



A book on values & life skills

Ax
FR. DABRE JOSEPH
M.Sc., B.Ed.

KRISTON PUBLICATIONS

51, Ram Mohan Vihar, Dayal Bagh,

Agra 282005, Uttar Pradesh

Phone: (0562) 4304842, 7417040670

E-mail: info@kristonpublications.com

Website: www.kristonpublications.com

All rights reserved. No part of the work may be reproduced, stored in retrieval system, or transmitted, in any form or by any means, electronic, mechanical, microfilming, recording or otherwise, without the prior written permission of the publishers.

Every effort has been made to trace the owners of copyright material included in this book. The publishers would be grateful for any omissions to be brought to their notice for incorporation in future editions of the book.

Import/Export Licence Number: 0614007194

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

Contents

| | |
|-----------------------------|----|
| 1. Devotion | 5 |
| 2. Pleasant Truth | 8 |
| 3. Fool's Paradise..... | 11 |
| 4. God is One | 14 |
| 5. Common Sense | 19 |
| 6. Respect | 23 |
| 7. Saint Mother Teresa..... | 27 |
| 8. Respect Aged People..... | 30 |
| 9. The Cycle Race..... | 35 |
| 10. Gratitude | 38 |
| 11. Be Kind to All | 42 |
| 12. Traffic Sense | 45 |
| 13. Mango Tree | 48 |
| 14. Unity is Strength..... | 50 |



Devotion

Devotion is the complete faith in God.

God is present everywhere. He is always ready to listen to you. You can pray to Him at any place and at any time. Pray to Him for driving away all evil thoughts from your mind. Pray to Him to help you get rid of your anger. Pray to Him for things that make your life better and happier.

God saves us

A boy, named Gopal, lived near a forest. One day, Gopal was travelling through the forest. Suddenly, it started raining heavily with thunder and lightning. Gopal took shelter under a big tree. Some time later, he heard a faint voice, “Gopal, Gopal! Where are you?”

Gopal was not sure whether he had actually heard someone calling. After all, it was amidst the forest. He tried to hear again. Again, he heard the same sound, “Gopal, Gopal!”

Gopal ran in the direction of the voice. He had just gone a short distance away from the tree, when lightning struck the tree. The tree fell down with a crash.

“Oh God! If I had remained under it, I would have died”, he thought. He thanked God and walked towards



the voice, wondering who was calling him.

After walking for some time, he saw an old woman standing at the door of her house.



“Did you call me?” asked Gopal. The old woman said, “Who are you? Why would I call you?”

“I am Gopal. I heard you calling my name,” said Gopal.

“Oh! I see.” The old lady said, “Actually, I live here alone. And I get scared when there is a storm and lightning. So, I was calling Lord Gopal to protect me and keep me safe. It must be him, who made me call out so loudly that it reached you. He wanted to save your life too.”

Exercises

A. Answer the following questions.

1. Where was Gopal travelling through?

2. What did Gopal hear in the forest?

3. What happened when Gopal moved away from the tree?

4. Who do you think saved Gopal?

B. Fill in the blank:

1. Gopal took _____ under a big tree.
2. Gopal heard a _____ voice.
3. Gopal ran in the _____ of the voice.
4. The old woman was calling _____ to protect her and keep her safe.

C. Write T for True and F for False.

- | | |
|---------------------------------------|--------------------------|
| 1. God is everywhere. | <input type="checkbox"/> |
| 2. God saves us from all dangers. | <input type="checkbox"/> |
| 3. The lightning struck the tree. | <input type="checkbox"/> |
| 4. The old woman was calling his son. | <input type="checkbox"/> |



Pleasant Truth

Sometimes, we face a situation when we have to choose between two people without annoying either of them. We have to be very tactful in such a situation.

Once, the goddess of poverty Jyeshtha Devi and the goddess of wealth Lakshmi Devi were strolling in the garden. They were busy talking about the acts of men in the world.

Suddenly, they had an argument as to who was more beautiful. When they were arguing, a rich merchant happened to pass by. The goddesses stopped the merchant and asked him to resolve their dispute.

The goddesses disclosed their identity, and told him the matter. Now, the merchant was at a loss to say anything. If he said that Lakshmi Devi was more beautiful of the two, he was afraid that Jyeshtha Devi would curse his life with poverty. If he said that Jyeshtha Devi was more beautiful of the two, then Lakshmi Devi might get annoyed and leave his house forever.



The merchant was worried as to how to please both of them, without making either of the goddesses angry.

He then thought of an idea to please both the goddesses. He replied,

“O Lakshmi Devi, no doubt you are more beautiful than any other women on earth or heaven when you enter a house, but O Jyeshtha Devi, your grace and elegance is matchless when you depart from a house.”

Both the Goddesses were satisfied with his answer and they blessed him.

Thus, using a trick by speaking a pleasant truth, the merchant saved his life from being ruined.

ercises

A. Answer the following questions:

1. Who was the goddess of wealth?

2. Who was the goddess of poverty?

3. Why was the merchant worried?

4. What was the dispute between the goddesses?

5. What was the merchant's answer to the goddesses?

6. Were the goddesses pleased with the merchant's answer?

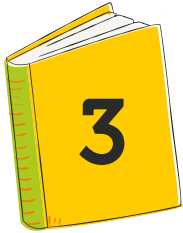
B. Fill in the blanks:

1. The goddesses were _____ in the garden.

2. The goddesses had an argument as to who was more _____.
3. The goddesses disclosed their _____.
4. Lakshmi Devi is the goddess of _____.
5. _____ is the goddess of poverty.

C. Write T for True and F for False.

1. Both the goddesses were beautiful.
2. A farmer happened to pass by them.
3. The merchant was very tactful.
4. The goddesses blessed the merchant.
5. The merchant lost all his wealth.



Fool's Paradise

Realism is the belief in real conditions and circumstances.

You must always live in reality. It is good to dream about your goal in life. You should try to achieve your goal by hard work and not just by talking about it. Happiness that is based on false hope is temporary and gives you nothing. To achieve something, we need to work, not talk. There is no end to a fool's paradise. You do not get anything out of it.

Once, there lived a poor old couple in a village. The old couple had a habit of day dreaming. One day, the old man said to his wife, "If I had some money, I would buy a few buffaloes." "We would have a lot of milk," said his wife. "I would make a lot of ghee and curd, and we would send some milk to my brother also."

This angered the old man who said with anger, "Why send milk to your brother? How dare you even think of it." "But we will have spare milk, what will we do with so much milk?" replied his wife.

"We'll sell the milk, you stupid woman," said the angry old man. "I will not accept any more stupidity from you and make sure you don't send any milk to your silly brother when I'm away. I'll break every pot in this house." Saying this he picked up the four pots they had and threw them on the floor.



Incidentally, his next door neighbour Raghu heard the noise of the breaking pots. He asked the old lady what had happened. While the old man continued to curse, the old lady told Raghu what had happened.

Raghu picked up a stick and started moving it quickly in the air, shouting, “Hah, hooh!” Seeing this, the old man asked Raghu, “What are you doing?”

“I'm driving away your buffaloes. They have eaten pumpkins and cucumbers from my garden.” Raghu replied.

The old man looked astonished. “Eaten your pumpkins and cucumbers? But you don't even have a garden!” exclaimed the old man.

“I'm going to have one soon and I'm planting pumpkins and cucumbers in it.”

Saying this, Raghu began hitting the air with his stick again.

The old man understood that Raghu was showing him how foolish he and his wife had been. He felt ashamed of himself for living in a fool's paradise. Since then, he never lived in fool's paradise.



Exercises

A. Answer the following questions.

1. Where did the old couple live?

2. Which habit did the old couple have?

3. What did they dream about?

4. What did Raghu do to make them realize their mistakes?

B. Fill in the blanks:

1. The old man wanted to buy a few _____.

2. The old woman wanted to send some milk to her _____.

3. The old man threw the _____ pots on the floor.

4. The couple lived in fool's _____.

C. Write T for True and F for False.

1. The old couple had the habit of day dreaming.

☐

2. They dreamt about owning a large farm.

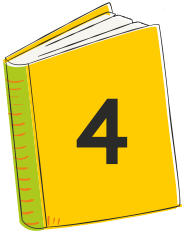
☐

3. The old woman did not want to share the milk with her relatives.

☐

4. The old man decided not to live in a fool's paradise.

☐



God is One



God is the creator of everything. You have seen people praying. They pray at home. They also pray in the places of worship. They sing praises of God. They thank God for his blessings.

They read from the Holy Books. They remain silent with eyes closed. People carry idols

during festivals. They chant hymns. People do all this because they believe in God.

God is one. We call Him by different names.

Hindus call God, "*Ishwar*'.

Christians call God, '*Father*'.

Muslims call God, '*Allah*'.

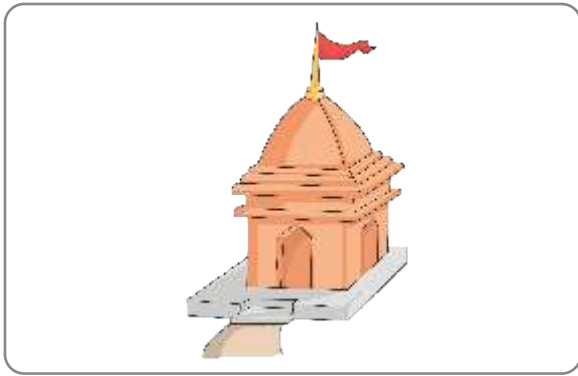
Sikhs call God, '*Waheguru*'.

You may call God as your parents call Him. You may pray to God as they teach you.

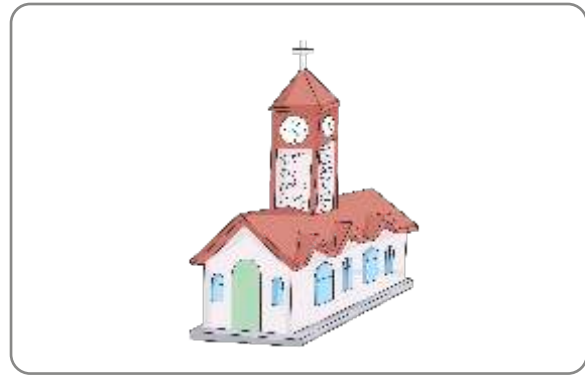
We can pray to God any time.

Pray to God in the morning. Thank Him in the evening. Always pray to God before you go to bed.

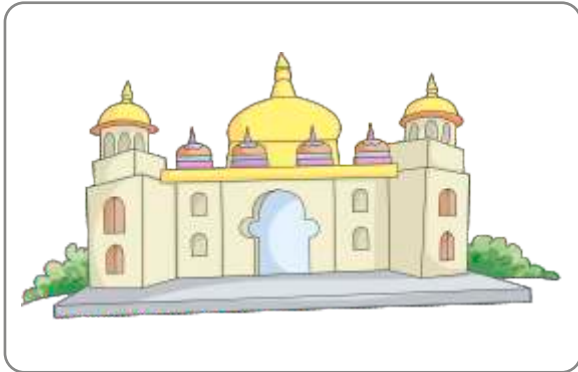
People worship at home.



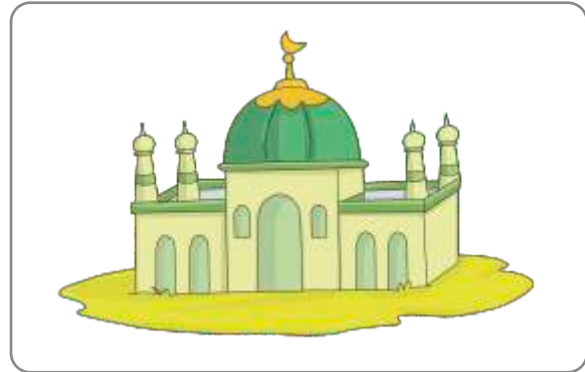
Hindus pray in the Temples.



Christians go to the Church to pray.



Sikhs pray in the Gurudwara.



Muslims go to the Mosque for prayers.

- The Bhagavad Gita is the Holy Book of Hindus.
- The Bible is the Holy Book of Christians.
- The Guru Granth Sahib is the Holy Book of Sikhs.
- The Quran is the Holy Book of Muslims.

The Holy Books teach us the art of living. Reading a Holy Book gives peace and joy.

Make it a habit to read a Holy Book.

We should pray to God to
 Make our parents happy,
 Make our teachers happy,
 Make our friends happy.
 Find happiness in their joy.



Exercises

A. Answer the following questions.

1. Why should we pray to God?

2. When we should pray to God?

3. Where do Christians go to pray?

B. Fill in the blanks:

1. God is the _____ of everything.

2. Always pray to God before you go to _____.

3. _____ pray in Gurdwaras.

4. The Holy Books teach us the art of _____.

C. Tick ✓ the right answers.

1. You call God by—

☐ The name your parents call.

☐ The name your friends call.

2. The Bhagawad Gita is the Holy book of—

☐ Hindus

☐ Christians

☐ Muslims



3. The Quran is the Holy book of—

- ☐ Sikhs
- ☐ Christians
- ☐ Muslims

4. The Bible is the Holy book of—

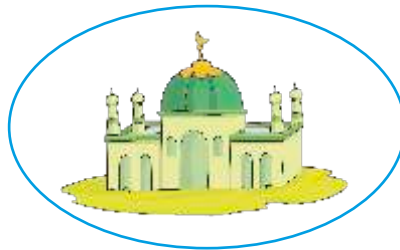
- ☐ Hindus
- ☐ Muslims
- ☐ Christians

5. The Guru Granth Sahib is the Holy book of—

- ☐ Hindus
- ☐ Sikhs
- ☐ Muslims



God is one. Different people pray to God at different places under different names. Match them with their places of worship.





Common Sense

We all know that we have five senses. They are sight, hearing, smell, taste and touch. Some people speak of another sense. It is called common sense. It guides us in the use of the other senses. Common sense tells us what to see and what not to see, what is good to hear and what is not good to hear, and so on. Common sense can be called good practical sense in everyday matters. In fact, common sense is practical wisdom.

Common sense separates the intelligent and the smart ones from the foolish and the silly ones. Many problems can be solved and many difficulties can be avoided with the help of our common sense. If we have all the five senses and everything in life, but have no common sense, we can say that we have nothing. A person who does not have or use his common sense is considered stupid. Such a person will be laughed at by others. He will do a lot of harm to himself and to others. Such people will not be successful because common sense is very important for success. The final winner in anything is one who has and uses common sense. We must develop this important sense, which makes all the difference between success and failure in life.

A person who thinks before doing anything and who is reasonable is usually a man of common sense. Such people are liked by others. People avoid the company of those who don't use their common sense because they can be very dangerous.

A Monkey and A Crocodile

Once upon a time, a monkey lived on a jamun tree beside a river. A crocodile lived in the river along with his wife. The monkey and the crocodile were good friends. The monkey gave sweet jamuns to the

crocodile and the crocodile used to take the monkey on his back in the river for rides.

The days passed on. The crocodile used to give jamuns to his wife. His wife was wicked. One day, she thought that if the jamuns are so sweet, the monkey's heart would also be very sweet, for he ate such jamuns every day.



One day, she sat silently, looking upset. The crocodile asked her, "Why are you so sad?" She said, "I have a wish, but I know you can't fulfil it." He said "Why can't I? I promise you, I will fulfil it. What is your desire?" She said, "I wish to eat your friend's heart. It must be very sweet." The crocodile was troubled. He tried to convince her otherwise, but she did not agree. The crocodile went to the monkey with a heavy heart.



As usual, when the monkey and crocodile were in the middle of the river, the crocodile told the monkey about his wife's wish. Seeing the danger, the monkey said cunningly, "Oh! Dear friend. It is a very small thing you are worrying about."

Take me to my tree. I have left my heart on the tree. I shall give it to you happily and you both can enjoy it.” The stupid crocodile took him near the tree. The monkey jumped upon the tree and said, “O foolish friend, do you think one can take out his heart from his body, and put it on a tree? Go away and never come to me. I do not need a friend like you.” The crocodile went back to his wife, disappointed. The monkey could save his life using his common sense.

Exercises

A. Answer the following questions:

1. Where did the monkey live?

2. Who was the monkey's friend?

3. Who used to give jamuns to the crocodile?

4. What was the crocodile's wife's wish?

5. Why is common sense very important?

B. Fill in the blanks:

1. The monkey and the _____ were good friends.

2. Crocodile's wife was _____.

3. The _____ used his common sense to save his own life.

C. Write T for True and F for False:

1. The monkey lived on a jamun tree with his wife.

2. The crocodile did not like to eat jamuns.

3. Crocodile's wife was gentle.

4. Monkey was frightened of the crocodile.



You must always respect the wishes and words of your elders. A family, in which the members obey and respect the head of the family, is respected and liked by all. Everyone looks up to a family which is united and each member respects one another.

Family Discipline

Once, an old man and his family were on their way to the city to increase their earnings. After travelling for almost the whole day, they came across a huge peepal tree in the evening and decided to rest in its shade. The man, who was the head of the family, did not want to stay unoccupied, so he decided to spin a rope.



He sent his elder son to a nearby market to get some jute and sent his younger son to buy some vegetables. He engaged his daughters-in-law too. The elder daughter-in-law went to fetch water, while the younger one went to

collect firewood. When all the materials were brought, he instructed his children to prepare food and arrange for the night, and he started winding the jute to make a rope.

A tree demon watched the activities of the family from above. He was unable to understand why the old man was twining a rope. He came

down from the tree and asked the man about his purpose. The man was inwardly shaken by the dangerous looks of the demon, but he did not show his feelings. The old man continued to spin the rope and said, "This is to tie you to this tree, so that you don't harm anyone."

The demon was timid at heart. He fell on the man's feet and begged for mercy. He quickly dug up a treasure chest and handed it over to the old man and pleaded, "Spare me and take my money." The man agreed and his family returned to the village to lead a prosperous life.

Another man in the village heard the success story of the man and his family. He thought that he should also try out his luck. So, he took his family and set out to find the peepal tree. After a tiresome journey, the family reached the peepal tree and the old man instructed his sons, and their spouses of the work.



Unfortunately, his sons refused to go out in the sun and his daughters-in-law also chose to rest, rather than work. The old man had to run around himself to do all the work. Finally, he started twining a rope and waited for the demon.

The demon came and asked what he was doing. The old man said defiantly, "Can't you see? I'm twining a rope to tie you. Now, bring the treasure chest fast, only then I will spare you."

The demon laughed loudly. “You think I'm scared of you?” he asked. “When your family has no respect for you and they don't obey you, why should I?” he continued, “Now run away before I make you my slave.” The old man and his family ran, as the demon chased them away.

Exercises

A. Answer the following questions:

1. Why was the man going to the city?

2. What did he tell the demon about what he was doing?

3. Why did the other man go to the peepal tree?

4. Why did the demon chase the other man away?

B. Fill in the blanks:

1. The family came across a huge _____ tree.
2. The head of the family decided to _____ a rope.
3. The _____ was timid at heart.
4. The demon handed over his _____ to the man.

C. Do you love your family members? Answer these questions to check that you also love them as much as they do:

1. Do you help your mother in doing her work like keeping your things in order?

Yes

No

☐☐

2. Do you turn off your TV if your parents are answering a phone call?
3. Do you listen to your elder brother/sister?
4. Do you get ready for school all by yourself?
5. Do you maintain your school bag yourself?

| | |
|----------------------|----------------------|
| <input type="text"/> | <input type="text"/> |
| <input type="text"/> | <input type="text"/> |
| <input type="text"/> | <input type="text"/> |
| <input type="text"/> | <input type="text"/> |



Saint Mother Teresa

Concern for others

Everyone wants to be happy. We are all concerned about our own happiness. We do everything possible, in order to be happy. We study hard, so that we may get good marks. When we get good grades or high ranks, we are happy. People work hard, so that they may earn more. They feel that more money will make them happier. Everybody appears to be working for his own happiness. But, is everybody happy?

When we look around, we notice that many people are not happy. There is a lot of unhappiness everywhere. Many people suffer from poverty and sickness. Some people are unhappy because they feel that nobody loves them. Many parents are rejected by their children and several children are abandoned by the parents. All this leads to unhappiness.

It appears that most people are selfish because they look for their own happiness. They do not care for the happiness of others. This world cannot be called a happy one if several people are suffering. Everyone has a duty to think of the sufferings of the less fortunate ones. We must try our best to reduce their sufferings.



We must realize that the suffering people are also God's children. They are therefore members of God's family. True happiness comes to us from the happiness of others. We can make others happy in many ways. Saying comforting words, sharing our love, consoling

when afflicted, showing concern and praying for the suffering ones are all ways of making others happy.

Saint Mother Teresa

Saint Mother Teresa was a very kind-hearted woman. She was the Principal of a leading school in Calcutta. She could have lived a comfortable and happy life within the walls of the convent. How could she accept that life and live happily when there was so much suffering and unhappiness outside the convent? She left the convent to work for the poorest of the poor, the dying, the abandoned and the unwanted. She wanted to make them happy. She founded the Missionaries of Charity, a congregation of sisters who continue to work for those in need. They give a home to the homeless, medicines to the sick, food to the hungry, clothes to the naked, and above all, love to everyone.

One need not become a sister or a sadhu to help others. In our own way, in our own position, we too can do a lot for the happiness of others. We must put away our selfishness and think about others. Like many great men and great women who have lived for others, we must train ourselves to have concern for the less fortunate members of our society. In this way, we too can live for others and make them happy.

Exercises

A. Answer these questions in one sentence each:

1. Why are we said to be selfish?

2. When should we be concerned about the sufferings of others?

3. How can we reduce the suffering of others?

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

- | | |
|--|--------------------------|
| 1. We cannot make others happy. | <input type="checkbox"/> |
| 2. There is a lot of suffering in the world. | <input type="checkbox"/> |
| 3. Our concern should be about our happiness only. | <input type="checkbox"/> |
| 4. One can be happy if one has everything in life. | <input type="checkbox"/> |

C. Mention five ways in which you can help to make others happy:

- | | |
|----|-------|
| 1. | <hr/> |
| 2. | <hr/> |
| 3. | <hr/> |
| 4. | <hr/> |
| 5. | <hr/> |



Respect Aged People

If your grandparents are alive, you are very fortunate. You can learn and gain a lot from them.

- You can go to them for advice as they will surely give a sympathetic ear and unconditional affection.
- They are a storehouse of endless stories and life experiences. You can gain so much by listening to them.
- You can play indoor games with them and involve yourself in physical and mind games.

You must communicate with your grandparents on regular basis. If they live at a distance, make it a point to visit them frequently.



Attitude towards aging and old people

Old people can be seen everywhere. You should give them ample respect and you should try to understand them. They may seem:

- Weak, as their bodies slow down–help them.
- Unhappy–try to make them happy.
- With physical limitations.
- With poor eyesight and hearing.
- Having less money.

But at the same time, they are a storehouse of a lot of things–

- Interesting stories and tales

- Life experiences
- Helpful
- Giving lots of love and affection

So, always keep a positive attitude towards them.

- Try and go out of the way to help them.
- Sit with them and give them company.
- Take an initiative to get them their stuff, e.g., specs, hearing aids, walking stick, shoes, etc.
- Be patient and never answer back to them.
- Give them due respect all the time.
- Be aware of their health problems and try to help them.
- Demonstrate a positive and respectful behaviour towards them.

Grandpa's Glasses

Amit got ready to go out and play with his friends. He gulped down his glass of milk, then collected his ball from under his bed and rushed to the front door of his house.

Just then, he heard his grandmother call out his name. He left the



ball at the door way and went to his grandmother's room. She smiled at him and said, “Your grandpa has broken his glasses. He can't see properly. Will you please walk with him to the market? He has to get his glasses repaired.” Amit thought for a while. He had

a friendly match to play in the park, but grandpa would be helpless without glasses. "It's OK. Come grandpa, let's go," he said.

Amit walked slowly with his grandfather, holding his hand. They crossed the park where Amit's friends were waiting for him.

John called out, "Will you play the match today?" Amit replied, "If I come back on time, I will. Just now, I am helping grandpa."

They slowly crossed the park and reached the market. It took ten minutes for the shopkeeper to change the frame of grandpa's glasses. Having got his glasses back on his eyes, grandpa was quite comfortable. He thanked Amit and said, "You play your match, I can reach home myself."



Amit ran to the park and joined his friends to play.

When he finished, his team had won. He saw grandpa sitting on the side bench and clapping. "You played well!" said grandpa, "Let's go home and tell grandma."

"Amit said, "bye" to his friends. They both walked back from the park.

Exercises

A. Answer the following questions:

1. Why did Amit quickly finish his glass of milk?

2. Why did grandmother call Amit?

3. Why did Amit decide to help his grandfather?

4. Did Amit not play the match?

B. Fill in the blanks:

1. Amit got _____ to go out and play.

2. He _____ down his glass of milk.

3. Amit's grandpa had broken his _____.

4. Having got his glasses back on his eyes, grandpa was quite _____.

C. Write T for True and F False:

1. Grandmother was angry with Amit.

☐

2. Grandpa would be helpless without glasses.

☐

3. The shopkeeper changed the frame of the glasses.

☐

4. Amit could not reach in time to play the match.

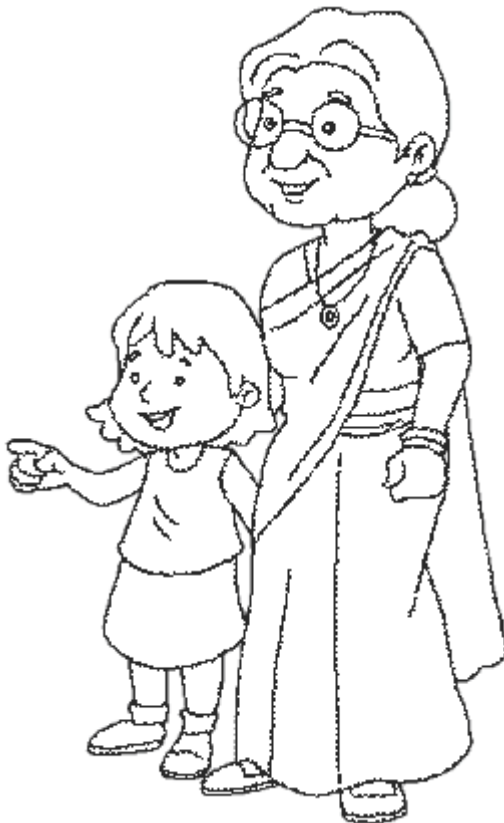
☐

A. Share your grand parents' childhood experiences and write a few of them:

B. Paste photographs of your grandparents here:



C. Colour this picture:





The Cycle Race

Forgiveness

To forgive means to be kind and merciful to those who do wrong to us. We offend God several times a day. What will be our condition if God does not forgive us? We harm others so much everyday, that if they don't forgive us, our lives will be



miserable. If others don't forgive and forget our mistakes, we will have no friends and we will be very unhappy. Sometimes, others offend us or hurt our feelings. We must learn to forgive them. Forgiveness is a sign of love.

Forgiveness is a quality of God. There is a proverb which says, "To err is human, to forgive is divine." It means that all human beings make mistakes, but only the ones who are like God, forgive. Forgiveness is a divine quality. Every religion teaches the importance of forgiveness.

Those who forgive and forget are kind and loving. They are always happy and cheerful. They don't have any resentment in their hearts. They make others happy and have plenty of friends.

Those who don't forgive are hardhearted and cruel. They will always be filled with anger and hatred. They will not be liked by others. Their lives will be miserable. Real courage and real greatness lies in forgiving.

David and Aman were fighting for the first position in the cycle race

during their school sports day. Only two more rounds were left. All the other competitors were far behind. Aman was leading and there were plenty of cheers from the crowd. David was angry and wanted to do something to defeat Aman. It



was certain that he could not overtake him. He planned to drop Aman by banging against his bicycle from the back. He waited for the right moment, and with a great effort, hit against the back wheel of his bicycle. Aman lost his balance and fell to the ground. The crowd shouted angrily at David and rushed to see Aman. David finished the race and won the first prize. He then felt very bad about what he had done. He felt sorry and ashamed. He walked away to a lonely place and began to cry. He cursed himself.

Just then, he felt somebody's hands on his back. He looked back. It



was Aman who had come to congratulate him and to tell him not to worry about the accident. David jumped up and embraced his friend and the whole crowd cheered both of them. Aman forgave him and once again they became best friends.

Exercises

A. Answer these questions:

1. What is forgiveness?

2. Who was leading in the cycle race?

3. Who lost the balance on his bicycle? Why?

4. Who felt sorry and ashamed?

B. Fill in the blanks:

1. Forgiveness is a _____ quality.

2. Real courage and real greatness lies in _____.

3. _____ finished the race and won the first prize.

C. Put a tick mark (✓) next to those associated with forgiveness:

Jealousy

☐

Mercy

☐

Happiness

☐

Pity

☐

Selfishness

☐

Love

☐

Pride

☐

Understanding

☐

Anger

☐

Cruelty

☐

D. Give five reasons why we should forgive others:

1. _____

2. _____

3. _____

4. _____

5. _____

Gratitude means to be grateful to someone. Gratitude is a great virtue. Everyone should have gratitude. It means that everyone should be grateful. We can be grateful in our thoughts, words and actions. When we say, “thank you”, we are being grateful. We should be thankful to anyone who does any good to us.

All good things that we have, come from God. He forgives us and continues to bless us, even when we offend Him. We must remember God with our heart full of gratitude. Our parents, who are looking after us with great love and care, should never be forgotten. In our daily life, we deal with so many different people who help us in many ways. It is important that we thank them all. We cannot live alone. While living in a society, we need the help of others. We should make it a habit and gratitude should become a part of our character.



There are many people who receive several good things from others, but are not grateful. They do not even say a good word to them or about them. In fact, they forget them and their help. So many parents spend their old age in tears because their children forget

them and are not grateful to them! Our ingratitude can cause pain and grief to those who have helped us in times of distress. This may also stop them from helping us and others any more. It is a very sad thing if we give a chance to others to say that we are ungrateful.

Those who help us will feel happy if we are grateful to them. It will encourage them to do more good. This will make them say good things about us and ask God to bless us. Gratitude is a sign of greatness.

The Eye Specialist

Once, there lived a farmer in a village in Bihar. He had been suffering severely from an eye disease. He was examined and treated by several doctors in different places. But, he did not get any relief. Some doctors even told him that he would become totally blind. He had lost all hope for his eyes. At that time, a friend of his told him about Dr. Murthy, an eye specialist. Unwillingly, he agreed to go for Dr. Murthy's treatment.

The doctor examined his eyes very carefully and decided to operate upon him. After the operation, the farmer was completely cured and was discharged from the hospital.



The first thing the farmer did on reaching home was to write a letter of gratitude to the doctor. As soon as Dr. Murthy got the letter, he wrote back saying that this was the first letter of the kind he had ever received. He assured him that he would treasure it more than all his possessions. He wrote that his letter had touched his heart and that he felt encouraged to continue with his work.

Exercises

A. Answer the following questions:

1. To whom should we be grateful?

2. What had the farmer been suffering from?

3. Why had the farmer lost his hope?

4. Could the farmer be cured well?

B. Fill in the blanks:

1. We can be _____ in our thoughts, words and actions.

2. Those who help will feel _____ if we are grateful to them.

3. Some doctors told the farmer that he would become _____.

4. The farmer wrote a letter of _____ to the doctor.

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

1 Gratitude can be shown only through actions.

☐

2. We need not be grateful to our friends.

☐

3. Everyone must be grateful.

☐

4. Gratitude is a sign of greatness.

☐



A. Complete the box and answer the questions that follow:

Dear God,

I am grateful to you for many things. For example,

1. _____
2. _____
3. _____
4. _____
5. _____

■ What are you incredibly grateful for?

B. List two people you want to express your gratitude to. Why are you grateful to them?

1. _____

2. _____

Kindness is a great quality. We must learn to be kind. It means that we should be gentle and generous.

To be kind means to be helpful. We can be helpful to people, animals and even plants. Everybody can be helpful.

We are kind when we share what we have. It may be food, knowledge or money. We should be kind to those who need our help. At home, by helping our parents or brothers and sisters, we are being kind. At school, we are kind when we share our food with other children. We are kind, when we think of the needs of others.

On the road, we are kind when we help blind, old or disabled people. In the bus, when we give our seat to an older person, we are kind. By taking care of animals, we show our kindness to them.

Our kindness makes them happy. It also makes us happy.

Some boys were dragging a dog with a chain around its neck. Some of them even beat the dog. The dog wailed. The boys were indeed cruel to the poor dog. A man stopped the boys and asked them gently, "Why are you dragging the dog?" One of them said, "He is not coming with us."



The man said, "In that case, carry him."

The boys looked at the man with surprise. Children carried the dog. It was the sense of kindness that made the boys loving and caring towards the dog.



There was a beautiful sight of loving boys and the happy dog.

Exercises

A. Answer these questions:

1. What is kindness?

2. Who is a kind person?

3. Why should we be kind to old people?

4. Where can we show our kindness?

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

1. A kind person is gentle.

2. Everybody cannot be kind.

3. We must be kind to children.

4. No one likes a kind person.

☐

5. One can be kind in words.

☐

C. Tick (✓) the signs of kindness:

1. Smiling at others.

☐

2. Laughing at others.

☐

3. Staring down at others.

☐

4. Shouting at others.

☐

5. Helping others.

☐

With the progress in the modes of transportation, more and more vehicles have started plying on road. Roads are flooded and very often there is traffic jam. Caution on the road should be our primary concern to control accidents. A death on a road is always a tragedy for the family. If a man meets with an accident, a woman loses her husband and the children lose a father. A young man's death is a loss for his family and his friends. This loss can never be repaired. Authorities have set the speed limit of vehicles to keep the roads safe.



1. The government makes guidelines as well as rules of the roads to mobilize traffic smoothly.
2. It decides the parking areas.
3. It marks some roads for one-way traffic.
4. It provides pedestrians with zebra crossings.
5. It instructs the public that no horn should be used near hospitals, schools and in residential areas.
6. It warns of dangers on roads through 'Road Signs'.

There are rules for people travelling in a vehicle:

1. Those who ride on motorbikes must wear helmets. Helmets will save their head in an accident.

2. People who sit in a car must use seat belts. The belt is used for their safety. Sudden brakes can cause injury to the passengers if they are without seat belts. In case of an accident, the seat belt can minimize head injuries.



3. Never use a mobile phone while driving a vehicle. Using a mobile phone while driving is very dangerous , as it may divert the driver's attention. He / She must stop the vehicle at roadside before using the mobile phone.

4. Pedestrians must use the footpath while walking on road and cross the road at the zebra crossing.



5. While travelling in the bus, do not push people standing in front of you. Get in or get off a bus only when the driver stops it. Do not distract the driver.

Traffic sense makes you safe.

Exercises

A. Answer the following questions:

1. What guidelines does the government make to mobilize traffic smoothly?

-
-
2. What precautions should be taken by the drivers of two-wheeler and four-wheeler vehicles?

-
-
3. What are the rules for a pedestrian?
-
-

B. Fill in the blanks:

1. _____ must cross the road at the zebra crossing.
2. Those who ride on motorbikes must wear _____.
3. The seat belt can minimize _____ injuries.

C. State T for True and F for False:

1. Pedestrians must follow traffic rules for safety.
2. Drivers must not use mobiles while driving.
3. A motorcyclist wears helmet for safety.
4. Helmet spoils the hairstyle, so don't use it.
5. Seat belts are meant only for the person driving a four-wheeler.

☐☐☐☐☐

Long time ago, there lived a king. He was very brave and kind-hearted. He loved his people very much. He used to give rewards to the good people.

One day, the king was going on a hunt with his men. As he passed by a farm, he saw an old man. The old man was planting a sapling in the hot sun. The king asked the old man, "What are you doing? It is too hot and you are so old." The old man replied, "Your Majesty, I am planting a mango sapling."



The king asked him, "Very good, but when will it bear fruits?" The old man said, "After 15 years." The king then asked, "I think, old man, you won't live long enough to eat its fruits." The old man said, "Yes, it is true, but other people will get the fruits." Again the king asked him, "Why are you then planting this mango sapling, knowing that you will



not get the fruits?" The old man replied, "Yes, I know that I wouldn't get its fruits. But, the fruits I am getting today, were planted years back by other people. We should not think about ourselves only. We should do good

for others also.” The king was very much pleased with the old man's reply. He gave one hundred gold coins to the old man and went ahead for his hunt.

ercises

A. Answer the following questions:

1. What was the nature of the king?

2. What was the old man doing?

3. For whom was the old man planting the mango tree?

4. What reward did the king give to the old man?

B. Fill in the blanks:

1. The king loved his _____ very much.

2. The king was going on a _____ with his men.

3. We should not think about _____ only.

4. The king gave one hundred gold _____ to the old man.

C. Write T for True and F for False.

1. We should think good for others.

☐

2. We should help others too.

☐

3. I should do good for myself only.

☐

4. Quite often, I help others.

☐

Once, a flock of pigeons was flying over a jungle. The pigeons were tired and hungry. Suddenly, they saw grains of millet scattered over a clear area. The pigeons asked their leader to come down and eat the grains. But, the old and experienced pigeon said, “No, there may be danger. It seems to me that it is a trap of a bird-catcher.” The other pigeons said, “Oh! You old fellow. You are always suspicious. See, we are too hungry and tired. We will be careful, don't worry.” And they didn't pay heed to the old pigeon and came down on the ground.

As they started to eat the grains, they found themselves caught in the net of a bird-catcher. Now, they got frightened. They were repenting for their folly and haste. One of them said to the

old pigeon, “Sir, we are very ashamed for not listening to your advice. We regret our hasty decision. Please forgive us and tell us a way to save ourselves.”

The leader of the pigeons was a kind and wise pigeon. He said, “This is the result of your carelessness and hasty action. Anyway, we have to be courageous and united. Now, listen to me carefully. If all of us pull together and try to fly, we can lift this net and fly away with it and save ourselves.” Just then, they saw the bird-catcher coming. The leader shouted, “Friends, use your full might and fly up, quickly.”

All the pigeons pulled together and flew away with the net. The bird



catcher was very surprised and upset. He ran after the pigeons for some distance to catch the net. But, he could not follow them. Thus, the pigeons were saved.

So, children, now you know how great unity is! Disunity is a curse. It can only ruin us. Always remember, if the people of a country are not united, it may fall in the hands of another country. So, always bear it in mind: Unity is Strength.



Exercises

A. Answer the following questions:

1. Who was flying in the sky?

2. What did the pigeons see on the clear ground?

3. Who warned the pigeons about a trap?

4. How did the pigeons save themselves?

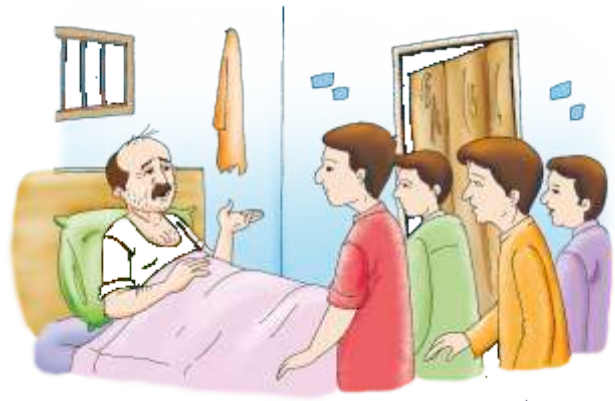
B. Fill in the blanks:

1. The _____ were tired and hungry.
2. The pigeons asked their _____ to come down and eat the grains.

3. The _____ of the pigeons was a kind and wise pigeon.
4. All the pigeons pulled together and flew away with the _____.



See the pictures below and complete the story. If necessary, take the help of your parents and teachers.



Complete the story:

Once, there lived an old man. He had four sons. The four brothers always fought with one another. One day, the old man _____
