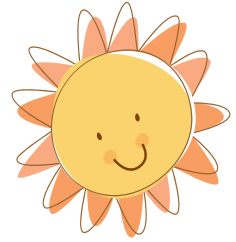




Syllabus aligned to NCF for Foundational
Stage, 2022 as per NEP-2020



Insight Life

A book on Moral Values

Teacher's Manual
Class-1



Gateway Publication
Educational Publisher

Chapter's Name	No. of Periods	Introduction + Study of the text + Discussion	No. of Periods	Class work (Exercises + Activities + Home work)	Total no. of Periods
1. Our beautiful world	1	Read, explain the story, meaning, discussion of Ques & Ans.	1	MCQ pattern, Tick, Yes/No. as classwork. Ques/Ans & Activity including drawing as home work.	2
2. My self	1	Read, explain, give similar examples, meaning, discussion of Ques & Ans.	1	Fill in the blanks, tick the answer as class work. Ques/Ans writing & Activity including drawing as home work.	2
3. God created 7 days in a week	1	Reading, discussion with explanation, meaning.	1	Short answers as class work. Question/Answers & Activity as homework.	2
4. My family	1	With reference explain, meaning, interaction on the basis of Let's get inspired.	1	Short answers, discussion on exercises as class work. Writing Question/Answers & Activity as homework.	2
5. My home	1	Explain, refer any other poem, Ques & Ans. discussion.	1	Short answers, let's get inspired explain as classwork. Other exercises & Activity as homework.	2
6. Price of disobedience	1	Read the story & explain the meaning.	1	Short answers and Activity as class work. Writing ques/Ans and other exercises as home work.	2
7. My school	1	Read & relate to their own school, explain, discussion of Ques & Ans.	1	Let's get inspired, Ques/Ans & Activity as class work. Short Ques/Ans and remaining exercises as homework.	2
8. My teacher	1	Explain with reference, give other features, explain let's get inspired.	1	Ques/Ans writing and short answer as classwork. Activity and remaining exercises as homework.	2
9. Learning yoga	2	Explain the importance, if possible can show slides, explain the features.	1	Give short questions/answers to write as class work. Make chart, stick pictures as home work.	3
10. Earth's first family	1	Read & explain, can refer any story book, discussion of exercise.	1	Short answers of exercises, writing ques/Ans as classwork. Activity and other exercise as homework.	2

Chapter's Name	No. of Periods	Introduction + Study of the text + Discussion	No. of Periods	Class work (Exercises + Activities + Home work)	Total no. of Periods
11. Good manners	2	Read, explain, give more examples, interaction, meaning, can show video, explain let's get inspired.	1	After discussion of exercise- Ques/Ans writing, short ones as classwork. Activity, chart making as homework.	3
12. Be kind to animals	1	Explanation, give examples, explain let's get inspired.	1	After discussion of exercise- Ques/Ans writing & exercises as classwork. Activity and additional Ques/Ans. as home work.	2
13. Friendship between God and Noah	1	Explain & read the story from Bible, discuss and tell similar stories from different religious book.	1	Activity and additional Ques/Ans as classwork. Writing Ques/Ans & exercise as home work.	2
14. Safety rules	2	Explain with reference, give more examples, video can be shown on do's & don't, explain let's get inspired.	1	Do the exercises as classwork. Activity and additional ques/Ans as home work.	3
15. Healthy Foods	1	Basically interaction with the students, give more examples, importance, explain let's get inspired.	1	Exercises as classwork. Activity and additional Ques/Ans as homework.	2
16. God rewards obedience	1	Read, explain & tell similar stories.	1	Activity and additional Questions/Answers as classwork. Exercises as homework.	2
17. Colours in our life	1	Explain, give other examples, explain let's get inspired.	1	Activity & drawing portion as classwork. Discuss the exercises and it is to be done as homework.	2
Total No. of Periods	20	—	17	—	37

Chapter-1

Our Beautiful World

Exercises

A. Answer the following questions.

1. God has made the Sun, Moon and the stars.
2. The moon, stars, clouds, sky, birds, animals, people, plants are the things which make our world beautiful.
3. We should thank God for all the things around us.
4. We the humans are the most wonderful among all the things.
5. We have hands to do work and to help others.

B. Tick (✓) the correct options.

1. Sunlight
2. Sky
3. eyes
4. God
5. legs

C. Write Yes or No.

1. Yes
2. No
3. Yes
4. No.
5. No.
6. Yes
7. Yes
8. No
9. Yes
10. No

Activity Zone

- A. a. red b. green c. red d. green e. green f. green
- B. a. Hitting the dog b. Plucking the flower c. Littering.

Chapter-2

My Self

Exercises

A. Answer the following questions.

1. I would introduce myself by saying my name.
2. Yes, I have an Identity card.
3. We should treat others with respect.
4. I spend time with my family while having fun.
5. I am responsible for doing my chores.

B. Fill in the blanks.

1. respect
2. kind
3. honest
4. identity

Activity Zone

A. Fill in the boxes: All about myself

Example: Suman Roy.

12.02.2018 / 12th February, 2018,

5 years old, 1, Pink, English, St. Joseph.

(Students will write according to their details.)

B. Students will tick (✓) the ones accordingly.

Exercises**A. Answer the following questions.**

1. God created this world.
2. On the third day God created flowers and trees on the earth.
3. Adam and Eve lived in the Garden of Eden.
4. On the Seventh day God rested and blessed it.
5. On the sixth day God created animals and then man and woman.

B. Match the items of column A with these of column B.**Column A****Column B**

- | | |
|----------------|---------------------------|
| 1. First day | a. Sun, moon and stars |
| 2. Second day | b. Animals, man and woman |
| 3. Third day | c. Rested and blessed |
| 4. Fourth day | d. Birds and fishes |
| 5. Fifth day | e. Light |
| 6. Sixth day | f. Firmament |
| 7. Seventh day | g. Plants and flowers |

C. Fill in the blanks.

1. six
2. Adam
3. image
4. Adam, Eve
5. God

D. Make sentences with the following words.

1. Look — Look out of the window.
2. Water — We can not live without water.
3. Sun — The earth revolves around the sun.
4. Air — The balloon rose up into the air.
5. Flower — We planted flowers in the garden.

Exercises**A. Answer the following questions.**

1. God has made our parents.
2. I have one brother and one sister. (Numbers may change according to the individuals)
3. Our parents work hard to make us happy.
4. We can make our parents happy by obeying them and respecting them.
5. Good children always obey and respect their parents.

B. Write the name of the following.

Student's will write accordingly.

C. Tell us about your family.

1. small
2. five
3. No.
4. businessman
5. house wife

(Actual answer may vary with every student as they will write according to their own details.)

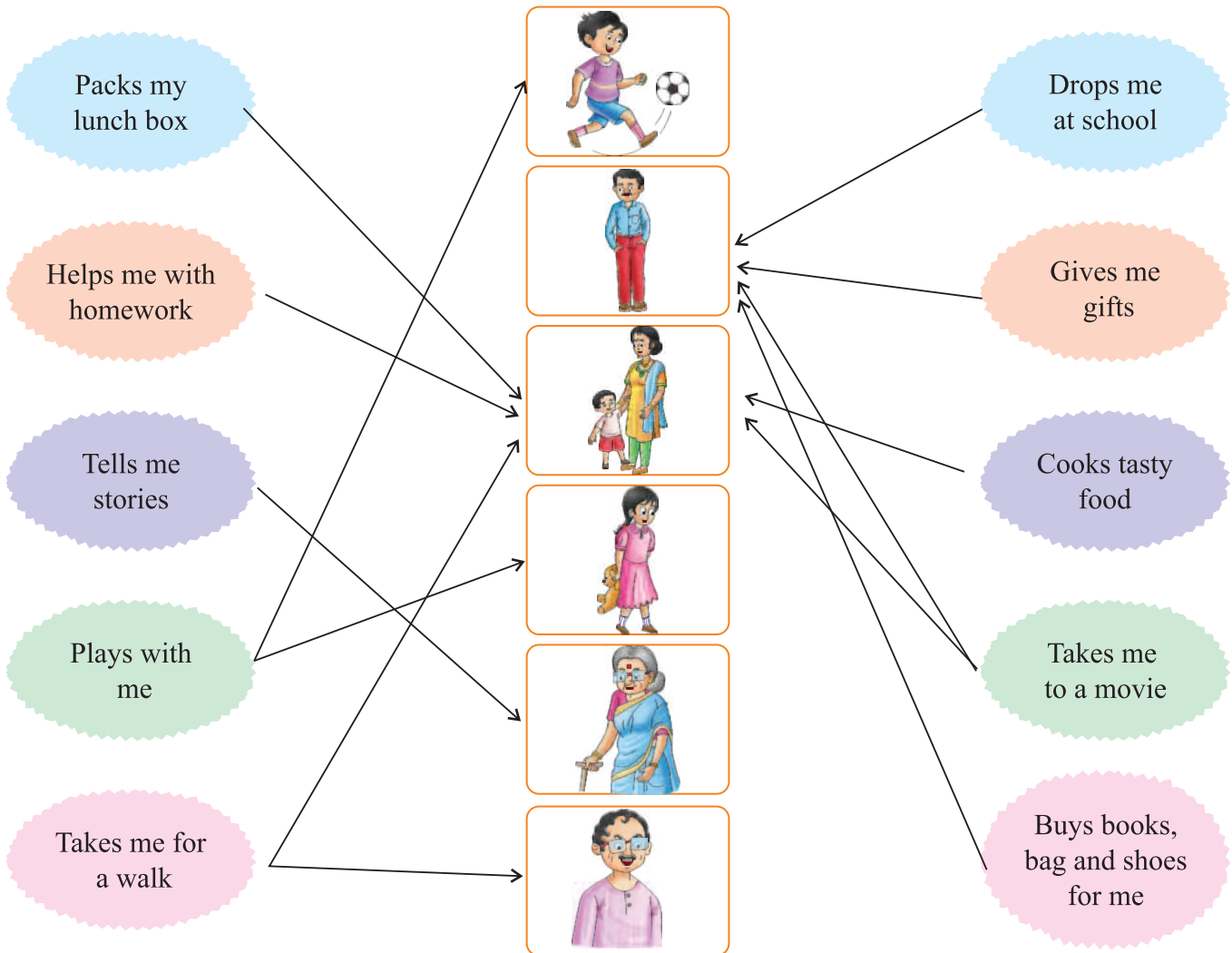
D. Match the followings.

- | | |
|----------------|-------------------|
| 1. Father | a. Niece |
| 2. Uncle | b. Grandfather |
| 3. Sister | c. Mother |
| 4. Grandmother | d. Aunt |
| 5. Nephew | e. Grand daughter |
| 6. Grandson | f. Brother |

E. Students will do accordingly.

Activity Zone

A.



B. Rearrange the jumbled letters to form meaningful words.

- | | | |
|------------|------------------|------------|
| 1. C A R E | 2. R E S P E C T | 3. L O V E |
| 4. K I N D | 5. H E L P F U L | |

C. Pick all the circled letters and write them here.

A R S T E N P






D. Now, rearrange the letters to form a meaningful word and write the word below.

P A R E N T S

Exercises

A. We can show our love for our parents by obeying them, listen to them and help them at home.

B. Draw lines to match the pictures.

1. Take you for a picnic.	→	
2. Buy you a doll.	→	
3. Bath you everyday.	→	
4. Iron your clothes.	→	
5. Have a party on your birthday.	→	

C. Complete the word.

L O V E

D. Tick ✓ the things you do for your parents.

1. ✓ 2. ✓ 3. ✓/× 4. ✓ 5. ✓ 6. ✓/× 7. ✓ 8. ✓ 9. ✓ 10. ✓

Activity Zone

A. 1. Kitchen 2. Bathroom 3. Study room 4. Bedroom

B. 1. c 2. a 3. e 4. b 5. d

Exercises

A. Answer the following questions.

- God told Adam and Eve not to eat the fruit of the tree that revealed good and evil, which was in the middle of the garden.
- It was lucifer (satan) in the form of a serpent.
- Adam and Eve had disobeyed God, so to pay the price they had to leave the garden.
- They chose the serpent to obey.
- Adam and Eve wore clothes made out of the skin of animals.

B. Write 'T' for the true statement and 'F' for the false statement.

1. F 2. T 3. F 4. F 5. T

C. Fill in the blanks.

1. Eden 2. Satan 3. naked 4. death 5. leave

D. Make sentences with the following words.

1. garden – We grow vegetables in our garden.
love – I love my country.
fruit – Fresh fruit is good for the health.
God – God created the world.
clothes – Everyday I wash my clothes.

Chapter-7

My School

Exercises

A. Answer the following questions.

1. The name of my school is _____. 2. I go to school to study.
3. The peon rings the bell in our school. 4. Yes, I pay due respect to my teacher.
5. I keep my school clean by throwing the waste papers in the dustbin, putting things away after using them, taking care not to damage displays around the school.

B. Four best things you learn in school.

1. discipline 2. cleanliness 3. teamwork 4. leadership

C. Match the followings.

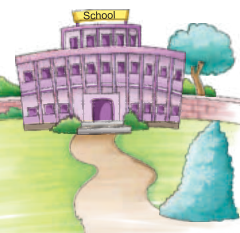
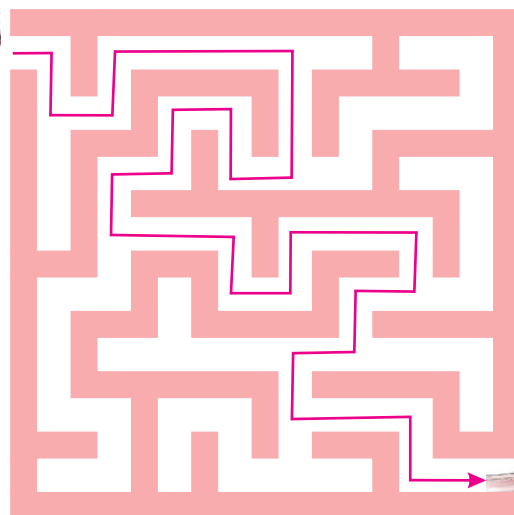
1. c 2. a 3. e 4. b 5. d

D. List 5 rules that you have to follow in the class.

1. Be on time at the beginning of the day, attend prayer.
2. Always be kind.
3. Listen carefully.
4. Come prepared with stationery, books and completed homework.
5. Keep the classroom tidy.

Activity Zone

A. Help Kapil and Sumona in finding their way to the school.



B. Think and tick (✓) the options you practice daily in your school.

- | | | | | | | | | | | | | |
|----|----|-----|----|---|----|---|----|---|----|---|----|---|
| 1. | a. | ✓/✗ | b. | ✗ | c. | ✗ | d. | ✓ | e. | ✓ | f. | ✗ |
| | g. | ✓/✗ | h. | ✗ | i. | ✓ | j. | ✓ | | | | |
| 2. | a. | ✓ | b. | ✗ | c. | ✗ | d. | ✓ | e. | ✗ | f. | ✗ |
| | g. | ✓ | h. | ✓ | i. | ✓ | j. | ✗ | | | | |

Chapter-8

My Teacher

Exercises

A. Write the answers.

- _____ is the name of my class teacher.
- My teacher teaches me to be kind and good.

B. Answer in Yes or No.

- | | | | |
|--------|---------|--------|--------|
| 1. Yes | 2. Yes | 3. No | 4. Yes |
| 5. No | 6. Yes | 7. Yes | 8. Yes |
| 9. Yes | 10. Yes | | |

(Answers may differ according to the student's response)

C. Tick (✓) the correct option.

- | | | | |
|--------|--------|-------|--------|
| 1. iii | 2. iii | 3. iv | 4. iii |
|--------|--------|-------|--------|

Activity Zone

A. Form new words from the word 'TEACHER'.

EACH TEA HAT ACHE

B. Circle the qualities of your teacher.

Punctual

Loving

Intelligent

Simple

Sincere

Helpful

Caring

C. Let us Discuss.

- I will say Good evening/morning/afternoon Ma'am/Sir.
- Excuse me Ma'am/Sir.

D. ✓/✗ the pictures.

✓

✗

✗

✓

WORK-SHEET-1

A. Fill in the blanks.

1. Sister of our mother is our _____ (aunt/uncle)
2. Mother of our father is _____ (grandmother/aunt)
3. Brother of our father is _____ (uncle/siblings)
4. Parents of parents is _____ (grandfather/grandparents)
5. Sisters and brothers are known as _____ (nephew/siblings)

B. Draw and write the name of your favourite:

1. Food

2. Toy

3. Animal

4. Vegetable

C. Write True or False.

1. In my house there are two bedroom.
2. There are four chairs in the dining room.
3. There is a cat in my house.
4. There is a computer on the table in my classroom.
5. There is a music room in my school.

D. Observe the pictures given below and write the names under the correct column.



God created	People made
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

E. Self Introduction.

What's your name?

Hello! My name is _____ .

How old are you?

I am _____ years old.

Where are you from?

I'm from _____ .

Where do you live?

I live in _____ .

Which school do you go to?

I go to _____ school

What subject do you like?

I like _____ .

In which class are you?

I'm in class _____

F. Write few lines about your favourite teacher.

Chapter-10

Earth's First Family

Exercises

A. Answer the following questions.

1. Adam and Eve were the first parents.
2. Cain and Abel were the first children.
3. Cain was the first murderer.
4. Cain was angry and jealous as his brother Abel's offering was accepted by God but his offering was not accepted so he killed Abel.
5. Cain ran away to a far-away land.
6. Sin had brought death.

B. Fill in the blanks.

1. gardener
2. shepherd
3. lamb
4. fruits
5. accepted
6. wicked

C. Write True or False.

1. True
2. True
3. False
4. True
5. False

D. Choose the correct answer.

1. iii
2. ii
3. i
4. ii
5. iii

Chapter-11

Good Manners

Exercises

A. Answer the following questions.

1. I should cover my mouth with my hand.
2. I should wash my hands with soap.
3. When we meet someone in the morning, we should say 'Good morning'.
4. We should cover our mouth and nose with a tissue paper or hand handkerchief.
5. We should learn good manners from our parents, teachers and our elders.

B. Match the following.

1. b
2. d
3. a
4. c

C. Fill in the blanks.

Excuse me, Sorry, Thank you

D. Choose the correct option to answer.

1. ii
2. iii
3. ii

Activity Zone

A. Draw the clocks to complete your daily schedule.



1. 6:00 am



2. 7:00 am



3. 8:30 am



4. 7:00 pm



5. 4:00 pm



6. 10:00 pm

(Answers may differ according to student's response)

B. List of any three things we should do everyday.

1. We should wake up early.
2. We should do exercise.
3. We should eat breakfast before getting ready for school.

C. Put a tick (✓).

1. ✓
2. ✓
3. ✗
4. ✗

Chapter-12

Be kind to animals

Exercises

A. Circle the animals that are kept as pets.



B. Tick (✓) the correct answers.

1. ✓
3. ✓
4. ✓

C. Match the followings.

1. b
2. e
3. d
4. c
5. a

D. Fill in the blanks.

1. veterinary
2. sense (of smell)
3. crackers
4. care
5. sensitive

E. Write two good things about dogs.

1. Dogs can keep us safe
2. Dogs are our good friends

Activity Zone

- B.** 1. ✗ 2. ✓ 3. ✓ 4. ✗ 5. ✗

C.

E	L	E	P	H	A	N	T	B	F	D	V	M	S
A	B	A	M	O	K	S	I	C	E	U	W	O	P
D	C	G	O	R	J	P	G	O	A	T	X	U	A
O	D	L	N	S	L	A	E	S	R	T	Y	S	R
G	E	E	K	E	I	R	R	H	I	N	O	E	R
G	F	H	E	L	O	R	N	O	Q	P	W	Z	O
C	A	T	Y	I	N	M	C	R	O	W	L	A	W

Chapter-13

Friendship between God and Noah

Exercises

A. Answer the following questions.

1. God's best friends was Noah.
2. No, they were very wicked during Noah's time.
3. God asked Noah to build an ark.
4. An ark is a big boat.
5. Yes, Noah obeyed God.
6. The ark was 155 metres long and 26 metres wide.
7. Noah was 480 years old when God asked him to build the ark.
8. When God saw that man was bad in all his thoughts, words and actions, God decided to destroy the earth.

B. Fill in the blanks

1. actions
2. Noah's
3. water
4. animal

C. Write True or False against each statement.

1. True
2. False
3. False
4. True
5. False

D. 1. (ii) 2. (i) 3. iii 4. ii 5. i

Chapter-14

Safety Rules

Exercises

A. Fill in the blanks

1. stranger
2. footpath
3. arm
4. touch
5. alone

B. Match the following.

1. d
2. a
3. e
4. b
5. c

C. Find out how careful you are colouring

1. Y
2. Y
3. Y
4. Y
5. Y
6. Y
7. Y
8. Y
9. Y
10. Y

(Students will do according to their own choice)

- #### D.
1. It's better to be safe than sorry.
 2. We must follow the safety rules always to be safe from any danger.

Activity Zone

A.

W	A	S	H	U	S	B
A	G	O	W	K	L	I
S	F	A	A	D	E	N
T	Q	P	T	S	E	Z
E	R	T	E	Z	P	G
H	I	F	R	K	L	B
J	C	B	N	M	R	E
T	A	P	S	Y	U	D

- B.** 1. Never talk to strangers or take anything to eat from them.
 2. Make her to sit and not allow her to put his/her arm out of the window.
 3. We have to help the cat with ladder/basket/cloth to climb down.

Chapter-15

Healthy Foods

Exercises

A. Give the correct answer for the following questions.

1. We should eat healthy food.
2. Fruits, vegetables, rice, milk, eggs.
3. We get milk, egg, butter, curd from animals.
4. Sweet, sour, hot, bitter, spicy, salty.
5. Pizzas and noodles are junk foods.

B. Circle the foods that are healthy and write down their names.



Strawberry



Cherry



Milk



Pineapple



Chocolate



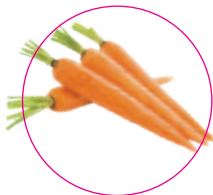
Apple



Fried potato



Fried chicken



Carrot



Broccoli



Cake



Banana

- C.** 1. Apple, fruit, healthy 2. milk, cows, healthy 3. potato chips, junk
 4. junk 5. junk

D. Circle the correct answer.

1. juice 2. Roti 3. Milk 4. hot drink 5. water

Activity Zone

A. Colour the picture. Tick (✓) the option which you think is appropriate.

1. Healthy 2. Unhealthy

B. Find and write.

1. Cholera/diarrhea/typhoid by drinking dirty water.
2. Food poisoning by eating dirty food.
3. Norovirus after eating dirty food.

- C. **Eat**– Toast, eggs, roti, Bananas, Rice, Vegetables, Chicken/Fish.
Drink– green tea, protein shakes, coffee, milk, juice.

QUIZ TIME

1. b 2. b 3. a 4. a 5. b 6. a 7. b 8. a

Chapter-16

God rewards obedience

Exercises

A. Answer the following questions.

1. It rained for forty days and forty nights.
2. Eight people were saved from the flood.
3. God closed the door of the ark.
4. No, the people didn't listened to Noah.
5. Noah, his wife, three sons and their wives.
6. Noah's family remained in the ark for seven days before it rained.
7. Yes, Noah invited the people into the ark.

B. Fill in the blank.

1. obeyed 2. ark 3. seven 4. rain 5. everything

C. Write True or False.

1. True 2. True 3. False 4. False 5. True

D. Make sentences from the given words.

1. people – There were a lot of people at the stadium.
2. insect – Insects live all over the planet.
3. flood – A flood is an overflow of water on land.
4. door – Rajesh stood at the door.
5. clouds – The sky is full of dark clouds.

Chapter-17

Colours in our daily life

Exercises

A. Answer the following questions.

1. We can see seven colours in a rainbow.
2. Red, blue and yellow are the primary colours.
3. Green, orange, purple are the secondary colours.
4. In the traffic light, red means to stop.
5. There are three colours seen in a traffic light. They are red, green and orange.
6. Violet, indigo, blue, green, yellow, orange, red.

B. Students will write accordingly.

C. Write the names of three things which are blue in colour.

Sky, water, blueberries.

D. Students will do themselves according to the instauration.

E. Look at the picture of the cricketers below and write their uniform colours.

Blue, yellow-green, white, orange-yellow, green, blue, green-yellow, black.

WORK-SHEET-2

A. SAFE or NOT

Write yes, if the object is safe to touch. otherwise, write no.

Fire

Knife

Spoon

Tap

Match box

Water bottle

Bulb

Switch board

B. Match the foods with their food groups.

1. Chicken

Fruits

2. Watermelon

Vegetables

3. Bread

Meats

4. Brinjal

Grains

C. Complete the sentence. (What colour is it?)

1. An elephant is _____.

2. A snowman is _____.

3. A carrot is _____.

4. A frog is _____.

5. A beetroot is _____.

D. Write any three good manners.

1. _____

2. _____

3. _____

E. Write down 4 tips to reduce food waste.

- 1. _____

- 2. _____

- 3. _____

- 4. _____

F. Write three safety rules that should be followed on the road.

- 1. _____

- 2. _____

- 3. _____

G. Draw a friendship card in the box.