

Exercises

Let's think and answer:

1. What kind of words did Shruti and Rohan use?

Answer- Shruti and Rohan always used hurtful words.

2. Was the family happy when they used such words?

Answer- No, the family was angry and upset when they used such words. There was no peace at home.

3. What did Shruti's friend call her?

Answer- Shruti's friend called her a snake.

4. Was Shruti hurt by her friend's words? Why?

Answer- Yes, Shruti was hurt by her friend's words because they were hurtful and mean.

5. What did Shirin tell Shruti to do?

Answer- Shirin advised Shruti that the next time she wanted to say something hurtful, she should think about how she would feel if the other person said the same to her. Before using angry words, she should count slowly to ten, and then take a few deep, slow breaths. By the time she finished, she would no longer feel like saying anything unkind.

Let's talk about these:

1. Talk about himsa phrases and words. How do you feel when someone says them to

you?

Answer- Hate, fight, disgust, dislike etc. On hearing these words, I feel bad because they are very hurtful.

2. Talk about ahimsa phrases and words. How do you feel when someone says these words to you?

Answer- Love, kindness, friendship, etc. These words make me feel happy and calm because they are said with love.

