

Main Idea: On many occasions it is very difficult to be honest, but it is the right thing to do. Honesty is the best policy.

Honesty Pays - A Story

Raju was an excellent football player. He was very excited as he was to play for the inter-club final match. Winning this match would help him get a scholarship and a chance to play at the State level. The match began at 11.00 a.m. The ball passed on from Tarun to Manan and then to Raju. Raju jumped high and put the ball deep into the net. The referee blew his whistle to declare a goal. However, Raju walked up to him and told him that he had used his hand to direct the ball to the goal and quietly walked back. Next morning, the Principal called him to the stage in the morning assembly and said, "We all are proud of you." Honesty always pays. Raju was the happiest person that day.

Objectives:

- To encourage students to do the right things even when it is difficult.
- To develop good character.
- To win others' respect.
- To foster positive behaviour.



Activities

Activity 1:

- Students may be asked to share incidents where they have demonstrated honest behaviour.

Activity 2:

- Prepare a "This is me" collage using pictures, poems, quotations, words and phrases that reflect you as an individual.

Activity 3:

- The class should be divided into three groups. Each group should be given 5 minutes time to prepare and present a small skit in which a person has a choice to be either honest or dishonest. The consequences of the choice should also be highlighted.

Activity 4:

- Divide the class into three groups. Create a night sky on the bulletin board. Cut 'stars' from

silver paper. Each group member has to label the 'star' with the act of honesty written on it and paste the 'star' on the bulletin board. This activity will be done for four weeks. The group whose sky shines with maximum 'stars' should be declared the winner.

Activity 5:

- Complete the following:
For me, honesty is the best policy because.....

Activity 6:

- Create a story on honesty by pasting stickers / pictures.

Activity 7:

- Divide the class into two groups. Let each group create their own 'Honesty Pledge' with their signatures on it and display the same in the classroom.



Reflection: Honesty is the best policy.

Main Idea: Together we stand strong, divided we fall.

Team Spirit - A Story

A farmer, whose corn always took the first prize in the crops exhibition, had the habit of sharing his best corn seeds with all the farmers in the neighbourhood.

When asked why, he said, "The wind carries pollen from one field to another. If my neighbours grow inferior corn, the cross pollination may bring down quality of my seeds. So, I must share my seeds, so that we can get best corn together."

Objectives:

- To understand the importance of working in harmony.
- To explore the joy of sharing, and strive towards a common goal.



Activities

Activity 1:

- Brainstorm various ways in which team-spirit is visible in school activities.
- List 10 ways by which you demonstrate team-spirit.
 - a) at home,
 - b) at school.
- Help the disadvantaged community by raising funds from various sources like pocket money, neighbours and friends.

Activity 2:

- Divide the class into groups of 5 students. The individual groups should be facilitated to understand Team-spirit through the following words.

Together we work.

T...	E...	A...	M...
S...	P...	I...	
R...	L...	T...	

Activity 3:

- Make two groups. Give each group a specific number of

cutouts of various geometrical shapes. Please guide each group to make at least two 'Clowns' out of them. The team who finishes first will be rewarded.

Activity 4:

- In a country the Army, Navy, Air Force work as a team to keep it safe from enemies. Find out one more example of team work and draw a picture of it.

Activity 5:

- The students will write about an incident when they achieved something as part of team. The school cricket team, the house football match or the annual day.

- What made the activity fun?

Activity 6:

- Complete the following:
Teamwork is important because...

Reflection: We shall overcome.

Main Idea: Learning to respect diverse opinions / diversity, developing tolerance and learning from others.

Story

The New Year in India is celebrated at different times of the year and in a variety of ways. In certain states of India like Gujarat "Diwali" festival of lights is celebrated as New Year's Day. In Eastern part of India, Like West Bengal, New Year is celebrated during spring and is known as "Paila Baisakh".

In Southern parts of India like Karnataka and Andhra Pradesh, New Year is celebrated during spring and is known as Ugadi. New Year in Kerala falls on the first day of the Malayalam month and is known as "Vishu".

This is an example to show how we are united despite our diversity.

Objectives:

- To foster understanding of various cultures.
- To develop the spirit of brotherhood.
- To inculcate love and respect for the country.



Activities

Activity 1:

- The class should be divided into five groups. Each group can be asked to prepare a poster of any one festival, different from their own culture. They can add details like music, food dress or anything special associated with the same.

Activity 2:

- Make tri-colour kites and write your wish / dream on it (in the context of your own country).

Activity 3:

- Pick any region in the country. Find out about all important details about it. Make a collage about the specialities of that region - for example, dance, food, dress, monuments and so on.

Activity 4:

- Have a 'Unity in Diversity' Mela in School.

Activity 5:

- Divide the class in groups of 6 students. Make each group learn a regional song or a song in language that is new to them. Present the song to the class.

Activity 6:

- Complete the following:
I am proud of my country because.....



Reflection: Unity in Diversity

Main Idea: We should look after our world. It takes care of all our needs.

Brainstorming

Read a real life incident:

On July 21, 2012, a leopard from a nearby National Park wandered into Prakash Nagar in the North-East, where 3,000 villagers lived. Before the situation could be brought under control, the leopard had attacked many policemen, forest rangers as well as a few villagers. The leopard, in turn, was injured when people tried to save human lives. The leopard was finally tranquilized, but died when it reached the veterinary shelter.

Such incidents are very common these days. Why do you think wild animals wander outside the forest, their natural habitat? Brainstorm a few ideas.

Objectives:

- To foster a responsible attitude towards nature.
- To know about various organisations working towards conservation and preservation of nature.
- To explore the ways in which students can contribute towards nurturing nature.



Activities

Activity 1:

- ✿ Make a list of animals that are becoming extinct.

Activity 2:

- ✿ Enlist reasons as to why conservation of forests is important.

Activity 3:

- ✿ Make a poster on our 'Friendly Forests' depicting all that we get from them.

Activity 4:

- ✿ Working in pairs make a poster on any one organisation.
 - Forests are useful for...
 - Stop using polythene bags.
 - National Tiger Conservation Project

Activity 5:

- ✿ Have a general discussion with the students on the gifts of nature.

Activity 6:

With the help of teacher or parents, the students have to create a "Nature Album". In the album they may stick the different things that they find in nature. Make sure that they do not pluck any flowers or leaves. Just use the ones that they find fallen from trees / plants. They may paste pictures of animals or plants around their locality.



Reflection: Save planet Save lives

Main Idea: Our goals can be achieved only if we are prepared to work hard towards them.

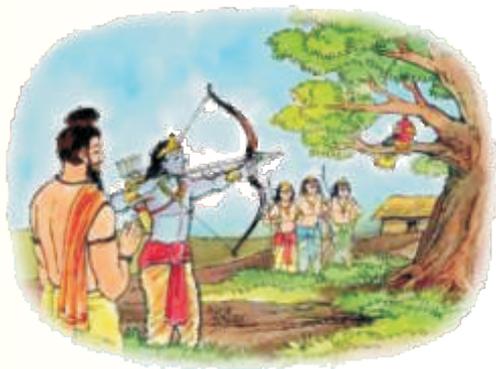
The Bird's Eye

As narrated in the Mahabharata, Arjuna was being taught archery by his guru (teacher) along with the other students. Guru Dronacharya hung a wooden bird from a tree branch and then called all his students. He told them to aim for the bird's eye but first to explain what they saw. The first student approached and the teacher asked the student, "What do you see?" The Student replied, "I see the garden, the tree, the flowers, and everything!" The teacher asked the student to step aside and not to shoot. He asked the same question to the next student and received a similar reply. "I see the air and leaves blowing in the wind." Guru Dronacharya repeated the question to a few more students, and they all had similar replies.

When Arjuna was asked what he saw, he replied, "The only thing I can see is the bird's eye." Guru Dronacharya said "Release your bow". Arjuna did as instructed and hit the bird in the middle of its eye.

Objectives:

- ❁ To understand the importance of giving your best.
- ❁ To know yourself better.
- ❁ To explore ways of doing things with a clear focus.
- ❁ To have a clear goal / aim.



Activities

Activity 1:

- ✿ In school whether doing academics or in extra-curricular activities, students have certain goals. Every student makes a list of at least 5 goals that they want to achieve before the end of the academic year in their notebook.
- ✿ What are things that they need to do in order to achieve their aims?

Activity 2:

- ✿ The teacher will tell the students that they can do their best if they concentrate properly on what they are doing. It is very important to clear one's mind before focusing on a task. Let's try something:
- ✿ Everyone closes their eyes. Then they breathe in and out. Listen to the teacher counting to 20. Just focus on her/his voice. After 20, the teacher counts- 1,2,3,4, and 5. At five slowly open your eyes. How do you feel after this? You can do this whenever you need to focus or are feeling tired.

Activity 3:

- ✿ The students will enlist a few great men/women who have succeeded and attained great heights. They may collect information about them and have a class discussion / role play on the reasons behind their success.

Activity 4:

- ✿ Hard work is the key to success but there are other things that are important too. Make a list of qualities that are important for success. Self-assess yourself. Tick the traits that you possess.
- ✿ How can you improve yourself?

Activity 5:

- ✿ The students can learn and sing the motivational song, "We shall overcome some day..."
- ✿ The meaning and significance of the song will be explained.

Activity 6:

- ✿ The class will be divided into groups. Each group has to dramatise a story with values like determination, obedience, hard work etc.

Reflection: Hardwork is the key to success



Main Idea: Economic development without compromising on quality of life or damaging the environment.

Objectives:

- To learn about sustainable development.
- To understand ways of preserving natural resources.
- To explore ways of protecting the environment.

Brainstorming

The teacher will read out the following passages and have a discussion with the students.

Before a school trip to Mussoorie, Saniya and Saurabh were constantly complaining about the unavailability of plastic carry bags for their purchases since the ban by the state government.

When they reached Mussoorie, they went for a walk on the Mall Road with the group. They were happily surprised to see clean and well maintained roads. There were dustbins placed strategically, and there were posters and information cards everywhere requesting tourists and locals to keep the city clean. They noticed signs that read 'Plastic Free Zone', and understood why the place was cleaner. It was an eye opener for both of them. They promised themselves to contribute and support the cause. They decided to take it further and spread the message of sustainable development for a healthy environment among their friends.

Discuss:

- Why were Sanjay and Saurabh complaining?
- Why was Mussoorie cleaner?



Activities

Activity 1:

- The teacher will ask the students to find out when is Earth Day celebrated. Form a Green Brigade in the school/ neighbourhood by planting a sapling, spreading the message of "Say no to polybags" .

Activity 2:

- The teacher will discuss with the students how they can be the protectors of their planet. The students will be encouraged to use old containers for storing water, growing plants, making pen holders or bird feeders.

Activity 3:

- Students will be told to make posters to show the changing face of the Blue Planet from 2000 to 2020.

Activity 4:

- There will be a discussion between the teacher and the students on the alternate sources of energy use of solar cooker, natural gas, gohar gas and so on.

Activity 5:

- Compose a poem on 'Clean Earth, Green Earth.'



Reflection: Let's Change our waste into wealth.

Main Idea: We have various duties towards our country and we also have rights that ensure the a better life.

Objectives:

- ✿ To understand our Rights and Duties as a citizen of India.
- ✿ To respect the national heritage
- ✿ To learn how to care for the public property.
- ✿ To obey law and order.

Brainstorming

Rinkoo went on a school trip to see the Qutub Minar with his classmates. He ate a banana and threw the peel in the lawns in front of the monument. Rinkoo felt, "It is my right to use the national property as I wish."

- ✿ Where did Rinkoo go on a school trip?
- ✿ Where did he throw the banana peel?
- ✿ Why did Rinkoo do this?
- ✿ Was it right for Rinkoo to throw a peel like that? Why?



Activities

Activity 1:

- A general discussion in the classroom may be carried out on following points:
 - a) What does being responsible mean?
 - b) Do you feel happy when you are referred as a responsible person? Why?
 - c) How can you be responsible towards the public property and/or other people?
- The students will make a list and paste pictures of neighbourhood facilities provided by the government, e.g. bus stop, railway station, parks. What are our responsibilities towards these facilities?

Activity 2:

- **Role Play**
The class will be divided into groups by the teacher and each group will be asked to role play

KEEP IT CLEAN!



a situation with the theme. 'How does one respect public property like parks, toilets, hospitals, monuments etc.'

Activity 3:

- The school is your second home. As a member of the school community, you have some rights and duties towards it. List down any five duties as a responsible student. Also, to make a list of 5 rights that they enjoy in the school.

Activity 4:

- Complete the following sentence:
A responsible me is...

Activity 5:

- The teacher will ask the students. How responsible are you at home? Do you throw your things after reaching home or keep them properly at assigned places? Make a list of responsibilities that you take up at home.

Activity 6:

- The teacher will instruct the students to make a promise card for themselves listing out the responsibilities that they will take up at home, school and at the community level.

Reflection: I have my Rights and my Duties. I need to be aware of them.

Main Idea: It is a virtue to be compassionate.

Read an incident:

Jai was coming back from his painting class when suddenly he saw some boys hitting a dog with sticks and stones. He shielded the dog from those rowdy boys and took the wounded creature.

He tended and cared for the dog. Having recovered the dog showed its pleasure by wagging its tail, and it became a family pet. Jai now had company for long walks.

He had learnt such compassion from his grandfather who had a stray animal shelter in his hometown and understood that "living is giving."

Objectives:

- ✿ To develop love for living beings.
- ✿ To inculcate an attitude of kindness.
- ✿ To learn how to be generous and caring.



I HAVE THE RIGHT TO THE
GENTLE STROKE OF A HUMAN
HAND.



Activities

Activity 1:

- Badges of Honour

Student will paste paper cut-out of their own hands on a coloured sheet of paper. They will write on the cut-outs the deeds or acts of kindness which they have done. For example, I helped an old lady cross the road.

Activity 2:

Find out about Mother Teresa. Make a poster about her.

Activity 3:

- Making a needy child smile:

You get many gifts on their birthdays. Bring a smile to a child who cannot afford to buy toys. Share your gifts with someone.

Activity 4:

- The teacher will ask the students to find out about one or two 'Shelter Homes' in and around their city. They may use pictures as well.

Activity 5:

- Role Play

The students will act out various situations to bring out the values like

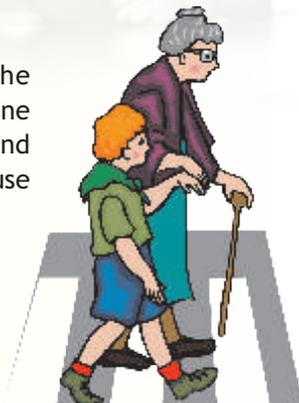
- Kindness
- Generosity
- Hate
- Anger

The teacher will ask the students what differences they noticed in the four emotions or qualities depicted.

Activity 6:

- Group / Class Discussion:

Class will have a group discussion on 'How I can spread the message of care and compassion.'



Reflection: Happiness never decreases even after sharing it with many.

Main Idea: To be aware of basic safety measures that everyone should know.

Let's start with:

Reena was shopping with her mother in a departmental store. Suddenly there were tremors and sounds of rattling. Everything seemed to be shaking.

Quickly, Reena pulled her mother's arm and ran for cover. She remembered what her teacher had told her to do when there was an earthquake. 'DROP! COVER! HOLD!' She also told other people what they should do.

Her quick reflexes and timely action helped save her mother and the people around who quickly followed her actions and instructions. She saved many lives.

Objectives:

- To bring about awareness amongst people.
- To prepare people for disasters.
- To learn what natural disasters are and what to do when they occur.



Activities

Activity 1:

- Often disaster strikes without a warning. Hence, it is imperative for us to be prepared for any such eventuality. Make a list of plan of actions under such circumstances. Prepare pamphlets that can be circulated in the school and neighbourhood to create awareness.

Activity 2:

- A mock drill can be organized to prepare the students for disaster response and management.
- An earthquake
- A fire
- A stampede
- A hurricane / A flood

Activity 3:

- Make a model of the traffic light and specify what each colour signifies.

Activity 4:

- Organise a school / class disaster management team and allocate duties to each team member and display the same in the classroom.

Activity 5:

Students should make a list of items required for a first-aid-kit and maintain it.

Activity 6:

MY BAG OF WORDS:

Find out the meanings of the words

- Pedestrian
- Fuel
- Fracture
- Sprain
- Sterile
- Antiseptic



Reflection: Prevention is better than cure.

Main Idea: Role models help us become what we want to be and inspire us to make a difference.

Objectives:

Let's start with:

Meera had lost a race at the Athletic meet that day. Tired and disappointed she fell on the bed. She had lost all hope of winning ever again. As she lay on the bed, she saw an ant trying to climb up the wall. It tried six times climbing up but slipped down every time. It didn't give up but attempted the seventh time and finally did managed to climb up. Meera started smiling. The little ant had become her role model.

Objectives:

- To understand the importance of identifying a right role model.
- To explore the ways in which role models can help us.
- To learn from the lives of great leaders.



NEVER GIVE UP



Activities

Activity 1:

- ✿ Make a list of any 5 achievers who succeeded despite the hardships they faced. For example, Louis Braille.

Activity 2:

- ✿ The teacher may ask the students to select a person/role model for themselves. Make a list of at least 10 positive attributes that they admire in that person.

Activity 3:

- ✿ The teacher will ask the students to share an anecdote

from the life of any famous world leader who has inspired them. For example, Martin Luther King, Mahatma Gandhi or any other.

Activity 4:

- ✿ When I grow up . . .

Students should be encouraged to speak about their ambition in life. What they want to be when they grow up and why?



Reflection: Choose your role models with care. They represent your future..

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

Self

- ✿ Family
- ✿ Friends
- ✿ Relatives

Others

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

Environment

- ✿ Plants
- ✿ Animals
- ✿ Ecosystem

Objectives:

- ✿ To learn how to care for self and others.
- ✿ To learn to be accountable for one's own actions, resolve differences in a constructive, non-violent and peaceful way.
- ✿ To be able to contribute to society, and civic life, and take care of the environment.
- ✿ To pursue the common goal where all people are treated fairly for a just society.
- ✿ To learn to treat others with respect, and to respect the points of view of other people.
- ✿ To appreciate the diversity while respecting self and others.



Activities



BRAINSTORMING: The teacher should discuss following with the students:

- What in your opinion is caring?
- List five qualities that a caring person should have.
- Do you help others without expecting a reward?
- Are you thankful for what others do for you?
- Do you care about other peoples' feelings?
- Do you think of the consequences of your own action?
- Are you kind to people, animals and your surroundings?

ACTIVITY 1:

It is a special Diwali for your family as your father was promoted to a higher post. You are celebrating Diwali with friends and relatives and burning crackers causing smoke and noise pollution. Your neighbour's grandma suffers from asthma which is made worse by the smoke. The neighbour approaches you with the request to stop burning crackers. What will be your reaction? Put yourself in your neighbour's shoes and discuss.

Reflect: What effect does burning crackers have on:

- Elderly
- Sick

- Babies/Small Children
- Environment

The teacher will encourage the students to suggest alternative ways of celebrations that ensure fun and also do not cause harm to others or the environment.

ACTIVITY 2:

Reinforce the concept of caring by creating an action group in class. Develop a list whereby this group can show active concern for others.

- Think of ways your group can collect items for the hungry or homeless.
- Think of ways to help people who are alone, confined, sad or overworked.
- Think of ways to help underprivileged children.
- Think of ways to help the elderly, single parents or disheartened unemployed people.
- Think of ways you reflect care for your natural heritage.

Put yourself in similar situations and adopt ways for sustainable class effort for the term. Makes posters to create awareness. At the end of the term evaluate the result of your class effort.

**NOISE
POLLUTION**