

1

Let's be truthful

Let's listen

Your mother gives you a glass of milk. You do not want it. When she turns away, you pour it down the sink. Your glass is now empty. Mother turns around and says, 'Good child!'

How do you feel? You know you have not been honest.

Being honest means telling the truth. It means not taking other people's things. It means not cheating. If you are honest, people will trust you and like you.

Let's read a story about an honest girl.

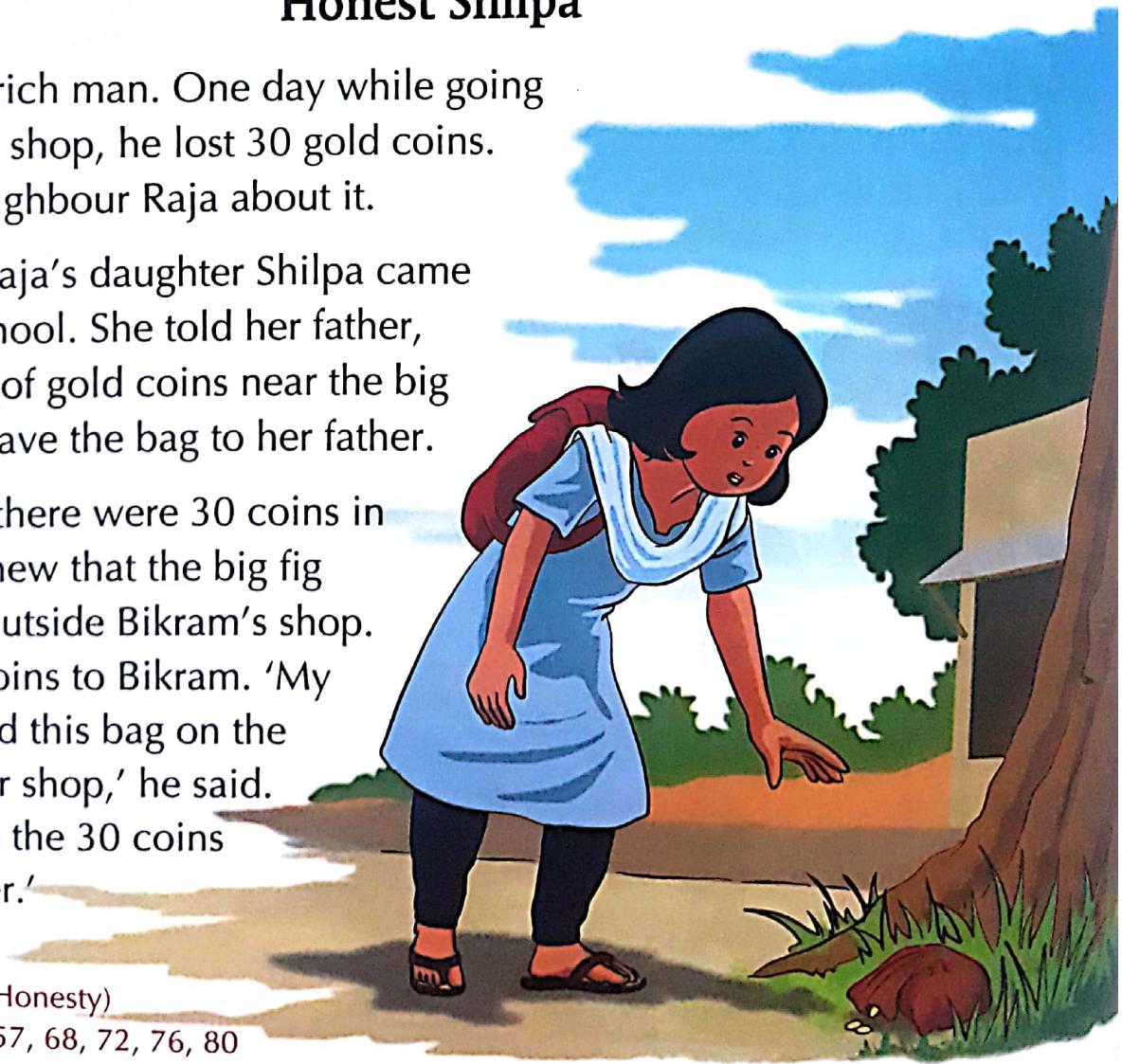
Let's read

Honest Shilpa

Bikram was a rich man. One day while going home from his shop, he lost 30 gold coins. He told his neighbour Raja about it.

A little later, Raja's daughter Shilpa came home from school. She told her father, 'I found a bag of gold coins near the big fig tree.' She gave the bag to her father.

Raja saw that there were 30 coins in the bag. He knew that the big fig tree was just outside Bikram's shop. He took the coins to Bikram. 'My daughter found this bag on the road near your shop,' he said. 'They must be the 30 coins you lost earlier.'





Bikram was greedy. He had an idea. 'You are a cheat!' he screamed at Raja. 'I lost 40 coins. Your daughter must have found all 40, but you must have kept 10 coins for yourself. Give them back!'

Raja was upset. He told Bikram again and again that there were only 30 coins in the bag that Shilpa had found. Bikram pretended to be angry. 'Let us go to the judge. He will decide who is right,' he said.

The judge listened to the whole story. He then sent for Shilpa.

'How many coins did you find?' the judge asked her. 'Sir, I found 30 coins,' she said.

The judge turned to Bikram. 'How many coins did you lose?'

'Forty,' said Bikram.

'Then these can't be your coins,' said the judge. 'Shilpa may keep the coins if no one comes looking for them within 15 days. Bikram, you must wait till someone finds your 40 coins.'

Bikram was stunned. 'But, they **are** mine, sir,' he said quickly.

'I lost just 30 coins. I made up the story about the 40 coins.'

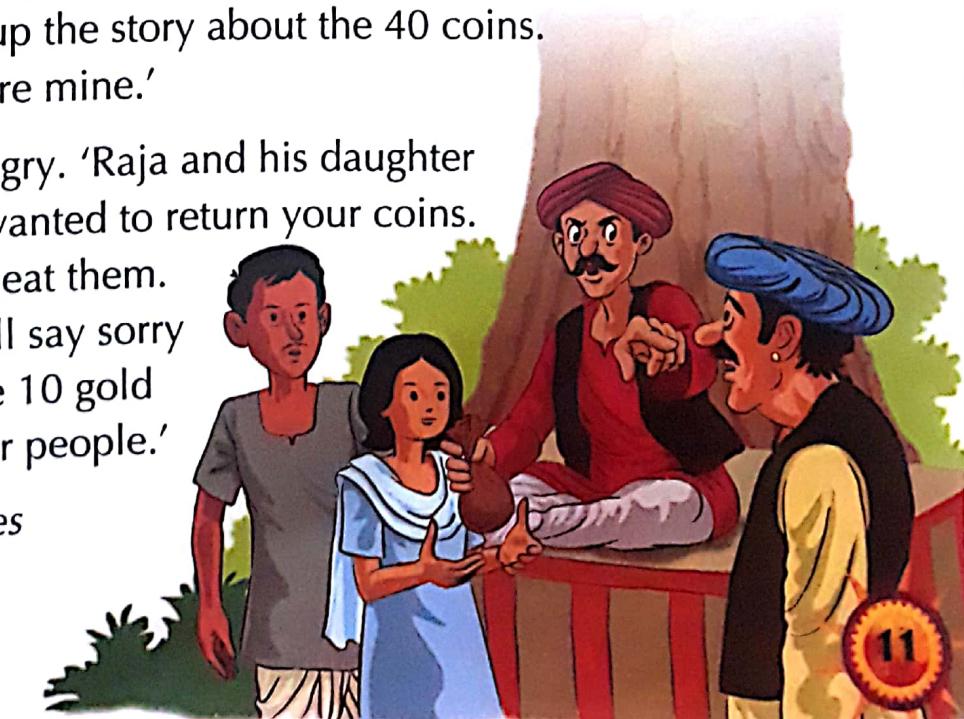
I am sorry. Those 30 coins are mine.'

This made the judge very angry. 'Raja and his daughter are honest,' he said. 'They wanted to return your coins.

But you lied. You tried to cheat them.'

You also lied to me. You will say sorry to all of us and you will give 10 gold coins to the city to help poor people.'

Adapted from the Jataka Tales

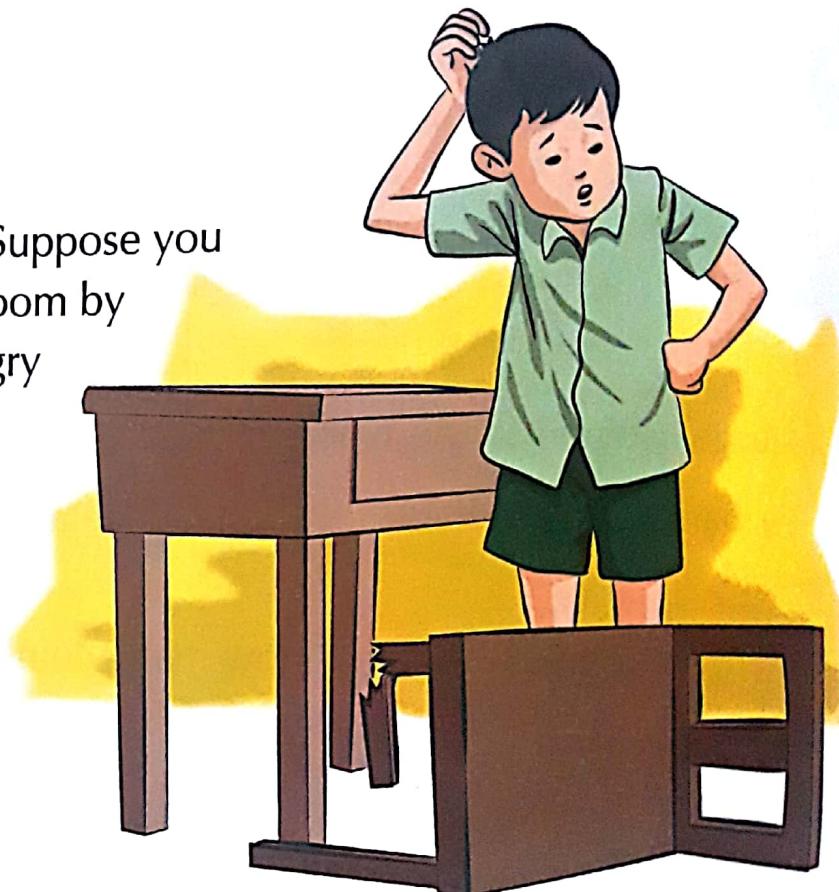


Let's think and answer

1. Why did Raja think that the coins belonged to Bikram?
2. What did greedy Bikram do?
3. Why was the judge angry?
4. What did the judge say?

Let's understand

- Honesty is very important. Suppose you break a chair in your classroom by mistake. Your teacher is angry and asks, 'Who did this?' What should you do? The right thing would be to say, 'I'm sorry ma'am, I did it.' Your teacher may still be angry with you, but she will know that you are a truthful child. You will also feel better after telling the truth.
- You must be brave and tell the truth even when you know that someone will be angry with you.



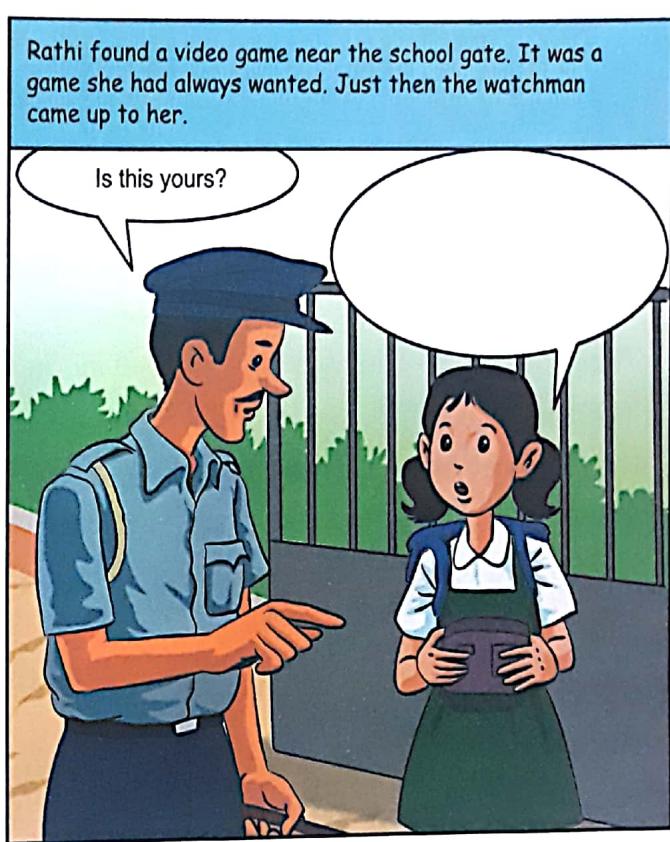
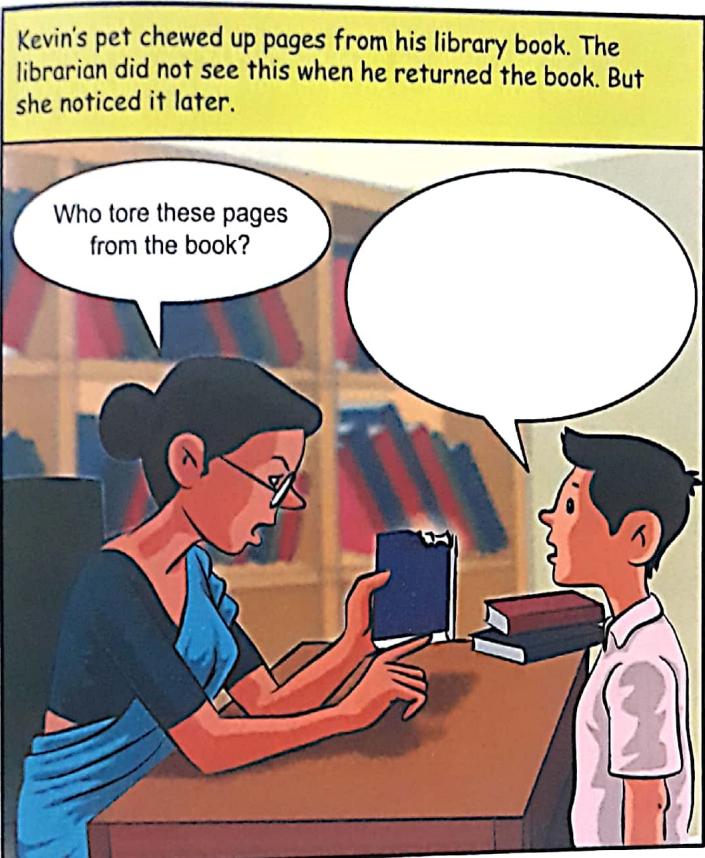
Let's talk about these

TRUTH

1. Why should we tell the truth?
2. What happens when we do not tell the truth?

Let's have fun

Here are two children in trouble. Help them tell the truth. Write a truthful answer in the speech bubbles.



Life Skills



A little boy called Pinocchio had a small nose. But it grew longer every time he lied. And then everyone knew he was lying. Does your nose also grow longer when you lie?

Look at these three pictures. Draw a green circle around the honest child.



2

Simple living

Let's listen

Sameera got many gifts on her birthday. One was a costly doll. Another was a simple dress made by her grandmother. Sameera loved the doll. She did not like the dress. Sameera's mother told her that all gifts were equally important.

Was the simple dress less important than the doll? Did it not show Grandmother's love for Sameera?

It is not important to own costly things. Handmade things may be as beautiful as things that are bought. Small or simple things are as valuable as grand ones.

Let us read this story to understand the value of simple living.

Let's read

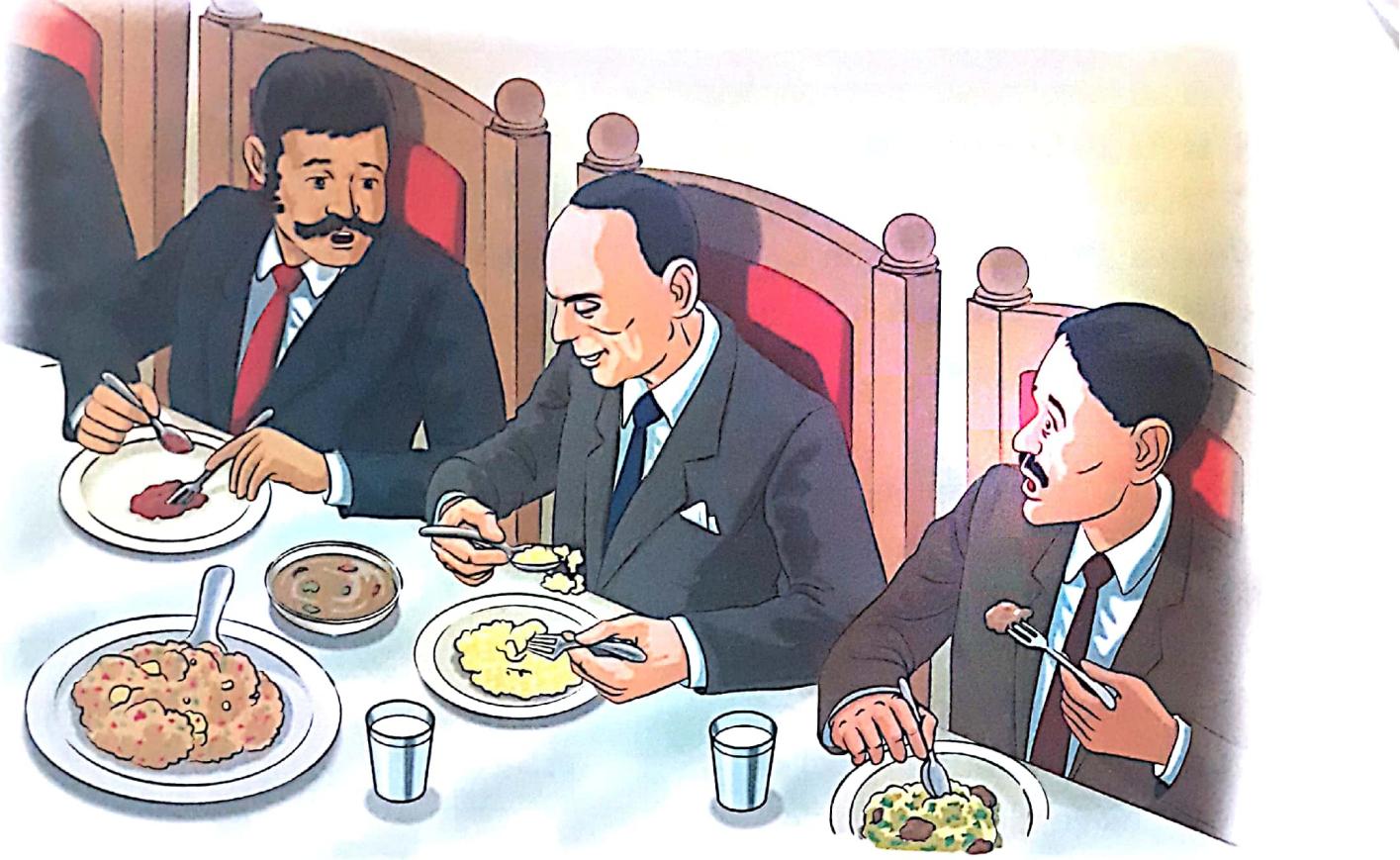
Dressing for a feast

Ishwar Chandra Vidyasagar was a very wise man. He had read many books. He had set up schools for both boys and girls in India.

Everyone loved and respected him. Vidyasagar was a simple man and he lived a very simple life.

One day, a rich man invited Vidyasagar to a feast. He went to the feast dressed in a simple *dhoti*, *kurta* and shawl. The watchman at the gate thought he was a poor man. 'Go away,' the watchman said. 'This feast is for rich people.'





So Vidyasagar went home and changed his clothes. He wore trousers and a shirt. He put on a tie. Then he wore socks and shoes. He went back to the feast. This time, the watchman saluted him and let him in.

At the table, Vidyasagar joined the other guests for dinner. But he did not eat. Instead, he offered the food to his clothes.

Everyone was puzzled. The host said, 'What are you doing, Vidyasagarji?'

Vidyasagar said, 'When I was dressed in simple clothes, I was not allowed to come inside. But when I came dressed in grand clothes, I was let in. I thought it was the clothes that you had invited. So I am feeding the clothes!'

The host was embarrassed. 'I am sorry! We respect you for what you are, not for what your wear!' he said.

Adapted from The Lives of Famous People

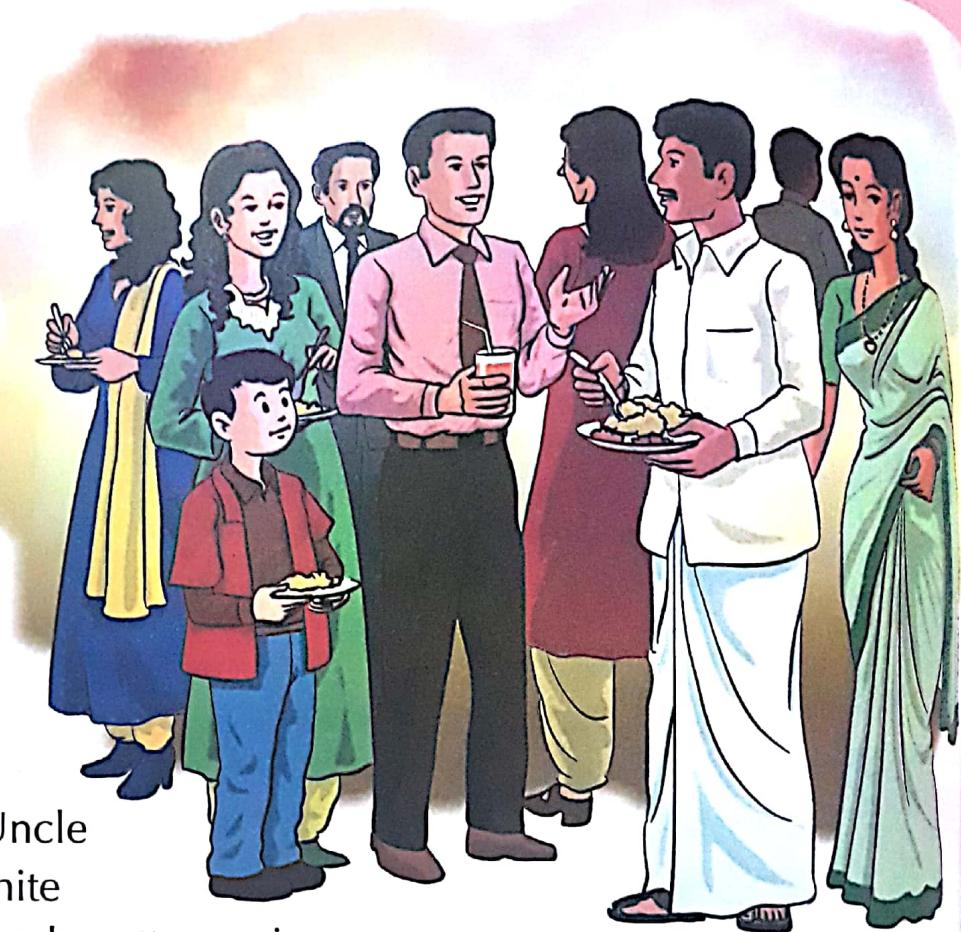
Let's think and answer

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1. How did Vidyasagar help people?
2. Why did the watchman not allow Vidyasagar to enter the house the first time?
3. What lesson did Vidyasagar teach the people at the feast?
4. Do you think Vidyasagar did the right thing?

Let's understand

- We may think that it is important to wear expensive clothes when we go to functions or parties. We feel good and happy when others admire us. There could be other people wearing pretty but inexpensive clothes. Uncle could be wearing a white *dhoti*, and Aunty, a simple cotton sari. But, you will see that everyone is welcomed and treated the same.
- Being a kind and loving person is more important than wearing costly clothes. Everyone admires you not for what you wear, but for having good manners and respecting others.

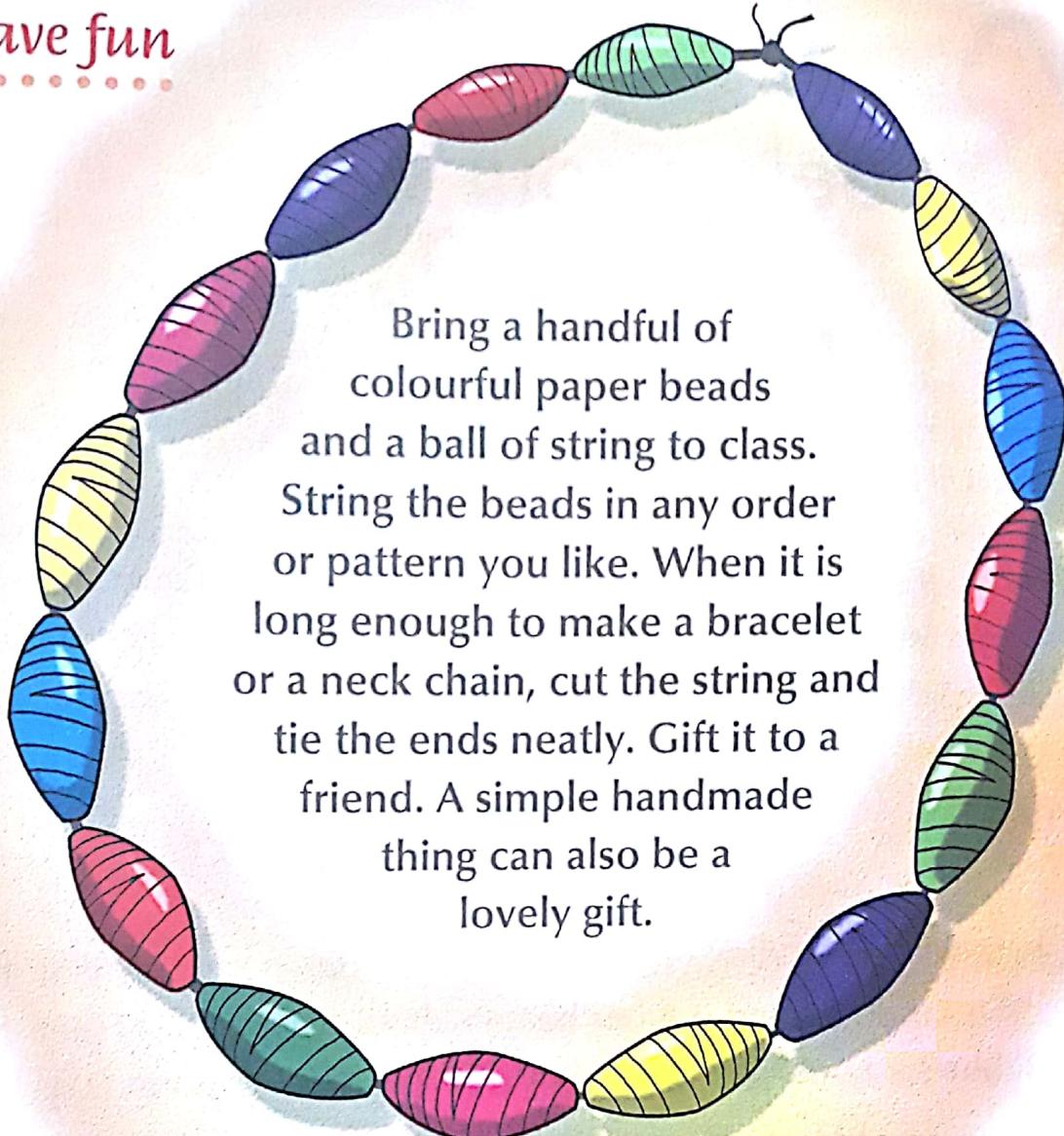


Let's talk about these

1. Sonu is always smartly dressed. He wears costly clothes and shining shoes. But he fights with everyone in his class. He is rude to younger children. Pravin dresses in simple clothes. He wears ordinary cotton shirts and trousers. But he is cheerful and friendly. Which of them would you like to be friends with? Why?
2. There is a small sale at school and you are asked to bring something for the food stall. Will you buy something and bring it or will you bring something made at home?



Let's have fun



Bring a handful of colourful paper beads and a ball of string to class. String the beads in any order or pattern you like. When it is long enough to make a bracelet or a neck chain, cut the string and tie the ends neatly. Gift it to a friend. A simple handmade thing can also be a lovely gift.

Life skills

Think of five ways in which you can decorate your room with the things you have at home. Write about it.

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3

Being courteous

Let's listen

A boy is running towards you, chasing a ball. You are in his way. He does not slow down. He pushes you out of the way and keeps running. How do you feel?

Do you say sorry when you do something wrong? Do you thank people when they do something for you? Do you greet people when you meet them? If you do, you are a courteous child.

Courtesy means being polite to others and treating them with respect. Shall we read about a young girl, Vandana, who was courteous to an old lady?

Let's read

The bus ride

Vandana climbed into a crowded bus. Luckily, there was one seat that was still free. She sat down and put her heavy school bag near her feet. She was very tired. She had been practising hard for the school Sports Day.

Vandana saw an old lady slowly climbing into the bus just as it was about to start. The old lady was carrying a big bag of vegetables. There was no seat for her. As the bus started, she held on to the handrail for support.

The old lady looked at two young women nearby.
She was hoping that they would offer her a seat.
The women saw her, but didn't get up to offer her a seat.





As the bus started with a jerk, the old lady nearly fell. Vandana felt sorry for her. She could see that the old lady was trying hard to stand.

'Poor lady!' thought Vandana. She got up from her seat and called out, 'Grandma, please come and sit here.'

The old lady smiled and said, 'Thank you, my child.'

Vandana had been kind and courteous. Although she was tired, she had given up her seat to help someone who needed it more. She had also taught everyone in the bus an important lesson.

Let's think and answer

1. Why should we show courtesy to others, especially to older people?
2. Why did Vandana feel sorry for the old lady?
3. How did the old lady feel when Vandana gave her the seat?

Let's understand

- It is important to be polite and courteous to everyone. It shows that you have good manners.
- When you greet someone, or say, 'How are you today?' you make them feel special.
- When you say, 'Do you mind if I open the window?' you are showing that you care for others.
- When you say, 'Please' you are treating someone with respect.
- When you visit your friend's home for lunch or to play, and you say thank you to his parent, you are being polite.





- When you get a gift, say 'Thank you'. Better still, write a 'Thank You' note to the person who gave it to you.
- Ask your parents, 'How was your day?' when they come home after work.

Let's talk about these

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1. Talk about two ways of showing courtesy to your parents.
2. Talk about two ways of showing courtesy to your teachers.
3. Talk about two ways of showing courtesy to your friends.

Let's have fun

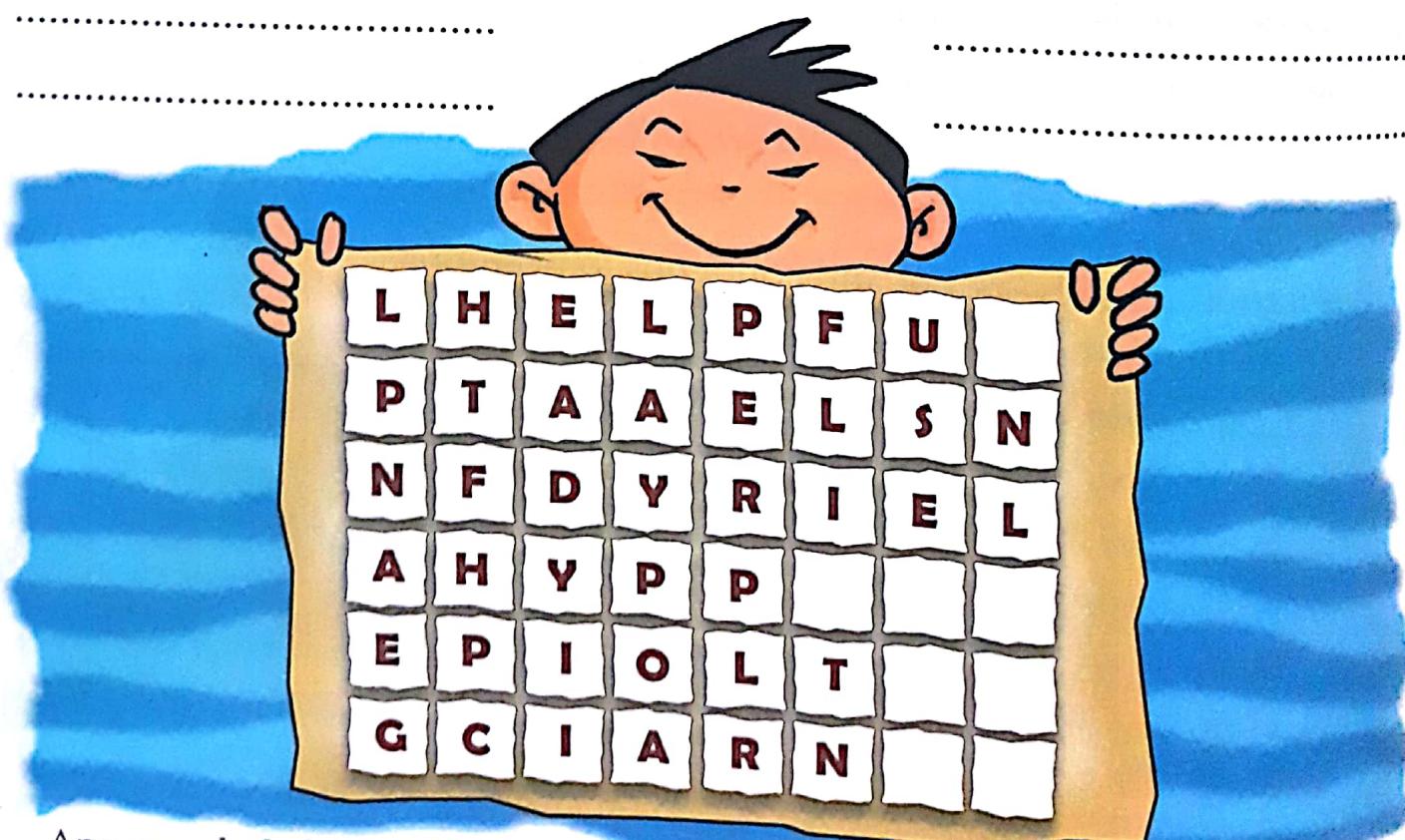
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Unscramble the jumbled words in each row to find out some of the qualities that courteous people have.

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Answers: helpful, caring, polite, happy, pleasant, friendly

Life skills

Here are some courteous ways of behaving. Match them correctly.

1. What should you say when you want someone to make way for you?
2. Letting someone use something you have is called
3. When you ask for something, you say
4. When you receive something, you say
5. When you receive a gift, you send a
6. If your parents ask you to do something, you show them
7. If you hurt someone or make them sad, you say
8. If someone is having a bad day and you can see that they are upset, you ask
9. When you meet someone, you say

- a. 'Are you okay?'
- b. 'I am sorry!'
- c. respect
- d. 'Nice to meet you!'
- e. 'Thank you!'
- f. 'Please!'
- g. 'Thank You' card
- h. sharing
- i. 'Excuse me!'



Knowing how to be polite helps you to be a courteous child.

Living Well

when you don't know what to do



Even though you are a big girl/boy now, you cannot do everything on your own.
When you cannot do something, don't cry, don't sulk and don't be angry.
When you need help, just ask for it.



Say, 'Please help me Father! I don't know what to do.'



Say, 'Please help me, Miss. I don't understand this.'



Say, 'Please help me, Rhea. I don't know how to tie my shoelaces.'



Say, 'Please help me, Aunty. I am afraid to cross the road on my own.'

Talk about this!

- 1. What are some of the things you need help with every day?
- 2. Whom will you ask for help?
- 3. What will you say?

4

Being a good neighbour

Let's listen

It is dark and rainy. The doorbell rings. It is your friend who lives next door. He is worried because his parents have not come home from work.

You say, 'Don't worry. Uncle and Aunty will be home soon. Till then, you can stay here and play with me.' Your mother is also very caring. She brings hot soup and snacks for both of you. You have helped your neighbour.

We should always try to help our neighbours when they are in trouble. But what about those who need our help but do not live next door? Can we think of them as neighbours too? Yes we can, as this story teaches us.

Let's read

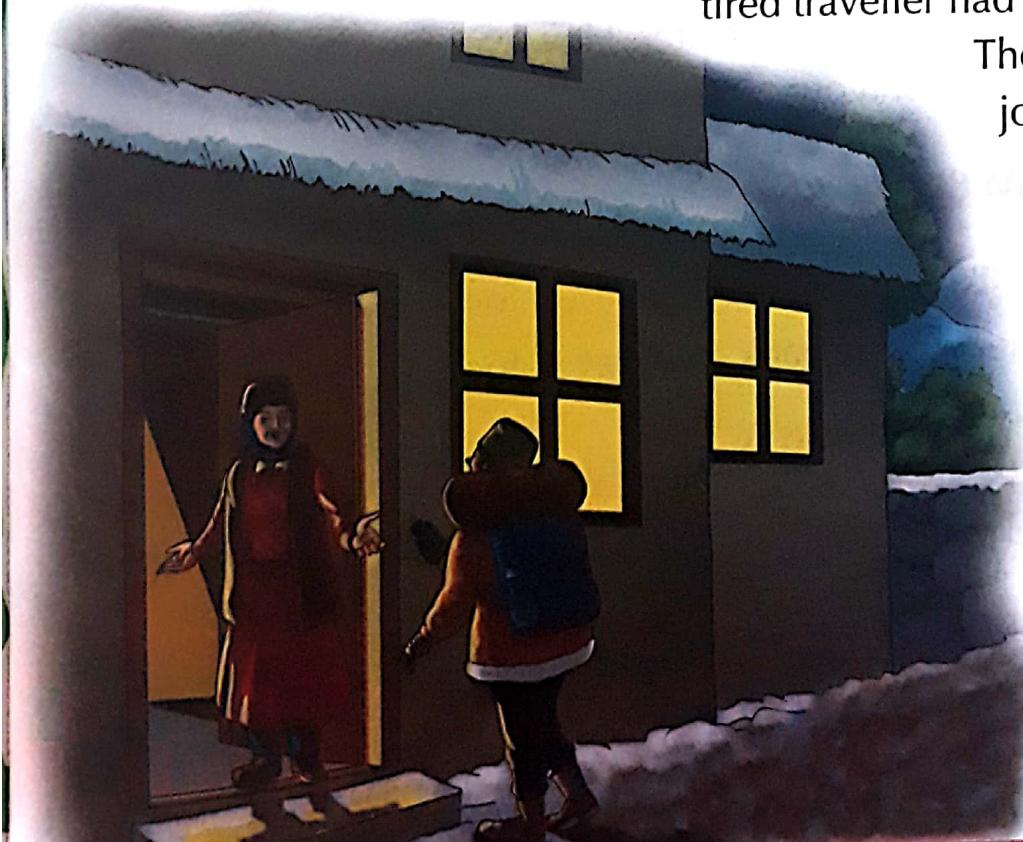
Rinchen's neighbour

One winter, it snowed very heavily in Ladakh. Everything was buried under snow. Not a single person could be seen outside. One night, as Rinchen and her family were sitting down for dinner, there was a knock on the door. A tired traveller had come looking for shelter.

The family invited him to join them for dinner.

As he ate, the traveller said, 'How lucky you are! At the last house where I stopped for help, there was no food at all. The yaks had destroyed the vegetables and barley.'

Value: 11 (Common good)
Links: 5, 6, 28, 32, 33, 35



in the field, and the family had put away very little food for winter. Even the children went to bed hungry.'

Rinchen's mother was worried.
'What will they eat?' she asked.
'The market doesn't open when it snows. And the shops have no fresh food!' Rinchen's father and the traveller nodded.

That night, Rinchen and her mother packed a big basket with dried fruits and vegetables, corn and barley, yak butter and cheese, and flour.

Rinchen's mother asked the traveller where the other house was. 'It is far away,' said the traveller. 'You will have to walk several kilometres. And all the roads are covered in snow.'



'That is all right,' said Rinchen's father. 'How can we eat in peace when a neighbour goes hungry?'

'Neighbour!' the traveller was surprised. 'They live so far away that it will take you a day to reach them.'

'It does not matter. However far they live, they are still our neighbours,' Rinchen's mother said.



Let's think and answer

.....

1. Why do people living in Ladakh have to save food for winter?
2. Why did Rinchen and her mother pack a basket of food for a family they did not even know?
3. Did the other family live next door or even nearby?
4. How will the family feel when Rinchen and her parents give them the basket of food?
5. Do you think Rinchen and her parents are good neighbours?

Let's understand

- The people who live around us are our neighbours. We should always be kind and friendly to our neighbours. We should help them whenever we can.
- Wherever we are—at a mall, a park or the school—we must look at people around us as our neighbours. We should be friendly and help them.

Let's talk about these

1. Do you know your neighbours? Do you speak to them? Do you play with their children?
2. You want to practise on your drum set. But the uncle next door is sick. What should you do?
3. Your neighbour's mango tree has a branch growing over the wall into your garden. Your maid wants to pluck mangoes from the tree to make your favourite chutney. What should you tell her?



Let's have fun



1. How well do you know your neighbours?

My neighbours are

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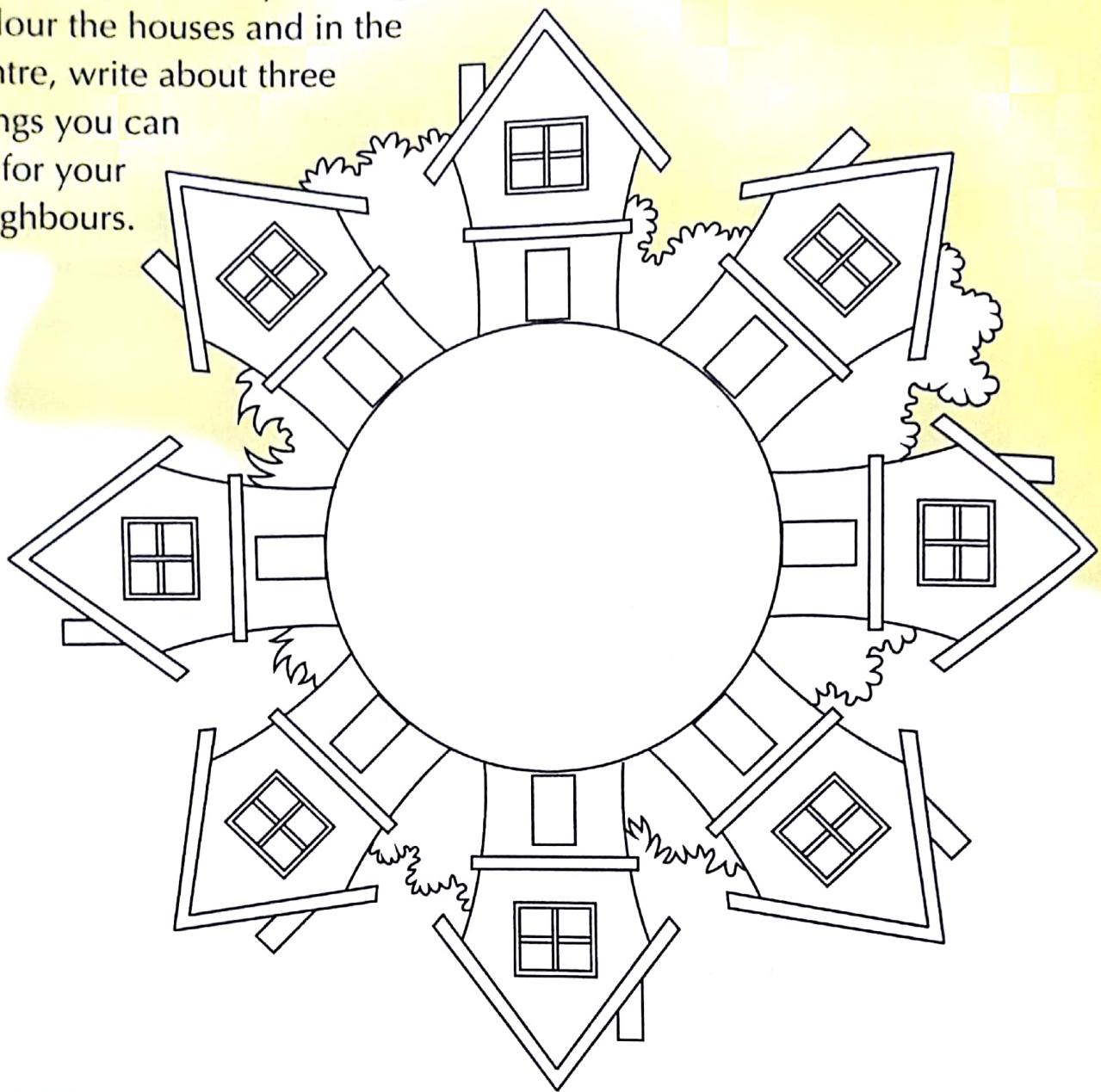
2. A new family has moved in next door. What can you do to welcome them?

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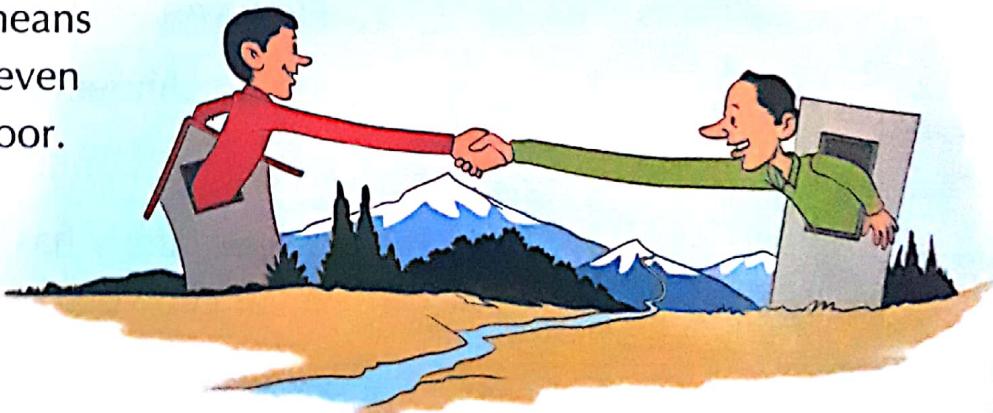
3. Here is a picture of your neighbourhood. Colour the houses and in the centre, write about three things you can do for your neighbours.



Life skills

Loving your neighbour means helping those in trouble even if they do not live next door.

Did someone need your help in the last ten days?
What did you do for that person?



5

Doing the right thing

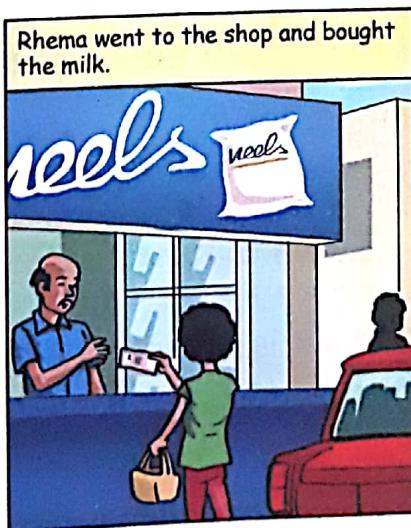
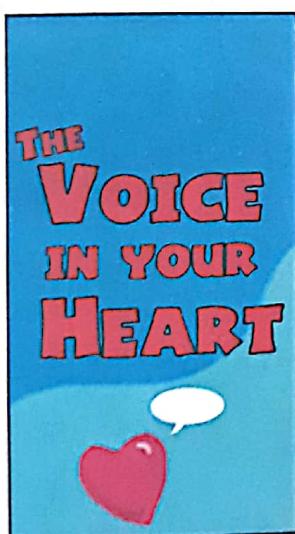
Let's listen

When you are out shopping, you see an old lady slip and fall. Do you run to help her? Or do you look away? If you help her, you are doing the right thing. You are listening to the voice inside your heart.

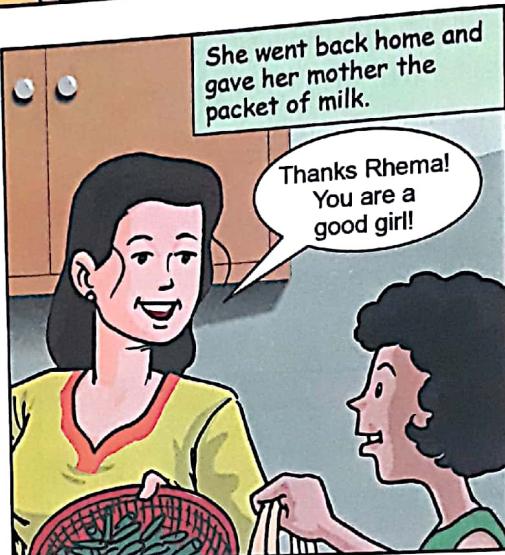
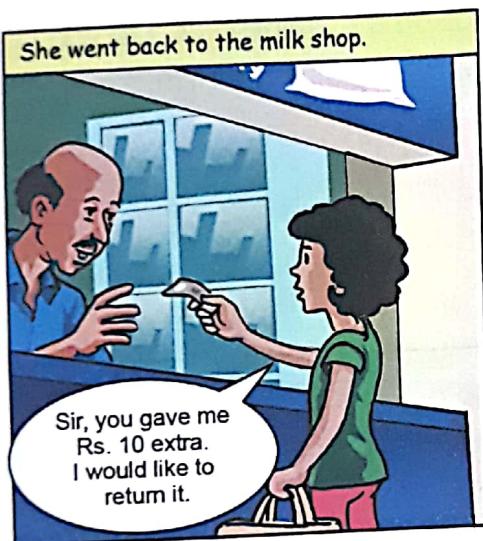
It is a hot summer day, so you are playing indoors. There are birds on the window sill. Do you carry on playing? If you bring a small dish of water for the birds, you are doing the right thing. Your heart tells you to do the right thing.

Here is a story about doing the right thing.

Let's read



Value: 5 (Consideration for others)
Links: 19, 31, 32, 36, 46, 67, 80



Let's think and answer

1. What did Mother ask Rhema to do?
2. What did Rhema want to buy for herself?
3. What mistake did the milkman make?
4. What did Rhema want to do with the extra money?
5. What made Rhema change her mind?



Let's understand

- It is sometimes difficult to do the right thing. But if we listen to the voice in our heart, we can do it.

- To do the right thing, we have to make the right choice. You had a fight with your friend. You are so angry with her that you want to tear up her book. But you do not do it. You have made the right choice!

Let's talk about these

- You want to play football with your friends. But your mother is sick and asks you to help her at home. What should you do?
- You have a maths test tomorrow. You have not yet prepared for it. You also want to watch a cricket match that will be played this evening. What should you do?
- You have three toy cars. One doesn't have a wheel, but the other two are good. You want to give one away. Which one should you give away?



Let's have fun

Look at the two pictures carefully. What is the right thing to do and what is the wrong thing to do? Write in the given space.



Right thing

Wrong thing



Right thing

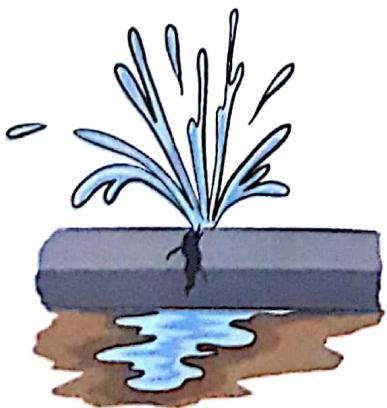
Wrong thing

2. What is the friend saying in each picture? Colour the pictures.



Life skills

What should you do? Write on the line under each picture.



6

Being grateful

Let's listen

When you give your dog a biscuit, it wags its tail to thank you. When you give your cat some milk, it purrs and rubs against you to thank you. When somebody gives you something, you say, 'Thank you'.

When you wake up in the morning, you see that your clothes have been ironed, the water is ready for you to bathe and breakfast is on the table. Do you say 'Thank you' to the people who do these things for you? The school bus picks you up and takes you to school safely. Do you say 'Thank you' to the bus driver?

Let's read

Thanking a friend

Niranjan and Ajit were friends. Ajit's birthday was a few days away. Niranjan was very excited. He had saved his pocket money for a long time so that he could buy Ajit the pencil box he liked. The night before Ajit's birthday, Niranjan slept late. He wrapped Ajit's gift up in a sheet of shiny, colourful paper. He also wrote a nice note in the card he had bought for Ajit.

On the day of his birthday, Ajit was very happy. His friends at school were standing around him to wish him. Many of them had given him presents too. Niranjan gave his gift to Ajit. Ajit took it from him and put it on his desk with the other presents.



Ajit then opened all the presents. He thanked all the other children but forgot to thank Niranjan. This made Niranjan sad and he went back to his desk.

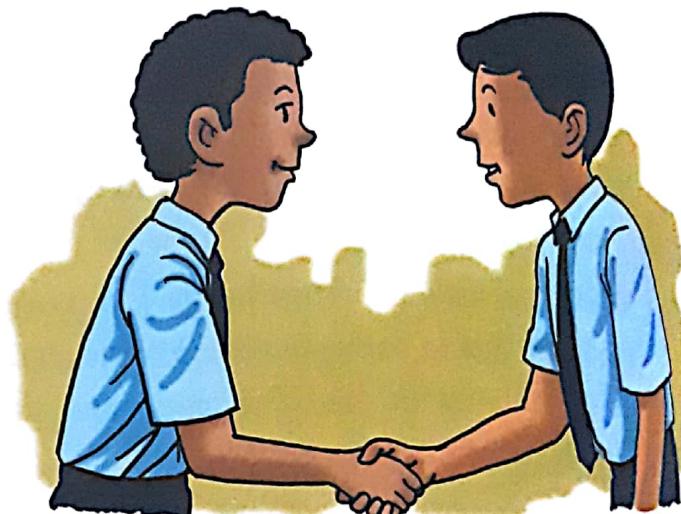
Value: 29 (Gratitude)
Links: 5, 6, 13, 23, 28

When the teacher came to class, she saw Niranjan looking sad. She called him to her table and asked him in a low voice, 'What's wrong, Niranjan?' 'Ajit didn't even thank me for the birthday gift,' said Niranjan.

The teacher had an idea. She taught them a special lesson that day. It was a poem.

*Hearts, like doors, will open with ease,
To very, very little keys.
Don't forget that two of these
Are 'thank you' and 'please'.*

Suddenly, Ajit remembered that he had not said 'thank you' to Niranjan for the gift. He felt ashamed of himself. During the lunch break, he went over to Niranjan and said, 'The pencil box is beautiful. I really like it. Thank you.' Niranjan smiled with joy. 'I'm so happy you like it,' he said.



Let's think and answer

1. Why was Niranjan excited?
2. Was Ajit happy to get a gift from Niranjan? What did he do with it?
3. Why was Niranjan sad?
4. What made him happy again?

Let's understand

- When someone gives us a gift or does something for us, we feel happy and special. When we thank them, they too feel special and happy. We need to thank everyone in our family, our teachers and friends for all that they give us and teach us.
- We must thank God too for all the good things in Nature—sunshine and rain, rivers and mountains, birds and animals.

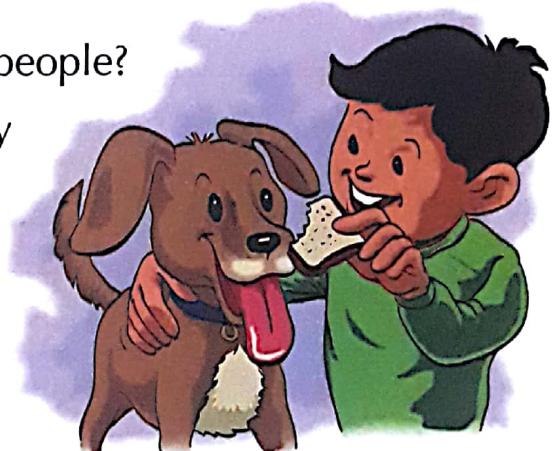


- There are many ways to thank people. We can just say the two words 'Thank you'. We can give them a hug. We can spend time with them or do something for them in return. We can even give them flowers or a note to say 'Thank you'.

Let's talk about these

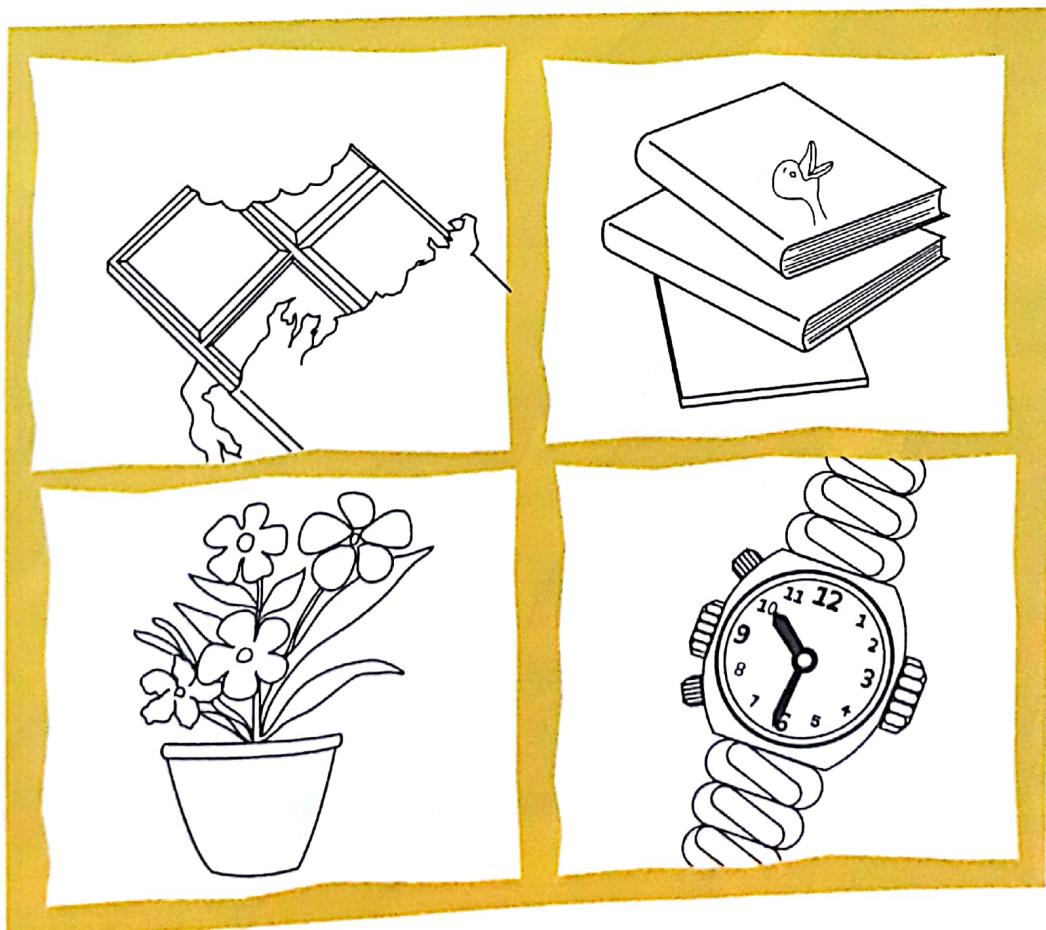
How would you say 'thank you' to the following people?

- The person who packs lunch for you every day
- Your teacher who has taught you this lesson
- Someone who helps you find your lost things
- Your pet who gives you so much happiness



Let's have fun

1. Make a nice 'Thank You' card for your friend.
2. Here are four gifts you can give your friend on his or her birthday. Which one would you choose? Put a ✓ next to the gift and discuss why you would choose it. Colour all the gifts.

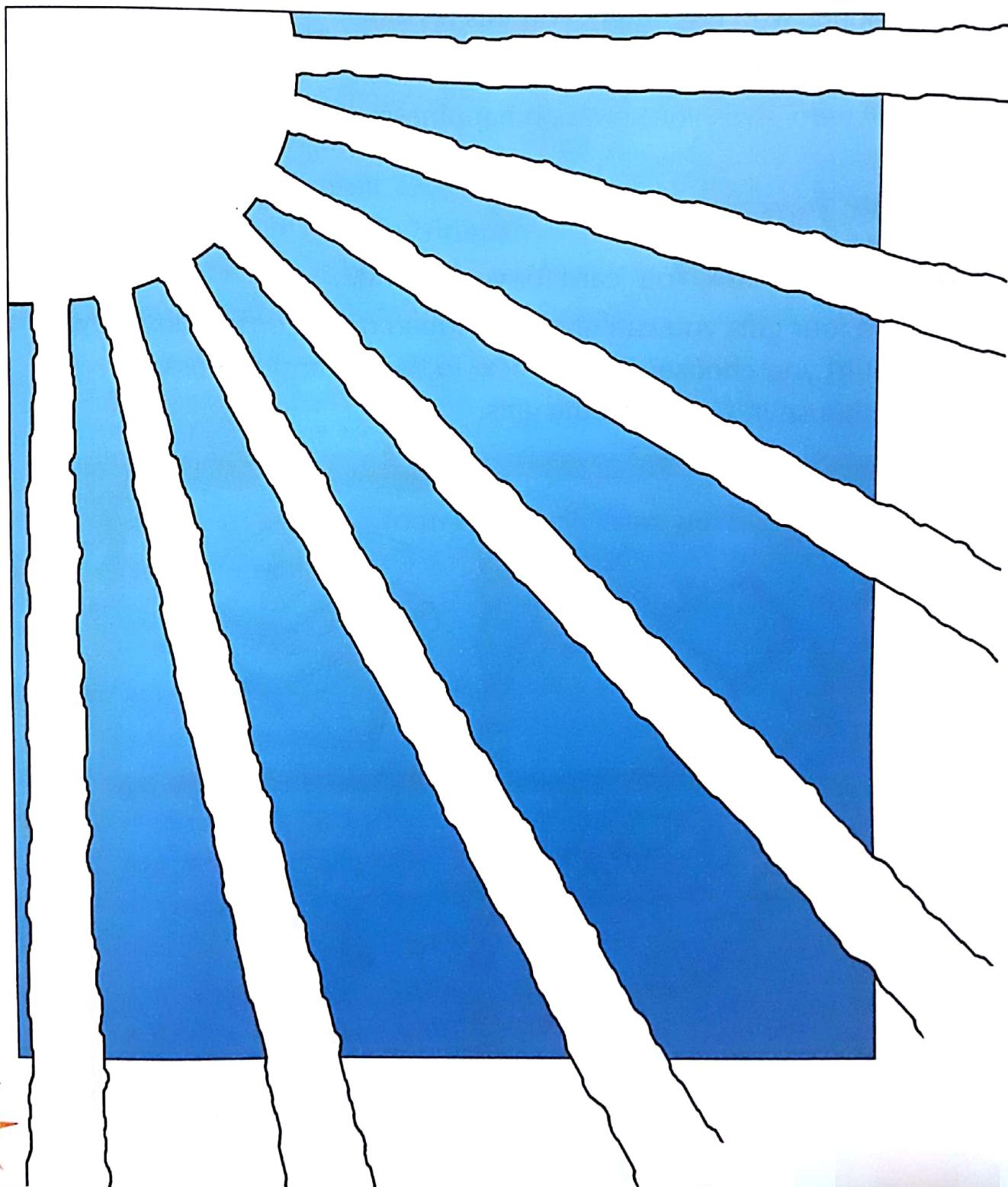


3. Think of three people you want to thank and why you want to thank them. Turn to your partner in class and tell her/him about these three people. Listen to your partner telling you about the three people he/she wants to thank. Then thank your partner for listening to you.

Life skills

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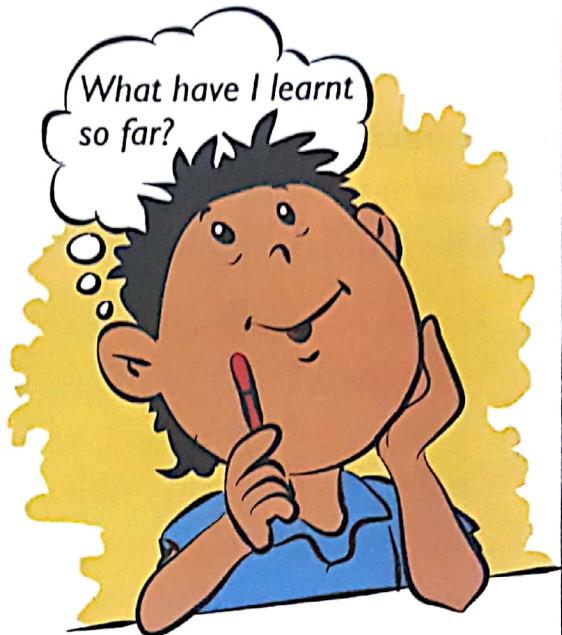
We are grateful to the sun for giving us heat and light. Colour the sun. On the rays of the sun, write the things you are grateful for.



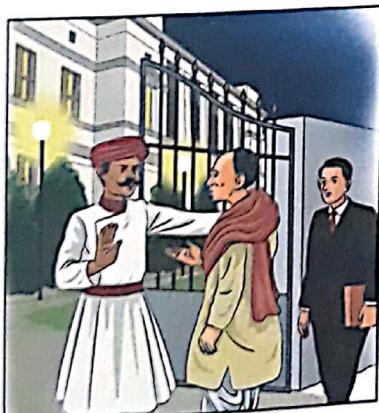
Time to think!

Put a tick against the sentences you agree with.

- If I am not honest, my heart will be heavy.
- Having good neighbours means we have to be good neighbours as well.
- Being rude to your friend is all right.
- Saying thank you to someone who does something for you makes them happy.
- When you go to a party you should always wear grand clothes.
- Listening to the voice in our heart makes us do the right thing.



Circle the stories you liked. Use red to circle your favourite choice, green for the second best, then yellow, then blue, pink and lastly orange.



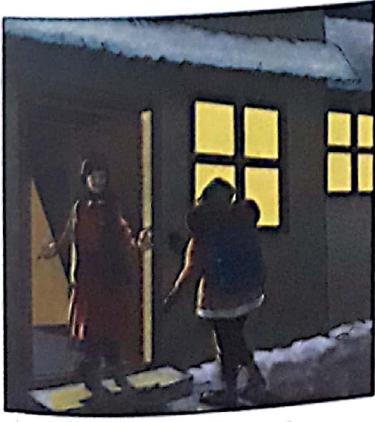
Dressing for a feast



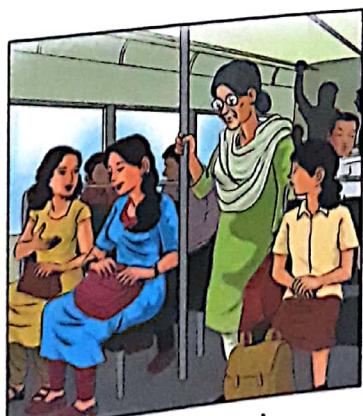
Thanking a friend



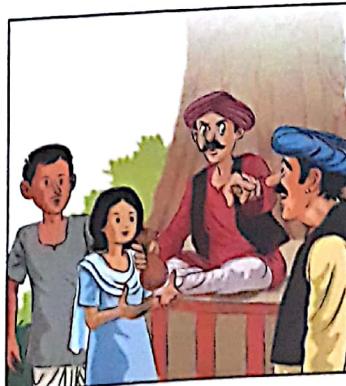
The voice in your heart



Rinchen's neighbour



The bus ride



Honest Shilpa