

Exercises

LET'S THINK AND ANSWER (page no.11)

Qns-1. What test did the teacher set for his four students?

Ans- The teacher asked his four students to remain silent for two days and two nights, and not to speak at all.

Qns-2. What happened when the candle went out?

Ans- When the candle went out, Li was the first one to speak.

Qns-3. Who among them passed the test?

Ans- None of the students passed the test.

LET'S TALK ABOUT THESE (page no.12)

Qns-1 What are some of the things you have to do, even though you don't feel like doing them?

Ans- some of the things I have to do even I do not feel like doing that are: waking up on time, having a bath on time, returning home after playing, doing homework etc.

Qns-2 Why is it important to do what is right even when you don't feel like doing it?

Ans- Doing the right thing will make us a good person. It will also make a happier and contented from within. That is why we should do what is right even when we don't feel like doing.

Qns-3 why are the people who practice self-control, happy?

Ans- People who practice self-control are happier as it helps them in many ways. It helps them to stop and think before they act and speak.

Qns-4 what could happen to someone who has very little self-control?

Ans- If someone has a very little self-control, then it would be very difficult for that person to be happy.

2. Colour in green the boxes where you lack self-control. Think about why you do not have self-control in these areas what can help you become more self-controlled.

☞ Food habits: we must value the nutritional value of food over its taste to avoid being very choosy in our food habits.

☞ Getting ready for school: we must prepare for getting ready for school the night before to avoid any haste and delays at the last minute.

Keeping things properly: we must keep our things in their proper places immediately after use to avoid misplacing them or causing hurt to anyone.

☞ Study time: We must study and do our homework regularly to avoid performing poorly in our class.

☞ Play time: We must play regularly for about two hours with her friends and return home punctually to avoid any delays in our timetable.

LIFE SKILLS

Look at this poster. It shows you many things that you cannot control in your life. It also shows you the things you can control quite well. Draw a circle around the ones, which you CAN control.

☞ my behaviour

☞ being responsible

☞ when and what I eat

☞ what kind of clothes I wear

☞ words that are used

☞ my goals

☞ being helpful

☞ what time I go to bed at night

☞ how I use my time

☞ my effort

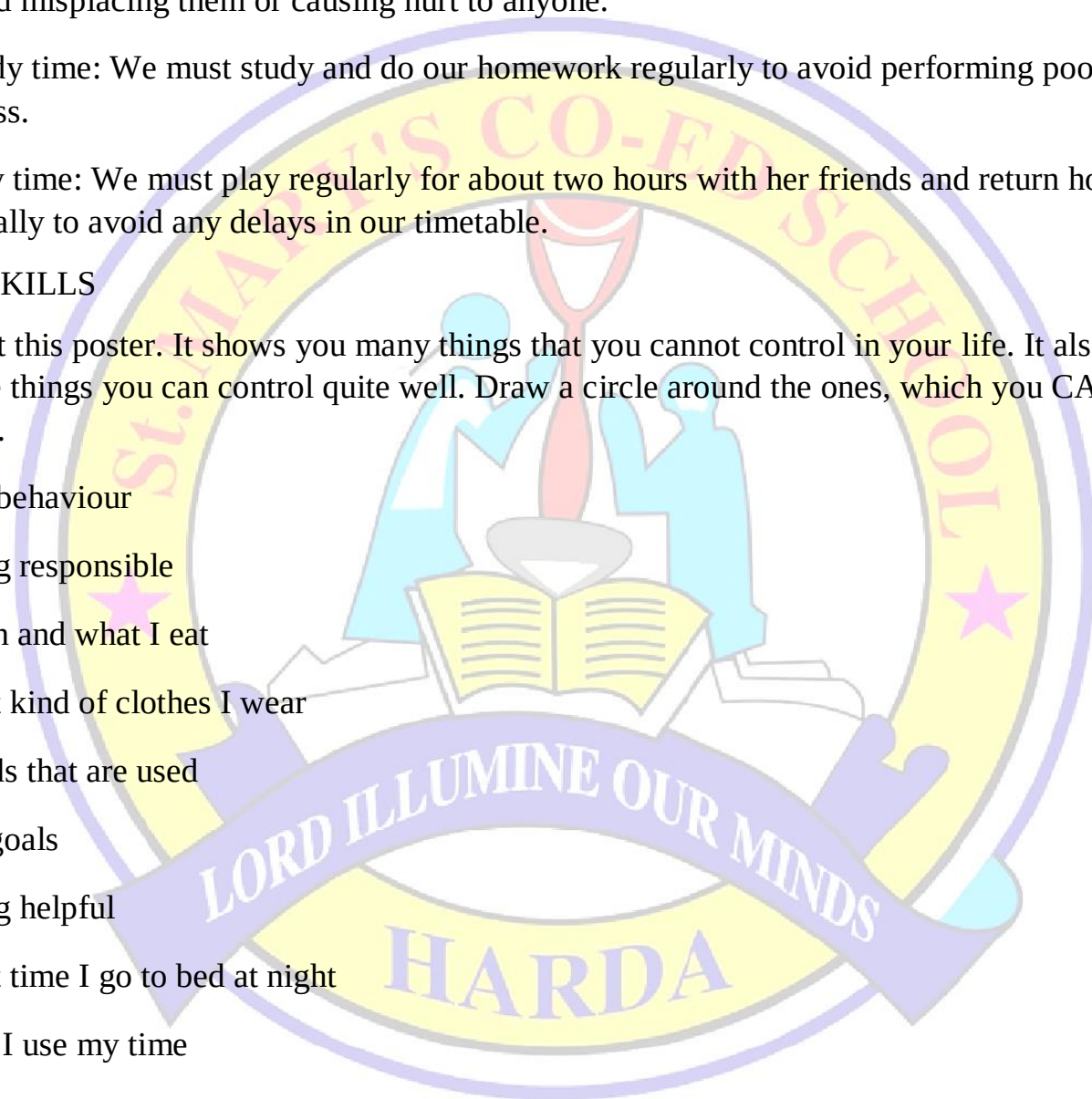
☞ what kind of toys I have

☞ my thoughts

☞ respecting others

☞ how kind I am to people

☞ asking questions



☞ doing my homework

☞ my attitude

☞ telling truth

