

Welcome Life

(For Class - IX)

ਇਹ ਪੁਸਤਕ ਪੰਜਾਬ ਸਰਕਾਰ ਦੁਆਰਾ ਮੁਫਤ
ਦਿੱਤੀ ਜਾਣੀ ਹੈ ਅਤੇ ਵਿਕਾਊ ਨਹੀਂ ਹੈ।



Punjab School Education Board
Sahibzada Ajit Singh Nagar

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ਇਹ ਪੁਸਤਕ ਢਿਕਰੀ ਲਈ ਨਹੀਂ ਹੈ।

Foreword

Punjab Curriculum Framework (PCF-2013) which is based on National Curriculum Framework (NCF-2005) recommends that the child's knowledge must be connected to their life outside the school. It indicates the departure from the legacy of bookish learning and ensures that learning is shifted from rote methods to an activity based curriculum and should provide an opportunity for the holistic development of the students.

Under the leadership of Sh. Krishan Kumar, (I.A.S.), Secretary, Department of School Education (Punjab), a new progressive spirit has been infused in the entire system of school education in the state of Punjab. In due course of time, it has been realised that the inculcation of moral values through a specific subject can bring a major transition in the overall development of our students.

The present education system is indeed enabling students to compete worldwide in the modern times of growing economic and materialistic attitude that it is only the values of life that can transform them into real human beings. Therefore, focusing upon this prime objective of education, the Department of School Education, Punjab, in collaboration with Punjab School Education Board has introduced a new subject '**Welcome Life**' which is based on human values. It will be implemented in classes I to XII from Academic Session 2020-2021.

The main objective of this practical and thought provoking curriculum is to provide insight to the students in such a way that they will be able to realize their full potential and become well balanced and responsible individuals and dignified assets to the society. We believe that this new subject '**Welcome Life**' will undoubtedly prove beneficial in transforming the students into highly civilized individuals and sensitive to the diversity of human life. This textbook is an outcome of hard work and sincere efforts of 'Text book Development Committee', who have contributed immensely by their conscious efforts to nurture an over-riding identity of students through this Subject.

Punjab School Education Board welcomes suggestions and feedback from the stakeholders for the improvement of subsequent editions of the text-book.

Chairman

Punjab School Education Board

‘ਸਮਾਜਿਕ ਨਿਆਂ, ਅਧਿਕਾਰਤਾ ਅਤੇ ਘੱਟ ਗਿਣਤੀ ਵਿਭਾਗ’ ਪੰਜਾਬ

Preface

Living is an art. Those qualities and tacts which help us in winning over the challenges, are known as Life Skills. UNICEF has suggested that life skills make tremendous improvement in our behavior, establishing balance among knowledge, attitude and ability.

Dear students at this developmental stage of life, you have to face various challenges namely physical, mental, emotional, economic and social. You have to adjust in society. Now you are not as young as your parents treat you but at the same time, you are not mature as you consider yourself. You have to escape yourself from many stresses, storms and bad habits.

This book will surely show you the way to a beautiful life. On the fascinating road of life, you have to tread on gracefully, with the help of your wisdom and firmness. Being a student of ninth standard, you need not expect traffic police person guiding you, when and where to stop, to move etc. Rather you need to take judicious decision at your own, watching traffic lights and signals only. In nutshell, it can be concluded that this book will serve the very purpose of traffic control signals of life.

School Education Department, Punjab has always been indebted to the outstanding teachers, who, with their positive thinking devoted extra time, day and night tirelessly, under the sightful guidance of Honorable Secretary, School Education, S.C.E.R.T., State coordinator; 'Padho Punjab, Padhao Punjab', P.S.E.B. provided books to develop moral qualities in students. The School Education Department Punjab will be forever grateful to the Subject Experts and Language Experts too, who have corrected the entire Textbook. These teachers contributed their maximum potential to give final shape to this class 9th book.

We wish you a very prosperous and noble life. Though there is always a long journey between human being and being human, yet I hope you all will complete it soon and will become a skillful, helpful, strong charactered person. Leave no stone un-turned to WELCOME LIFE.

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Note- The psychological questionnaires (tools) used in this book are prepared by the teachers, they should not be used for research work.

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SELF AWARENESS AND SELF- DISCIPLINE

From the very beginning of the civilization, man is struggling to find his identity. He has been wandering here and there for centuries in search of his true existence. As we all know, man is a social animal. For his proper adjustment in the society, he needs to have proper coordination with others. In order to understand others properly, it is necessary to know ourselves first. When we say that we know someone, actually it is not all true. What we see, is only a small part of one's personality and most of the person is hidden in his/her unconsciousness. The person, sometimes even himself does not know his this hidden self. The chief purpose of having self –awareness is actually knowing about this hidden part of us.

(A)

WHO AM I ???



Dear students ! Have you ever thought ?

1. Why can't a fish fly ?
.....
2. Why can all the creatures not climb up a tree ?
.....
3. Why has Sachin Tendulkar been popular for being a cricketer and not as a painter ?
.....
4. Why did Lata Mangeshkar grow up to be a singer, and not a writer ?
.....

If we go to the answer for all these questions, it is very clear and apparent that every person is born with his/her special inborn qualities and nature. Sometimes he/she is not even aware of them. One must try to discover those hidden talents and flourish them to make their best use for the personality development.

ANSWER THEM

How will you define yourself ?

1. I am.....
2. My family members feel because of me.
3. I am very happy when I
4. I always worry about
5. How do you deal with the people you don't like ?
.....
6. Are all the people always happy with you ? Why ?
.....

With these questions you got a chance to explore yourself.



Now write some sentences about yourself, depicting your positive side, that makes you feel good and proud but others don't know and you are desperate to share with others :

.....

.....

.....

(B) SELF IDENTITY

Dear students ! Last week you explored yourself and introduced yourself to others after finding out the hidden aspect of your personality. Now we will perform this activity in the form of a rating scale to know something more about you.

ACTIVITY

You have to answer the questions asked about you in the following rating scale. Each question has three possible answers. You choose the most suitable answer for you.

	Questions	Always	Sometimes	Never
1.	I am optimistic.			
2.	I adapt myself with changing situations easily.			
3.	I am a self- confident person.			
4.	I can easily do whatever I want to do.			
5.	I easily leave my impression on others.			
6.	I always perform my work with full devotion and dedication.			
7.	I happily accept my weaknesses,			
8.	I always help others in their work.			
9.	I am always ready to learn something new.			
10.	I always try my level best to remove my mistakes and weaknesses.			

After answering the above questions, you have to analyze yourself. The components, you have answered with 'Always' are your strengths. You have to keep them up. Try to improve the aspects with the answers 'Sometimes'. The traits for which your answer is 'Never' are definitely your weaknesses and you have to overcome them.

Now answer these questions with what you feel in the following situations :

1. If someone criticizes me

.....

2. When I see the progress of other students in my class

.....



3. When I cannot make changes in the things and situations according to my wish
.....
.....
4. I have set my goal for life and to achieve that goal,
.....
.....
5. When I do something wrong,
.....
.....

Dear students ! You might be knowing that no one is perfect. Every person has some positive as well as negative traits of personality. The wise person does not allow the negativity overpowered. He never feels jealous of others, rather with positive and healthy competition and cooperation, he tries to improve himself. Above all, he has to learn self discipline if he wants to improve himself for his bestever version. Next week, we will study about self discipline in the form of time management.

(C) TIME MANAGEMENT

Dear students, today we are going to talk about a very important topic that is Time Management. Nature has its own time cycle. The Sun rises and sets at a particular time interval. Same is true for change in seasons. It appears as if nature also follows discipline and rules for time management. So we can imagine how discipline is necessary for all of us.



ACTIVITY TIME

Dear students Please read the following incident :

Maninder and Raman are very close friends. Maninder is very punctual and finishes every task within or even before the time limit. Raman, on the other hand, is very careless and does not bother about time management and usually gets late for everything. Maninder tries to make him understand the value of time management but he does not care. Once their class and school staff were going for a tour. All the students were very happy and making preparations joyfully. Raman, as usual, could not do the needful in time. He reached very late and missed his tour as a result.

Now just take yourself to be Raman and Maninder and answer the following questions :

RAMAN

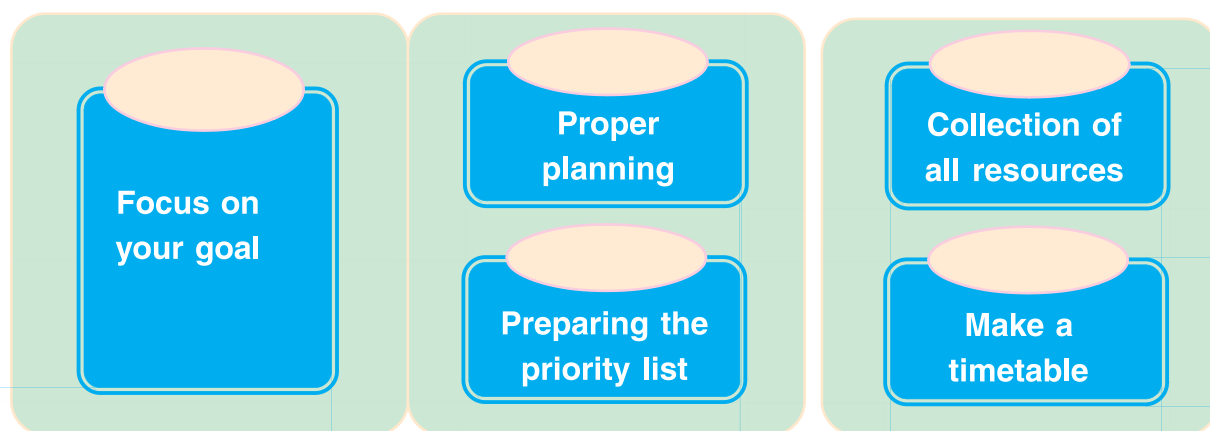
MANINDER

DOES	DOESN'T	DOES	DOESN'T

Dear students, By now you must have understood the value of time. Time is really very important. Once passed, it never returns back, despite of million efforts. Sometimes we waste our precious time in useless activities. Have you ever faced a problem regarding time ? When you might be thinking to have much time for preparation of exams and later on at the time of examination you realized that syllabus was very vast. You should have started preparing much earlier. Then you promised with yourself that you would start preparing beforehand for exams in future..

Now we will see how to manage time properly :

Give correct order to the steps for time management given in the following diagram



As you have seen in the diagram, we have to keep in mind many things. Have you noticed that focus on your goals has been given the biggest space ? It is because concentration is the most important factor affecting time management. Unless and until we concentrate and focus upon our work, we waste our precious time in doing unimportant works. Proper time management is possible only by preparing a timetable.

Prepare your time table keeping in mind the priorities given by you to your various tasks and write it in the following diary

--

(D)

SENSE OF RESPONSIBILITY

Dear students !as you know we are a part of our society, just like the beads in a rosary. If a single bead is not good, it will change the grace of the rosary. Every person performs his duty towards the society in his best possible responsible way. The development of this sense of responsibility starts at an early age. Childhood and adolescence are the foundation periods of life for the development of this trait of human personality. We know that we can perform our duty towards others well only if we know our responsibility towards ourselves. It is possible only if every aspect of our personality is developed well. So before learning our sense of responsibility towards others, we must take care of the development of various aspects of our personality like physical, emotional and social development.

What do you know about proper development of physical, emotional and social development?

.....

.....

.....

.....

ACTIVITY

RESPONSIBILITY TOWARDS YOURSELF

What will you do for your proper physical health ?

What will you do for your proper emotional development ?

What will you do for your proper social development ?

RESPONSIBILITY TOWARDS FAMILY

The person comes in contact with his family first. Family is such a social institution, where the person is born. He/She shares all his/her joys and sorrows with his/her family members. So he/she has certain liabilities and responsibilities towards the family members. Let us see

What is your responsibility towards your family ?

What will you do for your family?

RESPONSIBILITY TOWARDS SCHOOL

School is the temple of knowledge. Dear students !your school has the greatest contribution in encarning your future.

What is your responsibility towards your school ?

.....

.....

.....

How will you fulfill your responsibility towards your school ?

.....

.....

.....

RESPONSIBILITY TOWARDS SOCIETY AND NATION

What is your responsibility towards your society and nation ? How will you perform it?

.....

.....

.....

Answer the following questions in Yes or No:

1. If any of my family member is unwell, I always take care of him/her. (YES/NO)
2. I help my mother in household works. (YES/NO)
3. In the school, I always keep in discipline even if teacher is not in the classroom. I contribute in school beautification also. (YES/NO)
4. Keeping in mind the convenience of the neighbours, I always listen to the music in lower volume. (YES/NO)
5. I help my younger brother / sister with homework. (YES/NO)



.....





CRITICAL THINKING

(A)

MY HOBBY

Dear students, we have learned a lot of valuable and easy things about the importance of time but most of you must be of the opinion that people always talk about saving time and thinking rationally. But how can we actually make it a part of our lives? This is the age when kids get lost in their own imaginary world and start thinking highly of themselves paying little or no heed to elder's suggestions. This is the crucial time of our lives when we have to think rationally and move ahead to do something good in life, to fulfil our aspirations but this can only happen if we are focused enough to learn new things with each passing day.

1. What is your hobby and favourite task?
.....
2. What do you do to fulfil your task?
.....
3. Do you face any problems while performing your hobby?
.....
4. Does your hobby effect your study?
.....
5. Have you ever discussed with your teachers about your hobby?
.....
6. Do you sometime face some problems while performing your hobby because of which you have to leave it mid-way? How do you feel at that time?
.....
7. How do you feel after completing your favourite task or do you feel satisfied enough?
.....
.....

Dear students, after going through the question stated above you will be able to know that your hobbies or your favourite task not only make you feel more comfortable, happy and content but also give you the courage, hope and ability to pursue your dreams. This enthusiasm and mindfulness shows you the right path and way to pursue your dreams. Dear students, your hobby not only makes you feel happier but can also become a reason for your success in future, remember with the right guidance and hard work you can become perfectionist in your career. May be your hobbies will become your career in this competitive world. Pursuing your hobby



with sheer determination not only fill you with contentment, improve your personality and helps you have a better understanding of life, instil good personality traits such as patience and contentment.

Students, you have all heard about **Walt Disney**. He was fond of making cartoons during childhood by polishing his talent with hard work, he later on became one of the greatest cartoonist of the world. This reminds me of some famous lines **The hard you works for something the greater you'll feel when you achieve it, remember difficult roads often lead to beautiful destinations**. Hard work, patience and determination, these three golden qualities can change the persons life completely.

(B) SELF COMPARISON

Comparison is constructive when it is being done to make further strategies, but if we do the same comparison with ego and jealousy at the back of our minds, we end up hurting ourselves and others, also ruining our personality by getting involved in such self vicious activities. We end up in a never ending circle which fills us with negativity and helplessness. We should never let ourselves choose the wrong path and the pessimistic attitude. Lets learn about comparison from this flow chart given below.

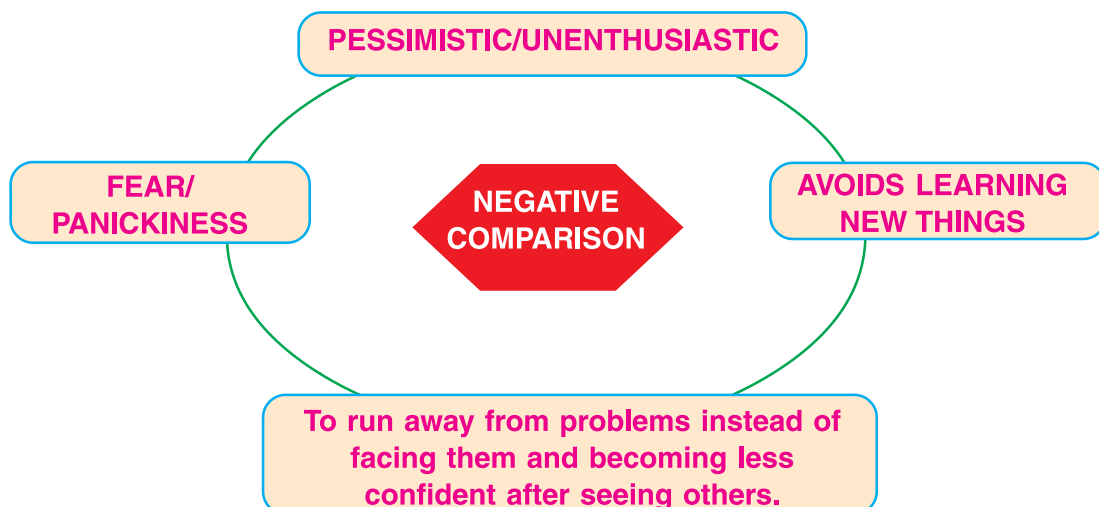
Comparison

Positive Comparison

1. Right thinking
2. Progressive attitude
3. Will to work hard
4. Selfless & helping attitude
5. All round development of personality
6. Ability to fight any problem

Negative Comparison

1. Pessimism
2. To run away from responsibilities.
3. Egocentric attitude
4. Fear/ panickiness
5. Fear of failure
6. Avoid new opportunities



There is a beautiful story about self love and acceptance. Once a crow lived in the forest and was absolutely satisfied in life. But one day he saw a swan. “This swan is so white,” he thought and I am so black. This swan must be the happiest bird in the world. He expressed his thoughts to the swan. “actually,” the swan replied, “I was feeling that I was the happiest bird around until I saw a parrot, which has two colors. I now think the parrot is the happiest bird in creation”. The crow then approach the parrot. The parrot explained, “I lived very happy life until I saw a peacock, I have only two colors but the peacock has multiple colors.” The crow then visited a peacock in the zoo and saw that hundreds of people had gathered to see him. After the people had left, the crow approached the peacock. “Dear peacock,” the crow said, “You are so beautiful. Everyday thousand come to see you when people see me they immediately shoo me away. I think you are the happiest bird on the planet.” The peacock replied, “I always thought that I was the most beautiful and happy bird on the planet. But because of my beauty, I am entrapped in this zoo. I have examined the zoo very carefully, and I have realised that the crow is the only bird not kept in the cage. So for the past few days, I have been thinking that if I were crow, I could happily roam everywhere.” We too think negatively and develop this inferiority complex, We make unnecessary comparison with others and become sad. We do not think of what privilege we have rather get envious of others. We should get rid of these resentful feelings and start appreciating what we have to live a joyous life. Always try to learn something meaningful from others as we are all unique and enriched with different qualities. As children have a natural need to think highly of themselves, in order for this need to be satisfied, children must believe that they are capable of doing well and succeed in multitude ways.

ACTIVITY

1. Write few lines about the student in your class, who is liked by all the teachers.
.....
.....
2. By comparing yourself with that person, write down about his character traits that you would like to instil in yourself.
.....
.....
3. Write few lines on anything productive you have done.
.....
.....

Students always keep one thing in your mind that every person is unique and has something positive hidden inside. Always remember that you are absolutely unique like everyone else. There is a beautiful saying **“what sets you apart can sometimes feel like a burden and its not, and a lot of time its what makes you great”**. Always try to learn something good from others and try to implement it in your lives for enhancement of your personality

Suggestions:-

- * Inculcate the habit of accepting your mistakes.
- * Have firm belief in yourself and try not to repeat your mistakes.
- * Try to implement the habit of helping everyone and never be pessimistic.

(C)

PROPER USE OF SOCIAL MEDIA

In this advanced world full of modernisation and technological advancements, everything seems to be connected, the minutest things can be explored just by the tap of a finger. Dear students, excess of anything can be harmful, thus you should always think wisely before using social media and do not waste your precious time doing nothing. You should be aware of the right use of every platform and time out your schedule accordingly. To live peacefully in this fast paced world, you should think rationally and question yourself about when and why you should use it. Though social media is a great source of education, as all the knowledge is just one snap away, yet it can cause grave damage to the society especially the youth. The power of social media is that it forces necessary change. But in this era, full of people deliberately trying to catch everyone's attention by showing off materialistic things, children should not get carried away with such thoughts. Remember technology is a useful servant but a dangerous master. A small story will teach you about the accurate use of social media.

Once a farmer was very stressed out and sat glum faced in his farm. An old man who was passing by saw him sitting depressingly which aroused his attention, so he asked why are you so upset ? But the farmer did not lay any heed and kept on sitting quietly lost in his own world. After the old man repeated his question thrice, he replied that it's been two months still no crops have started growing in his field. This surprised the old man, so he told the peasant to come along and discuss about it. The first question that the old man asked from the farmer was, have you ploughed your farm once?. The farmer replied “I have ploughed it thrice”. Then he asked the farmer have you levelled the ground?. “Yes”, replied the farmer. Third question he asked, “Did you watered the fields regularly and protected the farm”?. The farmer replied by saying a firm yes. Then the last question that the old man asked was “Which seeds did you sow”?. Farmer asked him surprisingly “Is it necessary to sow seeds?” I didn't do it. The wise old man made him understand that expecting crops without sowing seeds is mindlessness.

Dear students, in this story the harvest is your studies, levelling is the internet and media, and seed is your rational thinking “Is using social media a necessity?” We should learn from this story that assiduous work along with rational thinking can give a new direction to your life. Social media has numerous benefits such as live lectures, provides a great platform for young budding artists to showcase their talent for free. Everybody wants some time to relax in this hectic work alcoholic age but using social media as the only source can be quite harmful. Reading books, painting, learning new languages in your free time will not only widen your knowledge but also enhance your personality. We need to understand that books and newspapers have a great importance in our lives. People merely rely on fake news as they don’t read newspapers and thus the fake news is spread, sometimes creating gruesome communal rifts. Think carefully that are you doing the right thing by wasting your valuable time on social media? Cyber crime is increasing rapidly because most of the children lie about their age to gain access to various social networking sites and become the sufferers of cyber crime in the end. Children, you should try to utilise your time productively as time and tide waits for none.

ACTIVITY

1. Which is your favourite T.V. channel?
2. Which is your favourite T.V. show?
3. Do you like comedy genre movies or action movies?
4. Do you listen to news?
5. Do you read newspaper?
6. Which things do you prefer reading from newspaper?
7. Can you listen to your favourite songs in front of your parents?
8. Do you play video games on your phone?
9. Do you lie to your parents by telling them that you have to do the homework?
10. Do you start using Tik-tok, PUBG, Instagram after doing your homework from phone?
11. For how much time do you use social media everyday?
 - (a) Less then 30 minutes?.....
 - (b) One hour
 - (c) One to two hours
 - (d) More than two hours

12. At what time do you use social media?.....
- (a) After waking up in morning?.....
 - (b) While going to school?.....
 - (c) While eating?.....
 - (d) At night?.....

Activity

Write good points of social media and get it checked from your teacher. Form groups in class and discuss the proper use of social media.





Interpersonal Relationship

(A)

RESPECTING ELDERLY & LOVING THE YOUNG ONES

Procedure of Activity :-

Picture 1 & 2 will be shown to the students. Then they will answer the questions related to these pictures shown to them.



Pic.-1



Pic.-2

Q 1. What is the difference between these two ?

Ans.-



Pic-3



Pic-4

Q 2. How do you treat your young ones? Choose your response from pic.- 3 or pic.- 4 ?

Ans.

Every member of family is an integral part of family tree. The family will only be healthy if there is respect for elders and affection for younger. The family tree will flourish more and more in the environment of respect, care & love among all the family members. Every part of tree is equally important in the growth of it. Similarly every member of family is equally important in the blooming of family tree. In the same way in our lives, elders play major role and in their lives. Our role is important as such. So now everyone paste photos of your family as given in and write names also

- The society is the land where all these family trees are rooted and grown.
- The root of all the families are our great grand parents.
- The stem of family tree is our grand parents.
- The branches represents our parents, uncles and aunts.
- The flowers are represented by ourself & our siblings. The fruits are our future generation. In this way, we symbolize fruit for our parents and similarly our parents and their brothers-sisters symbolize fruits for our grand parents.

Q 3. When you obey and show respect your elders how they react to your response ?

Ans.

Q 4. When ever you disobey or show disrespect to your elders then what is their reaction?

Ans.

Q 5. What do we gain by giving respect to our elders ?

Ans.

(B) Family Tree:

Now, you must have understood about Family Tree.

Process of Generation

The family tree continues to grow and there is a need that by done, respect and care we can make this family tree strong and green which means strong bonding within and with the society.

Dear students! As a tree consists of Roots, Stem, Branches, Leaves, Flowers & Fruits, in the same way our family members can be represented in a family tree. Now let us try to make your own family tree. Paste maximum pictures of your family members from Paternal & Maternal too.



Students, nourish this family tree with love and respect. You will enjoy the taste of sweet fruits of it.

(C) BEHAVIOUR WITH PEER GROUP

LIVE AND LET OTHERS LIVE

Dear students! Sometimes we are so busy in ourselves that we don't pay any attention toward others. We think about ourselves and do not bother about lives of other people. You will understand the real meaning of life from this play, which is **'LIVE AND LET LIVE'**.

Play : **Live and Let Live**

Playright : Mrs. Sudha Jain ‘Sudeep’

(Winner of Bal Sahit Purskar by Bhasha Vibhag, Punjab)

Characters : Komal Preet Kaur, Pooja Sharma, Simranjit, Anmol, Manjot Singh. (same age group of adolescent age childrens)

Pooja Sharma is waiting for Komalpreet Kaur after school time is over.

Pooja : School is over but Komal has not come back. I don’t know where she is ? I am waiting for her for a very long time.

(Komal entered)

Pooja : Where were you ?

Komal : Class teacher called me so I was with her.

Pooja let’s move, otherwise,we will get late for tution, let’s move.

Komal : Yes! let’s move fast.

Both girls leave home for tution.

Manjot and Simranjit meet on the way and shake hands with each other.

Manjot : Simranjit, how are you ?

(Manjot shakes hand and hugs him and starts singing a song.

Hum tere bin ab reh nahi sakte... Tere bina kya bazud mera.....

Pooja : (in anger) Shameless fellows.

Simranjit : (Looks at Manjot) They’re calling us shameless. Well it’s not a big deal, we’re not going to stop following them anyways.

Manjot : You are right, Simranjit.

(After a loud clap, they leave and the girls start talking with each other)

Komal : (takes a sigh of relief) I feel better now.

Pooja : Oh good, they’re not following us any more, they both keep disturbing us. What we should do to keep them away? I don’t understand with whom we should discuss.

Komal : Why not? Let’s talk to mom and dad.

Pooja : No, why? I am too terrified to tell my parents. They want to listen to us instead we’ll get scoled. They’ll think it’s our fault.

Komal : You are good in studies and also obey your parents. Why won’t they listen to you ? (Pooja,while, facing the audience) Why all girls are treated like- this? Boys do whatever they like and still are not held responsible for their actions. But girls get scolded all the time.



- Komal : Why don't we talk to our tuition teacher, Pooja ?
- Pooja: No, no. If the tuition teacher told our parents, we wouldn't be allowed to leave our house for a minute.
- Komal : So, what should we do now? Whom should we tell?
- Pooja : We have to find a solution to this problem.
- Komal : Why don't we talk to Anmol?
- Pooja : With Anmol? But why with Anmol?
- Komal : Because Anmol is our neighbour and a good friend of Manjot, Simranjit.
- Pooja : Ok, then will talk to Anmol only.
- Komal : Yes, Anmol will be coming from tuition right now. Let's wait for him here, but we'll get late for tuition.
- Pooja: Yes, komal. I am very upset, tuition is not important right now. (Pooja, Komal wait for Anmol).
- Komal: Pooja, let's eat something until Anmol comes, I am very hungry.
- Pooja : No! until I talk to Anmol I won't be able to eat anything.
- Komal : Ok let's wait for him. (Both wait and then Anmol arrives)
- Komal : Pooja, look Anmol is coming (Anmol comes and meets Pooja and Komal)
- Anmol : Hello Pooja, hi Komal (Pooja nods her head)
- Komal : Hello Anmol, Pooja wants to talk to you about something important.
- Anmol : Yes, Komal, I think Pooja is upset for some reason. What happened ? Pooja always looks happy, what happened today?

Pooja : Nothing Anmol, it's nothing.

Anmol : Tell me what is it? why are you upset? Pooja I am like an elder brother to you. I will surely find a solution for your problem.

Komal : Why are you hesitating Pooja? You should talk to Anmol.

Pooja : Your friends Manjot and Simranjit always tease us by singing song or by passing lewed (bad) comments.

Komal : She is very upset Anmol.

Pooja : I am very upset with their behaviour, I can neither concentrate on my studies nor in any thing. I'm just scared that if my parents hear about this from someone, then they will not let us study and go anywhere. Even for tuition. Our life would be spoiled even without making any mistake.

Anmol : Don't worry. I'll talk to Simran, Manjot and make them understand. Don't need to worry. We can't solve any dispute by quarrelling. Let us solve it by discussion.

Anmol : Manjot, Simran will be coming for tuition. Let's wait here (Anmol, Komal, Pooja wait for them).

Q 1. : If you were in the place of these girls what would you have done?

Ans.
.....
.....

Q 2. : If you were in Anmol's place, what would you do?

Ans.
.....

Section 3. Scene 3.

In adolescence, there is attraction between boys and girls.

Manjot : You are right Anmol.

We are not able to focus on studies or anything else.

Simran : Instead we spend all our time following girls.

Komal : Although the boys are guilty but the girls have to suffer.

Anmol : Dear friends, Manjot and Simranjit Have you ever thought that if we want to live a life of fun and freedom then why should we interfere with the life of girls? If our fun turns into someone else's fear, then it is the most shameful thing to

happen. We should develop a good mindset. We have to be friends and supportive of each other.

Pooja : Do you know teasing girls is Eve Teasing and teasing boys is known as Adam teasing. If you found teasing, complaint can be filed in police under I.P.C. (Indian penal code) section 509 you can face imprisonment of 1-9 years.

Anmol : But by doing this we don't want to put you in trouble, secondly, teased girls can face 'Stigma' in society without their fault. If someone follows our sister like this or causes restrictions on their liberty, then how you w'll feel ?

Simranjit : (Putting hand on Anmol's shoulders) Yes, dear Anmol! we haven't thought about this. We were engaged in our own fun, frolic and nothing else. Pooja and Komal please forgive us. This mistake has happened without any intention and this will not happen again.



Manjot : (Asking for forgiveness from Pooja and Komal) Yes, Pooja and Komal from today, we w'll not tease you or any other girl too. Anmol, dear you have opened our eyes. We were only and only thinking about ourselves without caring for what filled them with fear due to this Eve Teasing. We didn't think about the problems girls have to face because of our mistakes.

Anmol : Let's we live on the principle. **"Live and let others live."** I was expecting the same behaviour from both of you. (Telling Pooja and Komal) Komal and Pooja now manjot and Simranjit will not tease you. From now onwards, we all are good and true friends. We will assist each other.

Komal : (Thanking Anmol) Anmol, thank you very much for advising both the boys. Komal; Anmol, special thanks from my side.

Anmol : Why?

Pooja : Because you have good thoughts about girls and caring about their feeling when they are teased or harrassed by boys.

Anmol : No problem Pooja, being eldest, your neighbour and being good friend, this was my duty from today now we all are fast friends. We will be helpful to each other during any situation what is good or bad, isn't it friends ?

Manjot and Simran give their nod to this (all take pledge together) from today onward. We take pledge that we willn't get involved in Eve teasing or Adam teasing. But we will be true, fast and reliable friends for ever who will contribute in the development of Nation collectively (curtain falls)

Q1. Which of the character you like most in the play 'live and let other live' and why?

Ans.
.....

Q2. Do boys and girls should have equal rights ?

Ans.
.....

Q3. Were you living your own life till now without caring for the Rights and liberty of others?

Ans.

Q4. Do you come to know that we should let others live their own life too ?

Ans.

Q5. How you should treat your classmates ?

Ans.





EMPATHY

(A)

MANAGING EMOTIONS

Dear Students, emotions are very important in our lives, such as love, pain, pity, anger, hatred and fear. In fact no feeling is bad but the expression of feelings can be good or bad. Learning what is meant by the expression of feelings, where and how to express them, is all this highly required to live a balanced and meaningful life. For example, laughter is a very good expression, but if we laugh when we see someone's pain, then this expression becomes wrong expression.

It is better to laugh with others than to laugh at them.

Let's recognize the expression of feelings



LAUGH



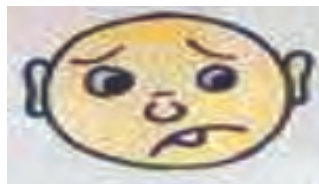
DOUBT



ANGER



CRY



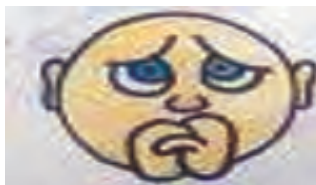
FEAR



SURPRISE



LOVE



REGRET

Recognizing, understanding, accepting, controlling and expressing emotions is very important for us. Let us learn this skill from these two activities :-

Activity

1

Tell

Sr. No	Feeling	when the certain feeling arosed
1		
2		
3		
4		
5		



Activity

2

a) You feel the emotion of
at your elder brother 's marriage.
(fill in the blank)

b) How did you feel at the departure of
Doli at the time of your sister's
marriage?

Dear students as you might have noticed that we can understand the anxiety of a newly married girl who is leaving her parent's home, only by putting ourselves in her condition. That skill is related with 'unconditional positive regard '.This quality makes us socially sensitive. It leads to Empathy.

(B)

SOCIAL VALUES AND INTERACTIONS

Our society is known as a civilized society on the basis of some values. These values are ; justice, respect,honesty,empathy, responsibility,healthy relations with family and community.You

have already been studied a lot about them in the previous lessons. You yourself in your life, must have realized that there is a great importance of sharing, cooperation, sympathy and unity.

ACTIVITY

Dear students, today you have to change your seating plan for this period, so that you can play an interesting game in your classroom just now. For this activity, one student of each double seater bench (desk) please get up and interchange your seat with another bench sitter. In this way one new student will be sitting on each bench. Now the new team will be formed. Just try to get friendly with your new companion and all set to start new game, which is amazing. One student from each team, will try to express the name of any game, player, bird, fruit, weather condition, any idiom and name of his / her friend whatever the name told by the class teacher in his/ her ear. The student will convey the names only by gestures, actions and not by speaking. The other member of the team will try to guess the name within 20 seconds and will note down the score in note - book. However the class teacher will describe you the names and conduct the game.

Let us conclude :-

1. Which quality did you learn and adopt today by playing this game ?

.....

2. Note down three qualities you found in your new friend ?

.....



1. Did you feel that you can learn a lot from your new friend ?

.....

2. Fill in the blank :-

The more I interact with the people, the

Dear Students, as we today learnt about many students of our class, in the same way, we will try to get knowledge of the various languages, customs, rituals and folk dances of the different states of India. There will be a quiz contest also. You may bring some pictures of rich culture and heritage of our different states and U.T.s so that they can be pasted on the map of our country.

(C)**UNITY IN DIVERSITY**

The entire creation and the world is full of diversity. Every animal, bird, every plant, every creature is unique. Even one leaf of a tree is not like another. In society we see a lot of differences in language, dress, color, occupation, customs and culture. Indian culture also speaks of unity in diversity. Even though we are full of diversity, we are united with the thread of patriotism and unity. Our joys and sorrows are shared. We live in a world. Let us now share the information gathered about various heritage, cultural, differences in the context of India, in the form of quiz.

ACTIVITY

Each child will write the answer on their own worksheet. Instead of considering one student as the winner, the winning team will be declared by adding the scores of two students sitting on the bench.

Sr.no	Questionair	Answer
1	Kuchipudi is a folk dance of which Indian state ?	
2	Kannada language is associated with which Indian state?	
3	By what other name is bhangra known ?	
4	Which city is called the pink city ?	
5	Sammi folk dance is performed on folk instrument 'Dhol' (drum).	(yes/no)
6	Which is the language of West Bengal ?	
7	Where are the four towers located ?	
8	The bridegrooms of Khasi village of Meghalaya move in with their in laws after marriage.	(yes/no)
9	Which is the most popular folk dance of Gujarat ?	
10	Write down 2 traditional drinks of Punjab	

Do you want to know more about the legacies of different states of India?.....

Did you see any similarity /consistency in different states of India?.....

Students can catch a glimpse of different folk dances and cultures on the map of India.

Yes. Meet people of different colours, races, religions, cultures, languages. Diversity should be welcomed and respected. Yet we are all one.

(D)**HELPING THE NEEDY**

It is good to be important, but it is more important to be good.

It is good to help someone, especially who needs our help, it is more important that the assistance we provide should be beneficial indeed.

Helen was a woman who was Divyang (deaf and hard of hearing) and received the degree of Graduation. She set an example for the people with special needs. In Miss Beam's school, students were made to understand and realize the special needs of handicapped. The students were used to observe a deaf day, dumb day etc so that empathy can be inculcated in them for Divyang people. Today's our three activity are based on that action, only: -

Material required for the activity :-

Some handkerchieves or bandages.

Process :-

Students will be divided into 3 groups, to get acquainted with the problems of Divyang people with special needs. Members of a group will also be blindfolded. They will not be able to see during this activity.

The children of the other group will be asked to wear mask or tie bandage on their mouth so that they can't speak.

The two legs of a group mates will be tied with a rope so that they cannot walk without each other's support. Now the spirit of helping each other will be inculcated automatically.





CREATIVE THINKING

(A)

CONSTRUCTIVE THINKING

Dear students, creative thinking is the basis of human life. A student with creative thinking does his/her work in a unique, useful and significant way. Looking afresh at something and creating new stuff by finding new possibilities in it is the result of creative thinking. For example, sometimes some food is spared at home. Our mother mixes leftover bread, vegetables and lentils to make tasty pranthas. It is a result of creative thinking.

Nature around us is creating something new and beautiful every moment. New leaves are appearing on the branches of trees. They are full of fruits and flowers. The rotation of the sun and the earth and the movement of the shadows back and forth, every moment something is being created. High mountains, serene lakes, singing waterfalls, flowing rivers and much more are the creation of nature. We too are nature's creation. We can also create a lot by ourselves. Nature has given us infinite powers.

Not only our country but the whole world needs students with creative thinking like you.

ACTIVITY

- 1) Here are two maps of Punjab in front of you. In first picture, draw, or write in the map about the present scenario of Punjab, what you see, today.
- 2) In the second picture, draw or write about the scene you imagine and wish to see our 'Future Punjab'





- 3) In our village, waste water gets collected in a pond after domestic use. This water is not used for any useful purpose. Can we make this water useful or suggest some alternative for it. Write ten lines about it.



.....

.....

.....

.....

.....

- 4) Dear Students, from today onwards, we will bring creativity in our work by changing our vision. We will decorate our home, study room, classroom, school, etc. and bring newness and uniqueness in every task.

You have to decorate your textbooks and notebooks with beautiful covers.

You have to show all your creativity in the form of beautiful thoughts and beautiful pictures on the covers. Next week we will check your work and the best work will be appreciated. Apart from this you will create something new by waste material at home and bring it to school to show it to all students

Which changes would you like to bring in your life with the help of creative thinking?

.....

.....

.....

(B)**FINDING A NEW SOLUTION /WAY**

Dear Students, a new day, a new sun, a new class, a new book, a new idea... and much more new things we see or do. How much excitement and joy it gives to us! Isn't it ?

At every step of life we face new twists, issues and difficulties. What do we do at that time? Undoubtedly, we find the solution. The journey of a man from the forests to today's magnificent houses is resulted from someone's efforts to find a new solution. A story, you've been hearing since childhood, came to my mind.

Where there is a will, there is a way. Or Necessity is the mother of invention.

Dear children, do you remember the story of the thirsty crow. When the crow got thirsty, he saw a pitcher with a little water in it and that too was far away from the crow's beak. The crow thought of a new solution. He saw some pebbles around the pitcher. He picked them up and put in the pitcher. The water rose up. The crow drank the water. The crow's trick teaches us a lot.



Like the wise crow we too have to think afresh and find a new way in the difficult times of our life.

Listen another story of finding a new way



A man named Dasrath Manjhi was a resident of Bihar. His village was surrounded by mountains. He worked between the hills. His wife Falguni Devi was coming to give him his lunch. She fell down from the hill. The hospital was 55 km away from his village. The actual distance was 15 km if there were no mountains in between. If his wife would have rushed to the hospital in time, she could have survived. So she died. With these thoughts in mind, Manjhi, constantly worked hard for 22 years to cut the mountain and made a 360 ft. long and 30 ft wide road. At first people made fun of him by calling him crazy but once the road was built he came to be known as “The Mountain Man”.

Finding new solutions requires thinking, ideas and courage.

Let's think of some new ideas :-

1. The water from the taps in your school seeps into the pond. How can we make proper use of it?

Ans.

2. Your father is a farmer. He only does farming. His income is low. What other activities related to agriculture can you advise to your father?

Ans.

3. In your school, rain water gets collected in your ground and dries after several days. It produces mosquitoes and filth. What solution can we suggest?

Ans.

4. You have dreams to be someone great become in life. Which are the obstacles in the way of fulfillment of this dream? Which solutions are you thinking about?

Ans.

2. For example, you want to become a doctor.

Prepare its table by yourself as given below.

AIM	POSSIBLE OBSTACLE	POSSIBLE SOLUTION
Doctor	Studies	I will work hard
	Money	?
	Condition of family	?
	Higher education not available in the village	?

In this way we have to think ourselves about the solutions of our problems. ?

6. You want to outshine in studies by scoring high scores. Prepare a table as given below about your problems and solutions.

My aim	My strength	My problem	Selected solution
Scoring good marks	My passion	Condition of family	Will discuss with teacher
		Utilization of time	Will prepare time table
		My friends	Will give up bad company
		My physical ability	Will focus on good food, exercise and good books

Dear students, we will face difficulties at every step of life. The right decision made at the right time makes our life more meaningful. Write down about your problems and the selected solution in your notebook. New solutions will also start coming in your dreams. Do have this experience.

(C)

LIVE PRESENTATION IN PUBLIC

Dear Students, today is the age of impressive presentations. He who has the treasure of beautiful art of presentation along with the knowledge succeeds in his / her field, either it is the area of fine arts, teaching, politics, business or any other field.



Giving effective presentation in front of public is an art. You can also make your career in it. Let us understand about it with an example.

Suppose you remember a question very well but you forget it due to nervousness in front of the teacher. The reason behind it is that you do not have the skills or confidence to speak in front of others. Usually you say that you like to show it in writing. But we must develop ourselves in this aspect too because in the next stage of life, this art will prove to be important in your job, work, family or relationships.

Learning this art is very easy. Just make up your mind to become a good orator.

We will learn some techniques to be efficient in this art. You can become a good teacher, actor and orator by learning it.



The teacher will show you the videos of some of the best speakers of our country and the world on his/her phone.

1

Work to be done by the students

We will answer in 'yes' or 'no'.

1. Were the orators speaking while looking at some paper?
2. Their facial expressions were according to their words.
3. They were standing still while speaking.
4. They quoted suitable examples while speaking.
5. Were they nervous at the time of speaking?

Activity

2

Each student will come in front of the class and tell about his/her name, father's name, village / city, hobbies and his / her favorite sport. The speaker will hold a ball pen in one of his hands as a mic. Each student will be motivated to speak. The rest of the students will encourage the speaker with applause.

The students will evaluate their state of mind while speaking after all the students have spoken and note down whether they were feeling uncomfortable, overwhelmed, nervous, relaxed, or happy, etc.

Activity

3

The teacher will give a situation to every student. The student will speak according to that situation.

Situation for :-

First student: - You have a vegetable shop. Speak three sentences to attract customers towards you.

Second student: - Count from 1 to 20 without a break.

Third student: - Speak as if you are a tea seller at the railway station.

Fourth student: - Call the passengers to sit in your bus.

Fifth student: - Speak three sentences about your village.

Sixth student: - You have a gol-gappastall. Call the customers.

Seventh student: - Give a speech like a political leader.

Eighth student: - Tell about your aim in life.

Ninth student: - Tell about your country.

Tenth student: - Inspire your classmates to work hard.

The students can even speak on the subjects of their choice. The above subjects can also be allotted to other students. Students can be guided to improve their performance by making them aware of their mistakes with the help of recordings in cell phones.

Dear students, good orators will be given a chance to act in the plays performed in the school. You can also prepare some activity for the morning assembly or annual function.

Students will be asked to bring handmade items which have been made by their parents, grand parents or by themselves. They will also be asked to bring charts and empty cartons, match boxes, water bottles etc.

Dear students, today you have brought wonderful pieces of art from your homes. Place them on the table.

Dear students, what a beautiful handfan is in my hand! It is made at your home. The people of Punjab have been world famous for making handicrafts such as carpets, spinning wheels etc.

What is the name of the garden located in Chandigarh which is built from waste material?

Students: Rock Garden.

Teacher : Who has built this garden?

Student : Nek Chand

Teacher : How do you know about this garden?

Student 1: I visited there.

Student 2 : We read about it in a book.

Teacher : If Nek Chand can make such a fine garden and your parents can make such wonderful things, can't we students make something?

Students: Yes, we can make.

The students who have brought models will explain the making of their model to the whole class.

A model will be prepared from matchsticks.

Teaching aids for any subject will be prepared from the empty cartons.

Empty water bottles will be used for the plantation on the wall.

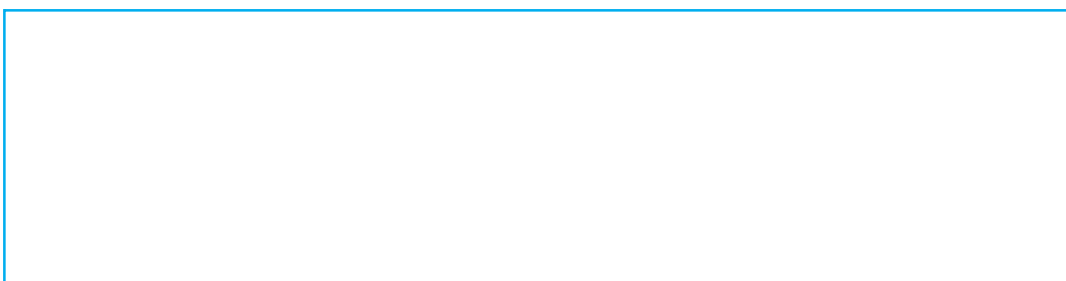
Chart making.

Flower making with coloured paper.

Students can create much more as they can make such things which are popular in their areas.



The teacher can show some models to the students on phone. An exhibition of the things prepared by students can also be arranged in the school. Students can be encouraged by organizing chart / model making or any other competition. The students will be elated if the teachers also show their creations. Best models can be displayed in the art or class room with the name of the students.





MANAGING EMOTIONS

Emotional Control and Balance

(A) IDENTIFICATION OF EMOTIONS

Let us ask a question for self-reflection, “How do I feel?” Today let us try to understand our feelings by self-examination. If we are able to understand our emotions, we can become bright and successful students because emotional balance guides our life towards the right direction. Our ability to think, learn, remember, make decisions, our social relationships and our physical health are all linked with the balance of our emotions. Balancing emotions means that to have a clear idea of when and how to express our emotions. Controlling our emotions means when to laugh and how much, when to cry and how much, when to show anger and how much.

Dear students, given below are the realms of emotions :

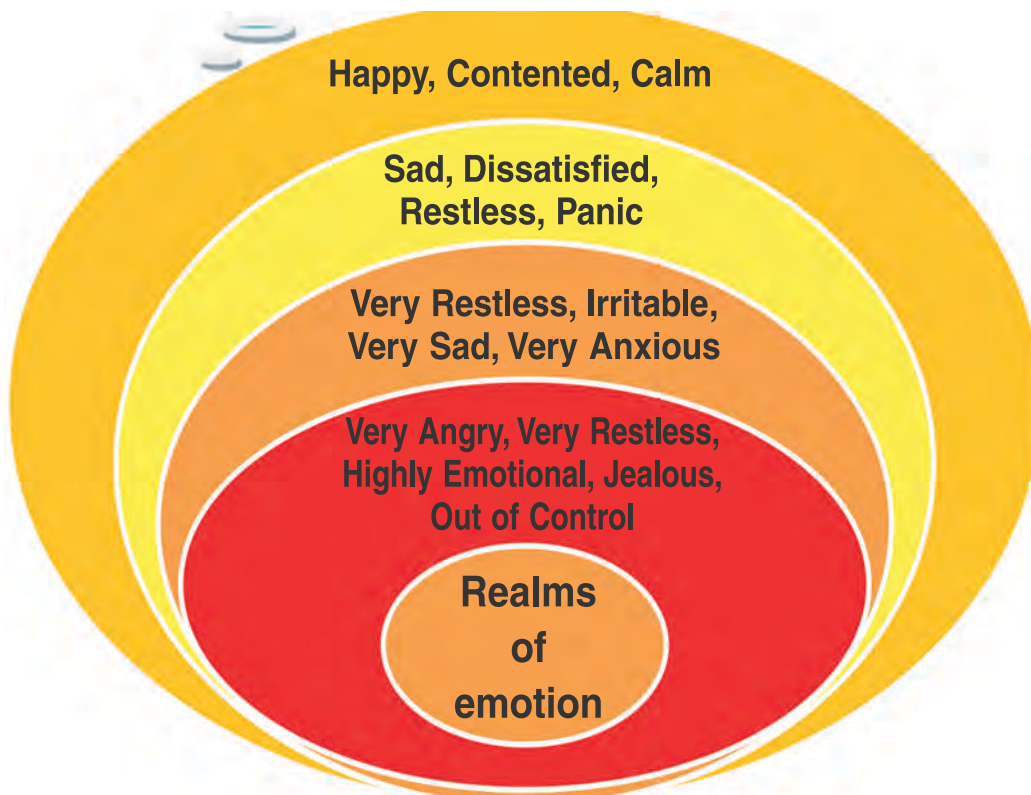
1. The golden realm

2. The yellow realm

3. The orange realm

4. The red realm

Let us find what these realms of emotion point towards?



Dear students try to find in which range of emotions do you stand?

(B)**EMOTIONAL BALANCE**

When our emotions get out of our control then these may become like a tsunami in an ocean. As uncontrolled sea tides cause havoc and destroy everything around them, similarly anger, jealousy or resentment may also cause harm to our physical health, mental health as well as family and social relationships. So we should learn to control our emotions to avoid committing any mistake and later regret it. Whenever we experience sadness, jealousy or anger, some of these points can be kept in mind :-



- Discuss with your teacher or an elder and seek advice to balance your emotions.
- Try to keep yourself calm by focusing on your breathing. Try to take long deep breaths and repeat this exercise for 2-3 minutes for relaxing yourself.
- Carry out any of your favourite activities to have a sense of stability or relaxation, which will relieve you of stress. You may execute activities such as drawing a picture, drawing a cartoon, writing down your feelings on a piece of paper and tearing it into pieces or doing an exercise.



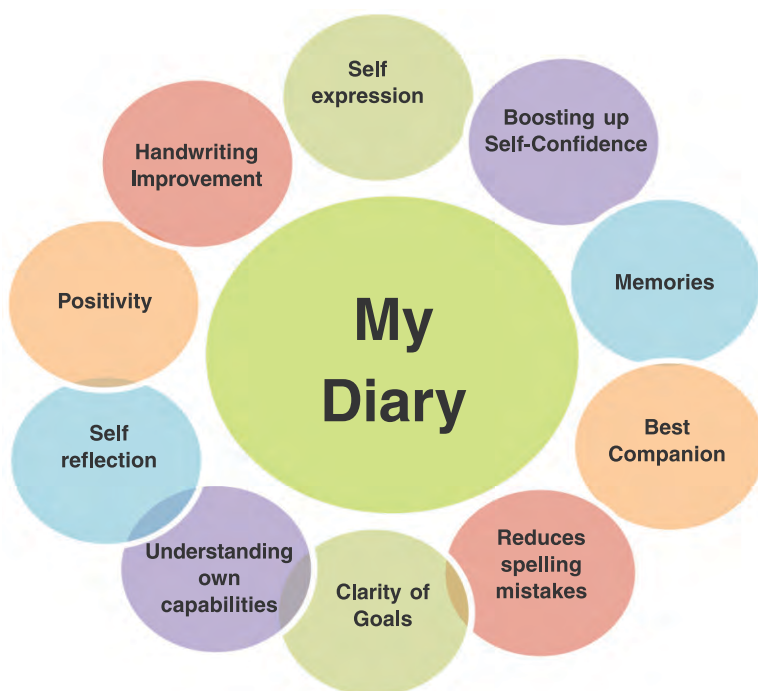
Situation	How do I react? (Choose a word to fill up the blanks)	How should I react?
When someone scolds me ?	<p>(more, miserable arguments, cry)</p> <ol style="list-style-type: none"> 1. Silently, I suffer being 2. I begin to 3. I start intense aggressively. 4. I intentionally start committing mistakes. 	<ul style="list-style-type: none"> • I should make an apology for my fault. • I should assure not to repeat the mistake again. • I should explain my standpoint calmly.
When I am jealous or angry with someone ?	<p>(hurt, image, provoke)</p> <ol style="list-style-type: none"> 5. I him/her to commit some mistake. 6. I try to him/her. 7. I try to tarnish his/her 	<ul style="list-style-type: none"> • I should make efforts to improve myself by adopting his/her good qualities. • I should discuss the matter with my elders or teachers.

<p>When I get angry at someone because of his/her misbehaviour?</p>	<p>(stop, arguing)</p> <p>8. I start quarrelling and with him/her.</p> <p>9. I conversation and start ignoring him/her.</p>	<ul style="list-style-type: none"> • I should try to improve his/her behaviour in a humble way. • I should strive to find out the reason for his/her misbehaviour. • I should consult an elder or a teacher for guidance.
<p>When I do not want to study and I am forced to attend the class.</p>	<p>(False, argue, disturbing, discipline)</p> <p>10. I make efforts to interrupt the classroom and the peaceful environment of the class.</p> <p>11. I start my classmates.</p> <p>12. I with the teacher.</p> <p>13. I discontinue my studies and make excuses.</p>	<ul style="list-style-type: none"> • I should concentrate on studies by imposing self-control. • I should set my aims for life and work hard for their attainment. • I should discard the habit of making false excuses.

(C)

WRITING A DIARY

It is a good habit to write a daily diary for self-expression. There may be some secrets that we are reluctant to share with someone else. Such undisclosed top secrets can be articulated by writing down in our personal diary. Writing our personal diary on a daily basis can have the following benefits:-



An interesting incident happened to you today, note it down in your diary.

Date.....

Day.....

Time.....

Dear Diary

[illegible]

Signature

(D)

POSITIVE ATTITUDE

Dear Students, make efforts for thinking positively, optimistically and constructively. One should always be hopeful and have a progressive outlook. Be confident and believe in yourself but also have the courage to listen to your own criticism and value the opinions of others. Always be transparent in your views and humbly express your viewpoint but also pay attention to the views and suggestions of others and consider if relevant.

Sr. No.	Statement	Always	Sometimes	Never
1.	I speak clearly and unequivocally.			
2.	I believe in myself.			
3.	I speak with humility and politeness while expressing my viewpoint.			
4.	I can control my emotions.			
5.	I give due consideration to the suggestions of others.			
6.	I am optimistic towards the accomplishment of my goals.			
7.	I value the feelings of others.			
8.	I dare to refuse when required.			
9.	I do not believe in finding fault with others.			
10.	I listen carefully to the opinions of others.			

Always = 3	Sometimes =2	Never =1
My score =		

Pen down what you will do to make your behaviour affirmative instead of aggressive.





DECISION MAKING

(A) HOW TO TAKE DECISION ?

Ability to take decision is very important.. Decision hold a very important place in our life. One right decision changes our life, positively. We should consider all aspect while taking decisions. We should consider the consequences of our decisions. In adolescence, we usually depend more on our friends for decision than our parents.

Things to be considered :-

- (1) One should not say yes every time, if you don't like it or it is not appropriate then say 'no'
- (2) Never decide under pressure.

For example, Seerat was the only child of his parents. He was too pampered. His school friends used to smoke. They used to offer cigarette to Seerat. His parents had told him about right and wrong. Seerat used to refuse to smoke. One day, his friends started making fun of him. he got annoyed and smoked slowly he got addicted to it

EXERCISE :-

1. Should Seerat have refused to smoke strictly ?.....
2. If you would have been in Seerat's place, what you would have done ?
.....
3. What strength we have to say 'no'?.....

(B) IDENTIFYING GOOD AND BAD HABITS

Activity song that asks questions.

Those who answer are brilliant.

- To wake up late or rise early

Which habit is good ?

- Neat clothes / dirty clothes
What is suitable ?
- On time / Always late
Who will rise high?
- Hardworker / Copycat
Who is wise child?
- Decent child / Mischievous
Who will score good ?
- Happy child / Irritated
Who will get more love ?
- Responsible / Careless
Which is bad ?
- Cheat / Genuine
Who will live long ?
- Truth / Lie
Which is good ?
- Active / Lazy
Who will reach destination ?
- Wellwisher / Enemy
Which is bad way ?
- To be together / To fight
What should we do ?
- Sweet talk / To be abusive
Which habit is bad ?
- To be obedient or quarrelsome
Which behaviour is good ?
- Burger, Noodles, Fruits, Salad
Which is good for health ?

- Cold drink / Lassi,
Which is healthy ?
- Watching movies / Exercise physical
Affects eyes badly ?

PRACTICE

Which habits you like?

Write about those habits of you which you don't like.

.....

Which of your habits, you want to give up ?

Good Habits

- 1.
- 2.
- 3.
- 4.

Bad Habits

- 1.
- 2.
- 3.
- 4.

(C)

GIVING RIGHT DIRECTION TO YOUR DEDICATION.

Dear students, you know that if we want to reach our destination then we should move in the right direction too. If we move in the opposite direction we could never reach our aim. There are many things that influence our mind and attract us. In these times, drugs are influencing students in a negative manner and taking them towards a wrong direction. It is a social problem. Misuse of social media is also having a negative impact.

- Do you use Internet ?.....
- Do you play video games ?.....
- For how much time do you give spend on your mobile phone?.....
- Give an example about the bad effects of drug addiction from our surroundings.

.....

.....

Write about both of these:-

Games	Drugs

- If your friend falls for some bad habits, what would you do to help him ?
.....
.....
- Drugs give a momentary pleasure but affects our lives. The students who enter vicious circle of drugs, damage their lives and their loved ones too. It is very difficult to come out of this Vicious Circle. We should channelize our energy towards sports. Sports give us health, which is the real wealth. If one is fit physically only then he or she can enjoy life. physical fitness make us look good, feel good and we are resistant to diseases
- We should be aware of our destination, like when we start from our home to school we know we have to reach school but **if we have to visit our friend or some new place, then what happens ? Write about it.**
.....
.....
- In the same way fix a high goal and start moving towards it firmly.





PROBLEM - SOLVING

“Never bring the problem solving stage into the decision making stage. Otherwise, you surrender yourself to the problem rather than the solution,” Robert H. Schuller

Dear children, you are going through the second phase of your life. During this time there is a great change in your thoughts, sacraments, decision making ability and lifestyle. As a result you feel bound to a lot of mental and social chains. You seem to have problems from all sides, without any solutions. To cope up with this problem, you need to understand your problem.

(A)

UNDERSTAND YOUR PROBLEM

* Introspect and Identify your problem.



Dear children, these problems can be internal as well as external. These can be related to your home, school, community, may be either personal or even related to friends. These problems are exacerbated when you seek the assistance of your peers or siblings to solve them. Have you ever thought that your peers or siblings do not have the experience and knowledge that your parents or teachers have?

What you need is to know the solutions to your problems, and then to understand the SAFE HABITS Rule to solve them.

SAFE HABITS RULE

S	=	Share with elders.
A	=	Adopt a hobby.
F	=	Follow time table.
E	=	Enjoy everyday.
H	=	Help everyone.
A	=	Avoid overuse.
B	=	Be stress-free.
I	=	Imagine a better life.
T	=	Take a break.
S	=	Self-realization.

Dear children, follow the SAFE HABITS rule to improve your life and to get rid of problems forever.

What are these **SAFE HABITS RULES?**

Know them, acknowledge them and adopt them :

1. SHARE WITH ELDERS

Your problems are yours unless you share them with your parents or teachers. Get answers to the questions that come to your mind from them; they are your backbone. Their experience, advice, encouragement and support will guide you. Think and answer - whom do you trust the most ? Share any of your problems with them and then share your experience here.

.....

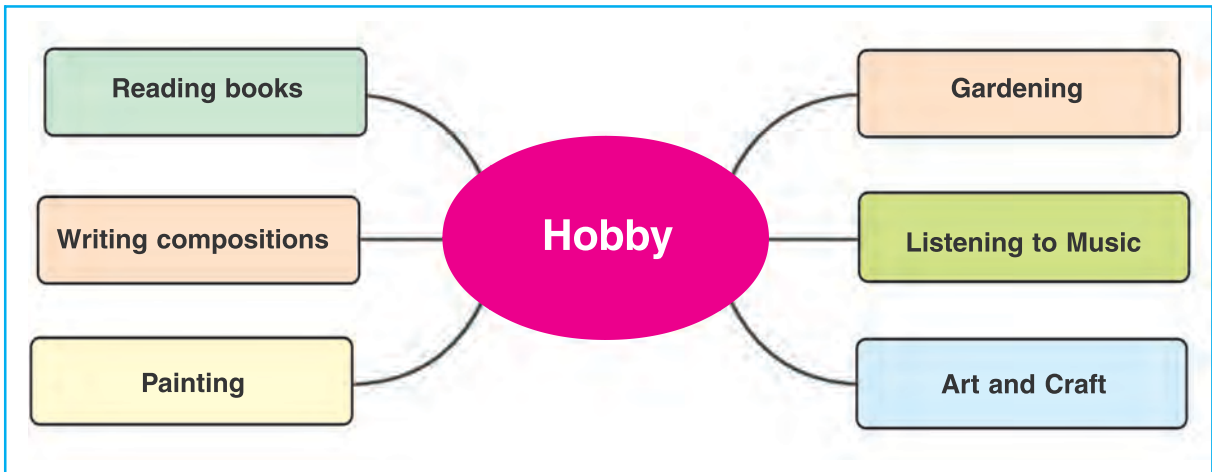
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.....

.....

2. Adopt a Hobby

You can use your leisure time to pursue any hobby.



These hobbies will boost your self-confidence as well as develop your skills.

3. Follow Timetable

Your routine is the ladder of your future life. Create your own schedule. Doing so will not burden you with studies, rather it will help you memorize the syllabus of test / exams, make you punctual, help you make decisions and stay healthy. Plan your schedule in a way that includes adequate time for workout, stroll, study, sports and family.

My Time Table			
Monday	<input type="text"/>	Sunday	<input type="text"/>
Tuesday	<input type="text"/>		
Wednesday	<input type="text"/>	Special Note	<input type="text"/>
Thursday	<input type="text"/>		
Friday	<input type="text"/>	My Diary	<input type="text"/>
Saturday	<input type="text"/>		

4. Enjoy Everyday.

Dear children, life is a labyrinth. This timetable of happiness and sorrow continues forever. So live every moment whole-heartedly, enjoy each day and each moment of happiness. Doing so will change your frequent mood swings. You will become lighter and happier.

a) Write down the names of the four people you enjoy thinking about.

.....

b) Write about the two things that make you happy when you think about them.

a)

b)

.....

5. Help Everyone.

The sun is a ball of fire. It remains sizzling hot but still shines every day to give light to others. The problem like fire may burn you, but it can't destroy your good feelings and sacrament. So whenever the opportunity arises, take steps for the goodness, welfare and helpfulness.

It is true that you must have helped someone or someone must have helped you during the difficult times of Covid-19.

Think and write about two such incidents when you helped someone or someone helped you.

.....

.....

6. Avoid Overuse.

You spend most of your day on mobile phones (social media). If so, why? If not, why not?

.....

You need to understand that this piece of metal (phone) is crumbling your future to pieces. Overuse of anything is unwelcoming. Here is a tip to help you avoid it. Make some corners of your home phone-free. Make a poster and put it there -It is forbidden to take the phone to this place.

7. Be Stress-Free.

Life is a race. It only gets worse when you are overwhelmed with thoughts. Make a rainbow and write down the seven best moments of your life.

.....

.....

.....

.....

8. Imagine a Better Life.

Happiness is like sunshine that illuminates every corner of your life. Imagine and write that you are in a world where everything is there.

9. Take a Break

Having the same routine every day can sometimes make you feel lonely and frustrated. One way to shun this is to take a vacation.

Your life works like a car. Brakes are sometimes applied while driving, so that the vehicle does not get out of control. Just apply the same brakes in your life so that the brakes of the vehicle of life do not fail.

10. Self-realization

The tender flower of a rose spreads its fragrance for a few days but as long as it blooms it scatters happiness.

Think of yourself as a rose ; always laugh and stay happy in the thorns like problems. Realize your importance and enjoy life.

(C)

THINK AND FIND SOLUTIONS

Solve the following problems on the basis of your experience and techniques used in the lesson.

- a) Sirat has been sad and anxious for a long time. He doesn't seem to be interested in any work. Stuck in a problem, he can't talk to anyone about it. What can you do to help him get out of this predicament?

.....

- b) You have been following the same routine for a long time which makes you feel bored. You are not being able to give your 100% in the studies. How will you solve this problem?

.....

- c) Your younger brother lacks self-confidence which makes him less self-reliant. What steps will you take to instill confidence in him?

.....

- d) Your friend spends all his time watching TV and on the phone. He doesn't pay much attention to his studies. How can you be a source of inspiration to change his mind ?

.....

- e) Your parents always compare you to other children. You don't like it at all. All you need is to sit down with your parents and talk politely about this to solve your

problem. Talk to them and write your experience.

.....

.....

- f) One of your classmates arrives late to school every day. As a result, he/she receives daily reprimands from the teacher. He/She seems to have lost his/her identity. You know his/her predicament. What will you do to solve this problem?

.....

Dear children, there is no such problem that cannot be solved. As there can be no lock without a key, there can be no problem without any solution. If you find yourself surrounded by such situations, what will you need – problem or solution ? Choice is yours.

1. Make a list of the techniques you will use to solve a problem.

i)

ii)

iii)

2. Make a list of two immoral things you will never do.

i)

ii)

iii)





EFFECTIVE COMMUNICATION

Communication means conveying one's message, idea or information to another. It must have two or more people or parties. Expressing ourselves in a good way and listening, seeing, reading or understanding others in a good way, all this reveals our personality. It is an art that is very important to learn. In order to have a good effect of our personality. So our communication must be effective. Come on! Let us learn how to communicate effectively.

(A) HOW TO INTERACT EFFECTIVELY ?

Communicating beautifully enhances our personality. To understand its importance, let's play a small game. Students of the whole class will sit in a circle. If the class is large then these games can be played separately by dividing the students in half. Now the teacher will tell something to one of the students. The student has to tell that to the student next to him in the ear. That student will tell the next one in the same way. This way it will continue and come back to the first student by the student sitting to his left. Therefore, these conditions should be kept in mind.



It has to be said only once, not to be repeated.



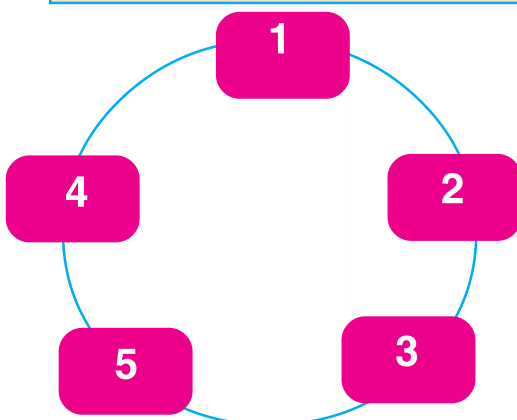
The matter should be told in secrecy only in the ear in such a way that no one else listens.



No student will stop. He will tell you as soon as he hears it. This does not mean speaking fast or being in a hurry.

The first student will say the following in the next student's ear.

Moti Ram's shoe was lost. What is the colour of his shoes ?



This may change from the first student to the last student. Now the first student will write on the board first what he said and then write what he heard. If there is a difference between the two, the whole class will fill in the information in the following table:

Name of the Student	Roll No.	What did you hear?	What did you convey ?	Difference between listening and telling?	Why?

Now students, let's see what happened and how it changed. When the reason is written, the answer of almost every student will be:



I did not fully understand because I was not told clearly. I guessed what would happen!

Dear students, we see that this problem occurred about because of the first student did not pronounce the word correctly. The whole thing went awry due to incomplete communication. The second situation may be that you have not heard well. You can imagine how many problems we face in everyday life when we misrepresent. Let's see how we get into trouble when we speak with the wrong tone of voice or pitch and pause :

Kuldeep and Mani were going to school in the morning. Suddenly Kuldeep saw a motorcycle, coming at a fast speed from backside. He immediately shouted to Mani ;-" Mani, don't run, stop." After saying this, he turned to a side and Mani stopped and was hit by the motorcycle. Mani's leg got injured.

Dear students! Can you explain why the injury happened? Students think about this for a while. Let's find out now!

What said	What to say	Reason ?
Mani, Don't run ! Stop!	Mani, run! Don't stop!	miscommunication

That is why we should pay special attention to the pronunciation, pause and emphasis on the words while speaking so that our speech can reach the listener in a pure form. Pronouncing

as well as listening is just as important for good communication. Can you hear me? For good communication we should also practice listening as much as possible. We need to be interested and understanding in order to listen.

Now close your eyes and think in your mind, about your friends, relatives, neighbours whom you like and dislike. Enter the information of any five in the table below. You don't have to write anyone's name in the table but you have to write the letters of the Punjabi alphabet for him/her and no student will tell anyone about these names:

Those whom you like		Those whom you do not like	
Name's first letter	Reason for being liked	Name's first letter	Reason for not being liked

The main reasons for your likes and dislikes are listed below and their reasons are also explained:

Explain the cause of likes and dislikes

Reasons for like or dislike	Explanation
I like nature or Don't like.	<ul style="list-style-type: none"> The nature of expression is related to the tone of speech which is related to our physical gestures and state of mind.
The right way to communicate Is or is not.	<ul style="list-style-type: none"> It has to do with your behavior and By respecting the other. Purity of mind for behavior and expression of emotions and physical gestures are paramount.
Check whether there is a proper dialogue in time.	<ul style="list-style-type: none"> Whether he listens to you or tries to tell his own stories ? Need to develop the habit of listening too.
Conversational vocabulary is good or bad.	<ul style="list-style-type: none"> It has been associated with the selection of words when talking. The word politely, respectfully spoken should be expressed with a sense of belonging.

Now all the students should consider in their mind that the reasons why you don't like someone else may like or dislike you. So understand the explanation of the reasons to create the virtues of the causal likes and eliminate the traits of the causal dislikes from within.

In the above explanation of the reasons for likes and dislikes we see that each reason is related to our self-expression ie how we communicate with others. In this, our language, word choice and the correct pronunciation of words affect our smooth communication. On the other hand, the expression of our behavior, temperament, emotions also affects our communication. We call this non-linguistic communication or body language. Body language is just as important in smooth communication as our speech or language. How can we communicate effectively with each other through our body language? Let's try to understand this in detail.

(B)

BODY LANGUAGE

Dear students, can we communicate well, even without speaking a single word ? Yes, definitely. Let's learn the skill of body language.

Position	Body-language	Means of body language
Invite your friend or classmate		Hands
Declare your victory		
You don't understand		Face

Position	Body-language	Means of body language
You like what someone is saying and you agree		Face
You doubt something		Eyes
You want to prevent someone from speaking in the ongoing conversation		
You are sad about something		Whole body
You are in the process of a literary work and thinking seriously about the creation in your mind		

We have seen that we have expressed (communicated) the above different emotions with different parts of our body without speaking. Thus when we express our feelings without speaking, it is called body language. This is called non-linguistic communication. It mainly uses the hands, eyes, face and the whole body. Students now have to practice activities with

some other meanings and situations. They can assess themselves in this exercise in the following two ways and gain proficiency in communicating through their body language.

Practice expressing different emotions in front of a mirror. You can judge your potential which you can improve. It is a useful activity for learning acting.

Your photo or video via mobile while expressing your feelings Get ready and watch it later. You will know how much have you communicate successfully.

In this way with constant practice we can also communicate emotions with our body language. This is one of the most effective ways to communicate because your personality is influenced by your body language before you speak. The greatest example of the importance and power of body language is the world famous actor Charlie Chaplin. Charlie Chaplin has acted in all his films using his body language without speaking.



Students will watch at least two movies of Charlie Chaplin from YouTube

After watching these movies, you will realize that there are endless possibilities for expression (communication) through body language. By watching these films, students can improve their body language through continuous practice. Let us now express our position

through role-play. In this role-play no student will speak but will express the whole situation through their body language (hands, eyes, face, body) in such a way that the whole class understands. The teacher can help the students to understand and express this situation, provided the student (who is watching the situation) should not be aware of it.

Students are debating which game to play. Different students are inspiring others for different sports like cricket, hockey, volleyball, football, kabaddi, tug of war, kho-kho, running. Care should be taken that all the students do not start their expression together. Different students take turns to come and express their favorite game. Some students will show interest in two or three games. Some students are more interested in studying than playing. Some students want to spend time in a computer lab. Some students will be encouraged to have a poetry or song competition in the classroom. Thus there are many other possibilities that students can present at their level in the end not all students agree with anything and resent each other without fighting. At the end a student, pretending to be smart, will play a dancing song. By turning class black boards into T.V. etc, making the class blackboard, look like a television and making the geometry box a remote (the only effect of the song is to create it, not really play). Look at all the other blackboards. They will dance to the tune of their choice. The condition is that there should be no sound or laughter while dancing. All this is just to express in the form of a silent actor through his body language. At the end a special situation will come, when students would be demonstrate mutual unity and togetherness. The teacher should try to motivate the students to do as much as they can. Only live according to special situation and need. Too many situations can be practiced as much as possible by imagining school, home or somewhere else. Students should now practice body language as much as possible in order to communicate effectively in everyday life. Students will fill out the following worksheet at their home as a practice activity :

Sr. No.	Our body parts	Write down any five emotions and situations	Photo or sketch showing expressions
1	Eyes		
2	Hands		
3	Face		
4	Body		





COPING WITH STRESS

(A)

WHAT IS STRESS ?

Dear children, stress is our physical or mental response to the changes in environment or challenging situations. It is our body's natural way of preparing itself for the pressures of home, school, or other circumstances. Stress is the part and parcel of our daily life. Everyone feels it, whether they are old or young, only the causes of their stress are different. Even our student life is not free from stress.



Read the following situations and record honestly your feelings and reactions in that situation.

	Situation	Your feelings	Is it stress?	Your reaction
1.	You could not complete the school work due to poor family environment.			
2.	Unexpected test by the teacher in the class.			
3.	Your exams are approaching but you are not prepared.			
4.	You scored low marks in exam and the teacher has called your parents to school.			
5.	Your best friend has stopped talking to you.			

Discuss in the class to find out if other students feel and react in the same way as you do..

Children, many things can stress a student such as daily school activities (curricular and co-curricular), family environment, relationship with friends, and worry about future or any other reason. Let's know about the factors in our life that give us stress. Write down one thing related to the areas given in the chart that gives you stress and out of these areas fill the area that bothers you the most with red and the area that bothers you least with green colour.

Area of My Stress



We found that students face many problems in their lives. To deal with these problems it is important to face them with a calm and focused mind.

Let's do a small exercise to increase the concentration of the mind.

- Close your eyes.
- Relax your body.
- Take a deep breath while counting from one to ten.
- Hold your breath as you count from one to ten.
- Then exhale slowly while counting from one to ten.
- Repeat this action three times.
- Do this exercise whenever you find time in the day.



Children, there are two types of stress, good and bad stress. Good stress motivates you to work, keeps you focused and helps to move forward, such as practicing with exam anxiety. If the stress gets too much or lasts too long it will interfere with your work, distract you and make you feel heavier.

(B) THE EFFECTS OF STRESS

Students, stress affects everyone but does not affect everyone equally. Individual differences are the major reason behind this. Today we will try to find out what are the possible effects of stress. Before proceeding further let's find out if you are stressed out. Complete the following table while answering in 'Always/Sometimes/Never'.

Am I also Stressed ?

Statements		Yes/ Always	Sometimes	Never
1.	My friends tell me that I worry a lot.			
2.	When I am stressed I get very angry and frustrated.			
3.	I suffer from examination fever.			
4.	I keep wondering what others will say about me.			
5.	I have stomach ache before going to school.			
6.	I find more work to do in less time.			
7.	I can't concentrate on my work due to nervousness.			
8.	I have headache for no reason.			
9.	On being anxious I get nervous and sweat a lot.			
10.	I worry about the future.			
11.	I can't take sleep before the exam.			
12.	I feel dizzy while answering the questions of the teacher.			

Score yourself: -

Yes - 03 Marks,	Sometimes - 2 Marks,	No - 1 Mark
------------------------	-----------------------------	--------------------

Your marks :- _____

You can guess the level of your stress through these marks. A high score indicates high levels of stress and a lower score indicates low stress. Tell your teacher about your level and discuss.

Children, stress can have an adverse effect on our behaviour and physical and mental health. It reduces our ability to think clearly and work effectively. Prolonged stress often makes a person victim of many diseases. Its following effects are commonly seen in the students:-



Fatigue

Anger

Depression

Irritability

Unwillingness to work

Constantly running of a particular thought

Headache

Indigestion

Restlessness

Dizziness

Increased or reduced sleep

Weight gain or loss

Nail biting

Increased heart rate

Eating more or less

Difficulty in concentration

Excessive sweating due to nervousness

These are just few of the common effects of stress but it is important to remember that all people do not experience similar effects of stress. Individuals may experience some of these or any other symptoms. Thinking about your problems, see if you experience any of the above symptoms while dealing with stress.

Children, most of the stress of student life is associated with not using time properly. Let's try to manage time properly through a small activity. Make a to-do list for each day (prioritize important tasks); write down one of the obstacles you find in accomplishing the particular task and tell what you will do to overcome that obstacle.

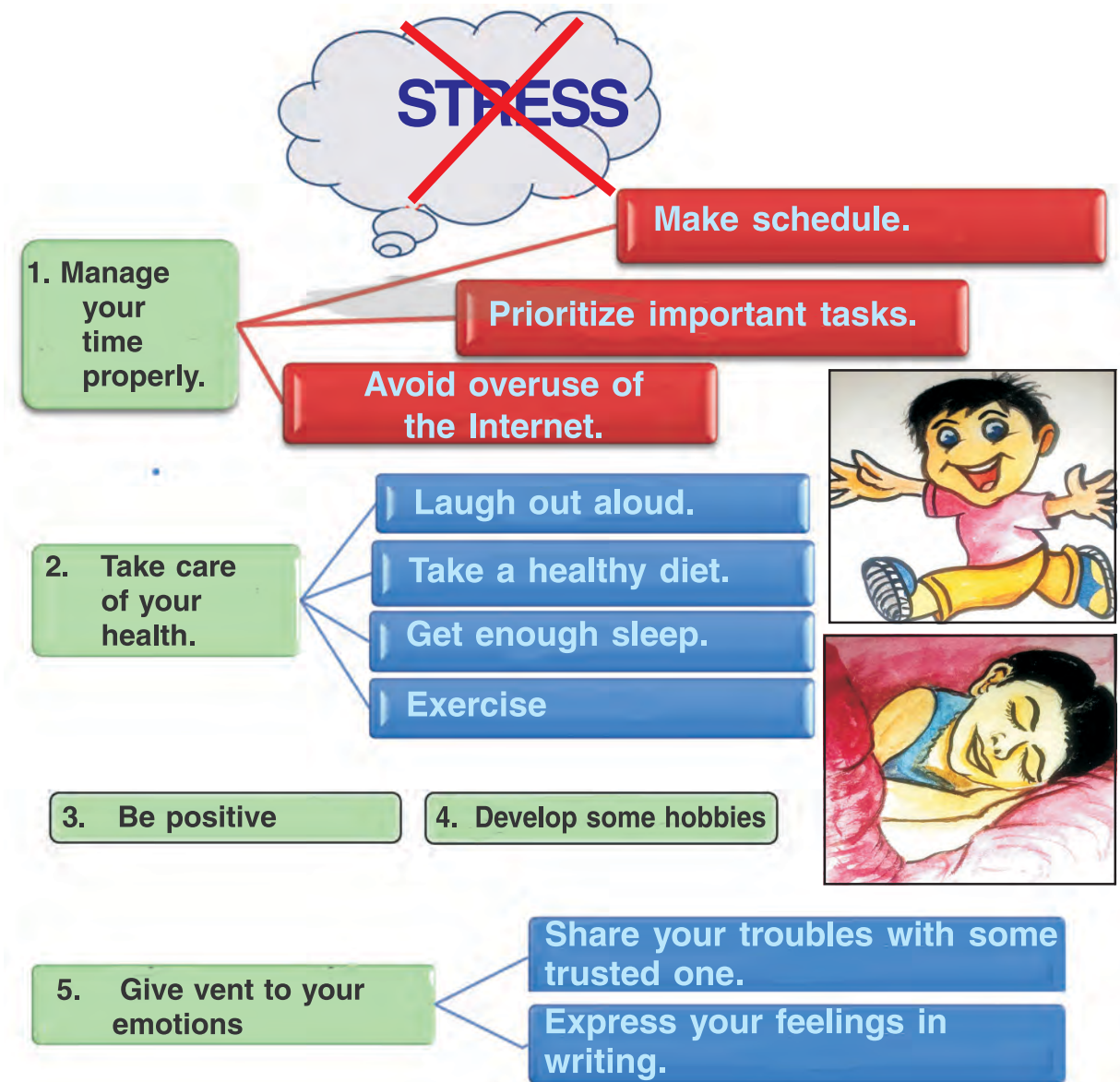
Tasks to do	Obstacles	Ways to overcome the obstacles
<ul style="list-style-type: none">	<ul style="list-style-type: none">	<ul style="list-style-type: none">
<ul style="list-style-type: none">	<ul style="list-style-type: none">	<ul style="list-style-type: none">
<ul style="list-style-type: none">	<ul style="list-style-type: none">	<ul style="list-style-type: none">
<ul style="list-style-type: none">	<ul style="list-style-type: none">	<ul style="list-style-type: none">
<ul style="list-style-type: none">	<ul style="list-style-type: none">	<ul style="list-style-type: none">

See how many tasks you are able to accomplish by the end of the day. Do this activity everyday for a week.

(C)

HOW TO AVOID STRESS?

Dear children, the most interesting thing about stress is that it can be avoided and that too by adopting some simple methods. The important thing here is that stress management is more focused on learning how to deal with stress without harming ourselves than on the ways to eliminate it. Just as the effects of stress vary from person to person, in the same way each person has a unique way to deal with it. However, today we will talk about some common techniques that will help you in your student life.



Children, these are just some of the measures that enable us to deal with problems both physically and mentally. Let's get rid of stress by letting go of our emotions through an activity.

1. Get a piece of paper.
2. Write your problems on it.
3. Write about your way of dealing with your problems.
4. If you want to share it with your teacher or school counsellor, then give it to them, otherwise tear it up and throw it in the classroom dustbin.

Hopefully we will be able to deal with stress successfully and enjoy life to the fullest by using these techniques.



LIVE THE LIFE

Dear students, often, life is not short, rather, people start living at late stage. So, try to live with full enthusiasm. Moral values and life skills, included in this book will help you to live an exemplary life. Let's have a sharp view of all these values and skills at the end of the book.



Activity 1

Dear students try to recall the names of all the values and life skills as honesty, truthfulness, sympathy, empathy, cooperation, hard-work, dedication, discipline, responsibility, justice, rationality, reasoning, creativity, faith, self confidence, concentration, patience, tolerance, commitment and firmness etc.

Now, there will be a competition like Antakshri between two or three groups of class. But here you have to make the next word from only value and life skill vocabulary, from the last letter of the previous word. In short, we can understand it as an Antakshri based not on songs, but on name of qualities.

For example :-

Team A

Faith

(T) Truthfulness

Team B

(H) Honest

(S) Self-confidence



As you have kept these names in your mind, please keep these qualities in your life also, which will continue to reflect in your behavior.

Activity 2

Each student of class please chose a quality or skill and speak a few words about it,standing in front of the class. A student will act as an angry student sitting near to black board.all the other students will try to help that angry and annoyed student with the help of their quality or skill.

In this way, we all will help each other collectively.

