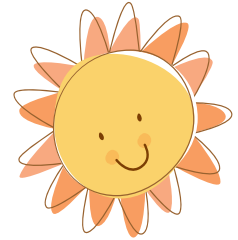




Syllabus aligned to NCF for Foundational Stage, 2022 as per NEP-2020



# Insight Life

**A book on Moral Values**

**Teacher's Manual**  
**Class-4**



**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. Prayer	1	Explanation, reading and reciting any other prayer also.	1	Discussion of Ques-Ans. from the exercise, objective, answer to be written as classwork. Ques-Ans., Activity as homework.	2
2. Mother Teresa– The Angel of mercy	1	Explanation, reading, explain other works of Mother Teresa, discussion of Ques-Ans.	1	Writing Ques-Ans. and activity as homework and other objective parts as classwork.	2
3. Appreciate cultural values	2	Explain, reading, discuss the culture of other states also, discussion of Ques-Ans.	1	Objectives and activity as classwork & Ques-Ans. and writing as homework.	3
4. God's first commandment is Love	1	Explain, reading, also connect other stories related to the topic, Ques. Ans. discussion.	1	Exercises as classwork and activity as homework.	2
5. A lesson to learn from the life of A.P.J. Abdul Kalam	2	Reading, explain in detail along with other works of A.P.J. Abdul Kalam.	1	Whole exercises as classwork & activity as homework.	3
6. Hard work is the road to success	2	Reading, explain, can give other reference stories, incidents related to the same topic.	1	Whole exercises as classwork & activity as homework.	3
7. Work is worship	1	Reading, explanation, reference stories can be discussed.	1	Exercises as classwork and activity as homework.	2
8. Love your enemies	1	Reading, explanation, discussion of Ques-Answers.	1	Exercises as classwork and activity as homework.	2
9. Health and Fun with Yoga	2	Explain the importance and demonstration.	1	Make a chart on it.	3

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
10. True Friendship	1	Reading, explanation, discussion of any other related stories.	1	Exercises as classwork and activity as homework.	2
11. Being Sincere	1	Reading, explanation, can refer to any other person's life history as an example.	1	Exercises as classwork and activity as homework.	2
12. Being Punctual	1	Reading, explanation, refer to any other leader's work related to this topic.	1	Exercises as classwork and activity as homework.	2
13. Forgiveness	1	Reading, explain, discuss Question Answers.	1	Exercises as classwork and activity as homework.	2
14. Being Brave	1	Reading, explain, refer any other stories or incidents.	1	Exercises as classwork and activity as homework.	2
15. Being honest and truthful	1	Reading, explain, discuss Question Answers.	1	Exercises as classwork and activity as homework.	2
16. Being a responsible citizen	1	Reading, explain, can give other reference stories/incidents.	1	Exercises as classwork and activity as homework.	2
17. Easter Sunday- The happiest day	1	Reading, explain, discuss about the ways how to celebrate.	1	Exercises as classwork and activity as homework.	2
<b>Total No. of Periods</b>	<b>21</b>	<b>—</b>	<b>17</b>	<b>—</b>	<b>38</b>

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

1. God takes care of us.
2. We should thank God for all good things that God has given.
3. God helps us to do good things.
4. We talk to God through prayer.

**B. Answer the following questions in 'Yes' or 'No'.**

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

**C. Write the name of five things that God has given you.**

1. Sun
2. Air
3. Water
4. Trees
5. Animals

**D. Make sentences with the following words.**

1. Flowers bloomed **everywhere** in the garden.
2. Rosy is a **beautiful** girl.
3. The Earth and the Moon are part of the **Universe**.
4. My **prayer** is with my friend and her family.
5. Clear skies, warm temperatures are signs of **pleasant** weather.

**E. In the frame provided below, write a sentence on something about God that you strongly believe in. Make your own quote!**

Whenever I am in trouble and seek help from God, I am provided.

'Believe in God, You will be happy'

**Activity Zone****A. Given below are some famous quotations on success in life. Find out what they teach and write whether you agree or not.**

All answers will be 'Agree' in general otherwise depends on the student's own choice.

**B. Imagine that you are not able to do well in exams. You are very upset. Write a paragraph describing your feelings and your future plans.**

I am feeling very depressed. I studied a lot for the exam but still did not do well. I am anxious.

For future plan

I need to concentrate on my next exam and if I do this exam well it would give me satisfaction, motivation to work hard for higher studies.

**D. Circle of life:**

God knows everything. He created this beautiful world, has made all of us. Without God we cannot do anything. We should become God fearing, honest, hard working, sincere and well mannered.



## Exercises

## A. Answer the following questions.

1. Seeing poverty and misery in the slums around her in Calcutta (now Kolkata), Mother Teresa started the Missionaries of charity.
2. Looking after the sick and poor – homeless children in orphanage and dispensaries, schools for the poor – these are the good work done by Missionaries of charity.
3. Once during winter a patient did not have a quilt, so she was about to tear open her pillow to take out the cotton for making a quilt and just then the doorbell rang, a man came with quilts. This is the example which Mother Teresa gave to show that 'God provides'.
4. The two awards given to Mother Teresa are Nobel peace prize and Bharat Ratna.
5. We can follow Mother Teresa's example by serving poor and the needy.

## B. Write true or false beside the given sentences.

1. true
2. false
3. false
4. true
5. true

## C. Fill in the blanks with the help of the words given below.

1. Yugoslavia
2. convent
3. Missionaries of charity
4. religions
5. Bharat Ratna

## Activity Zone

- A. Can donate my/our old books, teach the poor kids by giving them free education, can donate old clothes, food is left unused in social gatherings instead of throwing it away we can feed the poor.
- C. A lady of 66 years age has three daughters and two sons. After her husband's death her children did not look after her as they were not with her and nobody wanted to take her with them. To maintain peace she left her house and came to live in the old age home.

It had opened my eyes to the realities of aging and the importance of cherishing each moment with our loved ones, I have understood the need to treat every individual with kindness, love, respect.

## D. How would you describe Mother Teresa? Write your description in the circle given below.



## Exercises

## A. Answer the following questions.

1. Diversity means difference in customs, habits, traditions and lifestyles of the people living in a country.
2. Indian culture is extremely diverse due to its demographic diversity but still it is actually a country called unity in diversity which binds all the people in their nationality.
3. All Indians honour the national flag and stand at attention while singing the National Anthem. These are common to all Indians.
4. We must always remember the basic national unity whenever we meet.
5. Rabindranath Tagore wrote and composed our National Anthem.

## B. Write true or false beside the given sentences.

1. false
2. true
3. false
4. true
5. true

## C. Fill in the blanks with the help of the words given below.

1. variations
2. ancient
3. honour
4. sensitively
5. Sanskrit

## D. Interview a classmate who comes from a different Indian state. Jot down the information in the questionnaire given below.

Name of the state : Bihar  
 Language (s) : Maithili, Bhojpuri, Magadhi  
 Traditional Women's Dress : Saree  
 Traditional Men's Dress : Dhoti, Kurta.  
 Traditional Meal : Dal, bhaat, chockha, roti

## Activity Zone

## A. Write the names of the following persons.

1. Mr. Narendra Modi
2. Mr. Amit Shah
3. Mr. Rajnath Singh
4. Ms. Droupadi Murmu
5. Mr. Jagdeep Dhankhar

## C. Find six words related to diversity in the word search given below.

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

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

1. The rich man had two sons.
2. The younger son asked for his share of wealth.
3. With his share of money he did feasting, giving parties, gambling, playing with people who liked him.
4. When all his money was finished then his merry - making friends left him in the strange country and went their way.
5. When the father saw the boy, he ran down the road towards him, hugged the sad and ragged boy, and kissed him.

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

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

**C. Match the following.**

- | A   | B                              |
|---|--------------------------------|
| 1. The younger son was stubborn and         | went off to a far off country. |
| 2. The father felt that his son was         | coming far down the road.      |
| 3. The boy took everything that was his and | always disobeyed his father.   |
| 4. One day the father saw someone           | forgive and accept us.         |
| 5. God is eagerly waiting to                | so unthankful and rebellious.  |

**D. Fill in the blanks.**

1. two
2. rebellious
3. stubborn
4. welcome
5. eagerly

**E. In the frame provided below, write a sentence on any person that you believe is forgiving. Make your own quote!**

Desmond Tutu, a South African bishop, theologian and social rights activist is widely recognized for his forgiving nature.

**Quote** – 'Always forgive your enemies; nothing annoys them so much'.

**Activity Zone****A. 'God is one'. We pray to him by different names. Think of any five important qualities of God and write them below.**

1. omnipresent
2. non-physical
3. all - just
4. all - merciful
5. all-loving

**B. Write the names of the founder of the following religions.**

1. Mahavira
2. Sidhartha Gautam
3. The prophet Muhammad
4. The prophet Zoroaster

**C. Find out the qualities of a religious man from the following grid and write them down.**

KIND	LOVING	INTELLIGENT
COURAGE	SIMPLE	HELPFUL
TRUTHFUL	SATISFIED	CARING

**D. Think and complete the following sentences.**

..... involvement of an intentional decision to let go of anger. It leads to feelings of understanding, empathy and compassion for the one who hurt you.

..... I least expected it and it lifted a heavy weight off my shoulders.

..... my friend when they opened up about their struggles with anxiety.

## Chapter-5      A lesson to learn from the life of A.P.J. Abdul Kalam

### Exercises

**A. Answer the following questions.**

1. The important value I have learnt from this lesson is that dream big and achieve great goals in life.
2. He was studying under rationed kerosene lamps because in those days there was no electricity.
3. His father said that without his permission not to receive any gift and also states that a gift is always accompanied by some purpose and is dangerous in many ways, like touching a snake and getting poison in return.
4. Abdul Kalam shudders when someone appears with a gift because he remembers the incident that he faced in his life and that taught him a very valuable lesson in his life which always stands out in his mind, even his old days.
5. If it means to be dishonest then I will not accept it as it could be dangerous in various ways in return.

**B. Complete the sentence.**

- |   |                                      |
|---|--------------------------------------|
| 1. 15th October, 1931   | 2. a sailor                          |
| 3. distributing newspaper   | 4. he was noble and good human being |
| 5. costly dhoti, angawastram, some fruits, some sweets and a slip |                                      |

**C. Write true or false beside the given sentences.**

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

**D. Make sentences from the given words.**

1. embraced – Rahul **embraced** his sister.
2. shudder – The whole ship **shuddered** at the sudden strain.
3. embedded – The thoru was **embedded** in the cat's paw.
4. idol – The man was the **idol** of his soldiers.
5. emulate – We tried to **emulate** what we had seen in the morning.
6. nobility – I admire her **nobility**.

**E. Write a short summary of the lesson in your own words.**

From the time he was a toddler, Abdul Kalam had a number of attributes. His parents held a special place in his heart and adored him. He was a hardworking and enterprising child. He is counted among the greatest scientists of the 21st century. He became the 11th president of India and served his country. He has inspired the new generation of the country through his whole life, career, working style and writings. He still lives in our heart as the people's president and Missile man.

### Activity Zone

**A. Stick a picture of A.P.J. Abdul Kalam in your notebook and write any 5 qualities about him.**

- |                             |             |                       |
|-----------------------------|-------------|-----------------------|
| 1. Hard work and dedication | 2. Humility | 3. Visionary thinking |
|-----------------------------|-------------|-----------------------|

4. Honesty
5. Self-discipline

**D. To be a responsible person you need to first start taking initiative.**

Think of what initiatives you can take right from your immediate surroundings. Write them down.

→ Step in when someone needs help.

Be curious and learn about the work going on around us.

Find out a new opportunity for improvement.

Think of what happens if you take an initiative and if the initiative fails.

→ Write them down.

It is essential to handle the situation effectively, to learn from the experience and move forward positively assessing the failure, taking strategies to adjust for the future initiatives.

## Chapter-6

## Hard work is the road to success

### Exercises

**A. Answer the following questions.**

1. The farmer had three sons.
2. Farmer's sons were very easy going kinds of people.
3. The farmer hid the treasure in the grapery.
4. The digging of the vineyard led to such a rich crop which had never been there before.
5. Dashrath Manjhi was a poor labourer in Gehlaur village, near Gaya in Bihar.

**B. Write true or false.**

1. true
2. true
3. false
4. true
5. false

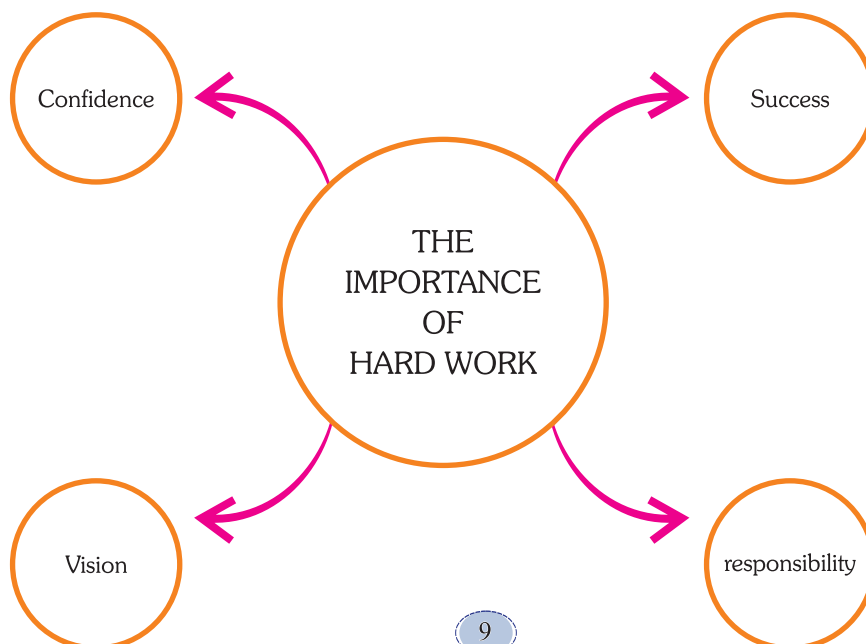
**C. Fill in the blanks with the help of the words given below.**

1. talent
2. peddling
3. digging
4. success
5. hidden treasure

**D. Choose the correct option.**

1. a
2. a
3. a

**E. Fill the bubble map below.**



### Activity Zone

- A.** 1. Dr. B R Ambedkar 2. Mahatma Gandhi 3. Mother Teresa  
4. Netaji Subhas Chandra Bose 5. Iswar Chandra Vidyasagar

**C. Use the key below to decode a famous quote by Abraham Lincoln.**

COMMITMENT IS WHAT TRANSFORMS A PROMISE TO REALITY

**D. Write a short paragraph talking about how this picture affects you. Give it an interesting title.**

Mountain cycling is a physically demanding activity that have positive effects on our mental and physical health but at the same time there is a risk of injuries due to falls, accidents on the steep mountains. It offers a great challenge, always these people take risk in their lives.

**Title** – A challenge to be a champion.

## Chapter-7

## Work is Worship

### Exercises

**A. Answer the following questions in one sentence.**

1. The minister was an honest man with a very good reputation.
2. The driver asked the guard to raise the gate to let them pass as they have to attend an important function.
3. The guard did not open the gate as the express train was expected any moment and then it would be dangerous for both the car and the train.
4. The similarity between the guard and the minister was that they both were dedicated towards their duty.
5. There may be an accident and caused danger for both the minister, driver and so many people's life who were in the train.

**B. Write Yes for the correct sentence and No for the wrong sentence.**

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

**C. Fill in the blank.**

1. reputation 2. crossing 3. guard 4. angry 5. patted

**D. What will you do in the given situations? Tick the correct option.**

1. (✓) Bring them out with you and put them in a thrash bin.
2. (✓) Bath and clean it regularly.

**E. Write a short summary of the lesson in your own words.**

In this story we get a picture of 'work in worship'. Being a reputed minister, even though the railway guard did not allow him to pass the car though his driver told him to raise the gate to pass as he had to attend an important function. But the guard did not do the wrong thing, if he would do that could not stop the accident taking so many lives. So he did his perfect duty to save many lives and at the same time the minister praised the guard for his duty instead of getting angry. So it shows the minister as well as the guard was a good person who believed every duty is holy and devotion to duty shows the highest form of worship to work.

### Activity Zone

**A. Complete the following table by writing about your duties.**

Duties for home – I should always maintain cleanliness in the study room, bed room. Give



- respect to parents, take care of grandparents and younger brother/sister and help the parents in the household work.
- Duties for school – I should be punctual, should have good behaviour, keep the school neat and clean, follow the rules and regulations, do the assigned work on time.
- Duties for society – I should have regard, respect, love for my motherland, I should not do anything selfish, I shall not lie, steal or cheat the other people, help the poor people by giving clothes, food, old books etc.

## Chapter-8

## Love your enemies

### Exercises

#### A. Answer the following questions.

1. Jesus said to his people that they are the light of this world and those who have the light of God's love can bring his love to those who are in darkness.
2. He meant that he could make all who trust him like good salt so that they can help make the world a better place in this manner.
3. God wants us to forgive and love our enemies.
4. We should be kind and pray for those who are unkind to us. We should treat all people on earth equally whether they love us or not.
5. Salt is essential in every food as it gives flavour to the food.

#### B. Fill in the blanks with the words given in the box below.

- |          |                 |            |            |
|----------|-----------------|------------|------------|
| 1. world | 2. salt         | 3. enemies | 4. Be kind |
| 5. pray  | 6. kind, loving |            |            |

#### C. Match the following.

- | A   |   | B                                   |
|---|---|-------------------------------------|
| 1. The light of God's love can bring his love | → | that people will know you love God. |
| 2. Let your light of love shine so brightly   | → | hide it under a basket.             |
| 3. You are like                               | → | for those who are in darkness.      |
| 4. We never light candle and                  | → | also cannot hide from God.          |
| 5. A city that is built on a hill             | → | salt on this earth.                 |

#### D. Write the correct word from the given jumbled words.

love, enemies, pray, evil, someone

#### E. A letter to God:

- of your grace and mercy.
- all the things you have done is for me.
- strong and kind.

### Activity Zone

#### A. Given below are some famous quotes. Can you write their meanings in the space provided.

1. All people commit sins and make mistakes. God forgives them whenever they commit sins or make mistake.
2. It highlights the importance of forgiveness and the strength it requires. By letting go of negative emotions and seeking healing and reconciliation, we can build stronger relationships and move

towards a more positive future.

3. There is power in properly admitting a mistake. We accept personal responsibility for actions or failures, it will be very difficult for us to develop self-respect or even have the respect of others.
4. Forgiveness brings a kind of peace that allows us to focus on ourself and helps us to go on with our life.

**B. Unscramble the following to form new words.**

- |              |              |             |
|--------------|--------------|-------------|
| 1. DISCIPLE  | 2. FORGOTTEN | 3. ANNOY    |
| 4. EXCUSABLE | 5. GOODNESS  | 6. HUMANITY |

**D. Observe the cartoon below. What message do you think it is giving out?**

Message : Ill treatment towards the people.

1. It means extending a welcome to guests or offering a home away from home.  
It is important because it deepens existing relationships and creates the space for new ones to flourish.
2. Greeting the guests with a smile, helping them to create a positive and hospitable first impression.  
It has the power to create lasting impressions and memories for guests. It can lead to customer loyalty, positive recommendations and increased profit.
3. Gautam Buddha.



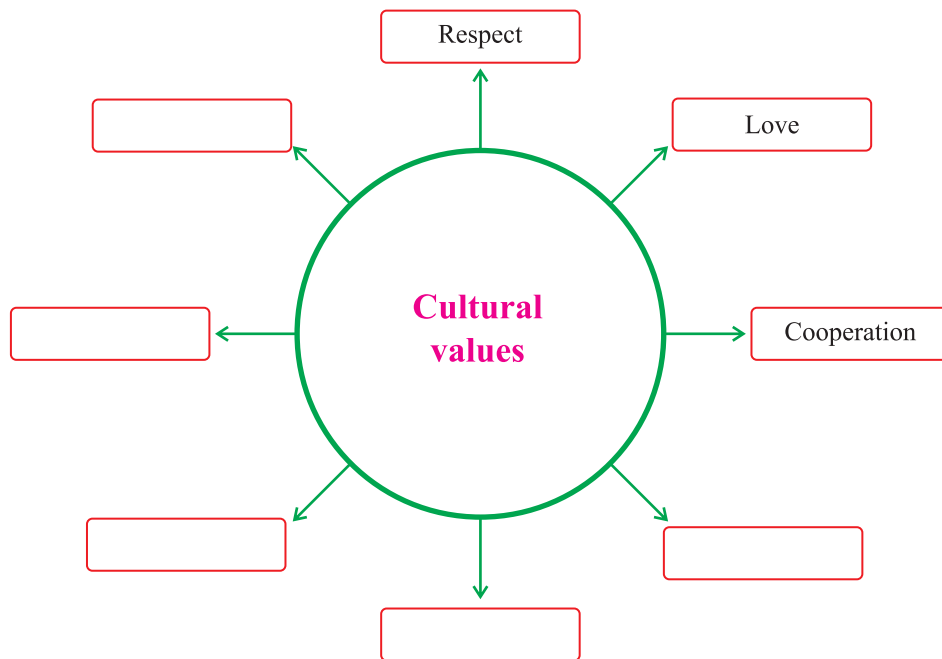
## WORK-SHEET

### 1. Collect the information and complete the followings.

#### Mother Teresa's Timeline

1910	Mother Teresa was born as Agnes in Yugoslavia
1928	
1931	
1948	
1957	
1979	
1990	
1997	
2003	

### 2. Add other vocabulary related to cultural values.



### 3. Fill in the blanks.

#### Word Bank

yourself, love,  
heart, soul,  
mind, neighbour,  
God

Love \_\_\_\_\_ with  
your whole \_\_\_\_\_,  
your whole \_\_\_\_\_  
and your whole  
\_\_\_\_\_

Love your  
\_\_\_\_\_  
as  
\_\_\_\_\_

**4. Match the following (on APJ Abdul Kalam)**

A	B
1. Father of Abdul Kalam is	Avul Pakir Jainulabdeen Abdul Kalam
2. Served as president of India	15th october 1931
3. Birthday is on	at Shillong
4. Full name is	Jainulabdeen
5. Died on 27 July 2015	for 5 years

**5. Write your own quotation on without hard work there is no success.**

**6. How all of the family members contribute in the daily household activities?**

**7. How can you show a friend who dislikes you about God's love? Write about it in 5 sentences.**

**8. Prayer Notes**

I can talk to God about.

a. I praise God for

b. I'm sorry for

c. I'm thankful for

d. I ask God for

**9. Share your ideas after your daily yoga.**

a. How much effort are you able to put into yoga?

b. Did you find the music helpful for yoga?

c. What is one benefit you noticed from yoga?

d. Are you satisfied with the yoga?

**10. Caring for the Environment.**

Write about ways in which you could care for the environment in school and at home.

Example: Switching off light, reuse.....

SCHOOL	HOME
1. _____	1. _____
2. _____	2. _____
3. _____	3. _____
4. _____	4. _____

## Exercises

**A. Answer the following questions.**

1. Suchi wanted to invite her friends for a get - together.
2. Suchi did not invite Hafida because now she has made new 'smart and cool' friends.
3. Suchi's father was disappointed because her grades was not good and barely passing in each subject.
4. The truth behind Suchi's poor performance in exam was that the activities of her new friends left her with very little time for studies.
5. Hafida helped Suchi by giving her all copies to complete her assignments.

**B. Who said these words and to whom?**

1. Gina said to Suchi.
2. Suchi's mother said to Suchi.
3. Hafida to Suchi.
4. Suchi to Gina.
5. Suchi's father to Suchi.

**C. Fill in the blank.**

1. get-together
2. studies
3. terrible
4. indeed
5. missed

**D. Circle the correct answer.**

1. was not
2. Hafida
3. did not care
4. right
5. mother

**E. Write the names of your three friends and write the things you do with your friends.**

- First friend – Rita → I share my school work, play in school, then go for marketing, attend family function.
- Second friend – Sana → I play with her at home, sharing toys.
- Third friend – Meena → I meet her in tuition class, exchange tuition notes, study together with her.

**Activity Zone****B. My best friend Rita is a very well mannered girl.**

She loves me very much.

She is a soft hearted and kind person.

**C. Eight things****My favourite**

colour – pink

food – fruits

hobby – craft work

holiday place – seaside

Subject – Mathematics

Sport – badminton

Author – J.K. Rowling

flower – Rose

**My friend's favourite**

colour – yellow

food – spicy food

hobby – dancing

holiday place – seaside

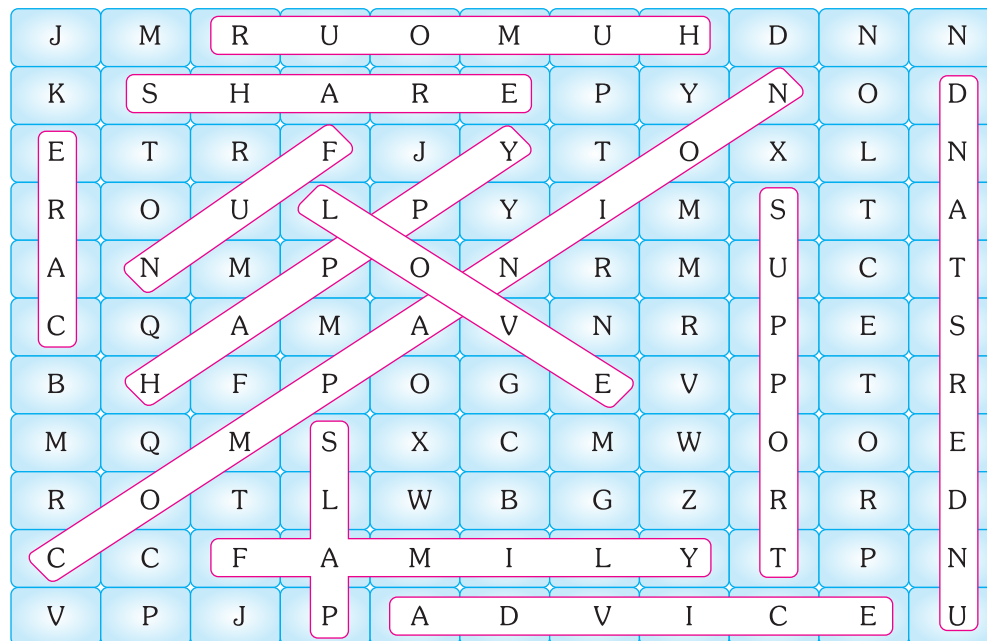
Subject – Hindi

Sport – Kabaddi

Author – J.K. Rowling

flower – Daisy

**D. Find in the grid the list of words given below. All the words are linked with friendship. The words may be placed horizontally, vertically, diagonally or in the reverse. Use a different colour to highlight each word.**



## Chapter-11

## Being Sincere

### Exercises

#### A. Answer the following questions.

1. Peter Roebuck said about Sachin Tendulkar 'This Genius can stop time in India'.
2. Sincerity is a tool which makes us reach our goals inspite of difficulties and hardships.
3. During his retirement time Sachin Tendulkar delivered the statement which was filled with emotion and feeling that for 24 years he played cricket for his country which has come to an end.
4. Sincere people always work hard and tirelessly with determination and steadiness of purpose towards their goal.
5. British Broadcasting Corporation described Tendulkar as—  
'Beneath the helmet, under that unruly curly hair, inside the cranium, there in something we don't know, something beyond scientific measure. Something that allows him to soar, to roam a territory of sport that, forget us, even those who are gifted enough to play alongside him cannot even fathom. When he goes out to bat, people switch on their TV and switch off their lives.'

#### B. Write true or false.

1. true
2. true
3. false
4. true
5. false

#### C. Fill in the blanks with the help of the words given below.

1. feelings
2. determination
3. affection
4. perfection
5. reverberate

#### D. Take this test of sincerity.

Look at the bunch of nine flowers below. Only one of them have eleven petals. Can you find out which one? Circle them.



**E. Answer the following questions.**

1.
  - a. I am so glad to have found a great friend like you.
  - b. I just want to say how nice you are for caring so much about me.
  - c. I am thankful to you for always making me smile and laugh.
2.
  - a. If a family member does something impressive, I will acknowledge it by personally talking to him and congratulating him/her.
  - b. By spending time with family members and to make sure that family time is quality time, not quantity time.
3. I really appreciate your help for the science project.

**Activity Zone**

**A. Read the situation given below and write its consequences in the space provided.**

1. There in a risk damaging our friendship, feeling guilty.
2. I will strengthen our friendship and create a bond of trust.
3. I will lose the trust of other and may be will not be allowed for the next game.
4. I may perform poorly in exams, will be nervous during exams.
5. I will gain knowledge, can improve my self and even get success.

**B. Use the given key to decode the message.**

Message : THE SECRET OF SUCCESS IS SINCERITY

**D. Find four synonyms of sincere in the word search given below. Circle and write them down in the given space.**

HONEST                      GOOD                      EARNEST                      DILIGENT

**Chapter-12**

**Being Punctual**

**Exercises**

**A. Answer the following question.**

1. A pocket watch managed Mahatma Gandhi's life.
2. He wanted to give something to the detectives so he sent a pocket watch each to both of them.
3. Gandhiji utilised every minute of his time properly.
4. Gandhiji was to give a lecture at Gujarat Vidya peeth but the car which was to pick him up was late. So he borrowed a cycle from a professor to keep the appointed time.
5. Mahatma Gandhi said, 'if we are half an hour late in getting our freedom then Lokmanya will have to take the blame.

**B. Write true or false.**

1. false      2. true      3. true      4. true      5. false

**C. Find out if you are punctual by colouring circle with Y or N.**

All will be yes but it also depends on the nature of the students.

**D. Choose the correct option.**

1. b                      2. c                      3. b                      d. c

## Activity Zone

### B. Let's do.

To manage time efficiently we should have a good idea of our priorities. Of the actions listed below, which are the most important and which are the least important to help you be on time for school? Arrange them in the order of their priority.

- |  |  |
|--|--|
| •  Having a bath  | •  Brushing your teeth                  |
| •  Having breakfast   | •  Picking up your lunch box            |
| •  Packing your bag properly  | •  Wearing your school uniform properly |
| •  Brushing your shoes  | •  Watching a cartoon show              |
| •  Reading a comic  | •  Chatting with your sister            |
| •  Sitting in the toilet for a very long time                           |  |
| •  Looking for the football which you need for playing in the evening   |  |
| •  Looking for a cricket ball which you want to carry to play at school |  |

**Note:** Colours may differ according to the students choice.

### C. Write a short paragraph on the picture given below.

#### Sharing is Caring

Sharing is spreading joy among the others. Sharing is when you become selfless & help others or share something with others. It makes a person build social skills, appreciated by others. It gives a sense of responsibility towards the society.

- D.** The lady wields a balance in one hand and a sword in the other, balance shows that she weighs pieces of evidence and facts of the case to arrive at the judgement. The sword symbolises that justice shall be fast and final.

The lady is the Goddess of Justice.

The original significance was that the judicial system was tolerating ignorance of law. Now, their blind fold represents the impartiality and the object of the law. This first appeared on a Lady Justice statue in the 16th century and has been used since then. It doesn't let outside factors as politics, wealth or fame, influence its decisions.

## Chapter-13

## Forgiveness

### Exercises

#### A. Answer the following question.

1. Peter asked Jesus that how many times he has to forgive someone who commit mistakes.
2. Jesus replied to Peter that he can forgive not seven but seventy times seven.
3. Jesus told one story to Peter to illustrate forgiveness.
4. The king asked of the unforgiving servant to be brought before him because the king had forgiven that servant but he did not forgive his fellow servant and had him arrested and thrown into the jail.
5. The moral of the story is that do not judge and you will not be judged, do not condemn and you will not be condemned. Forgive and you will be forgiven.

**B. Fill in the blanks with the words given in the box below.**

1. seventy      2. mercy      3. sorry      4. courtroom      5. arrested

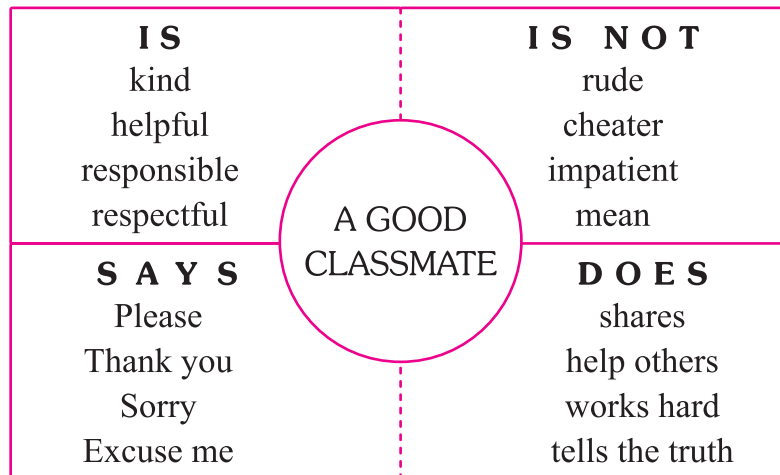
**C. Write True for correct statement and False for wrong statement.**

1. true      2. true      3. false      4. true      5. false

**D. Which qualities should you have to be a good person? Write them in the following ways. One example is given for you.**

2. Honest      3. Loyal      4. Respectfulness      5. Compassionate

**E. What makes a good classmate?**



## Chapter-14

## Being Brave

### Exercises

**A. Answer the following question.**

1. The National Bravery Award was instituted in the year 1957.
2. The National Bravery award is given to children on 26th January every year by the prime minister of India.
3. Murugayyan was sitting under a tamarind tree when he heard the people shouting 'Fire, Fire'.
4. The villagers rushed towards the temple pond, formed a human chain to pass buckets of water to each other.
5. A woman pushed her way through the crowd and cried, "help, my son is still inside. Save mychild", so he rushed into the buning hut to save the child.

**B. Write Yes for the correct sentence and No for the wrong sentence.**

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

**C. Fill in the blank.**

1. hottest      2. crying      3. formed      4. burning      5. stronger

### Activity Zone

**A. Given below are the pictures of some famous and courageous personalities. Identify them and write their names and the courageous works that they have done. Take help from the help box.**

1. Nelson Mandela  
He refused to give up his fight against appartheid in South Africa.



2. Bill Gates  
He inspired the era of the home computer, launching windows 95.
3. Kalpana Chawla  
She went to space as a mission specialist and primary robotic arm reporter.
4. Subhash Chandra Bose  
He was a brave and courageous leader, participated in the freedom movement of India.
5. Rani Laxmi Bai  
She is remembered for her valour during Indian Mutiny of 1857-58, first woman freedom fighter of India to revolt against the British.

**B. Imagine some big and strong boys are teasing your friend. There is no one around to help. What will you do?**

I will confront those and warn them not to tease my friend any longer, otherwise I would take legal action against them.

**C. Write the names of 3 brave persons and few lines about their braveness.**

1. Martin Luther King Jr.  
He wanted everyone to be judged by their hearts, not by the colour of their skin.
2. Mahatma Gandhi  
He was a great leader and social reformer, he worked for the upliftment of weaker sections of the society, non-violence was his main principle.
3. Bhagat Singh  
He was a hero of the early 20th century Indian independence movement. He was involved in the attack on British authorities. He was hanged by the British at the age of 23.

## Chapter-15

## Being Honest and Truthful

### Exercises

**A. Answer the following question.**

1. Honesty means truthfulness, it is when we speak the truth and act truthfully.
2. Honesty is considered as the best tool of success in the life which has capability to form well developed society.
3. The parents and the teacher teach the children not to tell lie.
4. The teacher scolded Mohandas Karamchand Gandhi because he was signalled to copy from his neighbours slate to write correct spelling but he did not do.
5. Mohandas was sad because his teacher asked him to cheat.

**B. Write True for the correct sentence and False for the wrong sentence.**

1. false      2. true      3. true      4. false      5. true

**C. Fill in the blank with the help of the given words.**

1. path      2. Honest      3. good      4. Truthfulness      5. praises



**D. Match the words to make correct sentences.**

**A**

1. Honesty mean
2. An honest person always
3. We as a human being always
4. Everybody praises and loves a
5. You should be truthful and honest like

**B**

- speak the truth
- truthful person
- Mahatma Gandhi
- truthfulness
- make mistakes

**Activity Zone**

**A. Try to write three quotes of your own on truthfulness.**

1. If you tell the truth, you don't have to remember anything.
2. The truth will set you free.
3. Truthfulness is even more important than peacefulness.

**B. Name a character who always spoke the truth.**

Raja Harischandra.

**E. Project work:**

Nelson Mandela, Mother Teresa, Wangari Maathai, Abraham Lincoln, Lal Bahadur Shastri.

**Chapter-16**

**Being a responsible citizen**

**Exercises**

**A. Answer the following questions.**

1. Young children start becoming responsible when they realise that they are answerable for their actions.
2. Being responsible is one of the main pillars of good character.
3. People refuse to be responsible sometimes as they have to be answerable too.
4. When we are irresponsible we limit our capacities and potentials, our life does not get easier.
5. We can take more control of our life if we are being responsible.

**B. Write True for the correct sentence and false for the wrong sentence.**

1. true
2. true
3. false
4. true
5. true

**C. Fill in the blank with the help of the given words.**

1. loss
2. pillar
3. ability
4. independence
5. responsible

**D. Find out if you are a responsible person by ticking Y or N.**

All will be yes, changes may occur depending on the students.

**E. Following are the pictures of various places. Write down your responsibilities at each place.**

1. By attending school on time, being prepared for class, being respectful, completing assignments.
2. Put things in proper place, keep surroundings clean, help parents, make and pour tea/coffee.
3. Cleaning grounds, watering the plants, adding manures, help to grow plants.
4. Return the books or renew them on time, return the books in the same condition when we borrowed them, library materials must be checked out before leaving the library, library cards can only be used by the card owner.

## Activity Zone

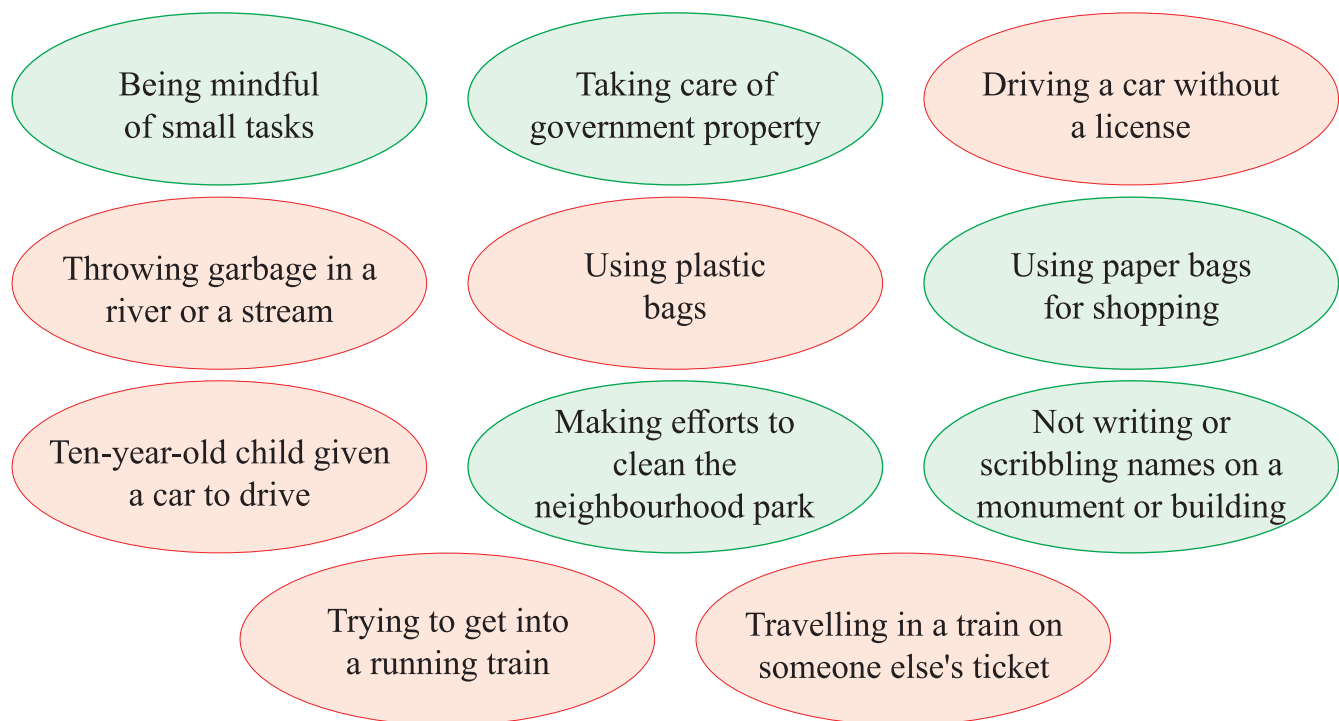
**A.** Tug of war is a sport that have two teams against each other in a test of strength, teams pull on opposite ends of a rope, with the goal being to bring the rope a certain distance in one direction against the force of the opposing team's pull.

**B. Make a chart and write 5 duties of a good citizen. Draw any 1 activity and colour it.**

1. To have respect for others.
2. Taking responsibility for your own actions.
3. Having empathy for others.
4. Should know your right.
5. Respect the rights of others.

**D. Lets do.**

Colour the circles which indicate irresponsible behaviour in red and colour the responsible and responsive behaviour in green.



**E. Decode**

Use the given key to decode the proverb.

DETERMINATION  
TODAY LEADS TO  
SUCCESS  
TOMORROW

## Chapter-17

## Easter Sunday - The happiest day

### Exercises

**A. Answer the following question.**

1. An angel of the Lord rolled away the huge stone kept against the tomb.
2. Jesus came out alive out of the tomb.
3. His face was brightly shining as Jesus came out of the tomb.
4. The guarding soldiers saw Jesus step out of the tomb.

**B. Fill in the blanks with the words given in the box below.**

1. Sunday      2. power      3. live      4. heaven      5. christianity

**C. Write True for correct statement and False for wrong statement.**

1. true      2. false      3. true      4. true      5. false

**D. Given below are some famous quotation. Find out what they teach and write whether you agree or not.**

1. **Agree**

One needs to take action and help themselves rather than praying for divine intervention to solve the problem.

2. **Agree**

It seems that the meaning of life is to determine just how much suffering a person can endure before they die.

3. **Agree**

It's important to learn from failures so that we don't repeat the same mistakes.

4. **Agree**

You are successful does not mean you will always be successful, if you fail, that does not mean it is the end when you fail you have to find the courage to do it again.

5. **Agree**

If you believe that you would have the thing you have never had, you would have it by your faith and belief. When you want something new and don't have any evidence that you will get, you will need to think with new thoughts.

**E. Write the phrases below under the correct heading.**

Things to do during difficult times	Things not to do during difficult times
Pray often keep a positive attitude Talk to a teacher	Throw a party Be angry Go on shopping (it varies according to the students's mentality ) (may be positive one)

**Activity Zone**

- A.**
1. The prayer does not change God but it changes the one who offer it.
  2. It is easy to measure the things which can be touched or felt like the number of seeds but it is much more difficult to measure the things which can not be felt as the potential within a single seed that only God can do.
  3. Our talents, gifts comes from God who created us and love us. What you become is your way of saying thanks to God and it is like giving him a gift.

**D. Write 5 quotations based on Mother Teresa.**

1. We shall never know all the good that a simple smile can do.
2. Loneliness and the feeling of being unwanted is the most terrible property.
3. Love begins by taking care of the closest ones-the ones at home.
4. The hunger for love is much more difficult to remove than the hunger for bread.
5. Be faithful in small things because it is in them that your strength lies.

**WORK-SHEET**

1. Write your ideas.

---

---

---

---

---

---

---

---

---

---

---

---

**Why is it important  
to be on time**

---

---

---

---

---

---

---

---

---

---

---

---

2. Choose good citizen trait. Write how you follow this trait.

- I am honest.

I throw trash on the ground.

I tell stories that are not true.

I take care of my environment.

---

---

---

---

3. Answer the followings.

a. Write 3 things that shows your honesty?

---

---

---

b. If somebody isn't honest with you what can you do?

---

---

---

c. What is the difference between truthful and honesty?

---

---

---

4. Think and fill up the boxes.

FRIENDSHIP

What is a true friendship?

---

---

---

---

Write true friend's qualities.

---

---

---

---

What do you mean by good friends?

---

---

---

---

How to choose friend wisely?

---

---

---

---

5. What are the appropriate phrases to use when pleading for forgiveness or offer forgiveness to someone?

Pleading for forgiveness

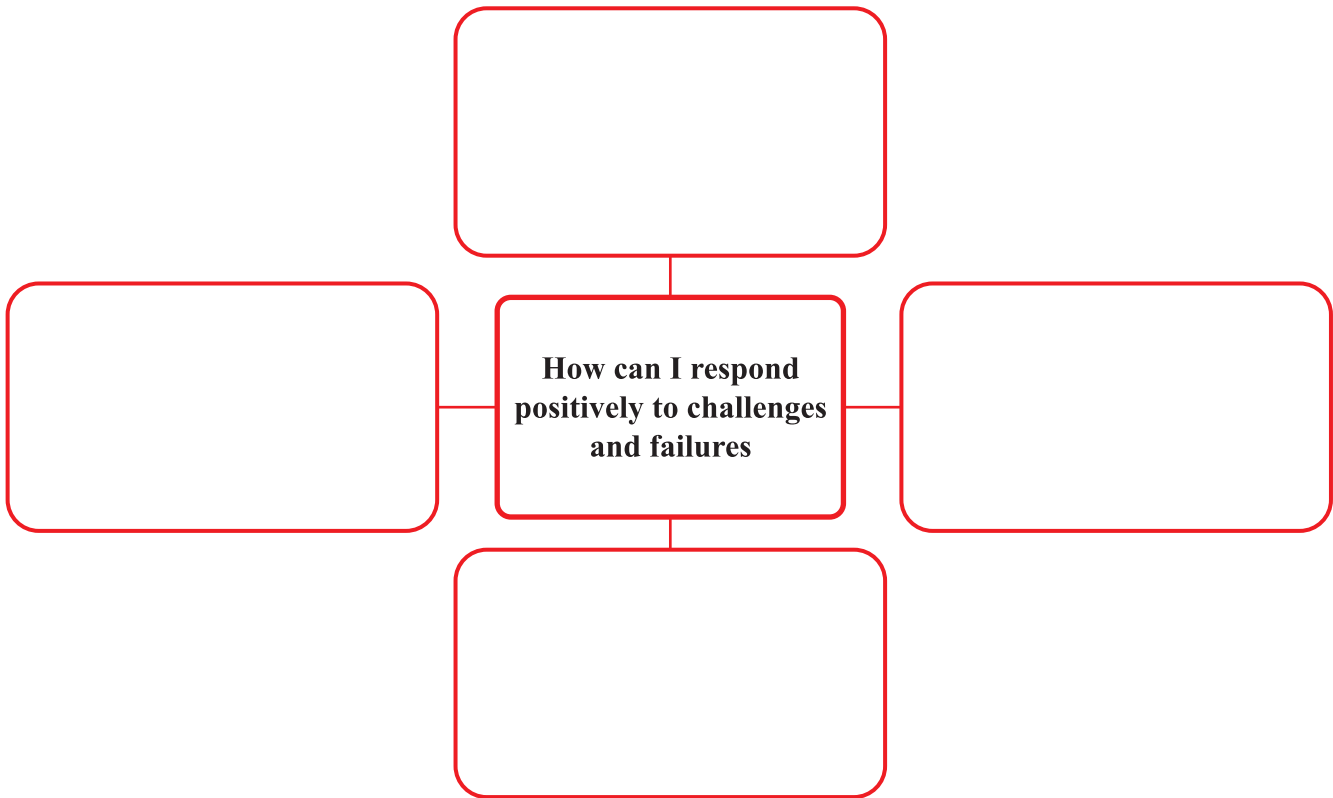
Offering forgiveness

6. Draw 2 things that you need courage to do.  
Write why you would need courage?

Draw

Write

7. Success challenge Failure.



8. Draw a picture of your favourite animal/pet in the box given below.



- i. My favourite animal/pet colour is \_\_\_\_\_.
- ii. It is bigger than a \_\_\_\_\_.
- iii. This is where it lives \_\_\_\_\_.
- iv. How would I take care of my pet?

---

---

---

---