



A book on values & life skills

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Preface

Our life is simply the creation of mind. Once we make our mind beautiful, our life will definitely transform into a beautiful reality. A mind, which is filled with positive thinking, creativity and virtues such as integrity of character and love, is always the source of peace and happiness all around. This is the sole purpose of **Right is Right**- a series of moral education books for class Intro to VIII.

Right is Right series has been written with the point of view of opening the mind of the students and make them receptive to all the goodness, love and beauty which surround them. The basic focus of books of this series is instilling our young learners with a positive attitude and thinking, virtues, a creative mind and an appreciation for the Nature we have been so abundantly blessed with and concern enough to care for it. When students will sincerely imbibe these qualities, they will definitely find the path to a happy and very successful life.

Right is Right is a series of books which focuses on situational and experimental learning through inspirational stories, heart-touching anecdotes, thought-provoking activities, self-assessment tasks and real-life examples.

We are sure that the series will help our young learners to become better future citizens and achieve their ambitions in life following all the necessary ethical principles which will surely make them mentally and physically strong and valued individuals of the society.

Suggestions for improvement of this series are always welcome from our valued teachers and students and will be incorporated in the future edition.

Fr. Dabre Joseph

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Talking to God

All of us talk to our parents. We love and trust them. They too love us. We tell them our problems. We ask them for things we need.

Prayer is talking to God. You can talk to God any time. God is everywhere. In fact, God is within you. God walks with you. He protects you from dangers. He watches over you when you are asleep. He helps you in your studies. In prayer, we can thank God for everything.



God is your friend. You can talk to God in prayer. He listens to you. You may listen to His soft and gentle voice. He speaks to you in your heart.

We should pray to God before and after meals. We should pray to God before and after class. It is good to pray when we have a problem. We should also pray when we have no problems.



God is our loving Father. We can talk to our Father at any time. We can talk to Him when we are sad, scared or sick. We can even talk to Him when we are happy.



Exercises

A. Answer the questions:

1. How does God help you?

2. How can you feel the presence of God?

3. Why should you pray to God every day?

B. Fill in the blanks:

1. Prayer is talking to _____.

2. God _____ you from all dangers.

3. You can _____ to God in prayer.

4. Before you go to bed, you must _____ to God.

C. Write T for 'true' and F 'false':

1. There is no fixed time to pray.

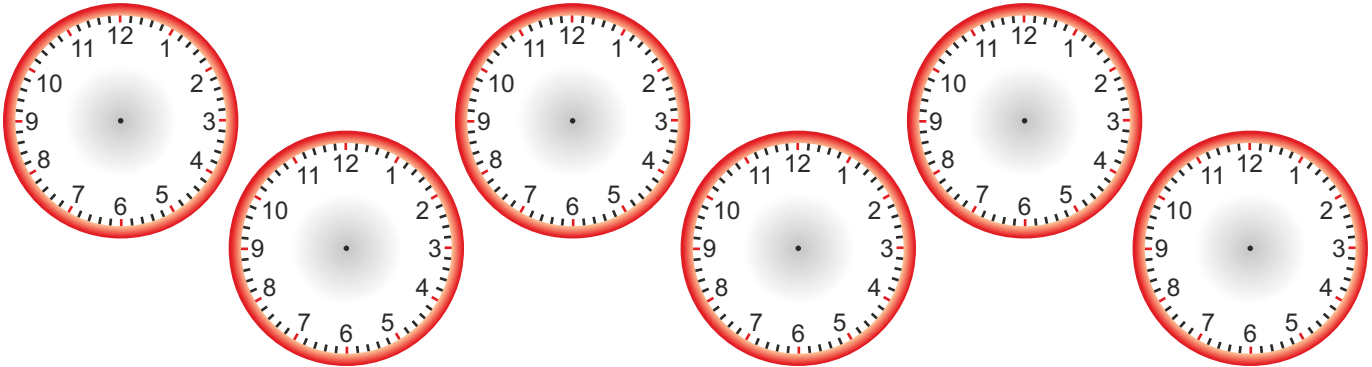
2. We should pray only when we are sad.

3. We should pray when we are sick. _____

4. We should ask God to bless us when we
wake up. _____

5. We should always thank God. _____

D. On these clocks, show the different times you pray every day:



Paste the picture of a child praying to God:



Our Duties at Home

All of us have a home. At home, we have our parents, brothers and sisters. Some of us have our grandparents, uncles and aunts. They all love us and care for us.

Our first duty is to pray for all at home. We must ask God to bless them all. We must love them. We must do little jobs to help them. We must obey them. We should study hard. This will keep them happy.

We should share the work in the house.

We can help our father to clean the car or scooter. We can water the plants. We must help our mother in the kitchen. We can also look after our younger brother or sister.

We must spend time with our grandparents. It will make them happy. We must help to make our home a happy one.



Exercises

A. Answer these questions:



1. What can we do to keep our parents happy?

2. How can we help our father?

3. What can we do to make our family happy?

B. Fill in the blanks:

1. We must pray for our _____.

2. We must ask _____ to bless them all.

3. We should _____ the work in the house.





Using God's Gifts

God is the Father of all. He loves you very much. He gives you many kinds of gifts.

He has given you the gift of love. So, love your family. Love you parents, brothers/sisters. Love your teachers and friends. Love the poor and needy too.



Your body is God's gift. Always keep it clean and healthy. Help the people around you.



God has given you the gift of intelligence. Thank God for your brain. Make use of it to study hard. Think and act what is good for you.

Use your body to work hard. Use your heart to love everybody.

Use God's gifts to become a loving person. God will be pleased if you share His gifts with others.

Learn to say these words :

Thank You O Maker of all,

For all The beautiful gifts!



Exercises

A. Answer the following questions:

1. Who is the Father of all?

2. How will God be pleased?

B. Fill in the blanks:

1. Love your teacher and _____.

2. Thank _____ for your brain.

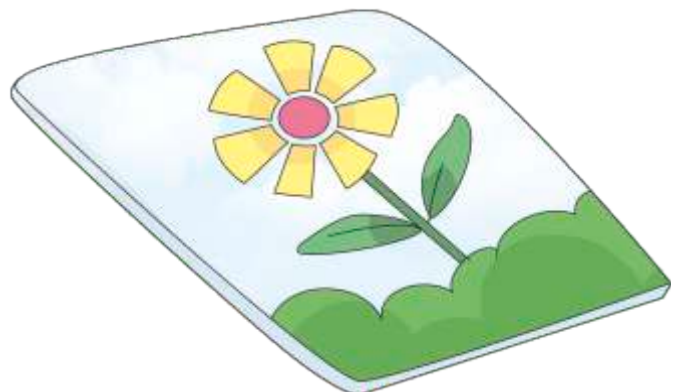
3. Use your _____ to love everyone.



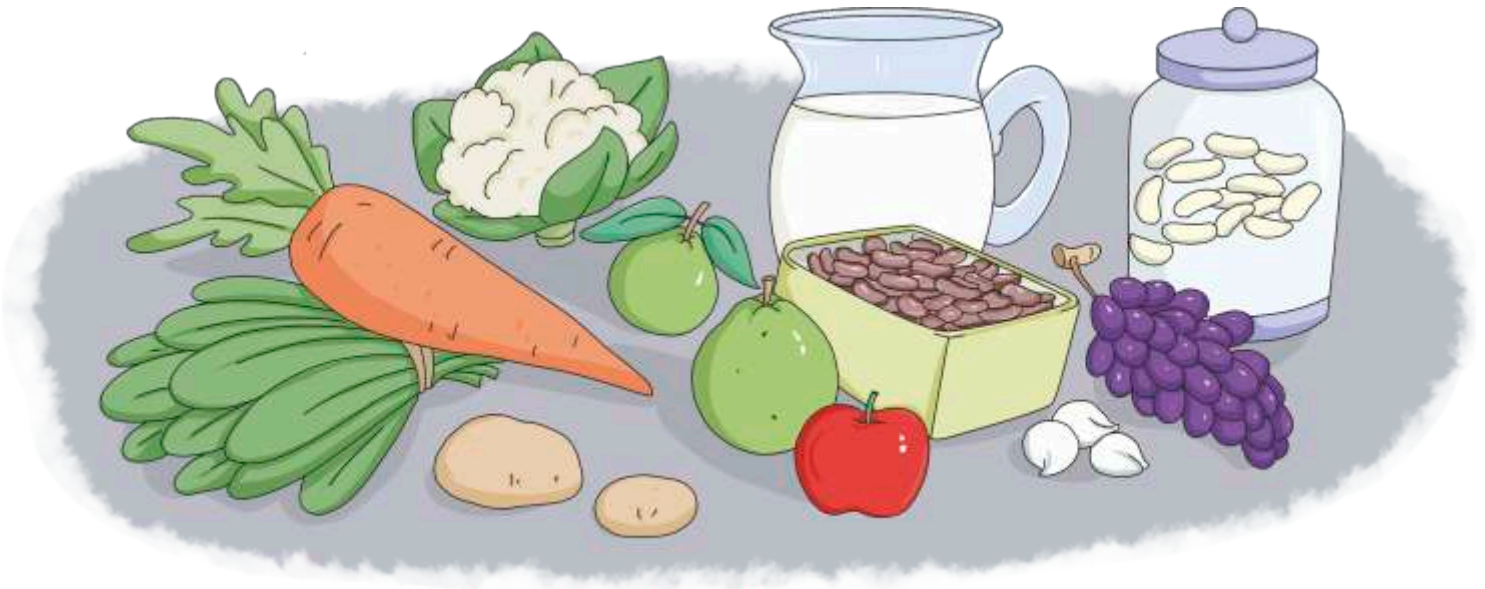
Make a 'Thank you' card. Write on it:

Thank God for the gift of—

- your body.
- your brain.
- your heart.
- your parents and family.



Healthy Food Habits



Everybody needs food.

We need food to grow strong and healthy.

Food gives us energy to work and play.

We should eat clean and fresh food.

We should eat different kinds of food.

You have breakfast in the morning.



You take lunch at midday.

During the day, you have
some snacks and drinks.

Milk, vegetables and fruits are
necessary for growth. They protect
you from diseases and keep you
healthy.



Pizzas, burgers, noodles are junk food items. Junk food is also called fast food. It is preserved with chemicals. It is not good for health. It makes the children fat. Fat people have difficulty in walking and running. They have difficulty in breathing and have pain in joints.

Junk food can also cause diseases.

Your parents know what is good for you. Eat all that your mother gives you. Eat only that food from the market which your mother permits.

Eating on time is a good habit. Eating too much makes us sick.

Food is a gift of God. We should not waste food. We should thank God for the food He gives us.

It is good to share our food with the poor.

Exercises



A. Answer these questions:

1. Why do we need food?

2. What type of food should we eat?

3. Which type of food protects you from diseases?

B. Fill in the blanks:

1. Everybody needs _____.
2. Food gives us _____ for work and play.
3. Junk food is also called _____ food.
4. Eating too much makes us _____.

C. Write T for 'True' and F for 'False':

1. Everybody needs food.
2. Eating too much gives us very good health.
3. We should eat different kinds of food.
4. We should eat food very fast.

D. Answer the following in one word:

Which is your favourite food?

What did you eat in breakfast today?

What did you eat in dinner last night?

Which is your favourite fruit?

I drank _____ glasses of milk today.

What is your favourite drink?

The food that you dislike.

Do you drink tea or coffee?

How often do you eat in restaurant?

How often do you eat fruits?



How often do you eat vegetables? _____

How often do you eat sweets? _____

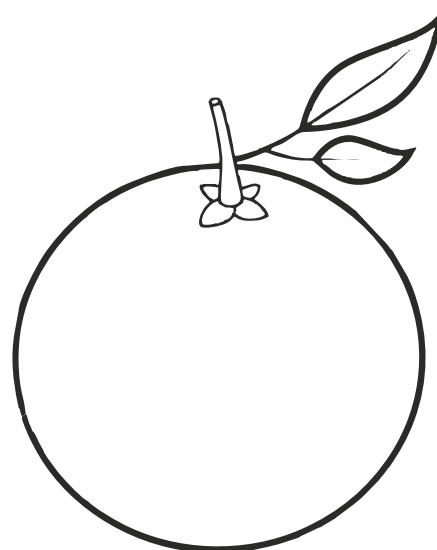
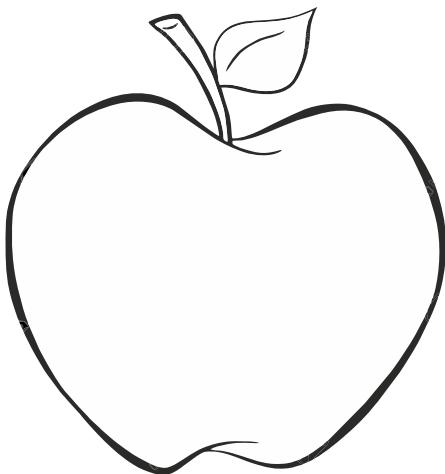
How often do you eat Chips or chocolate? _____



A. You must follow certain rules while eating meals:

- Do not waste food take only what you can finish.
- Do not stuff your mouth with food.
- Chew with your mouth closed.
- Do not speak when food is in your mouth.
- Eat only when everyone has been served.
- Always say 'thank you' when served something.
- Always use a napkin to wipe your mouth.

B. Colour the pictures of these funny fruits:



Keeping Clean

Keeping our body and surroundings clean is a good habit.

We use many things to keep our body clean. We use soap and water to clean our body.

We dry it with a towel. We use a comb for our hair.



Toothpaste and toothbrush help us to keep our teeth and gums clean and healthy. We should always rinse our mouth with water after every meal.



We should wear clean clothes. We should polish our shoes.

Keeping clean makes us look smart.

Clean children keep their homes neat and clean. They sweep the floor. They dust the chairs and tables. They keep everything tidy. Good students keep their classroom clean. They wipe the board. They arrange the desks. This makes the classroom look neat and tidy.



Exercises

A. Answer these questions:

1. Why should you keep your body clean?

2. What do you use to keep your body clean?

3. Why should you keep your classroom clean?

B. Write T for 'True' and F for 'False' :

1. Cleanliness gives us happiness.

☐

2. Dirty children look ugly.

☐

3. Toothpaste keeps our teeth and gums healthy.

☐

4. Everybody likes clean children.

☐

C. Mention three things you can do to keep your classroom clean:

1. _____.

2. _____.

3. _____.



Our Helpers

It is very difficult for us to do all our work ourselves. We take help of many persons in our daily life. These persons are our helpers. We should respect our helpers and the work they do for us.

The sweeper cleans our houses, offices, roads, and parks.



The washerman washes our dirty clothes, towels, bedsheets, etc.

The gardener takes care of our gardens and parks.



The maidservant helps us in our household tasks.

The cobbler mends our worn out shoes and sandals.



The tailor stitches our school uniform and other clothes.

The policeman protects us and our property from thieves.



The barber cuts our hair.

The driver drives vehicles like car, bus, truck, etc.



Our helpers, thus, serve us and help us. We should be thankful and polite to them.

Exercises

A. Answer the following questions:

1. Who stitches our clothes?

2. Who repairs our shoes?

3. Who cuts our hair?

4. Who takes care of our garden?

B. Fill in the blanks:

1. The barber _____ our hair.

2. The cobbler repairs our _____.

3. The _____ protects us from thieves.

C. Write T for 'True' and F for 'False':

1. The gardener takes care of our house.

☐

2. The washerman washes our dirty clothes.

☐

3. The peon drives our school bus.

☐

4. The sweeper cleans our houses and roads.

☐



Compare yourself with the boy in the pictures. Do you agree with what he says? If yes, tick (✓) in the box:

Hello uncle. Have you come to repair our leaking tap?

☐☐

Hello uncle. Have you washed our clothes? You are looking tired. Please, have some water.

Hey! Hurry up and clean the premises or I will beat you.

☐☐

Hello uncle. Thank you for repairing my shoes.



Sharing is Joy

Sharing is a good habit. Sharing makes us happy.

Share your food with other children. Share your books with your friends. Share your knowledge with others.

A family eats meals together. Eating together is sharing. Eating together is joyful. It makes the whole family happy.

Suppose you are travelling in a bus. The bus is crowded. You are sitting on a seat.



What will you do when an old person or a disabled person or a mother with her child enters a bus? Surely, you will get up and offer your seat. This is sharing.

Sharing is the habit of generous people. Sharing makes us feel happy.

Exercises

A. Answer the following questions:

1. What are the things that you can share with your friends?

2. How do you feel when you share things with others?

B. Fill in the blanks:

1. Share your books with your _____.

2. Eating together is _____.

3. Sharing is the habit of _____ people.

C. Name five things you share with your friends in school:

1. _____

2. _____

3. _____

4. _____

5. _____



Our Teachers

After our parents, the most important person in our life is our teacher. Just like our parents, our teacher loves us too. In school, there are many teachers.

They teach us to read and write.

We learn good manners and good habits from them.

Our teachers want us to study well.

They punish us when we do wrong.

How can we show our love and respect to our teacher?

We should reach our school on time.

We should learn What they teach us. We must listen to our teacher carefully. We must obey what they say. We should wish our teachers to show our respect. We must be grateful to our teachers because they work hard for us.



Asking for Permission

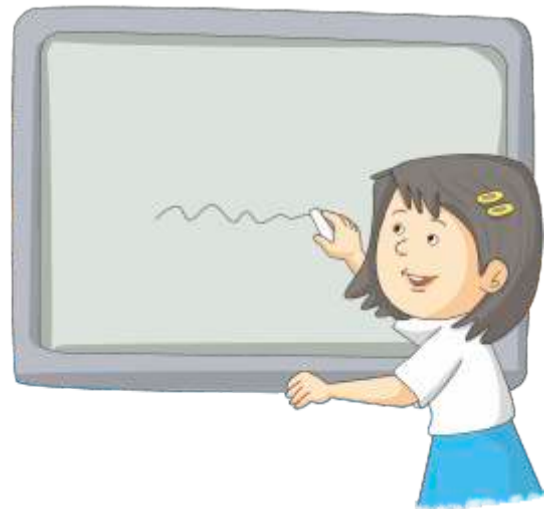
- May I stand up please?
- May I go to the bathroom please?
- May I drink water please?
- Can I throw this waste in the bin?
- Can I sharpen my pencil please?
- May I go out please?
- I don't have a pencil. Can I borrow one?



It is good to follow classroom rules and listen to the teacher. A well behaved child is loved by one and all.

Some classroom rules are as follows:

- Arrive on time
- Enter and leave the classroom quietly
- Wish every teacher who comes to class
- Listen carefully
- Don't make noise in the class
- Do not hurt anyone
- Follow directions
- Be kind to others
- Be helpful
- Show respect
- Keep the classroom neat and tidy



Exercises

A. Answer the following questions:

1. What does a teacher teach you?

2. How can you show your love and respect for your teacher?

B. Write about your class teacher:

His/Her name is _____

We call him/her _____

My teacher teaches me how to read, _____

and _____



A. Prepare a Teachers' Day card for your teacher and paste it in the box given below.

Teachers' Day is celebrated on _____ September.

B. Ask your class teacher's date of birth and plan to celebrate it.



Being Active is Fun

It is good for health to be active. There is a lot of fun in playing, running jumping, cycling, swimming, skating, etc.

Exercising and playing with friends have a lot of fun.

Being active helps you in different ways.



1. Exercise makes your heart healthy.

2. It strengthens your muscles.



3. Your body remains healthy, flexible and fit.

4. Exercise makes you feel good.



5. It promotes healthy growth and development.

6. It improves concentration and thinking skills.





7. You make new friends and share bonding with old friends.

8. You help one another and also understand each other as friends.



9. Togetherness can help you learn caring and sharing.

You can be more active in these ways:



1. Walking in the local garden or park.



2. By picking one or two sports and playing them regularly.



3. Cycling alone or with friends.



4. Running, swimming or playing sports with friends.



5. Walking upto the local vendor for buying small little things for home.



6. Eating healthy food.



7. Adding lots of fruits and vegetables in your diet.



8. Watching television for a limited time.

Exercises

A. Answer the following questions:

1. What activities can make you active?

2. Write any three benefits of exercise.

3. Write any three activities you do to be active.

B. Fill in the blanks:

1. There is a lot of _____ in playing.
2. Exercise _____ your muscles.
3. _____ can help you learn caring and sharing.



- *We must remain active by playing at least one game/sport.*

Colour this picture where children are playing.



We should always follow safety rules. Whether in the house, in the school, in playground, or on the road, safety rules save us from harms.

Here are some safety rules.
Observe them carefully.

Diwali is a festival of lights. People decorate their houses with bright lights. They wear new clothes. They visit relatives and friends. They distribute sweets.



Some people light fireworks. It can burn them and cause accidents. So, use fireworks very carefully. Children must light fireworks in the presence of elders. This is a good safety rule.



Holi is a festival of colours. You need to be careful while playing with colours. Never throw water or colour on the persons who do not wish to play Holi.

Some colours may harm your sight. So, use them carefully.

Safety Rules at Home

- Handle sharp objects like blade, knife, pins carefully.
- Use electric plug points carefully.
- Never put any object into an electrical outlet.

Safety Rules in School

- Do not rush through corridors.
- Do not run down or run up the stairs.
- Do not break glass panes.
- Do not throw things around.
- Do not play with electric gadgets.

Safety Rules on Road

- Do not play on the road.
- Cross the road when it is clear and safe.
- Cross the road at the zebra crossing.



Exercises

A. Answer these questions:

1. How do people celebrate Diwali, the festival of lights?

2. What care should be taken by children while lighting fireworks?

3. What precautions should be taken by children to avoid accidents in school?

B. Fill in the blanks:

1. Diwali is a festival of _____.
2. Children must light _____ in the presence of elders.
3. Some colours can _____ your sight.
4. Handle sharp objects _____.
5. Cross a road at the _____.

C. Write T for True and F for False:

- | | |
|---|--------------------------|
| 1. Light fireworks in the presence of elders. | <input type="checkbox"/> |
| 2. Play with electric plug points. | <input type="checkbox"/> |
| 3. Never throw colours into others' eyes. | <input type="checkbox"/> |
| 4. Running on the corridor is fun. | <input type="checkbox"/> |



Tick ✓ the pictures which indicate safety rules:

☐☐☐

Wisdom is the ability to use your knowledge and experience to make good decisions and judgements. It is the quality to act in the right manner at the right time. Wisdom helps you to be confident. It develops in you the ability to overcome difficult situations in life. With wisdom, you can help yourself as well as others. Wisdom develops with experience in life.

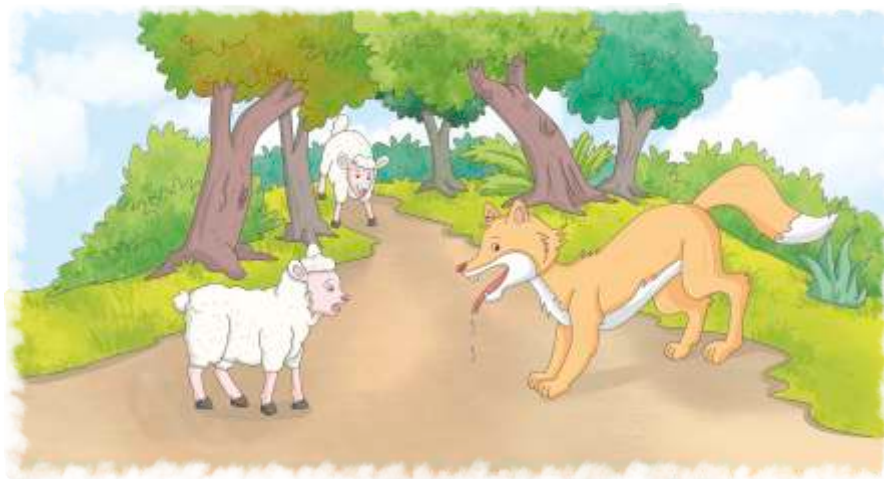
Here is the story of a wise sheep.

In a shepherd's herd, one black sheep was considered as the most cleverest and wisest. Her name was Bla.

The wise sheep Bla, on several occasions, had helped in saving young lambs from trouble and foolish sheep from losing their lives.

Once, a lamb was left behind in the meadow, grazing, while the remaining flock slowly moved back to the farm. Before the sheep entered the farm, the wise sheep realised that one lamb was missing.

She ran back into the meadow to look for her lost companion. After running for some distance, she spotted the lamb still busy grazing in the farthest



corner of the meadow. She called out, but the lamb could not listen. So, the wise sheep ran up to the lamb.

When she reached near the lamb, just then, a wolf appeared from behind a tree and unsold at the lamb. "You can't go anywhere now. Stay where you are." The young lamb was terrified and became speechless.

The wise sheep went up to the wolf and said softly, "You may take me but leave my friend."

"No way," said the wolf, "My wife back home is hungry too and I'm in no mood to leave any one of you."

The wise sheep then requested, "Will you not grant us a last wish before we die?"

The wolf thought for a while, then said, "No tricks, what is your wish?"

The wise sheep said, "You sing well. Please sing us a song, so that my friend and I may dance for the last time in our lives."

The wolf felt pleased. "Certainly," he said and throwing his head back, began to howl.



Hearing him howl, the sheepdogs rushed from the farm in the direction of the meadow. Seeing the wolf, they ran after him and drove him away. In this way, the wise sheep saved the life of little lamb with her wisdom.

Exercises

A. Answer the following questions:

1. What is wisdom?

2. How did the wise sheep help her companions?

3. Where was the lamb left behind?

4. How did the sheep fool the wolf?

B. Fill in the blanks:

1. Wisdom is the _____ to use your knowledge and experience to make _____ decisions and judgements.

2. _____ helps you to be confident.

3. Wisdom develops with _____ in life.

Stranger-Danger

A stranger is a person whom you do not know at all.

You see hundreds and thousands of people on roads, in buses, in offices, playgrounds, but you don't know them.

Stranger can be a man or a woman or an old person or a teenager of any colour, height, size or age.

A stranger may look good, but he may hurt children or do bad things to them.



Most strangers are nice. But you cannot take a chance.

If you are scared of someone or frightened by a stranger, run home and tell your mother or father. If you are outdoors, run from there to a safe place or to a shop or where you can think you are safe.



Say a big NO, if the stranger holds your hand to take you somewhere.

Refuse anything that the stranger offers you — Food, chocolate, sweets or money.



Shout loudly if a stranger pushes you or pulls you towards a car. Run away from there.

Never play near public toilets.



Never play in parks all alone or when it is dark.

Inform your parents before going out and playing. They should know your whereabouts.

Mom, I am going to park to play!



Exercises

A. Answer the following questions:

1. Who is a stranger?

2. Why should we be aware of strangers?

B. Write T for 'True' and F for 'False':

1. A stranger may look good.

2. A stranger may hurt children.

3. Never play in parks all alone.

My Motherland: India

The country where we are born is called our motherland. We are born in India. So, India is our motherland. All the people who belong to India are called Indians.

Our country, India, is also known by some other names, like, 'Bharat' and 'Hindustan'.

All Indians love their country just like their mother. They also call her 'Bharat Mata'. We all love our country. We all are proud to be Indians.



The National festivals of India are—

26th January — Republic Day

15th August — Independence Day

2nd October — Gandhi Jayanti

On Republic Day and Independence Day, we hoist the National Flag and sing the National Anthem, "Jana Gana Mana....."

The national flag of India has three colours. Kesari or deep saffron on the top, White in the middle and Green in the bottom.

It also has a navy blue Chakra in the centre of the white stripe, having 24 spokes. This is called the Ashoka Chakra.

The Royal Bengal Tiger is our National Animal.

The colourful Peacock is our National Bird.

The lovely Lotus flower is our National Flower.

The majestic Sarnath, Lion Capital of Ashoka, is our National Emblem.

All these national symbols fill us with pride for our 'Motherland'.



Exercises

A. Answer the following questions:

1. Write the different names of our country.

2. When is our National Flag hoisted?

3. Which is our National Anthem?

B. Fill in the blanks:

1. _____ is our Motherland.

2. _____ is our National Animal.

3. _____ is our National Flower.

4. _____ is our National Bird.

5. _____ is our National Anthem.

C. Write T for 'True' and F for 'False'.

1. We should respect our National Emblem.

☐

2. We should not respect our National Flag.

☐

3. Lion is our National Animal.

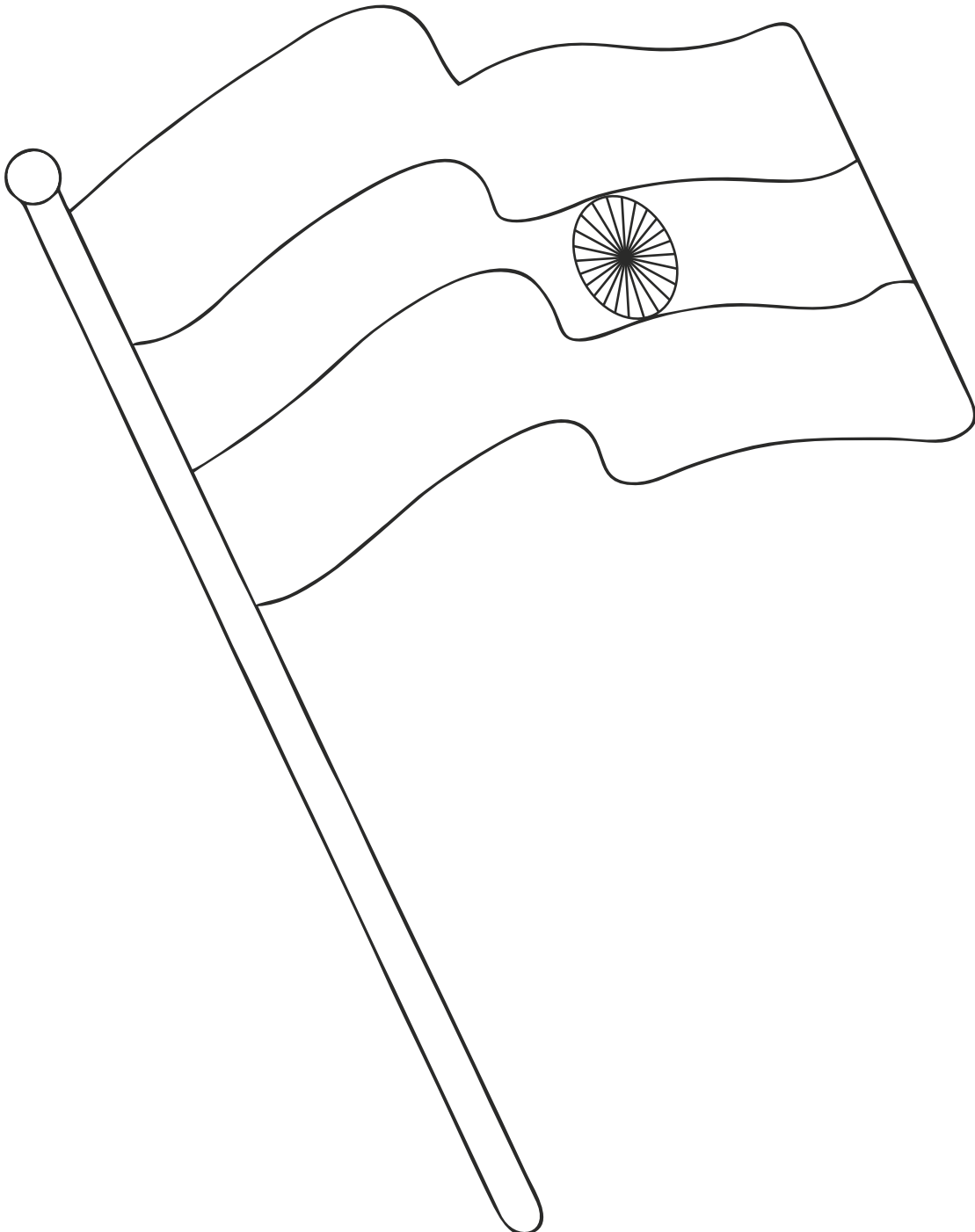
☐

4. National symbols fill us with pride for our Motherland.

☐



Colour our National Flag:



Story Activity 1

All Things Wise

A. Read the Story. Then discuss it in class.

A traveller, who had been walking along a hot and dusty road, was happy to see a huge banyan tree. He decided to rest for a while in the tree's wonderful cool shade.

The man sat down under the tree. He ate his lunch, and then leaned back against the tree's broad trunk.

When he looked up, he noticed the fruits of the banyan.

"How strange," he thought. "Such a big tree with such tiny fruits! What could God have been thinking about!"

The traveller soon fell asleep. After some time, he was woken up by a shower of fruits. There were fruits all around him and even on top of him!





It was then that he understood the truth.

"How foolish I am!" he thought. "If the banyan's fruit had been large, they would have crushed me to death. God is truly great for making a tree in whose shade travellers can rest in peace!"

B. Answer these questions:

1. What made the traveller stop at the banyan tree?

2. What did he think when he looked up and saw the large tree's tiny fruits?

3. What did the traveller realize at the end of the story?

4. What is the moral of the story?

Story Activity 2

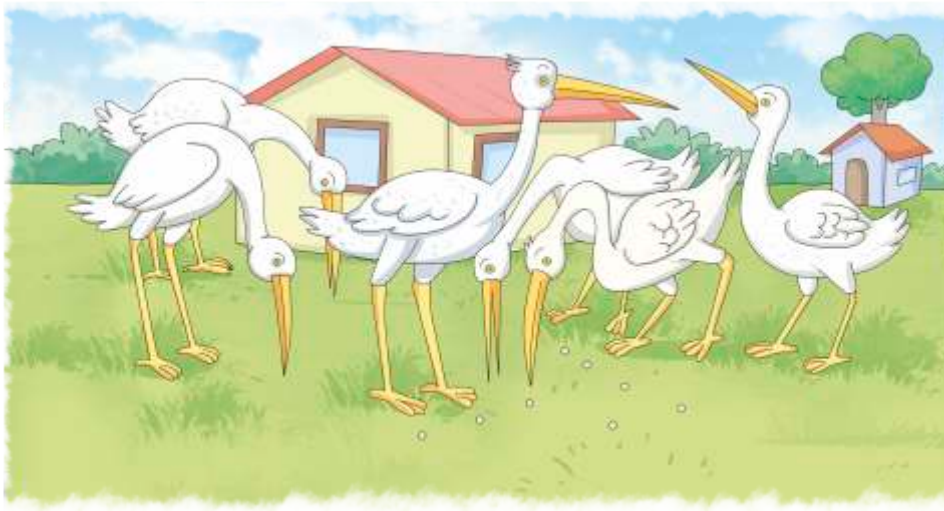
The Company We Keep

A. Read the story. Then discuss it in class:

A group of cranes saw a field freshly sown with corn.

"Those corn seeds look very tasty!" they said to each other.
"We should eat them when the farmer has gone!"

The birds waited for the farmer to finish his work and go home. Then they went to eat up the corn seeds. The storks and the cranes did not know that the clever farmer had set a trap for anyone who tried to eat the seeds.



A goose, who was a friend of the other birds, had come along to keep them company. He did not want to eat the grain, but he too, got caught in the net with the others.

The next day, the farmer came back to find that his net was full of birds.

As soon as the goose saw the man, she said, "Please spare me. I only came along with others to give them company. I didn't touch a single grain of yours!"

Replied the farmer, "What you say may be true. But you've been caught in the company of thieves. So, you must expect the same punishment as them!"



B. Answer these questions:

1. What did the storks notice in the field one day?

2. What did they decide to do?

3. Which another bird was their friend?

4. What did the goose tell the farmer?

5. What was the farmer's reply?

6. What is the moral of the story?

Story Activity 3

The Wolf and the Crane

A. Read the story. Then discuss it in class:

One day, while eating, a wolf got a bone stuck in his throat. He coughed and spat but the bone refused to come out. Choking with pain, he begged every animal he came across to help him get the bone out. The wolf promised anyone who could help him a large reward.

Many animals tried to help the wolf, but it was of no use. The bone stayed firmly stuck in his throat.

A little later, a crane passed that way.





"Please help me!" begged the wolf. "I'll give you whatever you want."

So, the crane stuck her long beak down the wolf's throat and gently pulled out the bone. The wolf was very happy.

Said the crane, "Now I'm ready for my reward".

The wolf replied, "But you've got your reward!"

The crane was surprised. "Where's my reward?" she asked.

"I've given you your life, my friend!" laughed the wolf. "You are the first bird to have put her head down a wolf's throat and come out alive. You are a very lucky creature, indeed!"

B. Answer these questions:

1. What happened to the wolf while eating one day?

2. What did the wolf promise to one who could help him?

3. What does 'reward' mean?

4. Why was the crane able to help him unlike the other animals?

5. What did the wolf tell the crane when she asked for her reward?

6. What can we say about the nature of the wolf?

7. What is the moral of this story?
