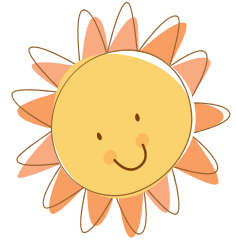




Syllabus aligned to NCF for Foundational
Stage, 2022 as per NEP-2020



Insight Life

A book on Moral Values

Teacher's Manual
Class-2



Gateway Publication
Educational Publisher

Chapter's Name	No. of Periods	Introduction + Study of the Text + Discussion	No. of Periods	Class work + Activities + Home Work	Total No. of Periods
1. Prayer	1	Read, explain the meaning, discussion of Ques/Ans.	1	Objectives as classwork, Ques/Ans writing as home work.	2
2. Love your family	1	Reading, explanation, discussion of Ques/Ans.	1	Objectives & Activity as classwork, Que/Ans., writing & picture as homework.	2
3. Love your country	2	Reading, explanation, discussion with reference, Ques/Ans.	1	Objectives as classwork writing Ques/Ans. & colouring, writing incident as homework.	3
4. The Rainbow – God's Promise	1	Reading with explanation, Ques/Ans discussion.	1	Objectives and Activity as classwork, exercise Ques/Ans. as homework.	2
5. Hygiene and Cleanliness	2	Explain the importance of the points with reference.	1	Objectives as classwork, Ques/Ans, activity as homework.	3
6. Our Safety	1	Explain the important process, discussion of Ques/Ans, other examples.	1	All the objectives as classwork, Ques/Ans. writing & activity as homework.	2
7. Being Content	1	Explanation with other examples, Ques/Ans. discussion.	1	Whole exercises as classwork except activity & Activity as homework.	2
8. God is with you	1	Explanation with reference to the story.	1	Ques/Ans. as homework and objectives, activity as classwork.	2
9. Learning Yoga	2	Explanation regarding the importance of yoga, demonstration, main features.	1	Do yoga practise as classwork. Stick pictures on chart as homework.	3

Chapter's Name	No. of Periods	Introduction + Study of The Text + Discussion	No. of Periods	Class work + Activities + Home Work	Total No. of Periods
10. Being Forgiving	2	Explanation with reference to other stories, Ques/Ans. discussion.	1	Whole exercises as classwork except activity. Activity as homework.	3
11. Being Honest	1	Explanation with the value points, Ques/Ans. discussion.	1	Except activity everything from exercises as classwork, activity as homework.	2
12. Being Polite	2	Explanation with the value, Ques/Ans. discussion.	1	Exercises as classwork, activity as homework.	3
13. Learning to trust God	1	Explanation with reference to the story, Ques/Ans. discussion.	1	Exercises as classwork, activity as homework.	2
14. Being Punctual	2	Explanation with the importance, reference to other stories, Ques/Ans. discussion.	1	Exercises as classwork, activity as homework.	3
15. Being United	2	Explanation with various examples, other stories, Ques/Ans. discussion, can show video also.	1	Objectives as classwork, Ques/Ans. writing, activity as homework.	3
16. Success through hard work	2	Explanation, regarding importance of the values, Ques/Ans. discussion.	1	Objectives as classwork, Ques/Ans. writing, activity as homework.	3
17. God's glorious protection	1	Explanation with reference to the story, discussion of Ques/Ans.	1	Exercises as classwork, activity as homework.	2
Total No. of Periods	25		17		42

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

1. God made this beautiful world.
2. We should thank God for what he has given us-night, day, light, food, loving care etc.
3. Yes, God can see and do everything.
4. A prayer bring us closer to God.
5. Our Prayer should be heartfelt then only it will reach God.

B. Fill in the blanks.

1. nature
2. God
3. Stars
4. loudly
5. Prayer

C. Circle the correct answer.

1. With a reason
2. everything
3. heart
4. God
5. love

D. Tick (✓) the correct answer.

- a. plants
- b. forgive
- c. give
- d. hate

Activity Zone**A. Things in and around your house.**

Trees, flowers, birds

Things in and around your school.

classrooms, trees, playground.

Things in and around a pond.

Fish, plants, water.

Things in the sky.

sun, moon, stars.

B. Put a tick mark (✓) on the things you do to use things wisely.

- (✓) (✓) (✓) (✓) (✓) (✓)

(students will tick according to their response/choice)

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

1. My mother cooks food for us and take care of all of us at home.
2. When I get up, I wash my face, brush my teeth.
3. My father earns in my family.
4. Love and respect is the root of a good family.
5. I feel happy when someone in my family loves me.

B. Read and write.

Three things for which I am thankful to my parents.

1. They gave me life.
2. They take care of me and provide me all my needs.

3. They teaches me good manners.

Three things which I promise to do my parents.

1. Always give respect. 2. Never do any wrong work. 3. Bring good marks in class.

C. Put a (✓) if you agree or (✗) if you don't agree.

1. ✓ 2. ✓ 3. ✓ 4. ✓ 5. ✓

(answers will vary according to the students)

D. Write down about your parents.

Students will write themselves.

E. Put a star in the box

1. ★ 2. students choice 3. ★ 4. students choice 5. ★

Activity zone

A. Things you like:

Safe environment Good friends surrounded by my favourite family members

Things your dislike:

Eating unhealthy food no open place for playing small rooms

B. Decode:

- | | |
|------------|----------|
| (a) ALWAYS | OBEY |
| YOUR | ELDERS |
| (b) KEEP | YOURSELF |
| CLEAN | |
| (c) LOVE | EVERYONE |

Chapter-3

Love Your Country

Exercises

A. Answer the following questions.

1. The people were not happy with the new rulers.
2. The new rulers tried to stop the people who were trying to free their country by throwing them into prisons which led to their death and made stricter laws and rules.
3. The wise leader was known as Bapu.
4. The wise leader and his followers walked for twenty four days.
5. The meaning of 'Bapu' is Father of the Nation.

B. they worked hard and sacrificed their lives to free our country from the British rule.
Mahatma Gandhi.

D. Match the words.

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

E. Fill in the details. (answers will vary according to the student's response)

- | | |
|---|----------------|
| 1. Kolkata | 2. West Bengal |
| 3. Culture/Durga puja/ festivals | 4. Rosogulla |
| 5. Victoria Memorial/ St Paul's Cathedral church/ Zoo/ Birla Planetorium. | |

F. Three reasons you like your country.

I like my country because

- it is a beautiful country and famous all over the world for its cultures and traditions.
- India is famous for 'Unity in Diversity'.
- it is a country of natural beauty where great people took birth, did great works for our country.

G. Names of the following.

1. Taj Mahal, Agra / Gateway of India, Mumbai / Qutub Minar, New Delhi / Red Fort, New Delhi / Hawa Mahal, Jaipur / Sanchi Stupa, Sanchi etc.
2. Mahatma Gandhi / Lala Lajpat Rai / Netaji Subhas Chandra Bose / Bal Gangadhar Tilak / Bhagat Singh / Bipin Chandra Pal etc.
3. Tirumalai Krishnamacharya / Swami Vivekananda / B.K.S. Iyengar / Swami Sivanand etc.
4. Pani Puri, Samosa, Biryani, Tandoori Chicken.
5. Hockey / Kabaddi / Football / Cricket etc.
6. Salman Khan / Amitabh Bachchan / Raj Kapoor / Dev Anand / Rajesh Khanna / Shah Rukh Khan.
7. C. V. Raman / Megnad Saha / Jagadish Chandra Bose / Homi. J. Bhabha / Srinivasa Ramanujan.
8. Kolkata / Chennai / Mumbai / Jaipur / New Delhi / Bangalore / Hyderabad.

Activity Zone

A. Identify the persons and write their names below.

Mahatma Gandhi	Raja Harishchandra	Swami Vivekananda
Lord Mahavira	Dayananda Saraswati	Gautam Buddha

B. Unscramble to following to form meaningful words.

1. HONESTY
2. PATIENCE
3. COURAGE
4. GOODNESS

C. Student will write of their own incident.

Chapter-4

The Rainbow-God's Promise

Exercises

A. Answer the following questions.

1. Noah and his family stayed more than a year in the ark.
2. Noah sent out a dove after seven days and it returned with an olive leaf in its beak, which cheered and comforted Noah.
3. The ark rested on the Mount Ararat.
4. A dove brought an olive leaf.
5. God placed a rainbow in the sky as a promise.
6. A raven was sent out first by Noah.

B. Fill in the blanks.

1. safe
2. rested
3. dove, olive
4. saving
5. rainbow

C. Make sentences with the following words.

1. safe - The children were safe in the cabin.
2. morning - I get up every morning at 5 am.
3. leaf - A compound leaf has a divided leaf blade called leaflets.
4. obey - We should always obey our parents.
5. promise - I promise that I will become an army officer when I grow up.

Chapter-5

Hygiene and Cleanliness

Exercises

A. Answer the following questions.

1. I should brush my teeth twice a day to protect them from germs.
2. We should take a bath daily to wash away germs and prevent illness, infection and other problems.
3. We should use a handkerchief or a tissue paper to cover our mouth while coughing or sneezing.
4. We should throw the rubbish in the dustbin.
5. We should trim our nails at regular intervals to keep it short.

B. Fill in the blanks.

1. clean
2. towel
3. before
4. clean
5. clean

C. Y or N

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

D. Complete the sentences.

1. wash our hands with soap.
2. good soap and clean towel
3. use a good soap or shampoo.
4. brush them twice a day.
5. keep ourselves neat and clean.

Activity Zone

1. Students will make chart on their own.
2. Complete the blanks.
 1. I brush my teeth and take bath.
 2. I wash my hands with good soap and wear clean clothes.
 3. I brush my teeth.

Chapter-6

Our Safety

Exercises

A. Answer the following questions.

1. Accidents happens on the road because people are not careful.
2. Roads are not a safe place to play because there are fast-moving cars, big buses and motorcycles.

3. While crossing the road we must look to our right, then to our left and to our right again.
4. When people are not careful on the road many road accidents happen.
5. We should always walk on the footpath.

B. Write Yes or No.

1. No 2. Yes 3. Yes 4. Yes 5. No

C. (✓) the correct answer.

1. b 2. b 3. a 4. b 5. b

D. Fill in the blanks.

1. helmet 2. seatbelt 3. head 4. crossing

E. (✓) second picture

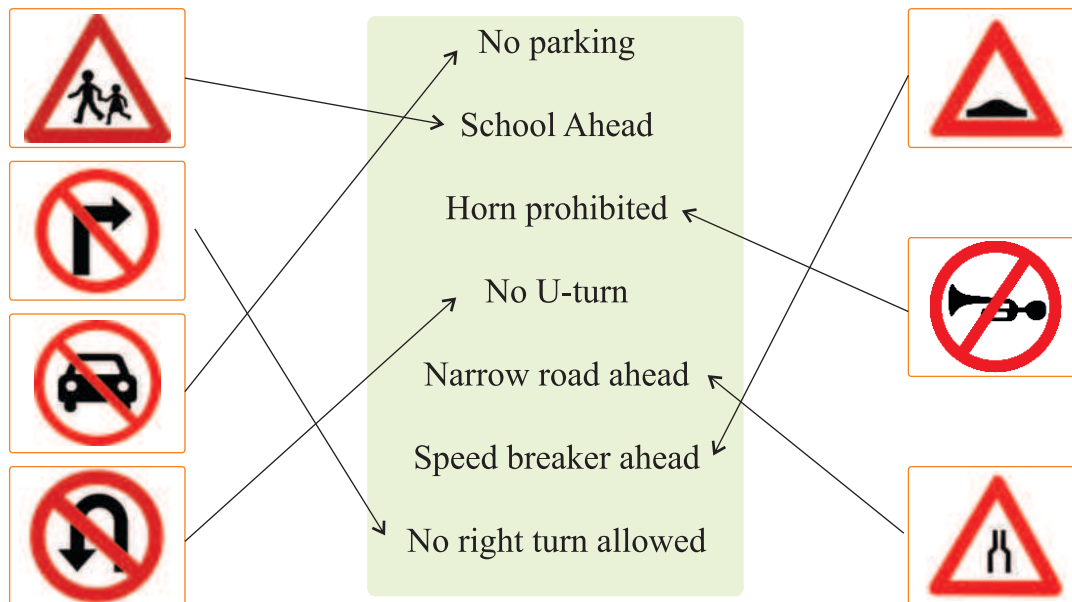
F. Students will colour the given signs with red colour.

Activity Zone

- A.** 1. ✓ 2. ✗ 3. ✗ 4. ✓ 5. ✗ 6. ✓

B. Students will do it themselves.

C.



Chapter-7

Being Content

Exercises

A. Answer the following questions.

1. Foha was thinking that if he was rich like Don, he could have done anything he wanted to do and not have to face so much of trouble.
2. Foha was going to his house after school.
3. Foha thought that Don has everything, he could ever wish for as he is very rich, his house is so beautiful, have costly toys and wears expensive clothes.
4. Being content means a state in which one is satisfied with what he/she has.
5. We should be happy with what we own and what we have.

B. Write T for true statement and F for false statement.

1. F 2. F 3. F 4. F 5. T 6. F

C. Fill in the blanks.

1. Mummy 2. wears 3. school 4. happy 5. everything

D. Read and answer.

1. a. Father b. Mother c. Friends
2. a. Hill station (can mention the name).
b. Sea side (Beach).
c. Forest area or any particular places what the student likes.
3. a. Spend more time with family and friends.
b. Do the act of kindness.
c. Be punctual for every work.

Activity Zone

A. One example:

To learn a language	Read the news, books, watch short videos	Teacher/ parents/ watching a show in another language with subtitle
---------------------	--	---

B. Students will do it themselves.

- C.** 1. HUMANITY 2. GOODNESS
3. EXCUSABLE 4. FORGOTTEN

Chapter-8

God is with you

Exercises

A. Answer the following questions.

1. Joshua divided the land of Canaan into twelve parts.
2. Joshua died at the age of 110 years.
3. God used the Midianites to trouble them for seven years, so that Israelites can come back to Him.
4. Gideon felt sad because of the way the Midianites troubled them.
5. God had sent the stranger.

B. Fill in the blanks:

1. God 2. creation 3. help 4. 110 5. Midianites
6. Israelites 7. Gideon 8. miracle 9. fire 10. belief/faith

- C.** 1. T 2. F 3. F 4. T 5. F

Activity Zone

Decode:

PATIENCE ALL DAY PRAYER MERCIFUL

WORK-SHEET-1

A. Tick (✓) the correct column for these actions.

Actions	Good Hygiene	Poor Hygiene
1. Take a bath or shower		
2. Wear the same clothes day after day		
3. Washing your hands when they are dirty		
4. Wearing stinky shoes		
5. Biting your fingernails		

B. Write 'true' or 'false'.

1. Never go alone for swimming.
2. Always talk to the driver while he is driving.
3. Never play with sharp objects.
4. We should always obey traffic rules.
5. Doll is a dangerous thing.

C. I Love My Country

Let's write in the hearts our responsibilities for our country.



D. Unscramble the following to form meaningful words.

1. CSRAICEFI = _____
2. AULQISEIT = _____
3. ORPTTCE = _____
4. MROPESI = _____
5. HTURT = _____

E. Multiple choice question (MCQ):

Choose the correct answer and write it in the given blank space.

1. It is important to have a good _____ to be successful in your life.
a. appearance b. attendance c. attitude d. respect
2. Being _____ means being happy with what you have.
a. discontent b. content c. honest d. possessive
3. Strong _____ means you have a high sense of moral and ethical behavior.
a. cooperation b. confidence c. attitude d. character
4. _____ is essential at work because you must be able to work with others.
a. Communication b. Integrity c. Cooperation d. Honesty
5. _____ skills such as writing, speaking and body language are important work ethics so that you can be clear in your message to others.
a. Communication b. Cooperation c. Honesty d. Integrity

F. Make a colourful poster and mention any five good hygienes.

Chapter-10

Being Forgiving

Exercises

A. Answer the following questions.

1. Birju borrowed money from the king.
2. Birju beat his friend because his friend could not pay back the money at that time.
3. The unforgiving Birju was punished by the king by putting him in prison.
4. Forgiveness means to stop blaming somebody for hurting us.
5. The moral of the story is 'If we forgive others, God will also forgive us'.

B. Fill in the missing words.

1. return 2. happily 3. king 4. money 5. angry

C. Colour the candles.

(students will do it themselves)

D. Write the first letter of the name of each object.

S O R R Y

E. Read and answer.

- (i) Gardening
(ii) Meditation
(iii) Playing with the pet. (answer will vary from student to student)
(i) Puzzles/any other indoor games (ii) Badminton (iii) Football/ Cricket
(Students answer may vary)

Activity Zone

A. Do's

1. We should respect all especially the elders.
2. Always speak with care and thoughtfulness
3. Always be kind to others.

Don'ts

1. Don't use rough language.
2. Don't hurt others.
3. Don't distract the class during lessons.

B. x ✓ x ✓ ✓ x

C. (Students will do it themselves)

Chapter-11

Being Honest

Exercises

A. Answer the following questions.

1. Soham was a wood cutter.
2. Soham's axe fell into the river.
3. Water God appeared before Soham.
4. Water God did not give Soham the iron axe first because he wanted to check Soham's honesty.
5. Water God gave both the golden and silver axes to Soham as a reward for his honesty.

B. Fill in the blanks using the words given below.

1. poor 2. axe 3. wood 4. honesty

C. Match the Words.

1. An honest person → Soham replied
2. Soham was → from God
3. "No, it is not my axe" → cannot be greedy
4. This is the reward → a wood cutter

D. Think and answer.

1. It help in developing good attribute like kindness, discipline.
2. It builds trust.
3. It helps to be faithful.

E. 1. dishonest 2. honest 3. dishonest 4. honest 5. honest

Chapter-12

Being Polite

Exercises

A. Choose and write the correct answer.

1. cave 2. please 3. thanked 4. chocolates 5. forget

B. Match the expressions to the situations in which you will use them.

1. c 2. a 3. b

C. Fill in the blanks using the given words.

1. being polite 2. happy 3. remember

D. What will you say in the given situations? Write in the given space.

1. Can I borrow your pen, please? 2. Thank you for the delicious food.
3. I'm sorry, I dropped ink on your favourite shirt.

E. Put tick (✓) on the correct polite expression to be used in the following situation.

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

Activity Zone

A. Student will do it themselves.

B. Students will make poster themselves.

C. Thank you – for the nice gift - (To someone for a gift)
Sorry – If we hurt, tease, insult or disrespect any one.
Please – When we want something from other or we are in danger.
(Students will give the answers according to their own experiences)

Chapter-13

Learning to trust God

Exercises

A. Answer the following questions.

1. Moses prayed to God and asked for his help when the Israelites faced the water problem again.
2. God asked Moses to take some of the leading men to certain rock and to speak to the rock in Toreb.
3. When Moses struck the rock water gushed out from the rock.

B. Fill in the blanks.

1. trust 2. God 3. Toreb 4. everything

C. Choose and tick (✓) the correct answer.

1. Sinai 2. Moses 3. God

Activity Zone

Message

BEING HONEST IN
YOUR HEART FEELS
BETTER THAN
ICE CREAM

Chapter-14

Being Punctual

Exercises

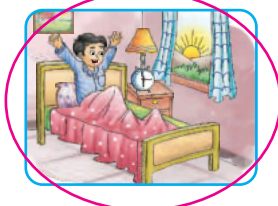
A. Answer the following questions.

1. Punctuality means being on time.
2. An unpunctual person faces difficulties such as less trust worthy, objects of complaints, isolate them.
3. A person who is punctual is respected by all.
4. A person who is not punctual / lazy/ careless / are ignored by all.

B. Give four examples of the bad effect of unpunctuality in your daily life.

1. Lack of trust 2. Missing the opportunities
3. Stress and anxiety 4. Disorganised

C. Circle the correct activity and cross the wrong activity.



D. Fill in the blanks using the words given below.

1. learn, everything 2. respects 3. punctual 4. none

E. Write 'Yes' or 'No' for each of the following.

1. Yes 2. No 3. Yes 4. Yes 5. Yes

F. Write 'True' or 'False' for the given statement.

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

Activity Zone

A. Think and write.

1. Preferred to be on time.
2. Fifteen minutes before the school commences.
3. Half an hour before the school bus leaves.
4. Half an hour before the given arrival time. (answer may vary according to the students)

C. Find out the names of different animals or birds from the grid given below.

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

Chapter-15

Being United

Exercises

A. Answer the following questions.

1. The state of being united or joined as a whole is known as unity.
2. No, the ants aren't selfish.
3. The people of a country should be united in order to ensure better quality of life for all, to have greater happiness, over all social and national development.
4. The moral value we learnt from this lesson is "United we stand, divided we fall".

B. Fill in the blank using the given words.

1. unity, strength.
2. family
3. work

C. Find out if you are a good team player by colouring the circle under Y for the things you do or N for the things you don't. Use the same colour of the circle.

1. Yes
2. Yes
3. Yes/No
4. Yes
5. No/Yes
6. Yes/No
7. Yes
8. Yes (answer may vary according to the student)

D. Write 'T' for true and 'F' for false statement.

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

E. Answer the following questions.

1. Play football, cricket/ duet song/ give a hug/ to move anything heavier etc.
2. We feel more happy when we are with our friends.
3. I will cooperate with my friends in the playground by paying attention, working together, sharing, be clear and specific.
4. I help my mother at home by helping her with household chores- set the table or take out trash, cleaning up any objects on the floor, by taking dishes or cups to the kitchen to be washed, making bed etc.
5. I will help my teacher in the classroom by being respectful in and out of the class, follow directions, pay attention to the class, participate in class discussion, avoid unnecessary chatting.

Activity Zone

A. Student will do it themselves.

- B.** Team leadership, time management, listening, problem solving, good relationship.
- C.** The students will colour the picture according to their choice.
- D. Think and write**
 - a. Ricksaw puller/ auto driver, the sellers of the vegetables.
 - b. A waiter.
 - c. Doctor, nurses, ward boys etc.

Chapter-16

Success through hard work

Exercises

A. Answer the following questions.

1. Indra Nooyi was born in Chennai.
2. In their childhood, their mother used to ask the girls that what they would do when they grow up.
3. Indra Nooyi started working as a receptionists to earn for her fees while she was at Yale.
4. Her professor advised her to wear what she felt comfortable in.
5. She is an inspiration for millions of young people today as she has proved that we can achieve everything as long as we work hard.

B. Fill in the blank using the given words.

1. never 2. learn 3. trying, succeed.

C. Find out if you are hard working by colouring the circle under Y or N. Use the same colour of the circle.

1. Y 2. Y 3. Y 4. Y/N 5. N/Y 6. Y 7. Y
8. Y 9. Y 10. Y (answers may vary according to the students response)

D. Answer the following questions.

1. To pass my exam with good marks, I should study hard regularly.
2. The habit of doing work regularly, properly and on time. (answer may vary from students)
3. Success is what motivates me to work hard with full interest, desire to impress the parents, teachers or peers, inherent desire to excel in academics.
4. (Students will write according to their experience)
5. To keep fit, I eat a healthy and balanced diet, do yoga, wake up early in the morning, stay well hydrated, get enough good sleep, always wash my hands etc.

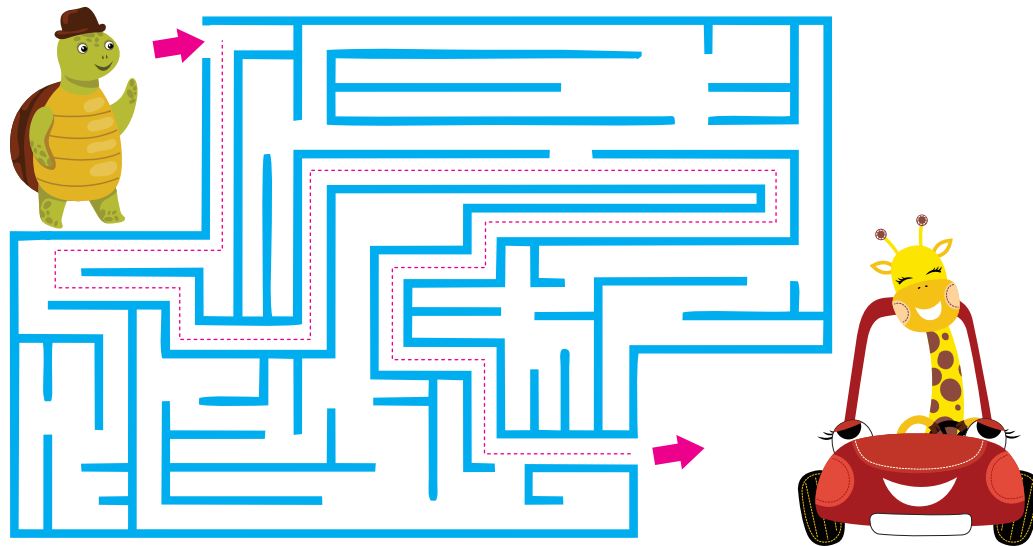
E. Who does the following work at your home?

1. Mother 2. Mother/ Father
3. Mother/ maid 4. Mother/ elder sister
5. Father/ mother

Activity Zone

- A.** Control our words and body language, must be polite in our responses, could express our feelings as opinion not fact, don't take the disagreement personally etc. (answers may vary according to the students response)
- B.** Students to do themselves.

- C. Take the tortoise to his friend. If there is a problem on the way, don't give up. Keep trying until you succeed and find the correct way out.**



Chapter-17

God's glorious protection

Exercises

A. Answer the following questions.

1. God sent clouds as a protection over the Israelites by day.
2. God sent glowing clouds to give the Israelites light and warmth in the dark cold night.
3. God choosed to be in the pillar of cloud in order to give protection to the Israelites.
4. God made the Israelites walk in the wilderness because he wanted to be alone with them and give them time to think of Him and Love Him.

B. Fill in the blanks.

1. lighted
2. bright
3. God
4. protecting
5. love

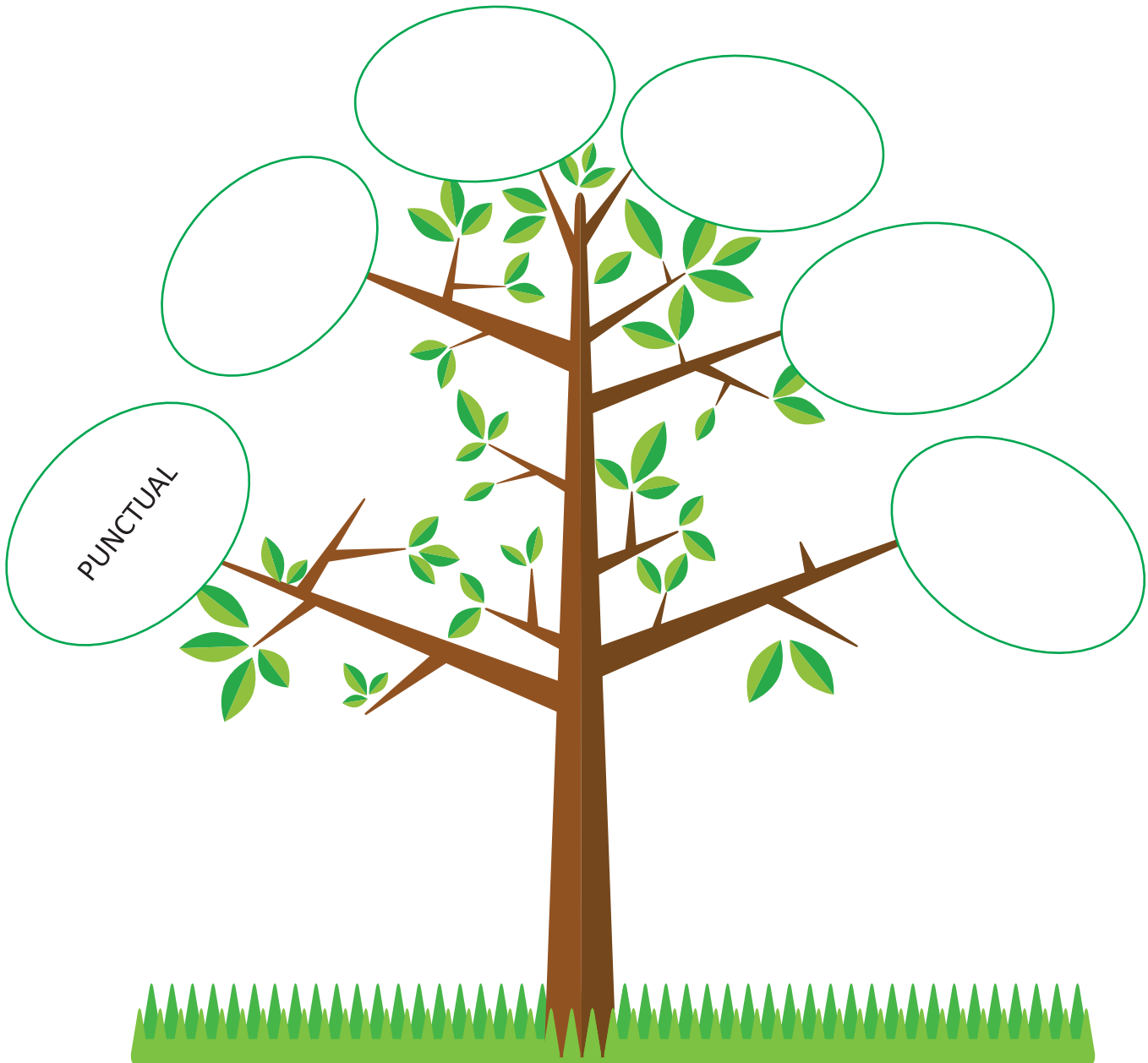
C. Make sentences with the following words.

1. fire - We warmed our hands over the fire.
2. light - There is not much light in the room.
3. happy - I am happy to see my best friend in my birthday party.
4. colour - I have different colour dresses.
5. alone - Rima lived alone for many year.

D. (Students will make greeting cards themselves)

WORK-SHEET-2

A. Write down all the values you have learnt in the class and complete your value tree.



B. What will you do in this situation? Put a tick (✓) to the appropriate answer.

1. You recently got your report card and your marks in English is not good. What will you do?
 - a. Feel sad and cry. ☐
 - b. Promise that you will study hard to get good marks. ☐
2. If unknown person asks about your address and contact?
 - a. Do not give the details. ☐
 - b. Give the details. ☐

3. Your house is situated on the third floor. How do you go to your house?

a. Use the stairs

☐

b. Use the lifts always

☐

C. Write the names of any six things that plants provide us.

D. Write down any 3 perfect postures of person.

1. _____

2. _____

3. _____

E. Write some notes on child pose while doing yoga exercises.

F. Writing three quotation on 'Being United'.

1. _____

2. _____

3. _____

G. Write one situation each when you used the three magical words.

1. Thank you : _____

2. Please : _____

3. Sorry : _____