, the old woman handed Tara a small pot and said, "This is a magic pot. It will cook endless porridge, but remember to share it with others."

Tara was amazed. She took the pot home and showed it to her mother. When she said, "Cook, little pot," the pot filled with steaming hot porridge. To stop it, she said, "Stop, little pot," and the cooking would cease.

Tara and her mother no longer went hungry, but Tara remembered the old woman's advice. She decided to share the magic of the pot with her neighbours. She invited everyone in the village to her home and served them porridge.

Word of Tara's generosity spread, and soon the whole village came to her whenever they were hungry. Tara happily shared the pot's porridge with everyone, ensuring no one went to bed hungry.

One day, a greedy man from the neighbouring village heard about the magic pot. He decided to steal it, thinking it would make him rich. Late at night, he sneaked into Tara's cottage and took the pot.



At home, the man said, "Cook, little pot," and the pot began to fill with porridge. But he didn't know the words to stop it! The pot kept cooking, spilling porridge all over his house and out into the streets.

The man panicked and ran back to Tara, confessing what he had done. Tara forgave him and said, "Stop, little pot," and the pot finally stopped cooking. The man learned a valuable lesson about greed and apologized for his actions.

From that day on, the magic pot stayed with Tara, and she continued to use it to feed everyone in need. The villagers admired her kindness and learned that sharing brings joy and unity.

### **Vocabulary**

1. Generosity - The act of being kind and giving, especially to those in need.
2. Grateful - Feeling thankful or appreciative.
3. Greedy - Wanting more than what is needed or deserved.
4. Panicked - Feeling sudden fear or anxiety.
5. Admired - Respected and looked up to.

## **EXERCISES**

### **A. Tick the Correct Answer.**

1. Who gave Tara the magic pot?  
a. Her mother                      b. An old woman                      c. A greedy man
2. What did the magic pot do?  
a. It cooked vegetables.                      b. It gave gold coins.                      c. It cooked endless porridge.
3. Why did the magic pot overflow in the greedy man's house?  
a. He didn't know the words to stop it.                      b. He overfilled it.  
c. The pot was broken.
4. What lesson did the greedy man learn?  
a. To steal more carefully  
b. To keep the pot for himself  
c. That greed is harmful and sharing is better

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

1. Tara lived in a big house with many luxuries.
2. The magic pot cooked porridge when Tara said, "Cook, little pot."
3. Tara shared the porridge from the magic pot with the entire village.
4. The greedy man knew how to stop the magic pot.
5. Tara forgave the greedy man when he confessed his mistake.

**C. Fill in the blanks.**

1. Tara lived in a tiny \_\_\_\_\_ with her mother.
2. The old woman gave Tara a magic pot for helping her carry a \_\_\_\_\_ basket.
3. The magic pot cooked endless \_\_\_\_\_ when Tara said, "Cook, little pot."
4. The greedy man didn't know the words to stop the pot, and it \_\_\_\_\_ with porridge.
5. The villagers admired Tara's \_\_\_\_\_ and learned that sharing brings joy.

**D. Answer the following questions.**

1. Who was Tara, and how did she live?
2. What gift did the old woman give to Tara, and why?
3. How did Tara use the magic pot?
4. What happened when the greedy man stole the pot?

# L-6.THE TWO BROTHERS AND THE FENCE

(Forgiveness)

## Moral

*Forgiveness mends broken relationships and brings people closer. Holding onto anger only creates barriers, while forgiving builds bridges.*

Once upon a time, in a small village, there lived two brothers, Ramesh and Suresh. They were neighbours and shared a large farm their father had left them. They worked together for years in peace and harmony. However, one day, a small disagreement over dividing the land grew into a bitter argument. Angry and hurtful words were exchanged, and the brothers stopped talking to each other.

Ramesh, furious with Suresh, decided to build a wooden fence between their lands to keep their lives separate. He hired a carpenter, an old man named Hari, and said, "Build a tall fence so I don't have to see my brother ever again."

Hari nodded and got to work. Ramesh left for the day, letting the carpenter do his job. When he returned in the evening, he was surprised to see that Hari had not built a fence. Instead, he had built a sturdy wooden bridge that connected the two pieces of land.

Before Ramesh could express his anger, Suresh came running across the bridge. "Brother, after all the harsh words and anger, you still built this bridge to reconnect us. I'm sorry for everything," Suresh said with tears in his eyes.

Ramesh, deeply moved, realized the power of forgiveness. "No, it is I who should be sorry, Suresh. I let my anger come between us. Can we start fresh?"

The brothers embraced each other, their past quarrel forgotten. Hari, the carpenter, smiled and packed up his tools. When Ramesh asked him to stay for more work, Hari replied, "I have other bridges to build."

From that day forward, the brothers worked together once more, stronger than before, their bond renewed through the power of forgiveness.

### Vocabulary

1. Disagreement - A difference of opinion or argument.
2. Furious - Extremely angry.
3. Harsh - Unpleasant or severe.
4. Embrace - To hug or hold someone close.
5. Renewed - Made new again or restored.

## EXERCISES

### A. Tick the Correct Answer.

1. Why did the two brothers argue?
  - a. They lost their farm.
  - b. They had a disagreement over dividing the land.
  - c. One of them stole from the other.
2. What did Ramesh ask the carpenter to build?
  - a. A house
  - b. A bridge
  - c. A tall fence
3. What was the lesson, the brothers learned?
  - a. Anger strengthens relationships.
  - b. Separating from each other is the best solution.
  - c. Forgiveness mends broken relationships.

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

1. Suresh was angry when he saw the bridge.
2. Hari, the carpenter, said he had other bridges to build.
3. The carpenter built a bridge instead of a wall.

### C. Fill in the blanks.

1. Ramesh and Suresh were brothers who \_\_\_\_\_ a large farm.
2. Ramesh hired a carpenter named Hari to build a \_\_\_\_\_.
3. Instead of a fence, the carpenter built a \_\_\_\_\_ bridge connecting the brothers' lands.

4. The moral of the story is that \_\_\_\_\_ mends broken relationships and brings people closer.

**D. Answer the following questions.**

1. Why did the two brothers stop talking to each other?
2. What did the carpenter build instead, and how did Suresh react?
3. What did Hari, the carpenter, mean when he said, "I have other bridges to build"?

**E. Activity Time:**

**Make a card using pencil, peels, leaves, threads, petals, etc. Write a forgiveness quote in it.**

# L-7. THE VILLAGE THAT SAVED A RIVER

## (Environmental Concern)

### **Moral**

***Caring for the environment is everyone's responsibility. When we respect and protect nature, it gives back to us in abundance.***

In a small village nestled by a clear, sparkling river, the people lived happily, relying on the river for water, fishing, and farming. The river was the lifeline of the village, and everyone admired its beauty.

Over time, however, the villagers began to take the river for granted. They dumped trash into the water, washed their clothes with harsh chemicals, and cut down the trees along its banks. The once-clear river turned murky, and the fish began to disappear. Crops withered as the polluted water failed to nourish the land.

One day, a wise elder named Amma gathered the villagers. She held up a jar of the polluted river water and asked, "Would you drink this? Would you let your children drink this?" The villagers looked at the dirty water and shook their heads. "No, Amma. But what can we do? The river is already ruined."

Amma smiled gently and said, "The river is not ruined; it is crying for our help. If we take responsibility and care for it, we can restore its beauty and life." She suggested several steps: stop dumping waste into the river, plant trees along its banks to prevent soil erosion, and organize weekly clean-up drives. The villagers agreed to work together.

Every day, children, adults, and elders worked side by side, picking up trash, planting saplings, and creating awareness about protecting the river. They learned to compost their waste, use eco-friendly products, and conserve water.

Months passed, and slowly, the river began to heal. The water turned clearer, fish returned, and the crops grew lush again. The villagers celebrated their success with a festival by the river, now restored to its former glory.



Amma addressed the crowd and said, "The river taught us an important lesson: when we take responsibility for our environment, we protect our future. Let us continue to cherish and care for nature."

From that day on, the villagers lived in harmony with their surroundings, teaching future generations the importance of environmental responsibility.

### **Vocabulary**

1. Lifeline - Something that is essential for survival or well-being.
2. Murky - Dark and unclear, often due to dirt or pollution.
3. Erosion - The gradual wearing away of land, often caused by water or wind.
4. Compost - Organic waste that is broken down to make soil richer and healthier.
5. Cherish - To care for something deeply and appreciate it.

## **EXERCISES**

### **A. Tick the Correct Answer.**

1. What was the main source of life for the village?  
a. The forest                      b. The river                      c. The mountains
2. Why did the river become polluted?  
a. The villagers dumped trash and chemicals into it.  
b. The weather ruined it.  
c. The fish disappeared on their own.
3. Who inspired the villagers to save the river?  
a. A group of children      b. A fisherman              c. Amma, the wise elder
4. What actions did the villagers take to restore the river?  
a. They moved to another village.  
b. They stopped using the river.  
c. They cleaned the river, planted trees, and stopped dumping waste.

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

1. The villagers cared for the river from the beginning.
2. Amma suggested planting trees to prevent soil erosion.

3. The river remained polluted even after the villagers worked to clean it.
4. The villagers celebrated their success with a festival by the river.

### **C. Fill in the Blanks**

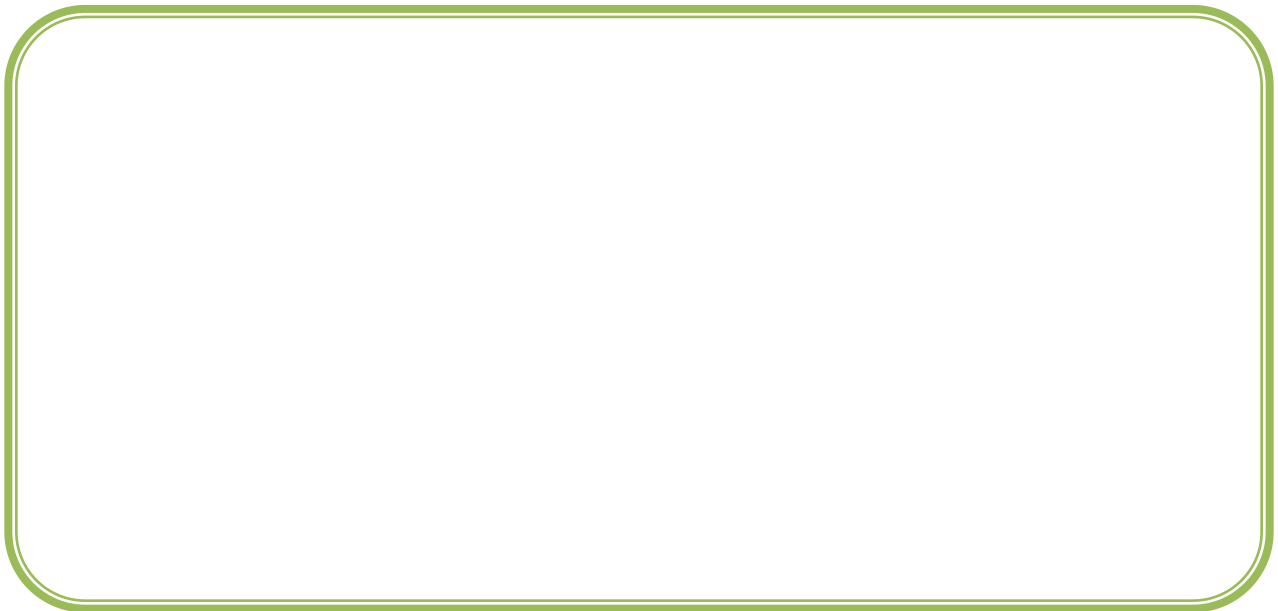
1. The villagers \_\_\_\_\_ on the river for water, fishing, and farming.
2. The villagers planted trees, stopped \_\_\_\_\_ waste, and organized clean-up drives to save the river.
3. Over time, the water became clearer, the fish returned, and the crops grew \_\_\_\_\_ again.
4. The moral of the story is that protecting the environment is everyone's \_\_\_\_\_.

### **D. Answer the following questions.**

1. Why was the river important to the village?
2. What caused the river to become polluted?
3. What did Amma suggest to save the river?
4. How did the villagers restore the river?

### **E. Activity Time:**

**Make a poster on "save a river" for encouraging them to think of creative solutions—such as planting trees, educating others, or organizing a community clean-up.**



# L-8. THE BAMBOO AND THE OAK TREE

## (Patience and Tolerance)

### Moral

***Patience and tolerance can help us overcome even the toughest challenges. Endurance and adaptability are often more powerful than rigidity and pride.***

In a dense forest, there stood a mighty oak tree, tall and proud, with branches that reached high into the sky. Nearby, a slender bamboo plant grew quietly, swaying gently in the breeze. The oak often teased the bamboo, saying, "You're weak and fragile. Look at me—I stand strong and unshakable."

The bamboo remained silent, enduring the oak's mockery day after day. Though the words hurt, the bamboo understood the value of patience and chose not to argue.

One day, dark clouds gathered, and a fierce storm swept through the forest. Strong winds howled, rain poured, and the trees were battered by nature's fury. The mighty oak stood firm, refusing to bend, while the bamboo swayed back and forth with the wind.

As the storm grew stronger, the oak's rigid branches began to crack. Finally, with a loud crash, the mighty oak fell to the ground, uprooted by the relentless storm. When the storm ended, the bamboo was still standing, swaying gently in the soft breeze. Seeing the fallen oak, the bamboo said softly, "Strength isn't always about standing tall and rigid. Sometimes, patience and the ability to adapt are what help us endure life's challenges."

The other plants in the forest learned a valuable lesson that day. They realized that tolerance and flexibility, like the bamboo's, were just as important as strength. From then on, the forest grew more united, with each plant appreciating the strengths of others and learning from the bamboo's patience and tolerance.

## Vocabulary

1. Teased - To make fun of or joke about someone in a playful or hurtful way.
2. Fragile - Easily broken or damaged; delicate.
3. Mockery - The act of making fun of someone or something in a cruel way.
4. Rigid - Stiff and unable to bend or change.
5. Tolerance - The ability to accept or endure something, even if it is difficult or different.

## EXERCISES

### A. Tick the Correct Answer.

1. What did the oak tree often say to the bamboo?
  - a. "You are strong like me."
  - b. "You are tall and proud."
  - c. "You're weak and fragile."
2. How did the bamboo react to the oak's mockery?
  - a. It argued with the oak.
  - b. It ignored the oak completely.
  - c. It stayed silent and patient.
3. What happened to the oak during the storm?
  - a. It swayed and survived.
  - b. It cracked and fell to the ground.
  - c. It grew taller.
4. What did the bamboo teach the forest after the storm?
  - a. That strength is about standing rigid and tall.
  - b. That storms cannot harm plants.
  - c. That patience and adaptability are important.

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

1. The bamboo was proud and mocked the oak in return.
2. The oak tree stood rigid and refused to bend during the storm.
3. The bamboo survived the storm because it was flexible.
4. The storm taught the forest that patience and tolerance are unnecessary.

**C. Fill in the blanks.**

1. The \_\_\_\_ tree stood tall and proud, while the bamboo swayed gently in the breeze.
2. The \_\_\_\_\_chose patience and did not argue with the oak's mockery.
3. During the storm, the oak's \_\_\_\_\_cracked, and it was uprooted by the wind.
4. The bamboo survived the storm by being flexible and \_\_\_\_\_.

**D. Answer the following questions.**

1. How did the oak tree treat the bamboo?
2. Why did the bamboo survive the storm while the oak did not?
3. What happened when the storm ended?

# L-9. THE LITTLE CATERPILLAR'S JOURNEY

(Hardwork)

## Moral

*Hard work and perseverance lead to great achievements. The path may be challenging, but the results make it all worthwhile.*

In a beautiful meadow, there lived a tiny caterpillar named Coco. Coco often watched butterflies fluttering around gracefully and wished to fly like them. However, the other caterpillars told her, "It's not easy to become a butterfly. You have to work hard, be patient, and go through a lot of struggles."

Coco sighed. "Isn't there an easier way?" she asked.

The wise old caterpillar in the meadow replied, "Nothing worth having comes easily, little one. Hard work is the only way." Coco decided to try. She spent her days eating fresh leaves to grow strong and healthy. It wasn't easy—sometimes it was hot, and sometimes she was too tired to continue, but she reminded herself of her dream to fly.

One day, Coco felt it was time to build her cocoon. It was a challenging task that took days of spinning and weaving. Her body ached, and she felt lonely inside the cocoon, but she didn't give up. Weeks passed, and finally, the moment arrived. Coco started breaking out of her cocoon. It was tough, and she struggled with every movement, but she pushed on. When she emerged, she wasn't a caterpillar anymore—she had transformed into a stunning butterfly with vibrant wings.

Coco flapped her wings and soared into the sky, feeling the wind beneath her. All her hard work and patience had paid off. As she flew over the meadow, she realized that the struggles had made her strong and resilient.

The other caterpillars looked up in awe. Coco smiled and said, "If you want to achieve your dreams, you must work hard. It may be tough, but the reward is always worth it."



## **Vocabulary:**

1. Struggles - Difficulties or challenges that require effort to overcome.
2. Resilient - Able to recover or bounce back after difficult situations.
3. Vibrant - Full of life and bright in color.
4. Ached - Felt pain or discomfort.
5. Fluttering - Moving quickly and lightly, often with a soft sound, like the movement of wings.

## **EXERCISES**

### **A. Write 'T' for True and 'F' for False statements.**

1. Coco didn't want to become a butterfly.
2. The wise old caterpillar encouraged Coco to work hard.
3. Coco built her cocoon effortlessly.
4. Coco became a butterfly by skipping the hard work.
5. The other caterpillars admired Coco's transformation.

### **B. Fill in the blanks.**

1. Coco often watched butterflies \_\_\_\_\_ around gracefully and wished to fly like them.
2. The wise old caterpillar said, "Nothing \_\_\_\_\_ having comes easily."
3. Coco spent her days eating fresh leaves to grow \_\_\_\_\_ and healthy.
4. Building the cocoon was a \_\_\_\_\_ task for Coco.
5. After emerging from the cocoon, Coco had transformed into a \_\_\_\_\_ with wings.

### **C. Answer the following questions.**

1. Why did Coco want to become a butterfly?
2. What advice did the wise old caterpillar give Coco?
3. What challenges did Coco face while building her cocoon?

## L-10. THE KIND BAKER

### (Helping Others)

#### Moral

***Helping others creates a ripple effect of kindness and makes the world a better place for everyone.***

In a small village nestled by the hills, there lived a kind-hearted baker named Meera. She was known for her delicious bread and pastries, which she baked with love every day. Though Meera was not wealthy, she believed in helping those in need.

One winter morning, Meera saw an old man sitting by her bakery. He looked cold and hungry, and his clothes were thin and worn. Meera felt a pang of sympathy. She quickly brought him a warm loaf of bread and a cup of hot tea.

"Thank you, kind lady," the old man said with tears in his eyes. "I haven't eaten in two days."

Meera smiled and said, "Everyone deserves a little kindness. Please come back if you need more."

Word of Meera's kindness spread throughout the village. Soon, people began coming to her bakery not just for her delicious treats but also to share their stories and seek her warmth. Despite her limited resources, Meera always found a way to help, even if it was just a small loaf of bread or a kind word.

One day, a stranger walked into her bakery. He was well-dressed and carried a briefcase. After buying a loaf of bread, he said, "I've heard about your kindness, Meera. I'm a businessman visiting this village, and I want to help you continue your good work." The man offered Meera a loan to expand her bakery. With the extra space and resources, she began employing villagers who needed work. Together, they baked more bread and distributed it to the poor and hungry.

The bakery became a symbol of hope in the village, and the community grew stronger because of Meera's selflessness. Years later, Meera's bakery thrived, but she remained humble. She often said, "Helping others doesn't just change their lives—it changes yours too. Kindness is the sweetest recipe of all."

## **Vocabulary:**

1. Sympathy - A feeling of pity or sorrow for someone else's misfortune.
2. Limited - Restricted in amount, size, or extent.
3. Resources - Things that are available and can be used to help achieve something.
4. Selflessness - The quality of caring for others and putting their needs before your own.
5. Thrive - To grow or develop successfully.

## **EXERCISES**

### **A. Write 'T' for True and 'F' for False statements.**

1. Meera was a wealthy baker who helped the villagers.
2. Meera gave the old man bread and tea when he was hungry.
3. The stranger offered Meera money to expand her bakery.
4. Meera employed villagers to help her bake more bread.
5. Meera stopped helping others after her bakery became successful.

### **B. Fill in the blanks.**

1. Meera was known for her \_\_\_\_\_ bread and pastries.
2. The old man hadn't eaten for \_\_\_\_\_ days when Meera helped him.
3. The businessman offered Meera a loan to \_\_\_\_\_ her bakery.
4. Meera \_\_\_\_\_ villagers who needed work to help her bake more bread.
5. Meera said, "Kindness is the sweetest \_\_\_\_\_ of all."

### **C. Answer the following questions.**

1. What did Meera do when she saw the old man by her bakery?
2. Why did people visit Meera's bakery besides buying her treats?
3. What did the businessman offer Meera, and why?
4. How did Meera's bakery benefit the village?

### **D. Activity Time:**

- **Bring some articles or pictures from newspapers or magazines to show helpful actions of people in groups or as individuals.**

# L-11. THE GIFT OF GRATITUDE

## (Gratitude)

### Moral

***Gratitude and appreciation for the efforts, no matter how small, can transform challenges into blessings and create a cycle of growth and positivity.***

In a bustling town nestled by the river, there was a humble gardener named Maya. She was known for her lush garden filled with vibrant flowers, aromatic herbs, and the sweetest fruits. Maya's garden was a sanctuary of beauty, and she took great care in tending to every plant with love and patience.

One autumn afternoon, as Maya was pruning the roses, a young boy named Kian approached her garden gate. He was carrying a basket full of apples, but his face showed signs of worry. Maya noticed his distress and smiled warmly, inviting him to sit.

"Are you okay, Kian?" she asked.

Kian hesitated before answering, "My family's orchard has been struggling this year. We had fewer apples, and the harvest was not enough to sell. I brought some apples for you, as a small gift for all the beauty your garden brings to the town." Maya's heart warmed at the gesture, but she could see that Kian was burdened. "Thank you, Kian. But I can see you're troubled. What's on your mind?"

Kian lowered his head. "I want to help my family, but I don't know how. We need a good harvest to make it through the winter. I feel like I've failed them." Maya gently placed a hand on his shoulder and said, "Kian, every effort you make is valuable, even when the outcome isn't as expected. Sometimes, the greatest gifts are not what we receive but what we give. I can see the care in your heart."

Maya took a few apples from the basket and handed them to Kian. "These are beautiful apples, full of your hard work. You've given them with kindness, and that's something truly precious."

Kian looked at the apples and smiled softly, feeling the weight in his heart lift just a little. “Thank you, Maya. I needed to hear that.” The next spring, Kian worked with renewed hope, tending to his orchard with even more dedication. He knew that while the harvest might not always be perfect, the love and effort he put into his work were what mattered most.

A year later, as the first apples of the season ripened, Kian visited Maya once again, but this time with an overflowing basket. “These are the first fruits of my orchard this year, Maya,” he said with a bright smile. “I wanted to thank you for your kindness and the wisdom you shared with me.”

Maya smiled, her heart full of gratitude. She accepted the apples, but this time, she didn’t just receive them. She walked to the back of her garden, where a small bench sat under a flowering tree, and motioned for Kian to join her.

“Gratitude and appreciation are like seeds,” she explained. “When you plant them with care, they grow into something beautiful. Your hard work and the love you put into your orchard have made these apples even sweeter.”

Kian nodded, feeling a deep sense of peace. He realized that appreciation for the journey, not just the outcome, had made all the difference.

### **Vocabulary:**

1. Humble - Modest, not proud or arrogant.
2. Sanctuary - A safe and peaceful place.
3. Burdened - Weighed down by worries or problems.
4. Gratitude - A feeling of thankfulness and appreciation.
5. Renewed - Made fresh or restored, often in terms of hope or energy.

## **EXERCISES**

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

1. Kian’s family’s orchard had a successful harvest this year.
2. Maya noticed that Kian was troubled and invited him to sit.
3. Kian gave Maya the apples as a token of appreciation for the beauty of her garden.
4. Kian felt that he had failed his family due to the poor harvest.

**B. Fill in the blanks.**


1. Maya's \_\_\_\_\_ was filled with vibrant flowers, aromatic herbs, and the sweetest fruits.
2. Kian's family's orchard had fewer apples this year, and the \_\_\_\_\_ was not enough to sell.
3. Maya took a few apples from the \_\_\_\_\_ and handed them back to Kian.
4. Kian worked with \_\_\_\_\_ hope and dedication the following spring.
5. Maya explained that \_\_\_\_\_ and appreciation are like seeds that grow into something beautiful.

**C. Answer the following questions.**

1. Why was Kian worried when he visited Maya?
2. What advice did Maya give Kian about his efforts?
3. How did Kian feel after Maya spoke to him?
4. What did Kian do a year later when his orchard bore fruit?
5. What lesson did Kian learn by the end of the story?

**D. Activity Time:**

- **Write a letter of appreciation to a person who've had a positive impact in your life. It can be a friend, a colleague, or even a family member.**





# L-12. THE BRAVE BOY AND THE LOST WALLET

(Courage)

## Moral

*It takes courage to do the right thing, especially when others try to discourage you. Standing by your values is always worth it.*

In a busy marketplace, there lived a boy named Ankit. He was honest and brave, always trying to do the right thing. One day, as he walked home from school, he noticed a leather wallet lying on the ground near a fruit stall.

Ankit picked up the wallet and opened it to find a large sum of money, along with an ID card. The wallet belonged to a man named Mr. Sharma, who lived in a nearby town. Ankit immediately realized that the money could be very important to Mr. Sharma.

His friends, who were with him, said, "You're so lucky, Ankit! Keep the money. No one will know."

Ankit shook his head. "No, this money isn't mine. It belongs to someone else, and I have to return it," he said firmly. His friends teased him, saying, "You're just scared! No one will come looking for it." But Ankit ignored them. He knew the right thing to do was to return the wallet.

Using the address on the ID card, Ankit walked to the bus stop and took a bus to the nearby town. It wasn't easy; the ride was long, and he didn't have much money left for his own snacks. But he didn't give up.

When Ankit finally reached Mr. Sharma's house, he knocked on the door and explained everything. Mr. Sharma was astonished. "I didn't even realize my wallet was missing!" he said. "You've saved me from a lot of trouble. This money was for my son's school fees." Mr. Sharma thanked Ankit sincerely and offered him a reward, but Ankit politely refused. "I just wanted to do the right thing," he said with a smile. When Ankit returned home, he felt proud of his decision. His parents, hearing the story, praised him for his courage and honesty. Even his friends, who had teased him earlier, were impressed and learned an important lesson from his actions.

## Vocabulary:

1. Honest - Truthful, always telling the truth.
2. Teased - Made fun of in a playful or unkind way.
3. Sincerely - In a genuine or truthful way.
4. Reward - Something given for doing something good or right.
5. Courage - The ability to face fear or do something difficult.

## EXERCISES

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

1. Ankit found a leather wallet with no money in it.
2. Ankit's friends encouraged him to keep the money.
3. Ankit decided to return the wallet because it wasn't his.
4. Mr. Sharma immediately realized his wallet was missing.
5. Ankit accepted a reward from Mr. Sharma after returning the wallet.

### B. Fill in the blanks.

1. The \_\_\_\_\_ belonged to Mr. Sharma, who lived in a nearby town.
2. Ankit's \_\_\_\_\_ said, "You're so lucky, Ankit! Keep the money."
3. Ankit walked to the bus stop and took a bus to the nearby \_\_\_\_\_.
4. Mr. Sharma said, "This money was for my son's \_\_\_\_\_ fees."
5. Ankit refused a \_\_\_\_\_ from Mr. Sharma, saying he just wanted to do the right thing.

### C. Answer the following questions.

1. What did Ankit find on the ground near the fruit stall?
2. What did Ankit's friends suggest he do with the money?
3. Why did Ankit decide to return the wallet?
4. How did Mr. Sharma react when Ankit returned the wallet?
5. What lesson did Ankit's friends learn from his actions?

# L-13 SALABHASANA

## (GRASSHOPPER POSE)

Salabhasana, also known as **Locust Pose**, is a backbend that strengthens the back, legs, and glutes, while also stretching the chest and improving posture. It's a great pose for building spinal flexibility and strengthening the muscles of the lower back, which is important for good posture and reducing the risk of back pain.

### Salabhasana (Locust Pose):

#### Steps to Perform the Pose:

##### 1. Starting Position:

- Begin lying face down on your mat. Keep your legs straight, and your feet hip-width apart.
- Stretch your arms along the sides of your body, palms facing down.
- Place your forehead gently on the mat and take a few deep breaths to relax.

##### 2. Engage Your Core:

- Inhale and begin to engage your core muscles, lifting your belly button towards your spine.
- Keep your legs firm and active.

##### 3. Lift Your Chest and Legs:

- On your next inhale, begin to lift your legs off the floor. Keep your legs straight and together, engaging the muscles of your thighs and glutes.
- Simultaneously, lift your chest off the floor by extending your arms backward, palms facing down.
- Try to lift your chest as high as you can without straining your neck or back.

##### 4. Hold the Pose:

- Hold the position for 20-30 seconds while continuing to breathe deeply. You should feel a strong activation in your back, legs, and glutes.

##### 5. Release the Pose:

- Slowly lower your chest and legs back down to the mat as you exhale. Rest for a moment, and repeat the pose for 2-3 rounds if desired.

## Benefits of Salabhasana:

- **Strengthens the back muscles:** Works the erector spine, which helps support a healthy spine.
- **Improves posture:** Strengthening the back muscles can improve overall posture.
- **Stimulates the digestive organs:** The slight compression of the abdomen can aid in digestion.
- **Increases flexibility:** Helps stretch the chest, shoulders, and thighs.
- **Opens up the chest:** It provides a gentle backbend that helps to open the chest and improve breathing.

## EXERCISES

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

1. Salabhasana strengthens the back, legs, and glutes.
2. Salabhasana is a forward bend yoga pose.
3. The legs in Salabhasana should remain straight and together while lifting.
4. You should hold Salabhasana for 1-2 minutes in the beginning stages of practice.

### B. Fill in the blanks.

1. Salabhasana is primarily a \_\_\_\_\_ pose that strengthens the back, legs, and glutes.
2. To lift your chest in Salabhasana, you should engage your \_\_\_\_\_ muscles.
3. The legs in Salabhasana should remain \_\_\_\_\_ and \_\_\_\_\_ while lifting.
4. In Salabhasana, it is important to maintain \_\_\_\_\_ alignment to avoid straining the neck.
5. The focus of Salabhasana is on lifting the chest from the \_\_\_\_\_ back.

### C. Answer the following questions.

1. What type of yoga pose is Salabhasana?
2. What muscles does Salabhasana primarily strengthen?
3. What is the primary muscle group used to lift the chest in Salabhasana?
4. What is the recommended duration for holding Salabhasana for beginners?

# L-14. UTTANASANA

## (STANDING FORWARD BEND POSE)

**Uttanasana (Standing Forward Bend Pose)** is a great yoga posture that stretches the entire back and helps calm the mind. Here's a simple lesson on how to perform the pose:

### How to Do Uttanasana:

#### 1. Start in Tadasana (Mountain Pose):

- Stand tall with feet hip-width apart and arms by your sides. Engage your legs, lift your chest, and keep your spine straight.

#### 2. Inhale and Reach Up:

- On your inhale, raise your arms overhead, lengthening your spine, reaching upward. Keep your shoulders relaxed and avoid arching your lower back.

#### 3. Exhale and Fold Forward:

- As you exhale, hinge at the hips and fold forward. Keep your spine long as you move your torso towards your thighs.
- Let your head and neck relax toward your legs. If you can, place your palms or fingertips on the floor or grab your elbows to deepen the stretch.

#### 4. Deepen the Stretch:

- If possible, straighten your legs while keeping a slight bend in the knees if needed. With every breath, let your chest move closer to your thighs, deepening the stretch without forcing your body.

#### 5. Hold the Pose:

- Stay in this position for 5–10 breaths, feeling the stretch in your hamstrings, calves, and lower back. Relax your neck, jaw, and face.

#### 6. To Come Out of the Pose:

- To exit, slightly bend your knees, engage your core, and slowly roll up one vertebra at a time. Bring your head up last, returning to Tadasana.

### Benefits of Uttanasana:

- Stretches the hamstrings, calves, and lower back.
- Relieves tension in the neck and spine.

- Improves blood flow to the brain, helping with stress relief.
- Promotes calmness and relaxation.

## EXERCISES

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

1. In Uttanasana, you should bend at the waist, not the hips.
2. You should force your body to touch the floor in Uttanasana.
3. In Uttanasana, it's okay to keep a slight bend in your knees if your hamstrings are tight.
4. The head and neck should be tense in Uttanasana to get a deeper stretch.

### B. Fill in the blanks.

1. It is important to keep your \_\_\_\_\_ long and avoid rounding your back during the pose.
2. The \_\_\_\_\_ and neck should remain relaxed while performing Uttanasana.
3. Uttanasana helps improve \_\_\_\_\_ flow to the brain, promoting relaxation and calmness.
4. When coming out of Uttanasana, you should engage your \_\_\_\_\_ and slowly roll up one vertebra at a time.
5. The pose Uttanasana is often used to relieve tension in the \_\_\_\_\_ and \_\_\_\_\_ (body parts).

### C. Answer the following questions.

1. What is the primary muscle group stretched in Uttanasana?
2. Can you keep your knees bent in Uttanasana?
3. How should your head and neck be positioned during Uttanasana?
4. How does Uttanasana help improve your body?
5. How should you exit Uttanasana?

