

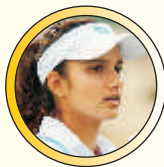
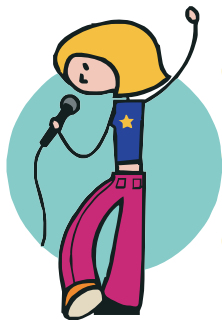
**Main Idea:** Attaining the desired goals with the help of concentration, focus and determination.

### Objectives:

- To identify your goals.
- To explore the ways you can attain your goals.
- To understand your limitations.

### Brainstorming

Sports person like P.T. Usha, Sania Mirza, Usain Bolt, Sachin Tendulkar and Mike Tyson have a lot of things in common. They have become symbols of achievement in their respective sport. It was not an easy journey. They worked hard to become the best. They practised for hours, and sacrificed many things in life in order to achieve their dreams. They had to be on a special diet to monitor their health. They probably missed many important family gatherings or friend's parties so that they did not miss their training. They had the focus and determination necessary to become the best and they achieved their goals.



# Activities

## Activity 1:

- The teacher will start the discussion by asking the students to analyse themselves. Make a list of at least 5 strengths and 5 weaknesses

## Activity 2:

- Make a pamphlet about the following people:
  - A. Steve Jobs
  - b. Sunita Williams
  - c. Nelson Mandela
  - d. Sudha Chandran

- What are they known for? What were the reasons for their success? What made them special?

## Activity 3:

- List at least 4 things that you want to accomplish before this year ends.

- Identify the things that you need to improve about yourself in order to achieve your goals.
- What are the things that are preventing you from achieving your goals?
- How can your family and friends help you to achieve your goals?

## Activity 4:

- We feel very happy when someone appreciates our efforts. Yet we forget to show our appreciation for the time and effort that others put in order to achieve their own goals.
- Make small notes about your two classmates and tell them what you admire about them.



Reflections: Try and fail, but dont fail to try.

**Main Idea:** Collaboration is working together to achieve a goal. It is a process where two or more people or organizations work together to realize shared goals.

**Objectives:**

- To help students develop positive attitude towards group work.
- To help students learn and respect other's opinion and contribute within a group.

**Brainstorming:**

There are lots of examples of collaboration in nature like bees, ants, wasps etc. In the beehive, all worker bees cooperate and collaborate to support their queen and thereby maintain their hive. An Ant Colony is yet another example where the female worker ants work together for their sustenance. We humans have a long list of achievements that were possible by doing things collaboratively. Working together across disciplines, across population and across geographical boundaries, we have together explored the depths of the ocean and explored space.



### Activity 1:

- Brainstorm with students the occasions when collaboration between different groups is needed in school.
- Discuss the positive outcomes of the collaboration mentioned above.

### Activity 2:

- Trust Walk: Working in collaboration requires good communication between team members and also a certain degree of trust. Let's play a game about learning to trust.
- Make groups of three. One of them will be blind folded, and the job of the other two is to guide the blindfolded partner through an obstacle course by giving directions.
- The teacher's job is to create two obstacle courses using simple objects like chairs, or

bags and other things. There should be a couple of turns and hurdles as well. Two teams can compete simultaneously.

### Activity 3:

- The teacher can divide the class into groups of 7-8 students each. They will be asked to present a radio show on different topics allotted to them. The topics can be selected from their Social Studies or Science syllabus. Students can be asked to work together within a time limit. They can divide the tasks of interviewer, reporter and singer among themselves. The radio show can be presented before the class.

**Reflection: Unity is strength... when there is teamwork and collaboration wonderful things can be achieved.**

**Main Idea:** A feeling of esteem towards someone out of admiration of a person's work or ability or personal traits.

**Objectives:**

- To understand non-verbal forms of showing respect.
- To understand the importance of respecting others.
- To understand the outcomes of giving and receiving respect.

**Brainstorming:**

Respect includes taking someone's feelings, needs, thoughts, ideas, wishes and preferences into consideration. It means taking all of these seriously and showing them that they are valued. It also includes acknowledging people around us, listening to them, being truthful with them and accepting their individuality.

Respect can be shown through behaviour and it can also be experienced. We can act in ways which are considered respectful and we can also feel respected by someone.



# Activities

## Activity 1:

- Brainstorm ways in which respect is shown. For example, apologizing when you're wrong or rude or respecting other's privacy. Make a list of at least 10 situations in day to day life in which respect is shown.

## Activity 2:

- Get the class to define respect:

R	E
E	C
S	T
P	

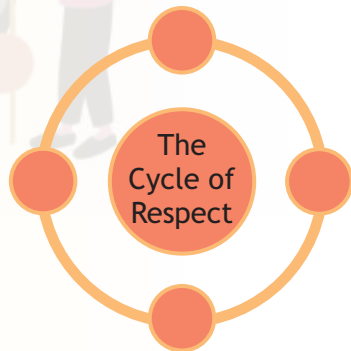
- What are the differences between respect, obedience and fear? For instance, when people stay out of a bully's way, do they avoid him/her out of respect?

## Activity 3:

- What is disrespect? How do people show disrespect? Make a list of at least 10 ways which can be interpreted as disrespect towards others.

## Activity 4:

- Complete 'The Cycle of Respect'- What things are important to create a cycle of respect? For example, giving each other personal space.



**Reflection: Respect does not depend on Might.**

**Main Idea:** Freedom is essential for our development. Yet freedom without boundaries is harmful.

**Objectives:**

- ✿ To understand that freedom comes with responsibilities.
- ✿ To make students realize the importance of exercising freedom.
- ✿ To help the learners understand what freedom means in a democracy.

**Brainstorming:**

There is an old fable about a man who had just been released from the prison. On his way back home he saw some caged birds being sold. He bought all the birds, and after that with great joy he set all of them free. The man who sold the birds was very surprised and asked the man why he paid so much of money and then set the birds free. The euphoric man answered, "I did it because I too had been confined to a prison which was quite like this cage, and now after becoming free I can understand the value of freedom."



# Activities

## Activity 1:

- Make a list of the aspirations of the students.
- I want to be free to . . .
- How many common desires were there?

## Activity 2:

- Make a list of for the need to monitor freedom.

## Activity 3:

- Find out about Apartheid? How was freedom denied to people under the system.

- How were the above conditions different from that of independent people?

## Activity 4:

- The students will be divided into groups of four. They will choose alternately between the role of a free bird and a caged bird. Imagine how does a caged bird and a free bird feel? Each group will dramatise the two situations. Write short dialogues. Each group is given 2 minutes to perform before the class.



**Reflection: A hero is some one who understands the responsibility that comes with his freedom.**



**Main Idea:** Rights are privileges that are guaranteed to us. They are natural or legal.

**Objectives:**

- To help the children become aware of their rights and responsibilities towards family, school and society.
- To help the children channelize their decision making skills for the betterment of self and others.
- To make the children aware of different types of the rights and duties like Fundamental Rights and Human Rights.

**Brainstorming:**

Our rights are to be used responsibly with due consideration for the rights of others. If the rights are not used the right way, it can turn problematic. We should also keep in mind that if we have rights we also have responsibilities. The dutifulness towards our responsibilities as citizens is required to strengthen our democracy.



# Activities

## Activity 1:

- The class will be divided into two groups. The teachers will write the headings my rights and duties and divide the whiteboard into two columns. Students will be asked to list down various don'ts in the school premises.

It will be followed by a class discussion on the need to follow various rules and BEING YOUR BEST. Through class discussion it will be emphasized how indiscipline can lead to chaos. For example:

What I am allowed to do in school	What I am not allowed to do in school
1. Play in the ground	1. Jump on the benches
2. Use the library	2. Write on the walls

This will be followed by a class discussion.

## Activity 2:

- The Constitution of India guarantees some rights to its citizens and people who choose to live in the country. However, there are also some duties that we as citizens are expected to accomplish.

- Find out about the 6 Fundamental Right. There are special rights for children. Make a list of these too. Finally, find out 5 Fundamental duties as well.

## Activity 3:

- The students will be asked to conduct a survey in the neighbourhood local market and record the MRP and date of expiry of the items sold in the shops. A report on the same will be prepared and the children will be made aware of consumer rights and also taught not to buy things that are past their expiry date.

- The students will be asked to make jingles on the same to spread the message of consumer awareness among children.



Reflection: I will use my 'RIGHTS', the 'RIGHT' way.

**Main Idea:** As citizen of a country it is our privilege to celebrate and enjoy the festivals, National days and our cultural heritage.

**Objectives:**

- To foster an appreciation of National culture and its festivals.
- To understand National diversity.
- To foster a sense of patriotism.



**Brainstorming**

Reena was very happy on returning home from school, "Mummy I will not go to school tomorrow. It is a holiday for me." "Holiday, but it is 15th August, our Independence Day! Is your school not celebrating it?" asked her mother. "No mummy school is open but as there will be only some songs, dances and speech. I will stay at home and play," replied Reena. Mother smiled and said in a calm voice, "Reena you must go to your school tomorrow and be a part of the celebrations. India secured its Independence after the struggle and sacrifices of great patriots. We must take pride in our freedom and honour these celebrations". Needless to say Reena was in school cheering and clapping the loudest for every performance.



# Activities

## Activity 1:

- Give an account of celebrations attended by you on the occasion of a national or regional festival.

## Activity 2:

- Draw a national symbol of your choice and write 5 lines about it.

## Activity 3:

- India is rightly said to be a land of festivals. Prepare a report on at least two festivals that you do not celebrate.

## Activity 4:

- Ask your elders to take you to a nearby temple, gurudwara,

mosque or any other place of worship. Plan your visit during some celebrations.

- Write a short note on what you saw and share it with the class.

## Activity 5:

- Complete the following sentence:  
I take pride in the diversity of my country because.....

## Activity 6:

- Share your festive joy with an underprivileged child or go with your family to celebrate any festival in an orphanage or an old age home.



**Reflection: No other country epitomizes Unity in Diversity as does India in its complete vibrancy.**

**Main Idea:** Peace is not an absence of war, it is a virtue, a state of mind, a disposition for benevolence, confidence, justice. - Spinoza

### Objective

- To develop the feeling of love for others.
- Learn to live together in peace.
- To nourish ourselves with patience.
- To become responsible citizens.
- To understand the value of non-violence.



### Brainstorming:

Mahatma Gandhi said "An eye for an eye will only make the whole world blind". He strongly felt that there is no way to peace, rather peace is the way for humanity to survive. The great world leader Martin Luther King Jr. inspired by Gandhiji said that "If humanity is to progress Gandhi is inescapable. He lived, thought, and acted, inspired by the vision of humanity evolving towards a world of peace and harmony. We may ignore him at our own risk". How can we, living in the country of Gandhi, forget him and his teachings?



# Activities

## Activity 1:

- Students will make three monkey masks. Once the masks are ready, the students will be told about Mahatma Gandhi and his ideas behind the concept of the three monkeys.

Hear No Evil  
See No Evil  
Speak No Evil

- Divide the class in groups of 4. They have 2 minutes to prepare a 1 minute skit based on the idea of Gandhi's three monkeys. One student can either be a prop or a narrator or any other role as might be required by the skit.

## Activity 2:

- Find out the various symbols of peace used all over the world, for example, dove and olive branch etc. Make a small poster in pairs.

## Activity 3:

- Draw and colour the National Flag of India. Find out the significance of the colours present in the flag.

## Activity 4:

- Find out any poem/song (Hindi/English) with the theme of 'peace'.

## Activity 5:

- The teacher will ask the students to role play a situation in which they find out ways to resolve a fight between you and your classmate / friend / neighbour peacefully.

## Activity 6:

- A general discussion on the effects of watching violent films / playing action packed computer games.



Reflection : Let's make the planet Earth a peaceful place to live in.

**Main Idea:** Acceptance means to respect someone's belief and choices.

**Objectives:**

- ✿ To develop bonds with others.
- ✿ To understand social equality.
- ✿ To develop empathy for others.
- ✿ To become responsible citizens.



**Brainstorming**

Mrs. Shivani Narang entered the class and saw Rohit and Raman, her students, calling each other terrible names. She intervened and both told her that they hate each other. Mrs. Narang gave each one of them a bag of tomatoes and instructed them to carry it with them wherever they went. After two weeks both were tired and fed up of the tomatoes that had turned rotten. They told so to their teacher. She told them, "Rohit and Raman, you cannot bear to carry these bags of rotten tomatoes any longer. Imagine living with dislike for each other! Do you think that is easy?" Rohit and Raman understood what the teacher was trying to show them. They became friends and over time learnt to respect each other.

**Discuss:**

- (a) When Mrs. Shivani Narang entered the class, what did she see?
- (b) What did Mrs. Narang give to Rohit and Raman?
- (c) What message is conveyed in the above passage?



# Activities

## Activity 1:

- What kinds of inequalities prevail in our country? Brainstorm at least 10 points. Suggest ways to overcome them.

## Activity 2:

- Motivate the students to develop hobbies like:
  - Listen to different kinds of music.
  - Read books that are windows to different cultures.
  - Make pen pals with students from schools of other states. Take the help of the Principal to tie up with another State's school to start a pen-pal programme with the students.

## Activity 3:

- Find out the details about the life of your household help. Find out about her/his work, family, expenses, and other things.



Analyse how your household helps life is different than yours. Are such people's lives easier or difficult than you imagined it to be?

## Activity 4:

- Have you ever been jealous of your friend? Why? Did you find it difficult to be nice to him/her because of your jealousy? Did you try to overcome it? How?

## Activity 5:

- Make a list of words that mean the same as 'ACCEPTANCE.'

## Activity 6:

- Students are required to organise a folk song festival in the school under the guidance of teachers.

Reflection: United we stand, divided we fall



**Main Idea:** The impact we have on the environment today is making a big difference in the world for future generations. It is our responsibility to care for our planet and ensure to future well-being.

**Objective:** To sensitise children about their environment and motivate them to care for the same.

**Explicit Values Focus:**

- ✿ Sensitivity to environment
- ✿ Responsibility
- ✿ Accountability



## Activities

### ACTIVITY 1

**Objective:** To inculcate in the students their responsibility towards the environment.

**Discuss:** The teacher will discuss the following with the class:

- ✿ Why is it necessary to conserve electricity and water?
- ✿ What will happen if the consumption continues at this rate?
- ✿ Imagine what the world would be like without these amenities.

The teacher will divide the class into two groups.

- ✿ Group-I will write lyrical street plays emphasizing the importance of conservation of natural resources.
- ✿ Group-II will make banners/placards/posters on conservation of electricity and water. They may put these in shopping areas, malls and housing colony or parks to create awareness among people.

In addition to the above,

- ✿ Groups of students can be assigned duties to monitor and ensure that the lights, fans and/ACs etc. are switched off when not in use and the taps are not left running after use. These can be monitored during the break and at the time of dispersal.



### ACTIVITY-2

**Value:** Practice what you preach.

**Reflection:** the teacher will discuss how often wastage happens at home and at workplace and how students can conserve environment and natural resources.

a. Rainwater harvesting: Some suggested ways to conserve rain water at home.

- ✿ Rain water can be collected in buckets to use for washing cars rather than fresh water.
- ✿ Rain water can be collected in pots and pans and used for
- ✿ mopping floors
- ✿ gardening
- ✿ washing vegetable and fruits etc.

(a) In school, posters can be created and put in the corridors to spread awareness among students regarding rainwater harvesting activities.

(b) Reducing Carbon Footprints/ Polluting gases:

- ✿ Students should practice and encourage use of public transport/car pool.
- ✿ Bicycles/battery operated vehicles while commuting to and from school/ college /workplace etc.

Students should collect fallen leaves, branches, flowers at home/school and make compost which can be used in nurseries/fields/gardens, thus

discouraging carbon emission by burning of leaves.

The teacher can further brainstorm and elicit ideas from the students on different ways to conserve and preserve resources.

### ACTIVITY- 3

**Topic:** Noise Pollution

**Brainstorming:** The teacher will discuss the following and ask the students to ponder on:

- ✿ What is noise pollution?
- ✿ How am I adding to the noise pollution?
- ✿ What are the harmful effects of noise pollution and how it harms the health of people especially elderly and very young?
- ✿ Causes of noise pollution: (horns, loud music, crackers etc.)
- ✿ What can I do to prevent noise pollution?

Students will be asked to make posters regarding the same and put on the display boards to create awareness. These points can also be taken up during the Assembly just before the marriage season/ elections and festivals like Diwali.



**Reflection:** Earth provides enough to satisfy every man's needs, but not every man's greed.

**Main Idea:** Time management is essential to utilise our talents well and be able to complete tasks efficiently.

**Objectives:**

- ✿ To learn the importance of managing time.
- ✿ To explore the different ways time management can be implemented.
- ✿ To foster self- discipline.
- ✿ To learn to be able to enjoy the work at hand.



**Brainstorming**

Hassan was very excited. A magic show was being organised in his school the next day. He had already started dreaming about it. In his excitement, he started working on his homework late and kept awake till 1 o'clock in the morning, trying to complete it. His mother repeatedly reminded him to sleep on time but he kept asking for five more minutes. In the morning, Hassan could not get up on time as he had slept late the previous night. Thus, he missed the school bus and his chance of having fun at school.

Poor Hassan! That is what happens when we do not manage our time well and are not able to understand which task is more important and needs priority.

**Discuss:**

- ✿ Why was Hassan excited?
- ✿ Why was he not able to attend the magic show?
- ✿ What happens when you do not manage your time well?



**Activity 1:**

## Activities

- ✿ "Time flies like a bird, we cannot stop it." This is a very old proverb. Can you guess what it means?
- ✿ The teacher will ask the students to make a list of times where they found it difficult to manage time and task well?
- ✿ The students will discuss with their partner a solution or two about each point that has been listed above.
- ✿ Pick any two points and share it with your classmates. Are there any similarities?



**Activity 2:** Time Savers Vs Time Wasters

- ✿ What are the qualities of Time Savers and Time Wasters? Brainstorm at least 10 points for each.

Time Saver	Time Wasters
1. Concentrate on one task before moving on to another	1. Indecision
2. Establish a daily routine	2. Constant interruptions

- Now tick mark whatever points are applicable to you?

Time Saved \_\_\_\_\_ times

Time Waster \_\_\_\_\_ time

### Activity 3:

- Managing My Time:** Let us try out something that will help you to monitor how you spend your time. The teacher will ask the students to first make a list of common time-consuming activities that they usually engage in. Keep track for two weeks.

Activities	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Listening to music						
Eating						
Napping						
Watching TV or any other form of media						
Talking on phone						
Hanging out with friends						
Surfing internet						
Spending time with family						
Home work						
Studying for fun						
Any other ideas...						

- After two weeks check your chart.
  - Were you surprised by anything?
  - The teacher will ask the students how can they re-organise their time better?
  - The students can ask their parents or their teacher or their friend to figure out the ways they can manage time better.

### Activity 4:

- 9 Rules For My Time:** In pairs and with the help of the teacher, the students will brainstorm at least 9 rules that will help them to manage time more efficiently. Make a chart of this. Put a common chart in your class and individual charts a home.

### Activity 5:

- Creative writing - 'A day in my life'

For example, I had promised my grandmother I would take her to the temple on the occasion of Janamashtmi. But I failed to keep my promise because I got up very late. My grandmother was very sad. That day I realized the importance of 'TIME'.

**Reflection: Tick tock! The clock never stops!**

**Main Idea:** Feeling and exhibiting concern and empathy for others.

### Self

- ✿ Family
- ✿ Friends
- ✿ Relatives

### Others

- ✿ Neighbours
- ✿ Community
- ✿ Country
- ✿ World

### Environment

- ✿ Plants
- ✿ Animals
- ✿ Ecosystem

### Explicit Value Focus:

- ✿ Care for self and others.
- ✿ Be accountable for one's own actions, resolve differences in a constructive, non-violent and peaceful way. Contribute to society and civic life, take care of the environment.
- ✿ Pursue and protect the common good where all people are treated fairly for a just society.
- ✿ Treat others with consideration and regard, respect another person's point of view.
- ✿ Be aware of others and their cultures, accept diversity within a democratic society, being included and including others.
- ✿ Act in accordance with principles of moral and ethical conduct, and ensure consistency between words and deeds.



## Activities

### Activity 1:

**Brainstorming:** The teacher should discuss the following with the students:

- ✿ What in your opinion is caring?
- ✿ Give five qualities of a caring person.
- ✿ Do you help others without expecting a reward?
- ✿ Are you thankful for what others do for you?
- ✿ Do you care about other people feelings?
- ✿ Do you think of the consequences your action may have on others?
- ✿ Do you donate to charities?
- ✿ Are you kind to people and animals and other creations?



### ACTIVITY 1:

Newspaper/Media often carry appeals/articles on issues like

- ✿ Appeal for kidney donor
- ✿ Appeal for blood donation-rare group/thalassemia
- ✿ Appeal for monetary assistance for terminally ill patient.
- ✿ Appeal for eye donation-Eye Bank
- ✿ Help for victims of natural disasters like earthquake/tsunami.

Do you just give a cursory reading to such appeals or give it a more serious thought? Do you know any individual



who donates blood regularly? Collect newspaper appeal reports and organize a campaign wherein you put up posters in the school during the Parents Teachers Meetings to create awareness.

### ACTIVITY-2

**Value Focus:** Compassion for animals.

**Reflection:** "The greatness of a nation and its moral progress can be judged by the way the animals are treated." - Gandhiji.

**Discussion:** The teacher will discuss the above quote and ask the class to reflect upon the quotation and ask them the following questions:

- ❁ Are we an animal friendly nation?
- ❁ In which areas of daily life do you think animals are being ill treated or abused?
- ❁ Will the natural ecological balance be disturbed if animals become extinct or die?
- ❁ What do you think of animals kept in the zoo?
- ❁ Do you think it is right to have animals performing in the circus/in the streets?

Throughout history people have used animals for their own purposes. Research and find out how in ancient times animal bones were being used as tools.

Animal skins were being used as fashion statements till recently when they were banned. Despite such animal-friendly development, animals are still being misused by people today.

The teacher will write the following statements on whiteboard:

- ❁ Dissecting frogs in class rooms
- ❁ Capturing and using wild animals like bears, monkeys and snakes for 'entertainment'.
- ❁ Raising and killing animals for food.
- ❁ Killing animals for their feathers, fur and skin.

Now, she will ask the students to suggest an animal friendly alternatives for the above mentioned

statements and also recommend solution for their rehabilitation.

Students will be asked to create awareness on the plight of such animals by putting up posters/ organising street plays.

Recommended Reading: Wildlife Act 1995 which lists endangered species.

### ACTIVITY-3

Caring for the citizens of tomorrow is the need of the hour. The teacher will ask the students to read newspapers or surf on internet to collect the information regarding the ratio of young and old population in the country. What are the conditions of the elderly in India? Use pi-charts to display your findings. After that, the teacher will initiate a discussion on the following:

- ❁ How can we care for our grandparents?
- ❁ What is our duty towards other elderly in our society?
- ❁ Many people in rural areas migrate to cities in search of work, often leaving their parents in villages. Suggest a solution to this problem and arrive at a consensus.

### ACTIVITY-4

#### Class Discussion:

- The teacher is to initiate a class discussion by writing the following on the board:
  1. A lot of people say that teenagers are self-absorbed and don't care about anything but themselves. Do you agree or disagree? Debate this issue.
  2. What kind of attributes are associated with caring? The list should also include attitudes towards environment and country? There can be whiteboard and then virtues discussed.
  3. When someone is uncaring how does that affect friends, family, school and community? Prepare a skit about a similar situation and enact the same.