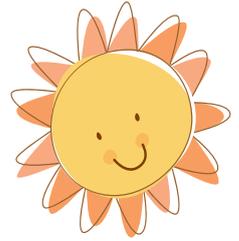




Syllabus aligned to NCF for Foundational Stage, 2022 as per NEP-2020



Insight Life

A book on Moral Values

Teacher's Manual
Class-5



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	Read, explain the prayer, discussion of exercise	1	Activity zone as c.w. + write ques/ans as H.W. and do the work on chart	2
2. Effects of Global warming	1	Reading, explanation of the story and new words, discussion of the exercise	1	Activity zone as H.W. + Ques/ans and summary, fill in the blanks etc. as classwork.	2
3. Being Brave and Courageous	1	Reading, explain the concept of the chapter, discussion of the exercise	1	Complete the exercise as classwork and Activity zone as homework	2
4. First Missionaries	1	Reading, explain the story alongwith new words and discussion of the exercise, read any other story which is same to this chapter	1	Fill in the blanks, True-False, make sentences as classwork and Ques/ans, writing, Activity one as homework	2
5. Being Honest	1	Reading, explain the concept of the story, explain the moral value with the other examples, discussion of the exercise	1	Exercise- all parts as classwork and Activity zone as homework	2
6. Being Humble	1	Reading, explain the main concept and moral value. Refer other stories related to Vidya Sagar	1	Exercise portion as classwork and Activity zone as homework	2
7. Caring for Others	1	Reading, explain, refer to more stories related to the main character	1	Exercise part as classwork and Activity zone as homework	2
8. Abraham-A great believer of God	1	Reading, explain, refer to more stories related to the topic from different books, discussion of the exercise	1	Activity zone as classwork and Exercise part 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
9. Health and Fun with Yoga	1	Explain the importance, if possible can show the video clip related to the correct postures	1	Different types of yoga's pictures can stick on the chart paper and write down its importance. Explain action as C.W. and complete the work as H.W.	2
10. Importance of Education	1	Reading, explanation of the chapter. Give some other examples, stories concept can be explained, discussion of the exercise	1	Exercise part as classwork and Activity zone as homework	2
11. Leadership Qualities	1	Reading, explain the story along with the moral value, share other stories of Vivekanda	1	Exercise part as classwork and Activity zone as homework	2
12. Love for Nature	1	Reading, explain the importance of Nature and its resources	1	Exercise part and also B part of Activity zone as C.W. and except B, other parts of Activity zone as H.W.	2
13. God Tests Abraham's Faith	1	Reading, explain the chapter. Refer other related stories from the Bible, discussion of Exercise	1	Exercise part as classwork and Activity zone as homework	2
14. Reading Habits	1	Explain the importance of reading, give ideas of reading some good story books and how will they proceed with the same	1	Activity zone as classwork and Exercise as homework	2
15. The quality of a great human being	1	Reading, explain the story and refer other stories related to it, discussion of the exercise	1	Exercise part as classwork and Activity zone as homework	2
16. Use of Social Media	1	Reading, explain its importance, explanation related to the present world	1	Exercise part as classwork and Activity zone as homework	2
17. Importance of Birthright	1	Reading, explain the story	1	Exercise part as classwork and Activity zone as homework	2
Total No. of Periods	17	—	17	—	34

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

1. We are precious in the eyes of God because God loves us values us, and is always by our side.
2. If we are living a righteous life in obedience to God, then we can get God's never ending blessings.
3. Little kind work, some words of love make this earth a garden.
4. God has given us father and mother.
5. God has given birds tiny wings to fly.
6. We can do simple prayer or sing hymns to thank God.

B. Write True for correct statement and False for wrong statement.

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

C. Fill in the blanks from the words given below.

1. blessings 2. mind 3. speak 4. Evil 5. thought

D. Complete these sentences.

1. and kind in heart. 2. is a part of God 3. in his sight.
4. ending blessings. 5. place my own little one.

E. Make sentences from the given words.

1. The museum is full of precious treasures.
2. May God continue to give us his blessing.
3. The boy did the work out of kindness.
4. The man pushed the boy with all his strength.
5. This house has quite a large garden.

Activity Zone**A. Give one word for each of the following.**

1. OMNISCIENT 2. OMNIPOTENT 3. OMNIPRESENT
4. OMNICORPOREAL 5. OMNILINGUALISM 6. OMNIPATIENT
7. OMNIPRESENT 8. OMNISCIENT

B. Write a short prayer giving thanks to God.

Thank you, Lord, for the blessing you have bestowed on my life. Thank you for your love.

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

1. Global warming means a sharp increase in the temperature of the earth's atmosphere.
2. Global warming affected Basmati rice in India by loosing its aroma and long grains getting shorten.

3. Global warming has been adversely affecting the existence of fauna, particularly microbes in Antarctica.
4. Global warming has made the Arctic ice cap melt three times faster leading to the rise of the sea level.
5. Global warming is likely to have many effects in India as warming climate, decline in monsoon rainfall, sea levels rising, cyclones, himalayan glaciers will melt, due to climate change, there could be increase of malnutrition, health disorder and it could cost Indian's economy also.

B. Fill in the blanks.

1. fragrance 2. radiation 3. rainfall 4. melting 5. consequences

C. Fill in the table with synonyms or related words.

1. risk - danger 2. ocean - sea 3. happen- occur 4. cause - lead to
5. animals - species 6. man - human 7. grow - increase 8. problem - issue

D. Write a short summary of the lesson in your own word.

Global warming is a gradual increase in earth's temperature due to the greenhouse effect caused by the level of carbondioxide, methane, ozone, water vaspour etc. Several causes of global warming have a negative effect on human, plants, animals. It may be natural or outcome of human activities. As its effect causes rise in temperature, climate change, threats to the ecosystem, spread of diseases, loss of natural habitat. We should follow some eco friendly methods to control global warming.

E. How will you fight global warming in these situations?

1. To fight global warming I can go to the school by walking, cycling or taking ride on CNG based buses or e-rickshaw.
2. We can ask them to have green roofs, vertical garden or a small park within their area, encourage them to adopt eco-friendly practices, they can buy products from local farmers reducing transportation emissions.

Activity Zone

C. Observe the cartoon given below, what message do you think it is giving out? Discuss and write in your notebook.

The picture tells a story of collective effort, celebration, inspiring others to have goals of teamwork,

Chapter-3

Being Brave and Courageous

Exercises

A. Answer the following questions.

1. The word courage means the willingness to face fears with determination.
2. Mahi and Pontoma ran for shelter to avoid rain.
3. Hearing the roar of a tiger, Pontoma said to Mahi that the foliage is very thick and dense, the tiger will not be able to enter so it is safe to stay here.
4. Mahi was getting restless because he wanted to get out of the tight hole and to face the tiger using his great hunting skills.
5. Pontoma killed the tiger by attacking with his spear until he died.

B. Complete the sentences.

1. brave 2. monkey 3. thick foliage 4. get out of the tight hole.

5. animal again and again until it fell to the ground lifeless.
6. Lay not in seeking danger but in being able to confront it.

C. Number the events in the correct sequence.

1. 5 2. 3 3. 1 4. 6 5. 2 6. 4

D. Match the ending sound of each value to a word with a similar sound. These words are given in column B.

A	B
Integrity	Electricity
Truthfulness	Carelessness
Kindness	Emptiness
Justice	Office
Respect	Cricket
Responsibility	Ability
Skill	Bill
Wisdom	Kingdom
Sympathy	Healthy
Courage	Cabbages

Activity Zone

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

1. Confront the students and help the child.
2. Catch the thief's hand and raise an alarm.
3. Stay calm and wait for them to pass.

B. All the words in the word box are hiding in the puzzle below. Circle each word you find. Words can be found automatically vertically and diagonally.

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

C. Answer the following questions in brief.

1. A role model is a person whose actions, values, achievements inspire others and guide them also. Role models can provide with a positive attitude on life. They can help you see the good in people and the potential for good in yourself. They help you to learn, grow, achieve, encourage, overcome obstacles.
2. Participating in sports helps students learn valuable lessons and develop skills. Their coaches become role models in terms of self-discipline and sportsmanship.
(Examples: Teachers, Mentors, Business Leaders, Religious Leaders, Parents and Guardians)

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

The image of a light bulb glowing conveys a message of sudden inspiration or idea and writing symbolizing the action of putting that idea into practice. Together suggesting a process of creative thinking followed by the practical thinking.

Chapter-4

First Missionaries

Exercises

A. Answer the following questions.

1. A missionary is a person who is sent to unknown places and countries to teach about the good news of God and his love for others.
2. Barnabas, Saul, John and Mark were the early Christian missionaries.
3. It is difficult to be a missionary as one needs to walk in the hot sun, in rain, on shore, crossing high mountains. They get chased away by the people, attacked by the robbers and often fell sick and die during their journey.
4. The needy ones are just beside us.

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

1. missionaries 2. Mark 3. afraid 4. difficulties 5. brave

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

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

D. Make sentence from the given words.

1. countries - India, China, Indonesia are Asian countries.
2. relatives - All my close relatives came to my sister's wedding party.
3. sailed - The waves were dotted with white-sailed boats.
4. beddings- Clothes and bedding were scattered across the floor.

Activity Zone

A. In the frame provided below, write a sentence on any value that you strongly believe in. Make your own quote!

Punctuality makes us value our time and that of others.

"Punctuality reflects commitment to excellence, respect, and dedication to goals."

C. Observe the cartoon below. What message do you think it is giving out? Write down in the below given space.

It conveys a message of friendship, familiarity, comfortable social interaction.

Exercises

A. Answer the following questions.

1. Durga Shakti Nagpal joined the IAS after doing her engineering in computer science.
2. It is rare to find honest people these days as the entire society is focused on instant result and monetary success.
3. To counter illegal sand mining, Durga Shakti Nagpal seized the trucks and arrested illegal miners who were running a 'sand mafia'.
4. Durga Shakti Nagpal was suspended for ordering the demolition of a wall in a village, in Uttar Pradesh and also due to the pressure by the sand mafia on the government.
5. Due to the effort of Durga Shakti Nagpal, the National Green Tribunal on 5 August 2013 ordered an all India suspension of sand mining activity.

B. Fill in the blanks.

1. government
2. environment
3. pressure
4. corruption
5. revoked

C. Match the words in Column A with those in Column B to make a complete sentence.

- | A | B |
|------------------------------------|-------------------------------|
| 1. Honesty is one of | - the pillars of characters |
| 2. Our Country is plagued with the | - large scale corruption |
| 3. There are a few honest | - people in all walks of life |
| 4. Many government officials | - came out in her support |
| 5. Treat every honest person | - as a brave person |

D. Give reasons and answers according to your views.

1. No, it is not right to keep it for myself. We should be honest and try to find the owner and try to make sure that he gets it back as it may contain an important thing for him/her.
2. No, because it is a service I receive and the driver relies on these payments for their livelihood.
3. No, because it is a dishonest act that undermines trust, can cause unnecessary disruption.
4. No, the excess money should be returned back and not kept as it is not mine, it belongs to the shopkeeper.
5. No, because it can damage the relationship between players, officials, fans and a lack of respect for the rules and the people involved.

E. Generally all answers will be yes otherwise it varies according to the student's nature.

Activity Zone

A. Answer the following questions.

1. a) Always speak the truth.
b) Don't take anything from your friends without permission.
c) Be quiet when the teacher is talking or teaching.
2. It is important to be an honest person because it builds trust, can reduce anxiety and have peace of mind, can boost self-respect and it is the cornerstone of good character.

C. In the frame provided below, write a sentence each, on honesty and dishonesty that you strongly believe in. Make your own quotes!

Honesty is often very hard. Honesty is more than not lying.

Prefer a loss to a dishonest gain.

Chapter-6

Being Humble

Exercises

A. Answer the following questions.

1. Vidyasagar means ocean of knowledge and Ishwar Chandra had a vast knowledge in Sanskrit for this reason he was conferred the title of Vidyasagar.
2. On hearing Vidyasagar's plea, Nawab got up, pulled off one of his shoes and dropped it in the donation bag.
3. Instead of being insulted, Vidyasagar organised an auction of the Nawab's shoe in front of the Nawab's Palace and earned one thousand rupees. It became a significant donation to the University of Calcutta.
4. The Nawab was happy to hear that his shoe earned one thousand rupees, so he matched the auction money by adding his own one thousand rupees as donation.
5. Yes, the University of Calcutta became a reality as it became a centre of education for different subjects.

B. Fill in the blanks:-

1. avid
2. Sanskrit
3. generous
4. education
5. Brahmin

C. Match the words in Column A with those in Column B to make a complete sentence.

A

1. Humble people are confident
2. They maintain stronger personal
3. Iswar Chandra was born in 1820
4. He was one of the founding members
5. Nawab pulled off one of his shoes

B

- and competent in themselves
- and professional relationships
- to orthodox Brahmin parents
- of the University of Calcutta
- and dropped it in the donation bag

D. Write a synonym and an antonym for the words given below.

Word	Synonym	antonym
1. Orthodox	conservative	Liberal
2. avid	eager	reluctant
3. boast	show-off	modest
4. auction	sale	buy
5. renowned	famous	unknown

Activity Zone

A. Decode

Kindness

B. Student will do according to their findings.

C. Complete the lists with the names of the people as per the situations.

i) People whom I have helped when they needed it the most.

Ans: My friend, my neighbour, _____.

ii) I got help, when I needed it the most, from

Ans: My friend, my teacher, my neighbours, my relatives _____.

iii) Describe your family. Give keywords only.

Ans: Good, kind, understanding, helpful, honest, handworking etc.

Chapter-7

Caring for Others

Exercises

A. Answer the following questions.

1. Florence Nightingale was born into a wealthy British family on May 12, 1820.
2. Florence showed great concerns for others, particularly for nursing the sick.
3. Florence parents were shocked when she announced her desire to become a nurse because at that time in the rich social circles, nursing was considered a low status profession and often associated with poverty.
4. Florence became the Superintendent of a charitable hospital in London.
5. Florence always carried a lamp when she visited the ward at night to make sure the soldiers were well cared for.

B. Match the following.

A

1. A person who cares for others
2. Florence Nightingale cared
3. Her dedication saved
4. Today nursing profession
5. A major war broke

B

1. feels happy and makes others happy too
2. for others by becoming a nurse
3. the lives of many soldiers
4. is a noble profession
5. out in Europe

C. Fill in the blanks.

1. May 12, 1820
2. parents, nurse
3. Superintendent, charitable
4. soldiers
5. Nursing, caring

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

1. Ask them what they would like to see.
2. Visit him as often as possible to spend time with him and tell him what's happening in school.

E. Select the correct answer.

1. Showing kindness and concern for others.
2. Be there for others when they are in pain or hurt.

Activity Zone

A. Write six ways to show that you CARE.

CARE (already given)

A - Assistance / Affectionate

R - Relief

I - Interdependent

N - Nice / Noticing

G - Generous

- C. Read the following quotations. Give their meanings in the space provided.
- The Power of love to overcome darkness and hatred, negativity and conflict requires positive and constructive approaches.
 - The resources of love, prayer and forgiveness one all things we show or given to others, this is the amazing power that has been given to us, how inwardly fulfilled we become.
 - Making mistake is a natural part of the human, while the ability to forgive is a higher, almost divine quality.

Chapter-8

Abraham-A great believer of God

Exercises

A. Answer the following questions.

- Abraham's wife was Sarah.
- His brother Nahor didn't go with Abraham to Bethel.
- God told Abraham to leave the city of Ur because it was filled with idolatry.
- Lot is the name of Abraham's nephew.
- Terah is the name of Abraham's father.

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

- believed
- altar
- pleased
- sheep
- Isaac

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

- False
- True
- True
- False
- True

D. Unscramble the given words.

- GOD
- INDISCRIMINATION
- RELIGION

Activity Zone

A. In the frame provided below, write a sentence on people who spread love in the world. Make your own quote!

One kind word can change the lives of millions of people and make people have and create a better world.

–Avijeet Das

"To kindness and love, the things we need most."

B. Draw a big tree on a chart paper. Each branch should represent one of Jesus Christ's teachings. You can either colour the picture or stick pieces of coloured paper.

Jesus Christ's teaching:-

To love God with all your heart

Forgiveness both for ourselves and others as a reflection of God's grace and mercy.

Having faith as the path to salvation and eternal life. Other teachings can be written too as per the student choice.)

Chapter-10

Importance of Education

Exercises

A. Answer the following questions.

- The children of low caste families were separated from others in the school and given little attention by teachers.
- Dr. Ambedkar did his graduation from the Elphinstone college.

3. Dr. Ambedkar's academic performance was very good which earned him a scholarship to do his MA in US.
4. In all Dr. Ambedkar received four PhDs.
5. After his tenure as law minister, he was appointed as the chairman of the Constitution Drafting Committee.

B. Match the following:-

- | A | B |
|---|--------------------------------|
| 1. Education will be of use | - in any profession you choose |
| 2. Education help you | - achieve your goal |
| 3. The collective self sufficiency of the | - people leads to productivity |
| 4. Education enables you | - to take informed decisions |
| 5. Education helps you to know | - more about the world |

C. Complete those Sentences:-

- | | |
|--------------------------------------|-----------------------------------|
| 1. goals. | 2. economic growth of the nation. |
| 3. newer techniques and innovations. | 4. informed decisions. |
| 5. confident and comfortable. | |

D. Look at the picture. Education helps us in the following ways. Give one example for each.

1. Helping others engage in acts of kindness, support towards peers.
2. Teaching helps knowledge transfer, critical thinking, student's personal and social growth.
3. It helps in the process of assisting students in the adjustment related to their academic journey, school life and future life.
4. It helps individuals in gaining knowledge, skills, to make decisions, self awareness and personal growth.
5. It helps to support themselves, families, communities and form a capable society.
6. It helps in cultivating a sense of purpose and belonging, community development, creativity and innovation.

E. Students will write according to their experiences.

Activity Zone

A. Write ten line article for your school magazine about the role of studies in every one's future.

Studies play an important role in shaping everyone's future. It provides us knowledge and skills. It leads to a better quality of life. Studies help people to cope with challenges. It help individuals to develop self-awareness. It also helps to have the sense of responsibility. Studies can improve our confidence. It helps us to reduce anxiety. It helps us to make informed decisions. It provides the skills to secure better job opportunities.

B. Explore more:

1. Language, Science and Mathematics are the three most important subjects in school as language develops strong communication skills- reading, writing, speaking, listening which is important for every profession.
Science raises curiosity, critical thinking, from the basis for carrers in medicine, research, technology etc. Mathematics provide problem- solving, logical reasoning skills which is important for various fields.

2. Yes, because it leads to an understanding of the language including grammar and vocabulary, allows students to communicate effectively with a used range of people, cultural benefits etc.
3. Education should prepare everyone for both work and life as both are interconnected. Skills and knowledge can be applied to the others, making a strong base in both cases leads to a successful life.
4. Yes, because they can promote equality, inculcate a sense of community and belonging and contribute a positive learning environment.

C. Write a quotation on 'Importance of Education' on a chart paper and stick it on the notice board of your school.

"Education is not preparation for life; education is life itself."

D. Look at the picture carefully. What would you tell her? Write in the space given below.

"Thank you for keeping our environment clean". Great job and keep it up.

Chapter-11

Leadership Qualities

Exercises

A. Answer the following questions.

1. Swami Vivekananda inherited two qualities from his parents- by his father's rational mind and his mother's religious temperament.
2. Swami Vivekanand's original name was Narendranath Datta.
3. Swami Vivakanand's guru was Shree Ramkrishna Paramahamsa.
4. The story of Drona's demise in the Mahabharata shows how the difference between two people Drona and Arjuna lies in their minds and how it leads to different outcomes, even death.
5. To achieve great things we should focus on the matter, should have a goal, and put whole mind on it, cultivate a habit of continuous learning and hard work.

B. Match the following.

A

B

- | | | |
|--|---|---|
| 1. Vishwanath Datta was an | - | Attorney General in Calcutta High Court |
| 2. Swami Vivekananda was originally | - | known as Narendranath Datta |
| 3. Narendranath Datta was also expert in | - | games and pranks. |
| 4. Swami Vivekanand's words were as | - | magnetic as his personality |
| 5. We must rouse India | - | and the whole world. |

C. Complete these Sentences

- | | | |
|-------------------------------|----------------------|------------------------|
| 1. that you will be. | 2. weak you will be. | 3. strong you will be. |
| 4. put your whole mind to it. | 5. in our own minds. | |

D. Write any five characters of a great leader.

- i) A great leader has a clear understanding of the future.
- ii) Leader who can understand and share the feelings of others build stronger relationship.
- iii) A leader must be honest and trust worthy.
- iv) A great leader encourage strategic thinking and innovation.
- v) A leader should have respect for others.

E. Unscramble the given words.

1. WONDERMENT
2. INSPIRATION
3. SIMPLE
4. HUMILITY
5. POSITIVE

Activity Zone

A. Stick a picture of a great leader you know and write five sentences about that person.

Subhash Chandra Bose was a great Indian leader, Known as Netaji. He was born on the 23rd January, 1897. He fought bravely against the British rule. He joined the National Congress and became its president in 1938. He formed the INA in 1942 to liberate India through military action. His iconic slogan was 'Jai Hind'.

C. A leading educator, Fitzhugh J Dodson, said:

My Goal: To become a doctor

It costs: Time I need to dedicate.

My plan of action: I must be academically competent.

(This is just a sample, different students will have different opinion.)

Chapter-12

Love for Nature

Exercises

A. Answer the following questions.

1. We can become nature's assistant by planting more trees so that our earth remains green and that is a way of making sure that nature remains healthy.
2. We know that Sonsung loved nature as she would look at the trees and talk to them, love the satin silk touch of flower. She even picks out insects that fell into the water from tree and put them back on the ground.
3. The great God chose a girl like Sonsung to be the first weaver in the forest as she loved the forest and everything that lived there.
4. Sonsung got the pattern for the clothes from the nature, she made rippling patterns by looking at the the ripples in the rivers, beautiful colours from the rainbow, and the glowing fire-red from the rising sun.
5. The Porcupine broke the loom as he was jeleous of Sonsung because every one loved her soft and beautiful cloth that looked like everything in nature and they began dressing in the clothes that she wove.

B. Match the following.

- | A | B |
|--|------------------------------|
| 1. Long ago, people did | not know how to make cloth |
| 2. In olden days, people wore clothes | made of glass and skin |
| 3. Sonsung made beautiful pattern on clothes | because she loves nature |
| 4. A porcupine in the forest grew | jealous of Sonsung |
| 5. The loom broke into pieces and | the pieces fell into a river |

C. Fill in the blanks.

1. weave
2. everything
3. loom
4. Porcupine
5. river

D. Save Energy and Fuel:

1. Use public mode of transport.
2. Use solar powered products

E. Install a toilet flush that uses more water.



(Students can do according to their choices)

Activity Zone

A. Think and write one duty you have towards the following.

Yourself	Your family	Your Environment	Your Country
Self-care	help with household task and chores	conserve water	Safe guard public property

D. Answer the following.

1. It is very important to give value to nature as it helps us for our survival, well being, economy, providing essential resources such as air, water.
2. Five things that we get from nature are: water, food, medicine, clean air, shelter materials.
3. We should care about the environment because it is our home, provides us essential resources that improves our health and well being.
4. As a student we should conserve water, plant more trees, conserve energy, and overall reduce consumption.

Chapter-13

God tests Abraham's faith

Exercises

A. Answer the following questions.

1. God test people to see whether they have learnt to depend and trust God in all matters.
2. One night God told Abraham to take his son Isaac to the land of Moriah and offer him as a sacrifice.
3. Sarah and Abraham were blessed with a son in their old age.
4. The angel caught Abraham's hand and said, "Do not touch your son, do nothing to him, for you have shown your perfect trust in God".
5. The lamb was found in the bushes.

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

1. blessed
2. Isaac
3. Moriah
4. three
5. angel

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

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

D. Make sentences with the following words.

1. wondering - The boy looked around him with wondering eyes.
2. depend - Our success depend on our hard work.
3. trusted - Our family is the only trusted people we have.
4. offering - We must make our daily offering to God.
5. obeyed - The service dog always obeyed its owners.

E. Tick (✓) the correct option.

1. (c) to help everybody in need.
2. (a) following humanity.
3. (c) try to motivate your friends too.
4. (a) take care of your brother.

Activity Zone

A. Find out what the following people did to establish equality in the society.

1. Abraham Lincoln : abolished slavery world wide.
2. Mahatma Gandhi : abolished untouchability.
3. Rosa Parks: bycotted Bus to fight for civil rights.
4. Saint Kabir: rejecting caste system and allowing universal brotherhood.
5. Raja Ram Mohan Roy: opposed sati, rejecting rigid caste system.

B. Make your own prayer asking for the blessings for everyone around you. Do not make your prayer religion specific.

I pray for everyone around me that we should get strength, wisdom and courage to face any uncertain future. I always pray for the people. I care about who are going through tough times, for their good heath, peaceful mind and success.

Chapter-14

Reading Habits

Exercises

A. Answer the following questions.

1. Reading exercises our brain in many ways like, it stimulates our imagination, helps in emotional development, it creates a sense of empathy towards other people, it also increases our knowledge.
2. Reading improves concentration because we have to sit still and quietly to focus on the story.
3. Reading improves vocabulary and language skills as we learn new words while reading.
4. Reading improves our power of imagination as we read, our brain translates the descriptions we read about people, place and things into pictures. While we are engaged in a 'story' we are also imagining how a character is feeling.
5. Reading creates a sense of empathy towards other people because books are centred on values of humanety and celebrates the human spirits.

B. Choose the correct option.

1. (b) read better
2. (a) light and short
3. (c) human values
4. (a) getting a job later
5. (a) became heroes

C. Answer in brief.

Reading as a hobby improves vocabulary memory, increases knowledge, encourages critical thinking and concentration.

Yes, it helps me to improve vocabulary and to improve the ability to express them effectively, strengthens comprehension skills and better understanding of subjects.

D. Joining a book club in the neighbourhood.

E. Fill in the blanks with correct options.

1. words
2. know
3. read
4. empathy
5. vocabulary

Activity Zone

A. Give three ideas which will help you to develop a reading habit.

I will start with a goal like reading 10 pages or a short chapter everyday and for this I will find a quiet place in my house so that I can focus on it. I would join a book club which provides a selection of book.

B. India is a land of differences. Hidden in the word search below are ten words that tell us about these differences. Find these words and circle them.

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

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

It sends a message of engagement, enjoyment, opportunities for learning and development through different skills.

Chapter-15 The quality of a great human being

Exercises

A. Answer the following questions.

1. Sunil Gavaskar is called the 'Little Master' as he has earned the name and fame as one of the greatest cricketers of the world.
2. In January, 1993, Mumbai was going through a phase of fear and tear as riots had broken out in many areas and there were incidents of loot, arson and violence.
3. Sunil Gavaskar bravely stood up to the mob and said, "first you have to hit me".
4. The mob tried to surround the passenger of the car and pelted them with stones.
5. Gavaskar proved himself to be a great human being apart from being a great cricketer.

B. Fill in the blanks.

1. cricketer of the world.
2. violence
3. steering
4. tolerate
5. hatred

C. Match the words in Column A with those in Column B to make a complete sentence.

- | A | B |
|-----------------------------------|--|
| 1. He has hit | - scores of centuries |
| 2. Sunil Gavaskar's house is | - situated in Worli |
| 3. They were surprised to see | - their dear player in front of him |
| 4. The injured passengers thanked | - the little Master for saving their lives |
| 5. The wild mood | - vanished |

D. Underline the correct answer.

- (c) courageously come forward to help them.
- (b) slowly they came out of the car.
(c) from being a great cricketer.

E. What happens in the following situations? Use these words to complete the sentences.

- (i) hurt (ii) die (iii) hospital (iv) money
(v) time (vi) well

Activity Zone

A. In the frame provided below, write a sentence on tolerance that you strongly believe in. Make your own quote!

Tolerance is the ability to accept and respect differences in others, the ability to stand or handle a difficult condition.

Quote: "Tolerance is nothing more than patience with boundaries".

B. Write down any three qualities that make a person a great human being.

A great human being possesses the main three qualities such as:
kindness, empathy, compassion.

C. Some children are teasing a dog what should you do at that moment?

- No, I will go to help the dog.
- I would stop the children from teasing the dog and tell them that if we tease any animal unnecessarily it might harm us.
- I would advice them to understand the importance and respect animals as they are living beings too.

Chapter-16

Use of Social Media

Exercises

A. Answer the following questions.

- Social Media is the ultimate equalizer. It gives a voice and a platform to anyone willing to engage.
- A digital footprint is the data that one leaves behind when they use internet.
- Some positive aspect of social media would be:
World wide reach- we can get in touch with anyone instantly and can share meaningful information.

4. People who use social media and internet in excess are likely to get addicted to it. This can lead to emotional problems like anxiety and lack of confidence.
5. Internet fraud and hacking is when cunning people steal our personal information to steal our password to hack bank accounts or to simply make our life hell.

B. Write Agree or Disagree with the following sentences

1. Disagree 2. Agree 3. Disagree 4. Disagree 5. Disagree

C. Find out whether you use social media wisely by ticking Y or N.

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

D. On the social media, people often use the shortened form of the word and do not pay attention to grammar, spelling and punctuation. Rewrite these sentences correctly.

1. I purchased a new phone. 2. Text me on my number or Message me on my number.

E. Fill in the blanks with correct options.

1. should not 2. connected 3. easily 4. bad

F. Social Media can be used in a positive way:

- (i) Connecting with friends and family especially who are far away.
- (ii) Should follow accounts and pages that inspire as and share it with our friends.
- (iii) To promote local business etc. and share their content, encourage other to support them.

Activity Zone

A. How does the Right to Information Act benefit students like you?

It helps the student to get educational information and about the functioning of the educational institutions, it allows them to verify the accuracy of the exam paper correction.

D. Discover new ways of looking at the world. Think and answer the following 'What if?' questions.

Modern society would face problems related with communication and transportation, our daily life would be disrupted.

We would be unable to work, global economy would suffer, there could be problems for medical facilities- on operation without power, no chance to get clean water, food would be very limited.

If trees could talk, they would remind us that, "as you depend on us, we depend on you also, so take care of us and dont destroy us".

Chapter-17

Importance of Birthright

Exercises

A. Answer the following questions.

1. Isaac had twin sons, namely Esau and Jacob.
2. Jacob's mother cheated on his old father by disguising Jacob as Esau to get blessing and birthright.
3. Jacob's mother prepared the meal for Jacob.
4. As Isaac grew older he realized that it was time for him to pass on the blessing to his elder son.
5. Jacob cheated his brother by disguising himself as Esau and brought the tasty food cooked by his mother to feed his father and to take the blessing of birthright.

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

1. hunter 2. birthright 3. Esau 4. food 5. greedy 6. Isaac

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

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

D. Write the antonym for the following words.

1. cowardly 2. untrustworthy 3. rude 4. disorganised 5. late

E. Tick (✓) the correct option.

- (a) (iii) forgive him (b) (i) forgive him (c) (iii) make her quiet and tell it's ok
(d) (iv) be forgiven (e) (iii) tell him to be careful next time

Activity Zone

A. What is the bad result of greed?

Greedy person experience a series of negative emotions like unhappiness, less trust in others, anxiety and depression.

B. How do I stop being greedy? Write three ways that you can do for this.

I can engage myself in activity that are community centred as helping those in need, meditation, spending time in nature, practice gratitude etc.

C. Use the clues below to find a 10-letter mystery word which means the same as commitment.

D	E	D	I	C	A	T	I	O	N
1	2	3	4	5	6	7	8	9	10

D. Unscramble the given words.

1. Dutiful 2. Truth 3. Faith 4. Commitment 5. Kindness