

# Moral Education

Grade six (6)



Government of Nepal  
Ministry of Education

**Curriculum Development Centre**

Sanothimi, Bhaktapur  
Nepal

## **Unit - 1**

# **Character Development**



### **Learning Achievement**

To tell the factors affecting the development of character.

To tell the foundation of the development of character and show in actions.

To develop good character.

To adopt good character.

## Lesson 1

# Good People

### Expected Behaviour

To be devoted to own task.

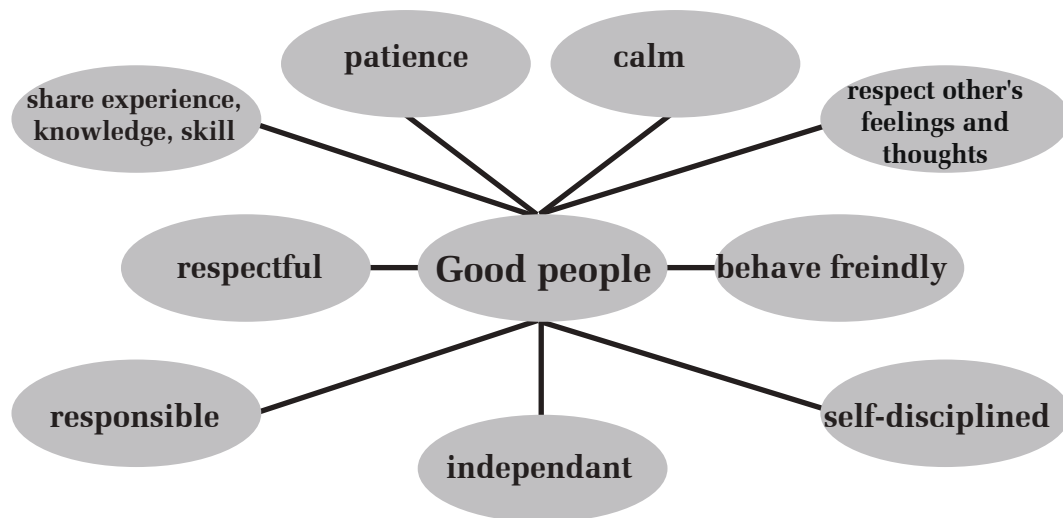
To identify problems that come in everyday activities

To find alternative ways to solve problems

To utilize the best options for problem solving

To behave and believe equally to teachers and respected persons

To form a habit to solve others' problems.



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### Instructional Suggestion

Tell students to play the roles about local tradition of respecting the respected persons and guests

Have interactive discussion about the tasks to be done by good people or (Conduct some interactions and discussious about the tasks to be done by good people.)

Tell the students for a silent sitting with folded arms and closed eyes before the class starts.

Tell the students to make a list of dissiplinary rules and present it in the classroom, Give feedback as required.

Once upon a time, there lived a farmer named Kedar in a village. He was a hard-working, labourious, determined and civilized person. He used to work in his farm. He also used to pay attention on social works. He liked to work for others' well-being very much. He sometimes used to invite others to visit his house and offered foods and place to stay. He used to donate some parts of crops he had grown.

Kedar used to advise his neighbours to do good works. He used to visit villages to help others. He participated and helped in fairs, feasts and festivals. He used to return the found goods. He used to ask others to find the owners if he did not know who the things belonged to. He informed all as far as possible. He handed over the things if the owner was not found. He did not do any bad things like to hide others' goods, puzzle others. He had heard from the seniors that God sees from above although others do not see. So, Kedar had a belief that one can not tell a lie oneself although he/she can tell lies to others. He taught brothers, sisters, sons and daughters to read, write and follow good behaviours. He helped with household works too.

Kedar had a son named Sumit. Sumit used to pay attention on obedience and disciplinary rules. He had understood the importance of good behaviour. Sumit had started following good manners since his childhood. "We have to follow good habits about the manners right from our childhood. We should not just think that we will follow when we grow up. One should be good right from the childhood to be a good person." Sumit had practised his knowledge into behaviours. Sumit also suggested other to do so. Sumit had developed different good habits like not to spit here and there, throw garbage, waste food etc. Sumit carried out his duties sensibly. He did his works on time assigned by teachers, parents and seniors. He asked others if he had any doubts while working. He worked own tasks in right time. Sumit was also helpful. To solve problems of



others was his habit. Sumit would seek reasons behind the problem if he found. He thought of the solution to the problem if he had to solve himself or not. He identified the ways to solve the problems. He discussed to find several ways of solution and used the best alternative.

Urmila was his little sister. She was a good student. She used to behave in friendly manners with her friends. She helped her friends as she could. She regularly used to go to school. She always did her homework. She told others the knowledge and skills she had known and she used to learn the unknown things from others. She knew that the more we share the knowledge and skill with others, the more it increases. She was obedient to her teachers, parents and respected persons. She used to respect to them

Goma was Urmila's mother. She worked in a governmental office. Goma preferred to respect the guests. She taught Sumit and Urmila to greet, offer any hot or cold and to stay. Sumit and Urmila had also learned to respect the guests by observing their mother. They showed respect, offered good hospitality even in absence of their parents. They used to introduce each other if any stranger visited. They had also known to respect and serve their grand parents.

Goma used to behave politely to all. She liked to work with others with smiling face. She had no habit of being angry even if somebody showed boastful behaviour. She told, " We should also be polite and good like a bending branch of a fruit tree. " She frequently repeated the verse written by Lekhnath Paudyal : "Always bows to beneficent and grateful person .

Where is the branch brimful with fruits not bent down.?

The impact of their family's good habit and behaviour has slowly started to be found in neighbour's homes. Now, what will you do ? What behaviours will you change ? Come to a conclusion by asking friends, teachers and parents.

### A. Evaluate yourself.

- Write a paragraph on the basis of your self evaluation. Ask the teacher to judge your behaviour whether it is right or wrong.

- Which habits of Kedar do you like most ?
- How do you feel Urmila's habit?
- Make a list of the similar habits (like Urmila) that you follow.
- What behaviour should be shown to be a good person ? Make a list of them.
- What do you do to be a good person like Sumit ?

a. Be 3 or 4 friends together. Make a list of good behaviours to be done among friends and at home and present in the classroom.

- b. What kind of behaviours do you do in your village and neighbours to be a good person ? Note the points and present.
- c. Prepare a chart of some slogans or quotations which are necessary to be a good person and paste in the classroom.

**Key message**

First of all, we should be disciplined to be a good person. We have to learn to be honest and behave well to all. We have to complete tasks being responsible, reliable and determined. We have to develop a habit of sharing experiences, knowledge and skills achieved by us. We have to show our humbleness and behave politely. Feelings of help is developed with this. It develops virtues like discipline and patience. Obedience of good characters, reliance respect and beliefs in near. By applying these kinds of qualities, it creates the environment of respected life in the society. Self development is enhanced in a person.

## Lesson : 2    **Let's Build a Good Character**

### **Expected Behaviour**

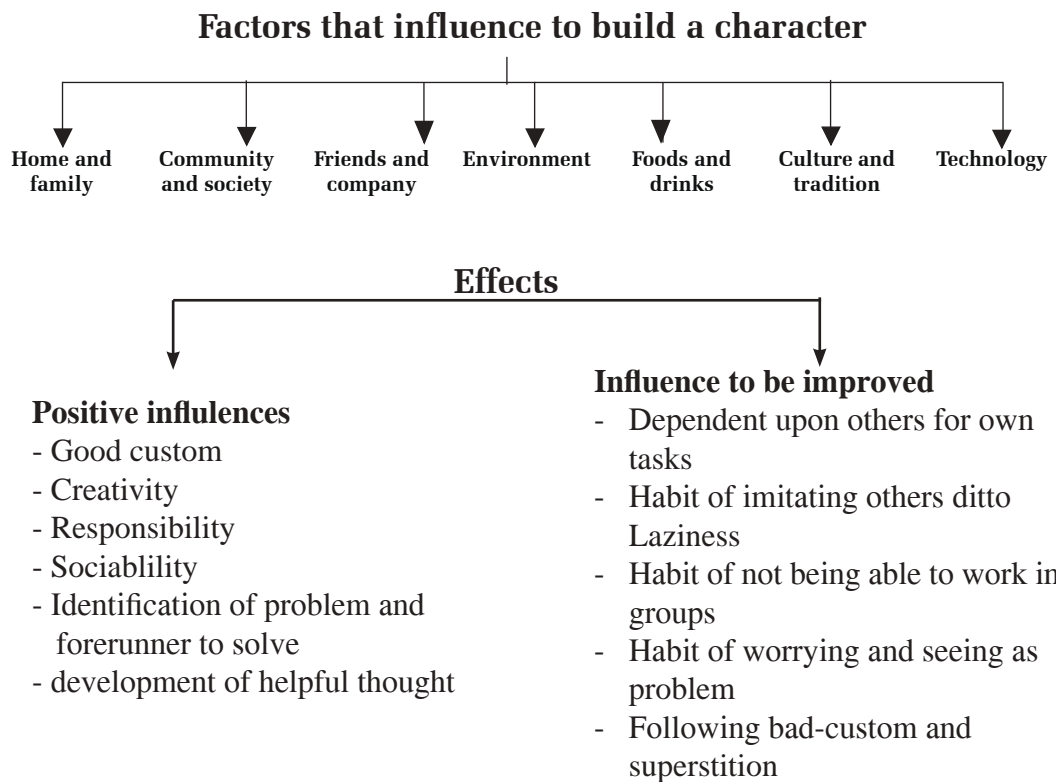
To support to create a good family environment .

To tell importance of home, family and community in cultivating a character

To practice a good character.

To follow ways to get society well-built and developed.

To form a habit of utilizing technology.



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### ***Instructional Suggestions***

Conduct discussion in groups on the factors affecting character development. Take notes and give necessary feedbacks.

Ask questions and tell them to present notes on how their home, families and societies are contributing to develop their character.

Organize an educational trip to a local place where they can learn good practice and custom and tell them to prepare a report.





(Ramlakhan, Dorje, Pawan, Goma, Shivani and Suyash are busy in doing class works. In their group, a discussion is going on about factors affecting the development of character. They choose a task of making a list of those factors.)

Shivani : Ramlakhan ! What are the main factors that influence the development of our characters?

Ramlakhan : I think home and family.

Goma : Why do you think so ?

Ramlakhan : Family is a basic unit of a society. A person develops social feelings from a family. So, family is the first school to produce model citizens. Familial customs character, behaviours influence character development. I think that the thoughts, habits, behaviour and life styles of the elders members of a family, influence the thoughts, habits, behaviours and life styles of a child.

Shivani : I think, society also influences along with home and family. Only a good family is not sufficient. Human is a social being. He always needs a society. That's

why, society also needs to be civilized. Only a righteous society can prepare virtuous citizens. Bad characters will be inherited among the members of a society if a bad custom is established. The society is run by mutual co-operation among the members of a society. All the members of a society get benefitted in a civilized society only. We cannot think of happiness, peace and development in an uncivilized society. That's why, society also directly influences the development of characters of a person.

Dorje : Hello, Suyash ! haven't you said environment also affects character development ? Will you tell me in detail, please?

Suyash : Well. What type of environment is available in our family and the place where we live in directly influences our character development. If the family environment is good, required citizens will be prepared (developed) for nation building. Family environment plays great role to make a citizen creative. A person becomes disappointed due to family quarrel and disagreement. It cannot develop good character.

Goma : And, what about social environment?

Suyash : Listen. Social environment is also needed to be civilized, well-managed and peaceful. It develops unity, cooperation, and harmony in the society, which can lead the society to progress.

Goma : Pawan ! Do you know ? yesterday, head-sir told us that culture and tradition also influences character development. Will you tell me about that ?

Pawan : Listen friends ! A society has its own system, culture and tradition. We are attached to the aspects like culture and tradition. These all inspire us to be disciplined, to stand for truth, and to be beneficent. So, we have to find out society's structure, traditions

within it, and its weaknesses. Then, it is better to improve it from time to time. It brings the positive influences in society.

Goma : Yesterday, my elder brother suggested to improve the habit of watching television long period. Does this habit also influence character development ?

Dorje : It is not a bad habit to watch television. Many good things can also be learnt from this medium. But watching TV and listening to the radio for a long time are not good habits. We do not have to watch TV while reading and writing. We should not spend unnecessary time while using the technologies like computer, mobile and internet etc. These all activities influence badly on our daily routine.

Goma : But I think, it may also have some advantages

Dorje : Why not, it has. To utilize information technology is a good aspect. It makes our life styles easy and comfortable. But, the technology based systems have been giving out harmful messages through many types of motion pictures, stories, pictures and messages. These systems influence our character and everyday activities. (A teacher comes to the group where they are discussing)

Teacher : Ramlakhan ! please tell about the factors that influence character development?

(Presenting the list pasted on the wall.)

Ramlakhan : I came to know that home, family, society, environment, culture, tradition and technology influence character development.

Teacher : Thank you ! Now, all of you think of those things and develop good character. Ok ?

(All of the students move towards the classroom.)

## **Exercise**

### **1. Evaluate yourself.**

- (i) I ..... of good works about, home family and school.
  - a. take responsibility
  - b. do not care
- (ii) I ..... good works of home and family's religion and culture.
  - a. follow
  - b. oppose
- (iii) I ..... social superstitions.
  - a. continue
  - b. improve
- (iv) I ..... with all.
  - a. like to behave better
  - b. like to quarrel

Write on what your teacher thinks about your self-evaluation and show your teacher . And ask for feedback.

### **2. Answer the following questions in short.**

- (a) Home and family is taken as a prime base for good character development. Justify this statement.
- (b) How does a society support charcter development ? Write in short.
- (c) Do you agree that the family environment can play important role in the formation of character? Give your opinion.
- (d) How can a person build his/her character from the social environment? Give your reason.
- (e) How does the modern technology influence on character development? Justify your points.

### **3. Do the following activities:**

- (a) What kind of good character can you adopt from the school

and classroom environment? Prepare a description with a discussion of your friends.

- (b) What lesson have you learnt from the lesson, "Good Habits"? What kind of habits will you practise from now on? Write in a paragraph.
- (c) Are all your behaviours good? Do think once and write what can you do for the improvement. Think and present a plan of improvement.

### **Key Message**

Our daily habit and behaviour influence our character formation. There is a good deal of influence of seniors on formation our behaviour since we live with them in a same family in a society. The same practice is followed what and society affect directly. The environment where we live also influences character development. The modern technology and activities based on that also affect development of good character. We all need to be alert in this matter.

## Lesson 3 :      **Result of Right Work**

### **Expected Beavaviours**

- To identify good work.
- To search for the person who does good work in the society
- To follow the deals of good persons.
- To do works for others' well-being.
- To take respensibility and accomplish a task.

### **Ms. Anuradha Becomes 'CNN Hero'**

The world is cheering up for Ms Anuradha Koirala. She is a beloved one of the many helpless and specially the trafficked ones. Many child lovers, educators, and her wel-wishers are congratulating her by their hearts. All Nepali people are feeling happy and proud of Ms koirala since she has become the winner of world famous the CNN Hero award 2010. She has been declared CNN Hero among ten thousand social workers from 100 countries. Maiti Nepal, the organization, which she founded is celebrating Depawali. All the Maiti Nepal family is celebrating the immense joy of her success. All the HIV-infected children who live in HOPPES, Gokarna are also feeling proud.



*(Baal Koseli, Kantipur Weekly,  
Sunday, Mangsir 12, 2067 BS)*

Anuradha Koirala was born in Okhaldhunga district in a Gurung family. She has been continuously devoted in social works. She is always commitment to her duty. She is always devoted for social

### **Instructional Suggestions**

Ask students to write biographies of the influencing personalities from family or society with their exemplary works. The students note down the points about how we can build good characters through the right works done in our society.

works without any individual interest. She is honest. She has done a lot contributions in the field of child and woman welfare. For this, she has run a social organization under her leadership and management. She is popularly known as a trust worthy personality in her own and social field.

She had served for some times as a teacher of English and social study. She encourages all to be educated. She has a belief that a good education only inspires people to do right works. She has identified that most of children and women are compelled to work as a household labour due to illiteracy. She has rescued the children who were in danger of risks and provided opportunity of school education. The organization, Maiti Nepal led by her has made its own exclusive recognition. A children-home is also run under the same organization for the homeless children in her active cooperation. Similarly, a school named Teresa Academy is providing education for the children from various backgrounds.

Anuradha Koirala is active for the campaign against women trafficking. The case of Gita who was sold by her maternal uncle was the first case koirala proceeded a head. After that, Koirala helped to rescue twelve thousand girl-child from the risk of vending and trafficking. After rescuing them, she had taken the role of guardians and given them new life. Now, in the initiation of Anuradha Koirala, campaign against human trafficking has been conducted in the cities of India like Darjeeling, Kharsang, Sikkim including Nepal. In addition to this, such campaigns have been extended in some countries like Bangladesh, Bhutan and Myanmar. The role of Ms Koirala has been found active in monitoring of the inhuman activities like human trafficking.

The recognition of Ms Koirala has been established by rehabilitating those who were on the way to trafficking, rescued and violence suffered people. She sensitizes those people who are at the risk of trafficking by carrying out awareness programmes. She manages to bring back safely to homeland to the girl-child and women who are rescued. She helps to identify their own guardians and family. She has been contributing for rehabilitation and reunion of the Victims. She provides legal counselling and psycho-counselling to reduce the feeling of dishonored. She manages

skill-oriented trainings. She is also providing small scale loan for adopting self-employment and carry out home based industries after the training.

She loves and encourages HIV infected persons. She has helped to conduct HOPPES in several places for their valued livelihood. They are provided regular health check up and counselling services along with accomodation facilities in the HOPPES. They are involved in farming, small cottage industries, and other skill based activites for their self-respect. In the beginning, Anuradha Koirala used to carry out social services by spending her own salary that she received from the school. Due to the right work, she was inspired to open a social organization. Through the organization, she has been involving in the services of the victimised and helpless people due to human trafficking. Anuradha Koirala who began to do such a good job has become a personality of pride for all Nepali people being CNN HERO 2010. Can't we begin to follow such a good work ? Let's think once.

## **Exercise**

### **1. Evaluate Yourself :**

- a. I always get ..... for good works. (ready, back)
- b. I ..... identify the things to be done and not to be done. (can, can't)
- c. I ..... the works which harm others. (like to do. don't like to do)
- d. I feel ..... when I get opportunity to help others. (happy, sad)

Write a paragraph on the good aspects and things to be improved after you did the self-evaluation exercise.

### **2. Write short notes on :**

- a. Right/good works
- b. Human trafficking



**3. How did Anuradha Koirala become the CNN Hero ? Explain.**

**4. Do these activities :**

- a. Sit in a group of your friends and prepare a list of the good works done by Anuradha Koirala.
- b. Collect the names of other people who have done good works like Anuradha Koirala and present in the class.
- c. What kind of problems exist in your society ? Discuss with your parents and teachers on how they can be solved. Prepare report and present in the class.

Include following points in your report :

- a. Topic
- b. Introduction
- c. Problems
- d. Ways to solve
- e. Conclusion

### **Key Message**

We have to start to do any work after we understand the nature of the work. We have to think about the consequence of our work. We have to select the best one among all the works to be done. We have to form a habit of making plans on how to do. We have to be committed and responsible when we start to do right works. We have to be recognized as a reliable character by mobilizing supports and cooperations from all. Works should be completed on time. Its results will also be good if we do our best.

**Learning Achievement**

Identify the basic human qualities.

Examine whether they deserve these qualities or not.

Act/behave as per these qualities and implement these qualities in action.

## Lesson 1

# Human Values

### Expected Behaviors

to identify others' human value based behaviors

to carry out human value based performances

to inspire and encourage others to perform human value based activities.

(Bhumika and Bhawana are sisters. Both of them study in the same school, and same grade. After school -on the way to home- they talk about their homework given by their Moral Science teacher.)



Bhawana: Bhumika, ' our teacher told us to ask about human values at home and share in the classroom the next day but....

Bhumika: But what?

Bhawana: But, he did not tell us anything about human values.

Bhumika: If he had told everything in classroom, he would not have assigned us this work.

Bhawana: Then, whom should we ask about it at home?

Bhumika: Our grandmother. We always ask her when we are not clear. We will ask her about this, too.

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### **Instructional Suggestion**

Observe the students regularly whether they have been practising human values or not and give them feedback.

Make students clear that we can feel peace only if our mind is in peace. So, help them develop a habit to practice prayer, meditation for the quietness of their mind.

Tell them some stories of great personalities who have practiced human values.

(They reach their home, change dress, fresh-up themselves, and take their Tiffin. They play for a while and go to their grandmother)

Bhawana: Grandmother! You have to teach us something today as usual.

Grandmother: It's all right. I am glad to teach you what I know. Tell me, what I shall teach today.

Bhawana: Grandmother, tell us something about human values, please.

Grandmother: Oh! So your teacher has told you to ask something about human values at home. Am I right?

Bhumika: Yes, grandmother.

Grandmother: Human means we people. Values mean the essential qualities. Therefore, human values mean the essential qualities of people that make them human. Unlike other animals, human beings can think and they have wisdom. These are the distinctive qualities of human beings.

Bhawana: It is because of these unique features, we call human a supreme creature. Am I right, grandmother?

Grandmother: Yes. Human beings should act with the sense of humanity since they are the supreme being of the creation. Being human if one performs inhuman activities, how can we call him/her a human?

Bhumika: Oh! So, our actions should be human like.

Bhawana: If this is the case, as we have studied, our code of conduct- 'what we should do' and 'what we should not do' come under the elements of human values.

Grandmother: Not exactly. Our code of conduct-'what we should

do' and 'what we should not do' may differ according to our society, culture, or the setting in which live in but human values are common and equally important to all. They are universal. Everyone has to have these qualities irrespective of his/her religion, caste/ethnicity, or culture.

Bhumika: What are those values grandmother?

Grandmother: Truth, Peace, Love Non Violence (Ahimsha), and Right-Conduct (Satbebahar). These are the basic morals of human beings that make them human. It is not enough only to know about these by reading in text books but also has to be practised in our daily life. We can call ourselves human only if we practise these values.

Bhawana: It means human values are to be practised not to be taught.

Bhumika: Yes. Of course, otherwise it would be like- we learn to speak truth in books but we are lying in our practice.



Grandmotehr: Yes. You are right.

Bhumika: Grandmother, what should we do to act/ behave according to human values?

Grandmother: Listen! Truth is something that does not change according to time, place, and the situation. We should always speak truth to bring it into our daily practice. We can practise truth by making judgment between good and bad, showing our

honesty, righteousness, simplicity, faith, and search for knowledge.

Bhumika: Does Peace mean sitting silently, Grandmother?

Grandmother: No. Only sitting silently is not peace. Peace means having no tensions, being sociable, developing mutual trust and cooperation. We have to control over our senses and have faith. If we do these, there will be no conflict in the family or with anyone. Hence we can maintain peace in our mind.

Bhawana: Love (Prem) means have affection to someone? Doesn't it, grandmother?

Grandmother: Yes. The whole universe is charged with love. We can express or feel love by some traits like affection, love, care, sacrifice, service, trust, good perception. The condition of selflessness is love. Love blossoms in the selflessness.

Bhumika: Grandmother, what does Non-Violence (Ahimsa) mean?

Grandmother: Non-violence does not merely mean the absence of killing. Even if our words or actions hurt others, it is violence. Showing hatred, jealousy, grumble to others is also a kind of violence. Non-violence means not hurting anyone by your thoughts, words, and actions. Non-violence is the essence of these four things.

Bhawana: What does Right-Conduct mean then? Grandmother.

Grandmother: Right-Conduct means good behavior. It includes various aspects like- taking care of your belongings, being attentive to your health and hygiene, self-dependence etc. The creator has assigned certain task to his creators. If you do your assignment honestly that is right conduct. It helps to maintain

discipline and also to develop some qualities like obedience, dutifulness, being responsible, tolerant etc.

Bhawana: Now, I am clear about the fact that human values should not only be learnt theoretically; We have to practice them and motivate others to do so. Am I right grandmother?

Grandmother: Yes. We should always be a good person. To be a good person, we have to develop these qualities gradually within us. It does not only help to build up good characters but also helps to become an admirable person.

Bhawana: We will internalize your suggestion and try to act accordingly.

Bhumika: Bhawana, lets go. Now we can do our homework.

### **Exercise:**

#### **1. Evaluate Yourself**

**A] Rewrite the following sentences by choosing a right option appropriate to your deed.**

- i. I \_\_\_\_\_ speak truth. [always/mostly/sometimes]
- ii. I \_\_\_\_\_ take care of my belongings.  
[always/mostly/sometimes]
- iii. I \_\_\_\_\_ respect the feelings of others.[always/mostly/sometimes]
- iv. I \_\_\_\_\_ love my motherland.  
[always/mostly/sometimes]
- v. I \_\_\_\_\_ wait for my turn.  
[always/mostly/sometimes]



## **B. What do you do in the following situations?**

- i. Your mother has given you more Tiffin. You can not eat up it yourself. What do you do in this situation?
- ii. You were on the way to school. You found a magician performing magic. You stopped there to see for a while. As a result of this, you were late in your class. Now, what do you do and what do you say to your teacher?
- iii. You found a ten rupees note in the school ground. There is no one around and no one has seen this. What do you do?
- iv. You are in a stationery. People are standing in a queue for purchasing stationeries. The queue was quite long by the time you reached there. The shopkeeper is the son of your maternal uncle. You need to buy one exercise book. What do you do in this situation?
- v. You are traveling in a bus. The bus is very crowded. You have hardly found a seat. Meanwhile, you saw a physically challenged (disable) person getting on the same bus. There is no seat for him. What do you do?

Imagine that the above mentioned incidents have been occurring in your daily life. Write your feelings and show your teacher.

## **2. Complete the following sentences by putting appropriate words.**

- i. The ability to identify right and wrong is called \_\_\_\_\_
- ii. We should always \_\_\_\_\_ our parents, teachers, and elders.
- iii. We have to say \_\_\_\_\_ to the support/help done by others.
- iv. Only the absence of killing is not \_\_\_\_\_.
- v. We must be ready to perform \_\_\_\_\_ that we can do.

## **3. Answer the following questions in short.**

- i. What do you understand by human values?
- ii. What should we do to be a good person?



- iii. How do our characters develop?
- iv. Why should we not do violence?
- v. If you were a class teacher, how would you behave with your students?

**4. Do the followings.**

- A. How do you help your seniors and the juniors? Complete the following table.

helping the juniors	helping the seniors

- B. How and from where do you learn the human values that you need to practise? Make a list as in the example and present in your classroom.

Example: Speaking truth - from home

**Key Message**

Human values are those qualities that make human the supreme creature of the creation. Human values are fundamental, autonomous, equally important and common to all. Truth, Peace, Love Non-Violence, and Right-Conduct are the primary human values.

## Lesson 2: **Family Values**

### **Expected behaviors**

to maintain love, harmony, respect, and affection among the family members.

to maintain understanding, mutual trust, cooperation, responsibility, intimacy and forgiveness among the family members.

to obey the senior members of the family.

to extend kind hospitality to the guest and help the incapacitated people.

to show the respect towards teachers and the elders.

Sindhupalchok  
February 13, 2013

Dear daughter, Doma

Sweet Love

We all are fine here and pray for your comfort there. Doma, I am going to write something about family values in this letter. You have to maintain our identity even in the entirely different setting and the community. Don't be influenced by the system and cultural practices there. Never forget your homeland and its culture. Dear daughter, in fact we have a happy and prosperous family. You know how systematic our family is. All the members work as per their ability and skill. Your youngest uncle is good at farming, I perform rituals. Your aunt is involved in social work. Your mother looks after all the household works. This system or the habit did not build up overnight, daughter. This is an outcome of our family culture where we used to divide our work and responsibilities.

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### ***Instructional Suggestion***

Give clear instruction and define the role of students in individual and group work while assigning them any task.

Assign a project work that they can do by asking their family members or the neighbourhoods.

Good relation between husband and wife, obedient children, mutual understanding among the family members makes a family happy and prosperous. This can be maintained only through mutual understanding. Common discussion and sharing among members develop the sense of responsibility among the members. You used to obey the elders and follow their advices. Because of these qualities, you have been doing well in your study. too. You have been getting our support and will get forever. I remember your saying "it's good to discuss/share among all the family members before taking any decision", and so do I now. I discuss with all the members before taking any decision of household and other matters. I am feeling a bit relief while sharing all these experiences with you in this letter.

In fact, we never compromised regarding our love and care to you and your younger brother. You used to love your brother very much. Our neighbors still admire your mother by referring to your habit of loving the juniors and serving the elderly and the needy people. Love and affection from the seniors is a must for mental, emotional, and even physical development of the juniors. You have learnt a lot about this fact from your mother and aunt, too. We can carry out our responsibility towards the family and its member by helping them. I remember your grandfather emphasizing on the importance of good hospitality to our guests. I remember the day your grandfather told you to translate "Atithi Devo Bhava:" in Nepali. You were quite confused at that moment. He used to say our guests are like the Gods. They may find it strange in American context. These values are the ideal of our culture. You must not forget the fact that these values are the dignity and ornaments of our family.

If everyone could put into practice all these values in their daily life a perfect, well-cultured and civilized family would be maintained. You used to be worried by seeing the declining cultural values in the present generation. If we fail to respect our teachers and seniors, we can never respect ourselves. We can not honor our ancestors who sacrificed a lot to preserve these values and handed over us. Therefore, dear daughter, don't forget to express your gratitude to your teachers and the seniors there, too.

You had a great concern about the elderly members of the village.

You used to take care of a Sherpa woman who was suffering from leprosy and Santu Danuwar from next village who was suffering from paralysis. The villagers talk even now about your activities. You may remember that Devimaya aunt and Bhujel uncle used to praise you in front of your mother. As they used to say, "Morning shows the day". Really you were very kind and intelligent from your childhood. I hope you have been continuing this kind of service work there too. We all, every individual, family, and the whole society, have to have positive attitude and cooperative behavior towards elderly members, physically challenged, sick, and the needy people. This kind of attitude develops the sense of social service and the feeling of oneness. It also strengthens the social relationship. I hope your dream to be involved in social work after completing the study will come true. I pray the god may bless you to achieve your goal. See you in the next mail.

Your Father  
Finjo

### **Exercises:**

#### **Evaluate Yourself:**

1. Complete the following sentences by putting an appropriate word that matches to your daily behavior.
  - a. I always respect my seniors and \_\_\_\_\_ my juniors.
  - b. I \_\_\_\_\_ the advices given by the elders or the seniors.
  - c. I always \_\_\_\_\_ my guest.
  - d. I feel that \_\_\_\_\_ to our teachers and seniors is my duty.
  - e. Helping the poor, elderly, physically challenged, and the incapacitated people are \_\_\_\_\_.
  - f. We need \_\_\_\_\_ to help others.
  - g. \_\_\_\_\_ is the holiest act of human.

**2. Answer the following questions in short.**

- a. What are our essential family values?
- b. How should the seniors behave to the juniors in a family?
- c. How is the condition of your family relationship?
- d. How are guests treated in your family?
- e. "Helping the incapacitated sick people is a main duty of a student" Do you agree? Give your reasons.

**3. Do the followings:**

- A. Visit any four families including your own. Ask them how the following things are done in their houses and complete the table.

Family	Work Division	Harmony	Obedience	Involvement in decision making
1. Your own family				
2. Neighbour-1				
3. Neighbour-2				
4. Neighbour -3				

- B) Make a list of the guests who visited your house during a week, Write down the date when they came, how they were treated and present it in classroom.

Name of the guest	Date	Hospitality
1.		
2.		
3.		
4.		
5.		

**C) Write something about your family's contribution (any social services) to the community and present in your classroom.**

**D) Make some placards with the slogans of social services and present in your classroom.**

Example: Let's Respect Our Guest

**E) Visit any five elderly members of your community. Ask them how do they feel and how they have been behaved. Collect their views and present in your classroom. Also paste the main three things on the wall of your classroom.**

### **Key Message**

It is very important to have love, cooperation, harmony, sharing, and mutual understanding in a family. Division of work, sharing responsibilities, sense of attachment, and mutual trust make the family happy and prosperous. The guidance of the elders helps to run and promote the family in a well-manner. Each family has its own norms and values. Every member of the family has to have positive attitude regarding these values. Being loyal to the elders, helping the needy and respecting the guests are the bases of family values. Sense of brotherhood, cooperation, unity, and social harmony also come under family values.

### Lesson 3

## Himal's Determination

#### **Expected Behaviors:**

to develop a habit of self evaluation

to identify own mistakes and correct them

to give continuity to the good works

(Himal goes to bed after dinner. He always goes to bed on time and wakes up on time. This evening, even if he is in his bed, he can not sleep. He remembers all the activities of the day from early in the morning)

I woke up at five as usual. I got up and went to fresh-up myself. After that I went to greet my parents and grandparents. We have to express our greetings to the elder members of our family. It's my daily routine. After that, I took a glass of milk and went to the reading room to do my



homework. I completed my homework and kept my books and exercise books in my bag. I went to kitchen to help my mother as usual. I also made my grandparents' room tidy. Actually, I feel very happy myself when I get chance to the help them. They like my habit. Being a grandson. It is my duty, too. After that, I arranged my things, changed the school dress. By this time, it was lunch time. Mother called me for lunch. I took my lunch and went to school.

I always walk carefully while on the way to school. Specially, while crossing the road I become more careful. I look both ways before I

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#### ***Instructional Suggestion:***

Ask your students to make a list of their right and wrong actions and tell them to compare. Ask them to evaluate their daily activities before they go to bed.

Tell them influencing poems, stories, biography of great personalities and other relevant things which they take their interesting.

cross the road. Unfortunately, a bicycle almost struck me today. We must be careful while walking on foot. On the way to school, I helped my three friends, who were visually impaired (blind), to cross the road. How would have they crossed the road If I was not there at that moment? They thanked me. While helping them to cross the road I myself fell down because of the same bicycle. Luckily, nothing was wrong with my friends. I got minor wound on my hands. Hope it will get well soon.

I arrived at school on time. We had some classes. After that, the bell rang for Tiffin. I was about to take my Tiffin Raman sir called me. I rushed towards the teachers' room. I saw someone throwing banana peels on the way. I proceeded ahead escape from it . Munal, one of my friends, followed me. He had got his Tiffin box in his hands. I heard a loud sound behind me as if someone fell down. When I looked back, I saw Munal has fallen down there. I did not go back to help him rather rushed towards the teachers' room as I was called by the teacher. When I came back to the spot from teachers' room, other friends had already taken Munal inside. I went inside. All the friends have already gathered there. I was speechless and in dilemma what to do.

Friends were cleaning Munal's wound. Our first-aid teacher put some medicine on the wound. There was a deep wound on his leg. I regretted myself for not removing the banana peel. That was the main cause of his falling. I should have removed the banana peel from the way. When I saw him fallen down, I should have taken him for the first aid before going to the teachers' room. Now I realize I made a mistake. Of course I was supposed to obey my teacher but at that moment my help to Munal was more important than the teacher's call. What others might have thought about me for all these? I regret myself what a blunder I made. What might the teachers have thought about me? Anyway, I did not do any good today. I should have thrown the banana peel as soon as I saw and also rescued Munal when he dropped down. I made a serious mistake today. I am human being. I can think. As I can think, I should be able to make good judgment too. Being a human, I could not act like a human today. I had to have a feeling of help and cooperation. Coincidentally, my teacher's call and his fall took place together. I could not take right decision regarding



which one to give first priority. However, there was some fault from my side today. I must be rational. I must evaluate my actions myself. I made a mistake today. I should say sorry to Munal as soon as I meet him tomorrow. We must be good as we are born as h ...u...m...a...n (he gets asleep).

### **Exercise:**

#### **1. Evaluate Yourself**

A] Tick the correct option based on your practices.

- a) I \_\_\_\_\_ early in the morning.
  - i. wake up                      ii. do not wake up
- b) I \_\_\_\_\_ my whole day activities before I go to bed.
  - i. evaluate                      ii. do not evaluate
- c) I \_\_\_\_\_ my elders at home.
  - i. help                          ii. do not help
- d) I am always \_\_\_\_\_ while crossing the road.
  - i. careful                      ii. careless
- e) I \_\_\_\_\_ sorry for my mistakes
  - i. always say                      ii. never say

#### **B] What do you do in the following situations?**

- a) You could not help your grandparents as usual because of your heavy homework. What do you say to them? What do you do?
- b) One of your visually impaired (blind) friends is angry with you because you did not help him while crossing the road. In fact you had not seen him. What do you do?
- c) You were taking your examination. The first boy's pen did not write. He does not know that you have got an extra pen. What do you do?

- d) Some people have come to meet your father. He is inside house. But he has told you if anybody comes to meet him tell them that he is not there. What do you do?
- e) Imagine that you are 'Himal' of the lesson "Himal's Determination". What do you do?

**C) Test yourself**

- a) What is my aim to be a great person or a good person ?
- b) Do I have courage to correct my weakness and go a head ?
- c) Can I prioritize the work which one to do first and which later?
- d) Do I hesitate to say sorry for the mistakes that I have made?
- e) Do I evaluate my activities that I did the whole day through before I sleep?

**2. Complete the following sentences:**

- a) I feel \_\_\_\_\_ when I help my grandparents.
- b) I have to \_\_\_\_\_ the school's code of conduct.
- c) To be a \_\_\_\_\_ human is our goal.
- d) We have to have a feeling of \_\_\_\_\_ others.

**3. Answer the following questions in short.**

- a) Why should we be careful while crossing the road?
- b) Why didn't Himal get to sleep?
- c) At first, who saw Munal when he fell down?
- d) What was Himal's fault?
- e) Why did Himal think to apologize Munal?

**4. Answer the following questions.**

- a) What would have happened if Himal had not helped his visually impaired (blind) friends?

- b) In what matter could Himal not be sensible? What was its result?
- c) If you were Munal, what would you do? Act in class.
- d) How should Himal have helped Munal as soon as he saw him fell down? Make a list.

### 5. Do the following tasks:

Write a diary by recollecting all your activities throughout the week. Evaluate the right or wrong actions. Also mention in your diary that if you have committed some wrong deeds how you can correct them in future.

Evaluate your whole week activities and complete the following table.

Day	Good Works	Works to be Corrected
Sunday		
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		

### Key Message

We must evaluate our activities ourselves. We should learn by our mistakes and correct them. We have to prioritize our work so that we can do right things on right time. The greatest virtue of human being is their help to the needy. We have to develop a habit of evaluating our daily activities and correct them (if any).

## Lesson 4

# Human and Animal

### Expected Behaviors

to tell the human features

to show the similarities and differences between human and animal.

to identify the interrelationship between human and animals.

to follow human duty.

Humans have life, feelings, and wisdom too

They grow, move, and reproduction also they do.

These are the human traits to be known

Knowledge, wisdom and senses, the qualities of



Love, care and sympathy are human deed

Safeguard of creatures should be done indeed.

All creatures are equal and have right to life

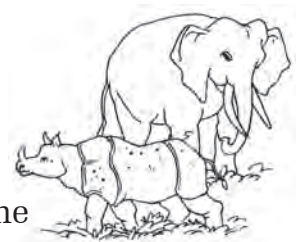
They are important to make ecosystem survive

Animals are the sources of our clothes and food

They are also used in agriculture and transport

We should provide good shelter and suitable home

Government must protect and promote them.



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### **Instructional Suggestion:**

Ask your students to carry out different activities regarding the protection and promotion of different animals and birds.

Make your class interesting by telling them the fact that there are different species of animals that exist in the world and the reciprocal relation makes the existence of all of us possible.



People have hobby to keep pets like dogs and cat  
Rich in beauty they are- myna, peacock and parrot.  
They are our properties kill them never  
Employ them properly to get benefit ever

Some have disappeared and some are in danger.

To save and preserve them is in our favor

They gave you many things what have you given?

Love, guard, and protection you have taken.



Let's be responsible to protect them all  
For their food, habitat, and protection give a call  
Their protection is an urgent to be done  
Their existence is the existence of human.

## Exercise

### 1. Evaluate Yourself

- a) I \_\_\_\_\_ all the creatures.
  - i. love
  - ii. hate
- b) I \_\_\_\_\_ killing animals.
  - i. like
  - ii. dislike
- c) I \_\_\_\_\_ sacrificing animals in rituals.
  - i. like
  - ii. don't like

- d) It is \_\_\_\_\_ to keep animals in the zoo.  
i. good                                      ii not good
- e) Being human, everyone \_\_\_\_\_ be careful about animal rights.  
i. should                                      ii. should not

Check yourself and show your teacher for final answer.

## 2. Answer the following questions

- What are the human qualities?
- In what way is human different from animal?
- Write an essay on 'Interrelationship between Human and Animal'.

### 3. Do the followings:

**A] Mention the contribution of your family and community for the conservation of animals in the following table.**

Contribution of your family	Contribution of your community
1.	1.
2.	2.
3.	3.
4.	4.

**B] Discuss in group whether the following activities are right or wrong. If they are wrong, give reason why they are wrong and present in the class.**




- Offering animals to the Gods and Goddess.
- Keeping birds in the cage (like parrot).
- Establishing national parks and wildlife reserves to protect the animals.

- d) Keeping animals in the zoo.
- e) Collecting fodder, firewood, and timber from the forest.
- f) Catching fish by poisoning the water (river, lake, pond etc.)
- g) Keeping animals like cow, buffalo at home.

**C) Conduct a debate competition in your class on "Animal Rights". Collect the points from the debate and make a note then present in your classroom.**

**D) Where do the following words belong to? Look, think, understand, and write in proper column.**

tolerance, thought, love, affection, identity,  
reasoning, logics, help, work

Head	Heart	Hand
		

### Key Message

Knowledge, wisdom consciousness and intelligence are the human qualities. Human must act according to their qualities. Each creature has its own existence and importance in the world. We should not kill the animals. We should protect them. Animals are very useful to run the ecosystem, promote the natural beauty, and even for our daily uses. Each individual, family, community, and the whole nation should be responsible to protect animals. We must protect animals from their degradation. We must conserve the rare animals. It helps to maintain balance in the nature and comforts human existence. The interrelationship between human and animal helps in overall development.

**Learning Achievement**

Identify the civil rights and duty and act accordingly

Tell the need and importance of public property

Protect, preserve, and promote the public property

Show the belongingness towards the public property

Follow the responsibility towards the school

Follow the code of conduct of the school



## Lesson 1

# Civil Rights and Duty

### Expected Behaviors

Speak politely.

Maintain balance between rights and duty.

Express love and respect to everyone.

Follow the school's rules and regulations.

be confident to put personal ideas and respect other's feelings.

### 1. Duty

Human beings have knowledge and wisdoms. We can call ourselves supreme creatures only if we could use our intelligence in proper way. Human should not be self-centric. No action should be guided by self interest and personal benefit. Our actions should be guided by the common interest or benefit to the whole society. Common interests should overcome the individual interest. We must respect the rights of others. These are our duties. One who is attentive to his/her duties can be a successful and a role model for others. It is virtuous to help others and sinful to hurt. Help ever hurt never; it has to be our common motto. Being a human, one has to be responsible towards an individual, family, and the society and help in the development of these aspects.

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### ***Instructional Suggestion***

Ask your students to perform a short drama based on the child rights and duties to make them clear about their rights and duties.

Involve students to decorate and make their classroom tidy.

Conduct a community cleaning program led by students themselves preferably once a month on Friday.

Conduct an interaction program regarding students' behavior at home, (how do they take care of their personal things, how do they maintain their personal cleanliness, and how they help other family members, do they obey or not), about their overall characteristics and provide feed-back to the parents.

### 1.1. Individual Responsibility:

Individual responsibility is associated with personal characteristics and their habits. Speaking politely, speaking truth, respecting others' feelings, having no jealousy and greed, having no grievances towards others, simple living, being aware of their personal health, not using harmful things etc. fall under the individual responsibilities. Likewise, following time, the rules and regulations, obeying the seniors, parents, and teachers, doing the assigned task on time, maintaining the cleanliness at home and school, not wasting food, having a societal behavior with others and sharing all come under the individual responsibilities.

### 1.2. Family Responsibility:

There are members of different age groups in a family. To maintain harmony in the family each member has to carry out his/her responsibility properly. All family members have to do their duties in a proper manner to keep

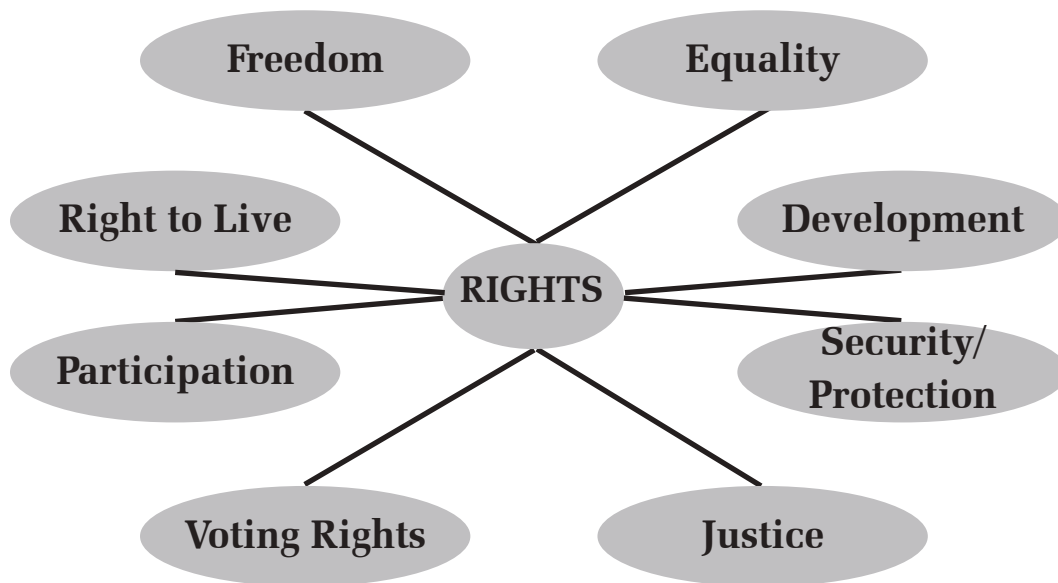


a family happy and prosperous. The duty carried out to make a good family environment is called family responsibility. Among the family members, if one can not express love and cooperation, fails to understand the feelings of other members then they can not remain happily in the same family. Therefore, each member of a family has to respect the family norms and values. They have to promote those values and norms. Helping in any kind



of family work, respecting each other, proper care of the elders and the sick etc. are the family duties. Similarly, proper care to the small children, giving them a good culture, guiding them to follow right path also come under the family responsibilities. It is a prime duty of a family member to respect the family occupation. Along with these, performing all the family rituals come under the family duty, too. Each individual has to perform his/her duty properly. This habit helps to maintain the balance between rights and responsibilities.

## 2. Rights



Rights can be defined as the fundamental requirements of human for the individual and social development. The fundamental requirements are presented in the figure above.

Right to live is an unalienable right. Everyone has right to get education, health service, be secured from any kind of threats or dangers, and put his/her ideas freely. Likewise, everyone should be assured with the right of participation, exposure of once identity, non-discrimination, and right to get justice against injustice, discrimination, and exploitation.



Children also have their rights. Getting proper care, love and affection, enough time to play, opportunity to read and write, getting nutritious food, proper environment to grow etc fall under child rights. Rights mean utilizing one's basic necessities without harming others to develop own personality them. Rights can not be one dimensional. Our duty is associated along with our rights. Our duties and responsibilities increase with gradually accureover with growing age.

Rights and duties are like the two sides of the coin. Everybody has right to walk freely in public place, listening to the radio, singing songs, reading, writing and learning something new. Similarly, everyone is guaranteed by various rights like-right to get treatment when sick, get job as per the qualification, raise voice against any kind of wrong deeds and corruption. However, we have to use these rights wisely.

Students have right to get education in a good environment. But, they can not do whatever they like in their schools in the name of exercising their rights. Making the school environment dirty, writing on the walls and ceilings as well as on desk and bench, making noise in the classroom and destroying school's properties are some examples of misuse of rights. If we fail to enoy our rights properly, we do not only trouble others but also trouble ourselves and get punishment. Therefore, we have to be always aware regarding our rights and their proper use.

## Exercises:

### 1. Evaluate Yourself

- a) I \_\_\_\_\_ my homework daily.
  - i. do
  - ii. don't do
- b) I \_\_\_\_\_ respect my seniors and love the juniors.
  - i. always
  - ii. never
- c) I \_\_\_\_\_ for my turn while asking questions in classroom.
  - i. wait
  - ii. do not wait
- d) I take care of my personal things.
  - i. Yes
  - ii. No
- e) I help my family members at home.
  - i. Yes
  - ii. No
- f) I have performed my duties properly.
  - i. Yes
  - ii. No
- g) I \_\_\_\_\_ got opportunity to enjoy my rights.
  - i. have
  - ii. haven't
- h) I \_\_\_\_\_ to my friends' ideas while working in a group
  - i. listen
  - ii. don't listen

### 2. Answer the following questions:

- a) What is duty or responsibility?
- b) What are the things that come under a family duty or responsibility?
- c) How can we carry out our individual duties?
- d) How should we use our rights?
- e) How can we maintain balance between rights and duties?
- f) Make a list of individual duties and family duties.

### 3. Identify your duties to do and write in your notebook.

- a) Keeping books, bags, notebooks, dresses in the proper place.
- b) Go to bed on time and get up on time.
- c) Look only for personal benefits.
- d) Respect the seniors or the guests.
- e) Demand with parents what they can not fulfill.
- f) Ignoring the juniors.

### 4. Do the following tasks:

- a) Complete the following table by asking name, age, profession, and their personal as well as family duties and responsibilities of your family members..

Name, age	Profession	Individual duty	Family duty

- b) Write an essay on "Rights and Duties are the two sides of a coin".
- c) Take an example from your community about some people who have not performed their duties properly or who have been deprived of their fundamental rights. Share in classroom and also discuss with your teacher about the solutions.
- d) Make a chart in the group about our fundamental rights and paste on the wall of your classroom.

### Key Message

Every individual has his/her own duties. If one can be determined regarding his/her duties, it would be beneficial to the individual, family, community, and the nation. We should not only seek our rights discarding our duties. We must consider rights and duties side by side. Rights and duties are the two sides of a coin. Proper balance between rights and duties makes a person successful. We must respect others' rights while utilizing our own rights.

## Lesson 2

# Our Common Properties

### Expected Behaviors

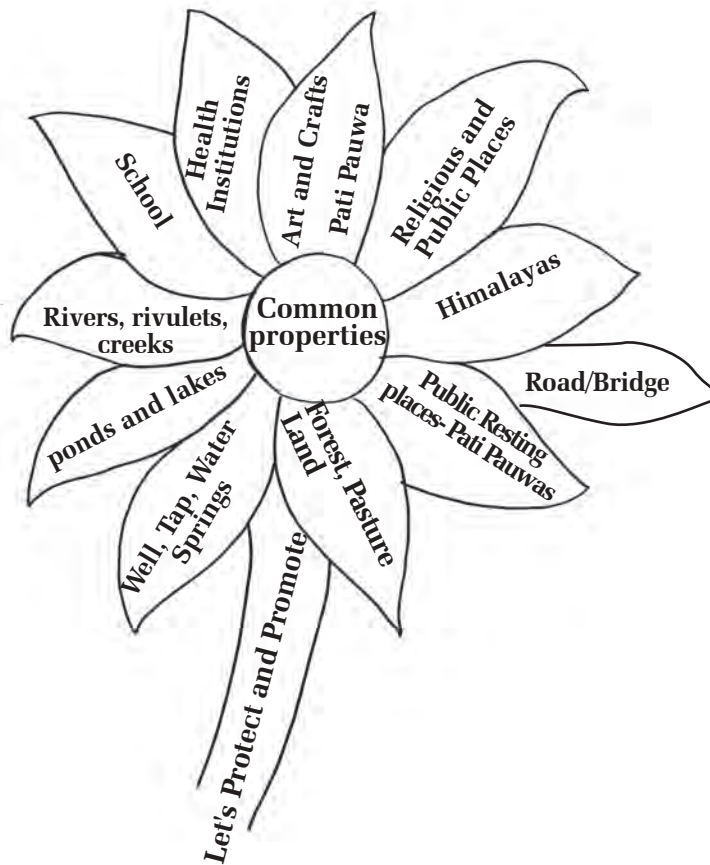
Identify the difference between private and public properties.

Identify the situation of public properties available in the locality.

Recognize individual's rights and responsibilities regarding public properties.

Participate in the protection and promotion of the public properties.

Encourage/inspire others to conserve public properties.



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### Instructional Suggestion

- Ask your students to identify the public properties of their locality and their situations.
- Involve them in sanitation and reconstruction of the public properties located near by the school area.



## **Fulmaya's Village**

This is Fulmaya's village. The people of this village focus on their personal interests. They use the public properties like- forest, taps, well, pond, pati, pauwa etc. for their personal benefits as their private properties. They are aware of everyone's equal rights in these common properties. They do not give any attention regarding the protection and promotion of these resources. They are not concerned about their responsibilities on these properties. No one takes initiation for the protection and promotion of resources. They don't even discuss together regarding the conservation of these public properties.

As a result of the negligence of the villagers all the resources are being deteriorated, damaged, and the entire village has turned into an ugly village. The roads are ruined; the water canel (kulo) is damaged. As a result of lack of water canel, all paddy fields are barren. The tap is broken; the wall of school is broken. All the ponds and lakes are full of dirt. Deforestation (cutting down of trees) has made the area naked. Because of deforestation, villagers are suffering from soil erosion, landslides, and other natural destructions. Many cultural and historical heritages are permanently disappeared. Still, the villagers are not found serious about it.

## **Sonelal's Village**

This is Sonelal's village. The people of this village are much conscious





about their village. They take care of all the resources like- roads, schools, health posts/hospitals, ponds, water canals, tube wells, religious places, temples, historical buildings, etc . as their common properties. They love these properties more than their private properties. All the villagers put collective efforts to protect and promote these resources. They have formed different committees for the conservation of these resources. To protect forest, they have made a Forest Consumers' Committee. To look after the school, they have formed a School Management Committee. They also have formed a Tole Development Committee to look after all the local resources. They raise fund from various sources required for the promotion of these public properties. All the villagers think that it's their moral responsibility to look after and support these properties. All are happy to see that they have perfectly maintained the balance of resources.

How can we protect and promote the things?

Forest : Stop unwise chopping down of trees, plant trees in the bare land, stop overgrazing, don't set fire in the forest, make rules and regulations regarding the conservation of forest resources.

School, Health Post: Regular maintenance, cleanliness, put a fence whole around

Tap, well, Ponds: Regular cleanliness, maintenance, stop throwing garbage

Roads, bridges: Stop throwing garbage, maintenance, cleanliness

Pati, Pauwa, Chautaro: Cleanliness, maintenance, wise - use

Religious and  
Historical places: Plant/trees all around, put fence, put a notice about do's and do not's, regular maintenance, and protection

River, Stream,  
Water Channel: Stop throwing garbage, regular maintenance

Which of the village did you like? To which does your village match?

## Exercises:

### 1. Evaluate yourself.

- a) I equally take care of my own things and the things of school.
  - i. Yes
  - ii. No
- b) I throw garbage in the school premises.
  - i. Yes
  - ii. No
- c) I help in the cleanliness of tap and well.
  - i. Yes
  - ii. No
- d) I cut down trees unwisely.
  - i. Yes
  - ii. No
- e) I contribute for the protection and promotion of our heritages.
  - i. Yes
  - ii. No

Write an essay based on your choices above and show your teacher.

### 2. Answer the following questions.

- a) Show the differences between private and public properties.

Private Property	Public Property
Belongs to only an individual or a family. Only the family has right to use.	Belongs to whole community. All have right to use.

- b) What are our public properties?
- c) Write down some ways to protect our public properties.

**3. Make a list of public properties found in your locality. Complete the following table by stating their condition**

Name of the property	Situation				
	good	damaged	dirty	deteriorating	destroyed

4. Why do you think the public properties are not preserved in Fulmaya's village? Discuss in classroom and write.

**5. Do the following tasks:**

- Write a description on the efforts made to protect and promote the public properties in Sonelal's village.
- In your village there could be some people who always involve in preservations and do not care about the public properties. How can those people be motivated to work on that area? Discuss in a group and find out some solutions. Try to motivate them to be involved in conservation of public properties.
- Make a plan to clean or repair any heritage located near to your school and implement that plan in practice. Try for maximum participation.
- Write a newspaper story or an article including your experience in any social activity.
- Write a paragraph on "Our Responsibility to Public Properties" and present in your classroom.

**Key Message**

Public properties are those resources in which each and every individual has equal right to use. It is our duty and responsibility to protect, promote, and take care of these resources. We have to know how these resources can be protected and conserved. The promotion of our public resources or properties also helps to promote tourism and economic development of the nation.

## Lesson 3: Our Responsibility towards the School

### Expected Behavior:

actively participate in school sanitation program.

actively participate in classroom interaction program.

maintain personal hygiene, tidiness, and keep classroom tidy.

listen to others and put own ideas confidently.

follow the rules and regulations of the school properly.

to make guardians attending in school when school calls them.

Gulmi

2069/05/29

Dear Brother, Asim,

Sweet Love,

I am fine here. Hope you are fine there too. For a long time, I could not write to you. It has been months I left home for school excursion. Now, we are at a village in Gulmi district. Yesterday, we visited a school in the same village. I am going to write something about the same school.

The school lies far from the district headquarters. I found school environment really appreciable. It has a big premise (compound), standard classroom size, cupboards in each classroom to put students' belongings. It has a greenery surrounding. Varieties of flowers were flowering in the garden. Dustbins with a tag "Garbage for Me" were placed at different spots.



### ***Instructional Suggestion***

Conduct a discussion session on the various roles and responsibilities and participation of parents in school activities.

Have a regular interaction with parents/guardians about the students performance and the school future plans.

Have a regular evaluation of students habit, behaviour and characters and provide regular feedback.

Some teachers were teaching in classrooms, others reading books in the library. The principal was interacting with parents/guardians about school's future plan. Seeing this, I felt if the similar environment is created in our school, there could be some improvement and the children of our village also can get quality education. In the mean time, I asked the principal "Is this all managed by the government?" The principal immediately replied, "No. It is all possible because of the active participation of the people of the community. They all carry out their social responsibilities in a proper way. This is the outcome their efforts. We always interact with the local people specially the parents/guardian before we start any new plan. We have been improving this school as per their suggestions and guidance. Parents/guardians visit school at any time they like. They inquire about the students' performance. This is their responsibility. These activities always make us more attentive for the betterment of school. Teachers are equally determined regarding students' performance. If there is mutual cooperation between school and the community, we can easily improve the things. The community is clear about 'school is a peace zone'; there should not be any kind of discriminations, political activities and conflicts. This understanding has helped us to promote our school.," Principal added.

There was an active support of community members for the betterment of the school. They have clearly understood that the school and its betterment is the betterment of their society. There are frequent parents meetings regarding how the students' overall development can be achieved. Board members of school management committee are selected from parents/ guardians. The board is given full authority to manage the school. Parents are happy to enroll their children in this school. They readily work to raise fund in need and they also share their knowledge and skills among the students. School's result is also very good. Many of the students who have passed out from this school have been working in good post now. They have been providing different kind of help to the school. This has inspired me to do something to my school. I have promised to do some contribution to my school in the future.

Brother Asim, I want to advise you to be active to make people aware about the importance of school. Please work to make conducive

environment to run the school. Respect your teachers; follow the school's code of conduct. Be social and cooperative with all. Be actively involved in cleanliness and decoration of your classroom as well as your school. Always use school's properties properly. Interact with the parents/guardians about the school activities and find some ways for betterment. Actively participate in classroom activities. Take parents to school whenever needed. School is our common home. We all have to be responsible to make it better. It is our duty and responsibility to promote it. This is all for now. I will write you in the next letter.

Your Sister  
Anita

### **Exercises:**

#### **1. Evaluate Yourself.**

- A. Tick ( ✓ ) the correct option that matches to your behavior.
- a) I keep my classroom tidy.
    - i. Yes
    - ii. No
  - b) I always have a friendly behavior with my classmates.
    - i. Yes
    - ii. No
  - c) I throw all the waste papers in dustbin.
    - i. Yes
    - ii. No
  - d) My parents visit the school regularly.
    - i. Yes
    - ii. No
  - e) I like to do school works.
    - i. Yes
    - ii. No

#### **B. Test yourself.**

- a) Do I behave/act uniformly at home and school?
- b) Am I aware about my duties towards school?
- c) Have I understood my parents' feelings and problems?
- d) What have I contributed to keep my school and classroom environment tidy?
- e) What have I got from school and what contributions I have made to school?

**2. Answer the following questions in short.**

- a) Who are responsible for the improvement of school? What are they ?
- b) What should be done to develop ownership towards school
- c) Compare the activities of your school with the school ? mentioned in the lesson.
- d) What are the responsibilities of a community towards a school? Make a list.
- e) Write a letter to your friend stating in detail about your school.

**3. Do the followings:**

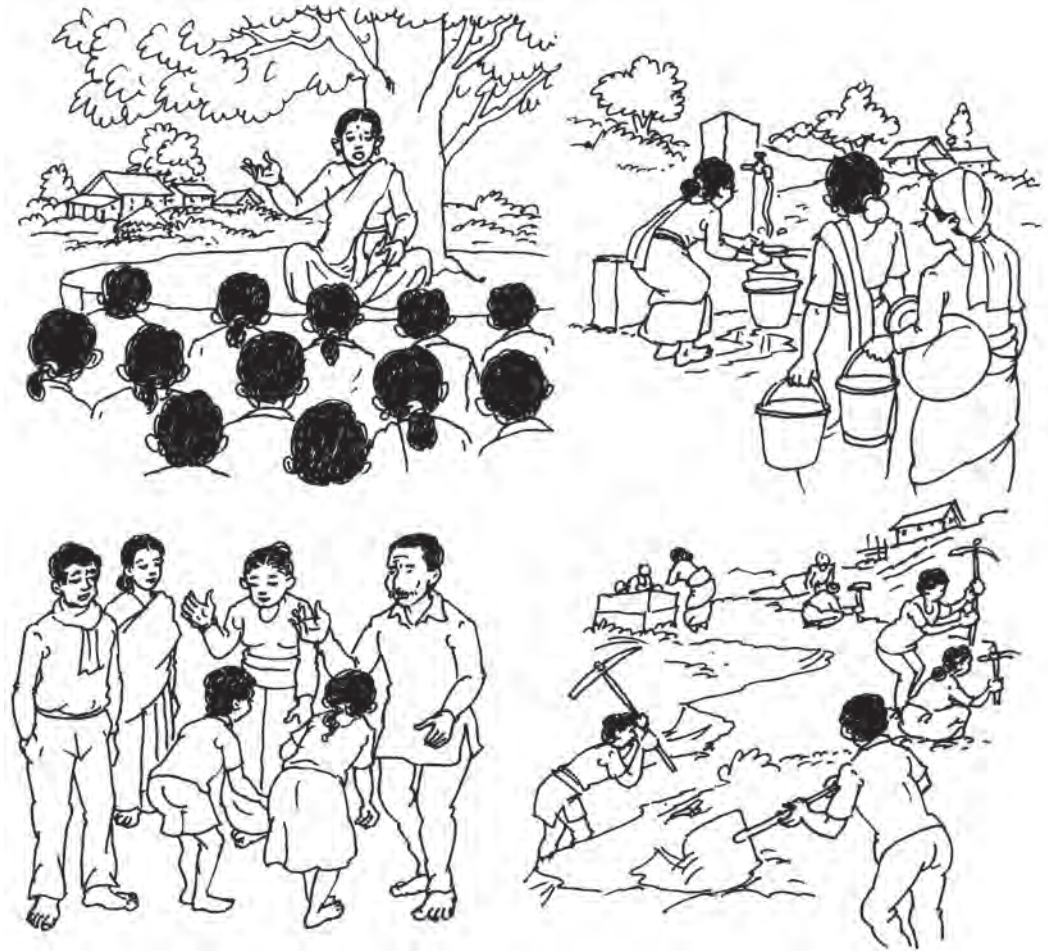
- a) Make a report based on the community based activities conducted by your school and present in your classroom.
- b) Have an interaction with the community members regarding the contribution made by different social organizations in your village and present in your classroom.
- c) How can parents perform their roles in school activities? Are they actively participating for the betterment of school? Make a chart on the school's role and responsibilities towards the community and community's role and responsibilities towards school.
- d) Make a classroom code of conduct based on the school code of conduct and implement that into practice.

**Key Message:**

Everyone has equal rights on the public properties. Protection, promotion and proper utilization of these properties are the responsibilities of each and every citizen. School is a medium for public awareness and social change. This is a holy place where we can share our knowledge and ideas. All the community members have to have the sense of belongings to this. They have to have a positive and cooperative attitude towards it. The community should play an active role to make the school, 'a peace zone. If we could realize our duties towards school and act accordingly, obviously the school will be good. It is everyone's duties to be actively participated in school activities.



## **Unit -4** Community Life Style and Diversity



### **Learning Achievement**

to behave courteously and cordially

to identify and adopt morality based local practices

to respect social diversities

to maintain unity in diversity

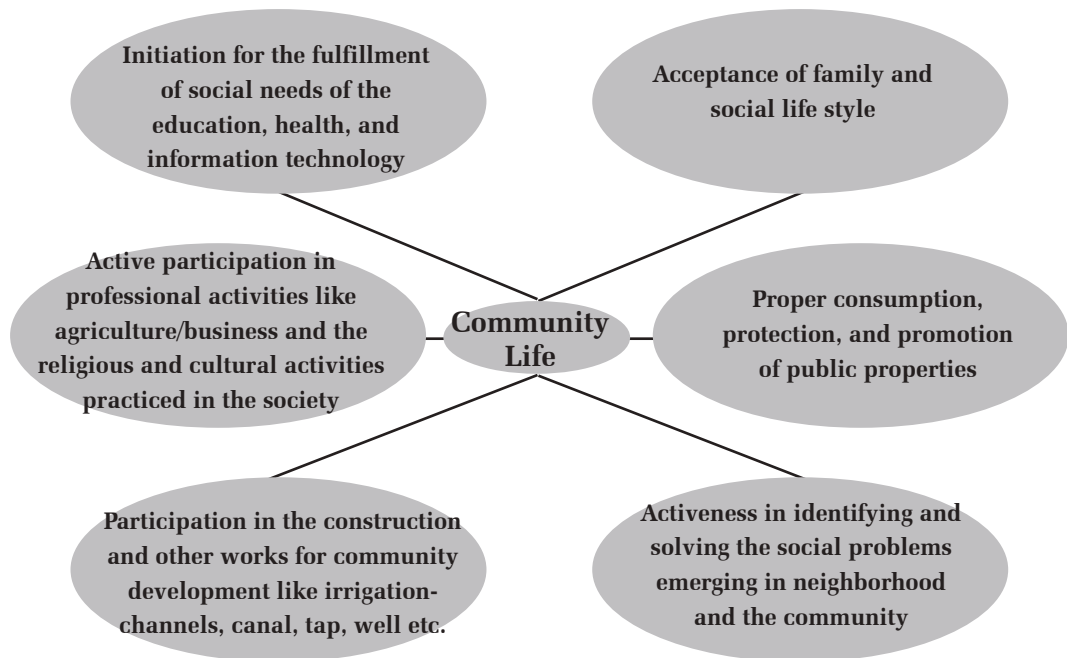


## Lesson 1

# Community Life

### Expected Behaviors

- To avoid individualistic manner and self-centric habits
- To maintain mutual cooperation and services
- To develop an attitude of social responsibility and harmony
- To develop an attitude of social welfare



Life can simply be defined as the period between the birth and death. Human being is the supreme creature among all the creatures. Therefore, human life should be spanned in a well manner. Human beings span their life in different ways. There are the varieties of ways

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### ***Instructional Suggestion***

Tell your students about the personalities who have lived a collective life by doing good for all and ask every student what he/she can do to be like the person.

Organize an interaction program on the advantages of community life style.

Ask students whether they prefer community life style or single life style and also tell them to give reason why they prefer so.

*Moral Education, Class -6*

of conducting our activities like eating, meeting, talking, and of other behaviors. However, human beings should try to live a well civilized and social life. So the way of spanning or living a life is called life style.

Some people in the society may live aloof. They live in the family but do not concern with others. They work and talk as per their personal interests. They do not make any relation to others and also do not accept others' advices, not even of their own relatives. The people who live an isolated life, do not get help and cooperation from group and society As a result, their life becomes problematic.

Some people live within only the circle of their family. They think of only the welfare of their families. They do everything accordingly. We should think not only of our own families but also for the welfare of the community and work accordingly. Everyone should work with the feeling of common interest that gives benefit to the whole community.

The people who are active in the social work are the best of all. In



the society, if the life is spent for the welfare of others that is the social life. Human beings by nature are social animals. They live in a society. The group of human beings sharing different characteristics make a society.

A society is affected by the behaviors and activities of an individual and the society also shows a path to the individual. A mutual relationship should be established between individual and society/community.

The society can not exist without individuals. Hence, the role of an individual is very important in a society/community.

What kind of society or community is to be set up depends on the behaviors of the people of that community. People should spend social life to be a social. There is strength in social life. Security is assured by that strength. Where there is security, peace, and harmony then the life becomes happier and more dignified. Everyone likes to live happily and peacefully.

People in a society need many things. A single person can not fulfil all his necessities alone. He has to get services and support from various kinds of people. The necessities are fulfilled by the mutual aid of the people of various occupations, classes, and background in the society. This is the reason why social life is necessary for us.

We can learn about social life from other creatures too. Ants go in group and collect their foods. They take their food in group. Bees collect honey in group. Some birds migrate from one place to another place in group. All these phenomena inspire us to live a social life.

Human kind has been living in the world since hundreds of thousands years. The people in the primitive age spent social life. The social life was a need to be secured from animals in the hunting and gathering age. Practices like working together, living together, and respect the feelings of others are mentioned in various Shastras, the holy scriptures. As the role of each organ is equally important to run a complete body system, in the same manner the role of each and every individual of the society and the group plays a vital role to maintain a complete social life. Everyone wants to live a complete and successful life.

The role of a person and the family is great to make a good society. An individual or a family is inspired by the life of any ideal person. The family or individual becomes good only after following the path guided by that person. A good individual and family are the base of a good society. If the society is good, the country and the whole world will be good.

Some people in the society are physically challenged (disables), old, and affected by fatal diseases such as HIV/AIDs. They need a social life style to live a normal life. Social life is also helpful to eliminate racial discrimination and untouchability. Our festivals like Dashain, Tihar, Lhosar, Christmas, Id, Ubhauri, Udhauri, Maghi, Fagu etc. are also strengthening the social life.

## 1. Evaluate Yourself:

- 2. Write short answer.**

- 59

- c) Why do people need the society?
- d) What types of men are successful?
- e) What are the advantages that we get from social life?

**3. Do the following activities.**

- a) Divide your class into different groups. Ask each group to choose a life style among individual, family, or social life style. Discuss in group and tell your teacher at least two reasons for your choice.
- b) Write some paragraphs about the people who have been living a social life from the people you have known.
- c) Make a list of the advantages of social life.
- d) Make a list of the goods which you cannot produce yourself but you need. Who produce all these things? Mention and complete the following table.

<b>Needed Goods</b>	<b>Produced/Prepared by</b>
Food	Farmers
Clothes	Tailor

- e) Write a paragraph about what we can learn from other creatures regarding social life.
- f) What do you think about the social life? Write reasons whether you think it is good or bad, discuss with parents and present it in your classroom.

***Key Message***

Individualistic and self-centric thinking and practices should be avoided. Social life is better than individual and family-centered life. The practice of spending social life maintains the well-being of all. If the individual life is spent, that should also be inspiring to the family and society. Social life promotes the feeling of unity, strength, and responsibility. Welfare of the country is possible thereafter.

## Lesson 2

# Respecting Others

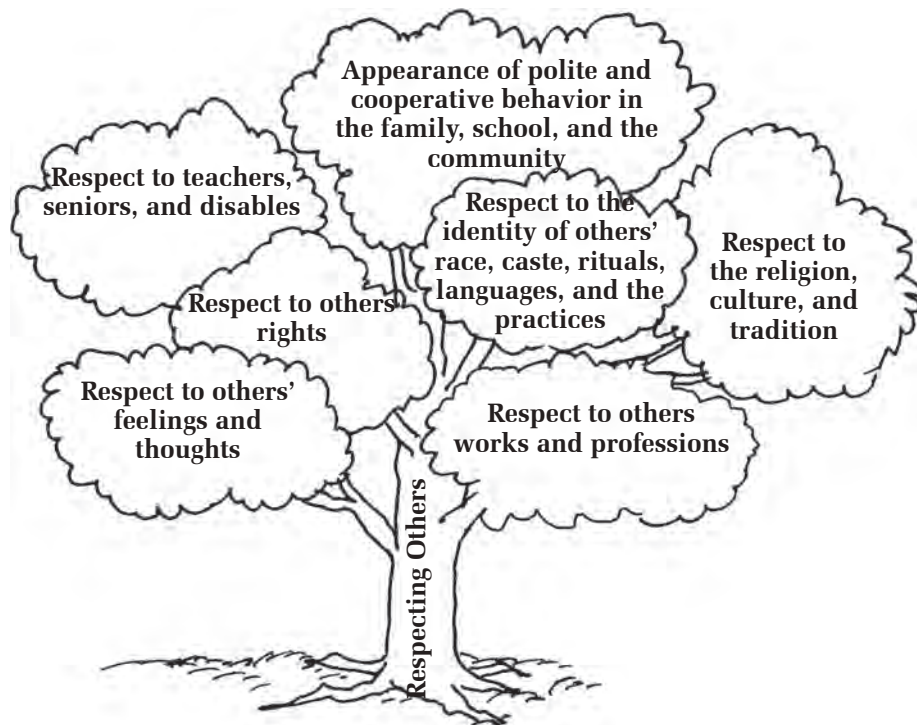
### Expected behaviors

To behave decently with the family, school, and neighbor.

To articulate respect to friends and disables.

To respect the teachers.

To respect the castes, religions, cultures, and languages



A person can be respected if he/she respects others. We should behave respectfully to the seniors of our family. Seniors love the juniors and the juniors respect seniors. This is our tradition or a social norm. The one who loves and respects others gets love and respect in return. This

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### ***Instructional Suggestion***

Ask students to tell about an advantage that we get by respecting others and let them discuss on it.

Ask students to act in the classroom how they should respect others.

*Moral Education, Class -6*

makes a good personality. We have to speak politely in the school, with neighbors and everywhere. We have to help them in their works as far as possible and practicable. We must show our humble manner to the people of all class and caste. Respecting others is to accepting the existence of all castes, class, gender, religion, and sex of the people.



We should respect not only the seniors of our family but also the teachers and elders. In the past, teachers used to be worshiped as the God and valued person daily. Even at present, the teachers are respected on the day of Guru Purnima every year. Teachers are awarded by the government on the Education Day too. This is a kind of reverence to the teachers. Respect to the neighbors is helpful to maintain peace and order in the society. All get mutual benefit from mutual respect.

There are helpless and disable people in our society. They should never be overlooked and laughed at. It should be remembered that the helpless and disable people also equally capable in either sector. They can be the great personalities in the future if they are given opportunities. They have their own nature, interest, and ability. They have equal feelings of progress and prosperity. We should respect their self esteem. We should provide them positive suggestion. We should respect their rights. We should not ignore them. We must be with them and share things. They should not feel like ignored. They should not be compared to others and insulted. Decent behavior and cooperation to them is a must. We can gain our own self esteem by respecting others.



People having verities of background live in our society. They have their own customs and traditions. There is diversity in their life style. They are protecting and promoting their tradition by following them. They are also continuing their traditional occupations. We should respect all these aspects of their practices. We can develop social unity by respecting every race, class, and religion. It should be considered that every race is in indispensable part to the garden and a flower of beauty. The beauty of the verities of flowers makes a garden more beautiful.

Our country is rich in geographical diversities. We are all Nepali. It does not matter whether we live in the Himalayas, Hilly, or Terai region. We should develop harmony in our country with harmony. Happiness, peace, and security should be maintained. Therefore, a Nepali from one place should respect another Nepali from another place. This practice makes us habituated to respect the citizens and guests of other countries. The practices of respecting each other dignify our country. We get many advantages of these practices and the feeling of unity will be developed thereafter.

We should love and respect each language. There are a number of mother tongues in our country. The mother tongues are protected and promoted by ethnic group themselves. Although the language may be different from each other it should never be insulted, suppressed, and dominated. We should respect all the languages and help for their promotion independently. We should consider them as the common property of our country despite of race, region, and language. We have to realize that the only way to get respect is the respect to others.

We should respect the activities carried out by different people in daily life. Work is worship. There is no high and low level of work. We must respect all types of works. Professions vary according to the interest of work, ability, and qualification. Someone may be a doctor or an engineer. Likewise, someone may be a carpenter, a farmer, or a social worker. We should equally respect these professions. We should also appreciate the others' feelings. No one should be disgraced on the basis of their profession. These types of manners do not make us well-cultured. First we have to learn to respect others in order to



attain good cultural practice.

## **Exercise**

### **1. Evaluate Yourself**

**Tick ( √ ) on the option(s) that you follow**

A] I \_\_\_\_\_ seniors and teachers.

i. respect

ii. love

iii. request

B] I \_\_\_\_\_ the sayings of seniors.

i. obey to

ii. think of

iii. put into practice

C] I \_\_\_\_\_ the helpless and needy people.

i. help

ii. respect

iii. preach

D] I \_\_\_\_\_ my daily activities.

i. do myself

ii. take others help

iii. ask others to do

E] I speak words that hurt others.

i. Yes

ii. No

Why do you follow or do not follow the activities selected above?  
Write in a paragraph.

### **2. Write Short Answers.**

a) How can we get perfection in our action?

b) How does the dignity of the country go ahead?

c) What are our daily works?

d) What should we do to learn good practices?

e) What kind of behaviors should be shown to the helpless and needy people?

### **3. Do the following activities.**

a) Make a list of family members who respect you and to

whom you need to respect and share in your classroom.

- b) Write a short paragraph about the member of your family to whom all other members respect.
- c) How can students honor teacher? Make a plan in group.
- d) What behaviors do you expect from your friends? Write in a paragraph.
- e) How do you respect the people of different caste, religion, class, language, and other background? Act in classroom.

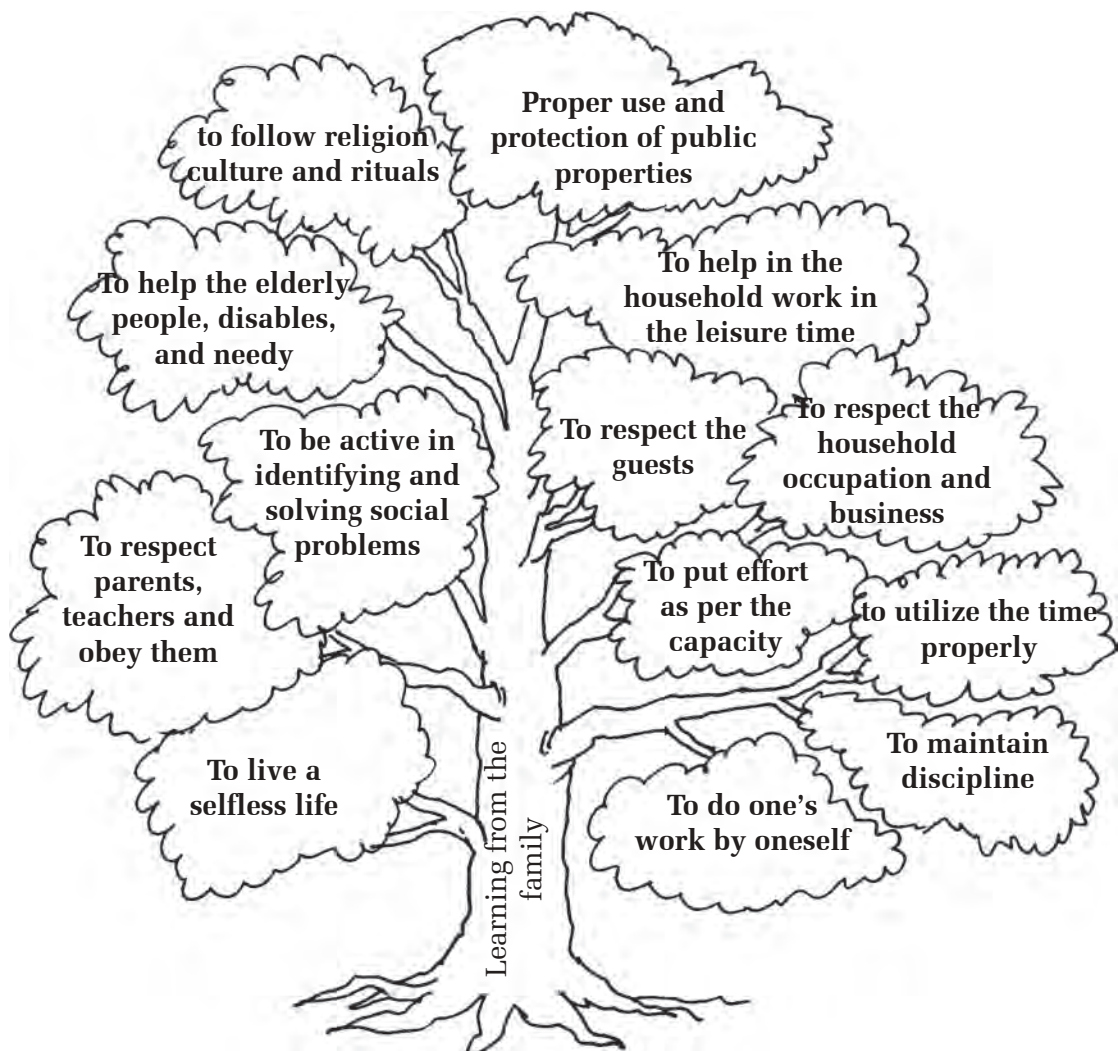
### **Key Message**

Everyone should respect each other. One is respected by others if and only if he/she respects others. Respecting each other helps to maintain peace and harmony in the society. One can be a role model by practicing such behaviors in the community. In the country like ours, where there exists diversity in various aspect of human life, respect to each other is a must. This also helps to strengthen the dignity of the whole nation.

## Lesson 3    **Learning Good Manners from Family**

### **Expected behaviors**

- To develop a habit of doing one's work by oneself.
- To put effort as per the capability.
- To respect and cooperate the household work and profession.
- To respect all the religions and cultures.
- To respect parents and teachers.



Rajesh is twelve years old. He studies in grade six. There are grandparents at his home. He has a sister. Her name is Asmita. She is ten years old. She studies in grade five. Both of them go to school together. They have learnt the ways to do their works by themselves. They cooperate in the household works in their leisure time. They put their effort to carry out any work as per their capacity. There is a good practice to work in a group in their family. It has made them easy to practice a disciplined life and proper use of time with the senior members of their family. They respect household profession. They also discuss together and share with the family members for the improvement.

Rajesh and Asmita wake up at six o'clock daily in the morning. It is not necessary to make them wake up by others. They fresh-up themselves and silently pray to the God and go to greet their parents and grandparents. They also remember the teachers. After that they go to do their homework. They complete their homework by asking their parents if they have any confusion. Both brother and sister share their belongings in the time of need which makes them easy to solve their problems. They have developed a habit of sharing which they learnt from their grandparents and parents.

Rajesh's father helps in the kitchen work. He has a habit of doing his works himself. Rajesh makes his school-dress ready by himself. He keeps his books, note books, and other materials himself. Asmita also makes everything ready by herself as her brother does. They are interested to participate in social works and also initiate to solve any kind of social problems. Their mother has taught them to manage

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***Instructional Suggestion***

Ask each student to share about good habit they have learnt from their parents/guardians and inspire them to follow that.

Let the students organize a discussion program about the behaviors they have to show to the guests or the visitors or any strange person who visit to their home.

Tell the students to act in the classroom the way their families treat to the strange visitors in your home.

Tell the student to act in classroom as to how they behave if they saw an old man on the way to school.

*Moral Education, Class -6*

the wastage properly. She suggests them not to throw the dirt here and there. They live together in harmony with all as per the mother's teachings and advices. They greet teachers at school. They abide by the religious and cultural values and norms and also follow their traditions. They speak softly and politely. They are always ready to help others by any means.

One day, in the evening, Rajesh was playing on the ground nearby his house. He found a five hundred rupees note there. He ran to his mother and gave her. Thinking that someone might have lost it, mother talked about everyone in



the community. It was of Birkha Bahadur Dai. He was a porter. She gave him the amount. He was very happy to get that. Rajesh and his mother also were very happy to hand-over the money to the concerned person. Mother went to the market leaving Rajesh at home.

An old man came to the Rajesh's house. He was slightly sick and could not see well. Rajesh and Asmita humbly welcomed him. They served him a cup of tea. Their father had gone out. Mother had not come back from the market. They listen to the old man interestingly and let him meet with their grandparents. In the evening, the parents came back and respected the old man in a well manner. Seeing all these. Rajesh learnt how an old and needy person be treated. Later on, all the family members discussed about how we should treat to a stranger.

The next day was the holiday. Maghi festival was being celebrated in the community nearby Rajesh's house. Rajesh and Asmita went to observe the festival with their parents. They had never observed this type of festival before. They asked their father about the festival. Father explained them that the festival is organized by the people of another ethnic group. Rajesh again asked his father whether the celebration is different from his religion and culture or not. And if it is so, is it good or bad. Father made him clear that there are people from different ethnic groups in the society. They have different practices

and traditions. We have to respect their practices. Rajesh learnt that we should pay equal respect to all ethnic groups and their practices. Rajesh also learnt that there are different religions, ethnicities, cultures followed by different people. It is like people choose a food item of their choice from the verities of food items as per their taste. Similarly, religion and culture are practiced as per their faith and belief. Rajesh also learnt that we should show our respect and positive attitude towards others cultures and practices as well. Mother also reminded that language, culture, and tradition of others should be valued as their own. After observing the festival they went to visit temples. Rajesh and Asmita saw the street very dirty. They made a plan on how can we clean home, school, temple, and the streets. They also convinced their parents for that work.

One day, Asmita was playing in the courtyard. Mother called her when she heard Asmita shouting full of irritation. Asmita rushed towards mother when she called her. Mother asked her about the reason for her irritation. Asmita said that her doll has been lost. Mother advised her not to speak impatiently. She learnt about the importance of patience and politeness while speaking. Rajesh and Asmita went to the field with their mother. Father was digging the field and sowing the seeds there. Rajesh and Asmita removed the grass from the field. All the people like Rajesh's home and family. The neighbors also inspire their offspring to be like Rajesh and Asmita. All the members of the family are happy for the appreciation.

## **Exercise**

### **1. Evaluate Yourself**

- a) I behave in friendly manner with younger brothers, sisters and friends.
  - i. Yes
  - ii. No
- b) I always endeavor to improve my habits.
  - i. Yes
  - ii. No
- c) I help my parents in the household work.
  - i. Yes
  - ii. No
- d) I handover the lost and found goods to my teachers or parents.
  - i. Yes
  - ii. No

e) I want to be a loving and caring person.

i. Yes

ii. No

**2. Write short answers.**

- a) How does Rajesh improve his habits and behaviors?
- b) What does Asmita do every morning?
- c) What is the habit of Rajesh's father?
- d) How did Rajesh respect the guest?
- e) What type of behavior should we show towards others' religious and cultural practices?
- (f) Why do you follow or do not follow the activities selected above ? Write in a paragraph.

**3. Do the following Activities:**

- a) Make a list of the activities you perform on your school days and holidays then present in your classroom.
- b) What do you do to help your parents? Discuss with the classmates.
- c) Write two paragraphs about the ideal practices of your family that the society can adopt.
- d) Choose the festivals in which you participate from the following list. Write the reasons for your participation there.

Dashain	Holi	BuddhaJayanti
Christmas	Id	Lhosar
Maghi	Chhath	Others
- (e) What will you do, if your house and yards are dirty ?

**Key Message**

We should do our works ourselves. We should also help in the household works. We should not be greedy and desire for others' belongings. We should maintain kindness and tolerance to the religion and culture of other people. It is necessary to be an ideal citizen in the society by polite tongue and good behaviors. This should be learnt from the family.



## Lesson 4

# Ways to be Moral

### Expected behaviors

To obey the advices of the seniors.

To learn the ways to be moral from the elder members of the family.

To follow the traditional practices.

To work for every one's well-being.

To work for the benevolence of others.

Pratima studies in grade six. Her moral science teacher has assigned to write the ways of being moral with the help of her parents. She went to her grandfather expecting his help to complete the assignment. Here is the conversation between Pratima and her grandfather.



Pratima: (Greeting her grandfather). How are you grandfather?

Grandfather: I am fine. Why have you come here?

Pratima: My moral science teacher has assigned me a work. I am supposed to write something about how one can be moral. He has also told to take help from the parents. Therefore I am here.

Grandfather: A man cannot be a moral only by words, my dear child. It should be practised in daily activities.

Grandfather: We should not mimic others. Greed and thievery should be forbidden. Do not be jealous of others

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### Instructional Suggestion

- **Tell the students to write the tradition and practices with an enquiry of their families. Let them present and discuss it in the classroom.**



and don't be over ambitious also. Do everything according to your circumstance.

Pramita: I didn't understand well what you said at last grandfather, please make me clear.

Grandfather: We should not be jealous of others even though they have things better than ours. I mean, you have to maintain everything as per your income and circumstance, my dear child.

Pramita: Oh! I am clear now. I will try to do everything as you said grandfather. If there are some proverbs regarding the value of morality, please, tell me with the meaning. I like them.

Grandfather: Of course, there are. Take a pen and note book and get ready to write down. Share these things with your classmates as well.

Pramita: Certainly. I will do.

(Pramita wrote down the proverbs and the meanings of them as told by her grandfather.)

Proverbs	Meanings
Aaphu valo to Jagat valo	If you behave in a good manner, other will behave in the same way.
Aaphu pani nagarne aarish gari marne	One does not do anything but becomes envious to others' work.
Nayauri mari pachuto	You have to regret if you work without thinking well.
Pap dhuri bata karauncha	If you have done anything wrong/sinful act, you will be punished sooner or later.
Baiguni lai gunle marnu	Do good for others, even if they are doing bad for you.
Bhai phute gawar lute	If two persons don't have good understanding, the third one takes advantages of both.

Chori gare bat lagcha, mage rajya milchha	If you steal you have to be punished but you may get big things if you asked for.
Ati Gare khati huncha	Anything more than necessary is harmful
Ris kha Aaphu Buddhi kha aru	anger harms yourself. if your work thoughtfully, you get good result
Aruko sampati here aankha phutchha, choye hat bhachinchha, khaye mukh banginchha	If you are jealous to others property, it harms a lot. Money earned through corruption does not give peace in your heart.
Kasai lai kakha, kasailai pakhal	We should not discriminate anyone.
Ghus linya ra dinya deska satru hun	Those who give bribe and those who take bribe both are the enemies of a nation
Aago tapnu mudhako, kura sunnu budhako	We have to obey seniors' (old people's) advice.
Arti ra okhati kahilai mitho hudaina	If you follow the instructions properly there will be no harm.
Aruko lakh aama ko kakh	No one is greater than your parents
Dhateko kura kate mildaina	The lie or cheating is revealed sooner or later.
Gans chhadnu sath nachhadnu	You may leave the food you are eating but never leave a friend you are with.

Grandfather: This is enough for today. Ask your mother if you have to ask something more. If you want to ask me come another day my child.

Pramita: Ok, grandfather. Thank you very much. I will do as you said.

(Pramita goes to her mother)

Mother: How are you? What are you looking for, my dear daughter?

Pramita: I am fine, mother. My teacher has told me to be a moral

person. What are the ways to be a moral one?

Mother: I will tell you about the way to be a moral one. Note them down in your note copy.

(Pramita getting ready to write) Yes, Mother, I am ready to write.

Pramita wrote what her mother told her in the following manner:

We should obey the elder members.

Live together with all in harmony and do not quarrel with anyone.

Complete the good works you have started.

Be self-reliant and non-violent.

Show equal respect and honor to everyone

Help the poor and needy people.

Do not get involved in corruption.

Socially boycott the corrupt one.

Express sympathy to everyone.

Regard the brothers and sisters of others as your own brothers and sisters.

Serve the old, helpless, and the needy.

Help the deprived and distressed.

Mother: Is it enough or you want more?

Pramita: It is enough for today, mother. I have also noted what the grandfather told. Please, tell me more if it is necessary, mother.

Mother: Ok. Now go to bed.

(Pramita goes to the bed)

Pramita: Ok, mother, good night.

## Exercise

### 1. Evaluate Yourself

Make at least five sentences from the following word search. What has been said in the sentence. Write down the meaning of these sentences. Why do you do these things? Write in a paragraph.

mother	obey to	work	do	I	speak	truth
I	good	and	work	ask	obey to	the elders
Equall	prac- ticed	tradition	of the elders	guardian about	only	the good
behavior	in the family	elders	well	which	I	do
do	I	write with a pen	write	I	labor	hard
I	to all	well	in a har- mony	do not	respect	the elders
always	paying attention	study	study	know	I	help
be	a good person	be	live	be	learn	to the helpless
I	write	well	am	to all	good	I will
I	will be a	moral	I	thinks up	skill	be civi- lized

### 2. Answer the following questions:

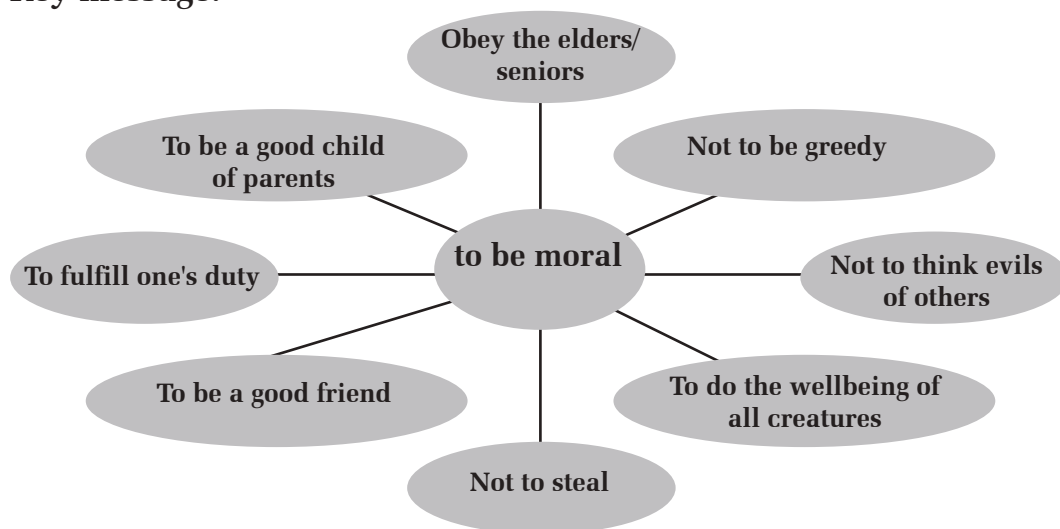
- Write any five proverbs which teach us moral education.
- Write the ways to be a moral person.
- "A man cannot be moral by the words only. He should show it in the practice." Justify this statement with an example.

### 3. Do the following activities:

- Three of you stand to take the role of Pramita, grandfather and mother respectively and read out the dialogues in classroom with your act.

- b) Rewrite the dialogue in an essay form and share it with your friends.
- c) Collect some popular proverbs in Nepali language or mother tongue that help in our moral development and write their meanings.
- d) Write an example of the editorial for a news paper on the title "Morality : a Necessity for the Social Improvement"

**Key message:**



## **Unit 5** Discipline and Positive Thinking



### **Learning Achievement**

By the end of this unit the students will be able-

To recognize, obey, and put into practice the seniors' right advice.

To manage the daily works properly.

To be disciplined and to develop positive attitude.

## Lesson 1: **Disciplined Life**

### **Expected Behaviors**

to realize the importance of self-discipline and apply it in the daily practice.

to practice the creative activities with full attention in reading and writing.

to follow the rule and regulations and manage the proper use of time.

not to do the activities which hurt others.

Obeying the seniors' advices.

To be polite, hard working, and sociable

To adopt the means of controlling uncivilized desires

Performing good works according to the rules and regulation is discipline. The good characters of human life are included in the good conduct. Attention in study, abiding by the rules and regulations, being obedient, to accompany with good persons, speaking politely, showing good behaviors, proper use of time are the good qualities. Adoption of the good virtues make disciplined. Working honestly and diligently is also a good conduct. We have to develop the habit of early to bed and early to rise. We should use and protect our belongings properly. Playing and entertainment also should be done on proper time. We have to develop a habit of making a routine of our daily works and the works should be completed accordingly. We must utilize our time

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### ***Instructional Suggestion***

Let the students discuss about the ways of making self-disciplined by themselves. Observe the daily behaviors whether they have tried to be disciplined or not.

Instruct the students to make a list of the fields related to the disciplined life. Then let them organize an interaction program on the same subject matter.

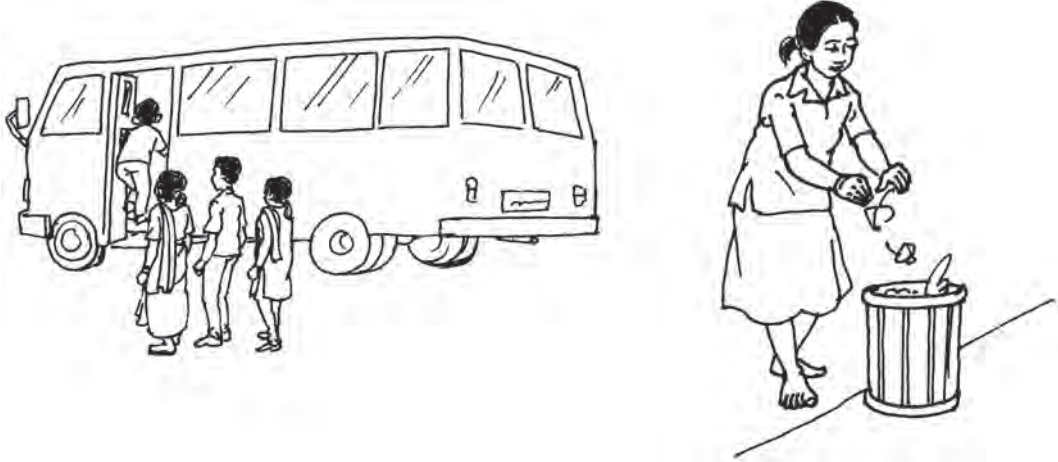
Ask students to prepare a project work or the report about the creative activities they have done and present in classroom.

Make a list of students' desires and let them discuss on the means of controlling and management of the desires.

Help students to make their daily routine and let them present in the classroom. Inspire them to implement it into practice.



in creative works as far as possible. Helping the family is necessary in the creative works related to the household ones. We must share with regarding our study or any kind of creative work.



Abiding by the rules is a duty of a civilized person. At school, the code of conduct must be followed. In the religious places, the rules should be abided by. The notice should be read properly. The traffic rules must be followed when we cross the road. We have to wait for our turn in the queue. If we don't know about the rules we have to ask the seniors about that. Instructions of the elders should be completed on time. A decent behavior has to be practised with them.

We have to control our mind. Speaking soft and true is very necessary. We should not speak ourselves only. We have to develop the habit of listening to others and a meaningful speaking. We should trust in the feeling of the notables. We should believe in not only the others but ourselves, too. We have to learn what I have known is right or wrong. We should respect the truth. We would be intellectuals and the good citizens in the future by practising a disciplined life. The habit of backbiting and criticizing is not good. Unwanted ideas turn the mind in doubts. Everything should be completed in a good feeling. It purifies our character. The purified and guiltless character is needed to maintain a balance in our thoughts, words, and action. If we practice this there is no way for the unwanted desires. Ambitions for the impossible things are the impracticable desire. Impracticable desires

make our mind inconsistent and restless. These types of thoughts lead us to the violation of rules and civilization. If we start thinking in negative ways, it creates anger within. It is not good to be stubborn in anything or context. It is also not good to quarrel in family and any public place or function. We have to think of our desires whether they are applicable or not, whether they could be fulfilled or not without violating the rules of the society. We should tell the family, friends and the teacher that what we think of. We have to develop the habit of working as per the guidance of the seniors.

We have to develop the feeling of togetherness-living together and working together for the welfare of all. It should be practiced to every walk of life. Creative activities should be done on leisure time. Helping others in their business is required. We have to advice others not to practice those activities that violate the discipline. The good conducts of the leaders of the society should be followed. Cooperation to the social work at the school and in the neighborhood is to be maintained. This helps us to follow discipline. The habits and behaviors like these make our life useful in a great deal.

It will be easy to complete one's work by oneself on time when we deal everything with the disciplined manner. We should protect our goods that we use. They will be durable for a long time. Self-respect will be developed by the respect of thought, and feelings of others. It will be easy to save and use the time effectively. An environment is created to help each other in the activities. The generation of the family problems will decline gradually. It will help to solve the family problems thereafter.

The society becomes disciplined by the habits and behaviors of a person. It helps to minimize the social problems. It also helps to reduce the conflict and unrest in the society. The society will be an ideal society.

Now what do you do? What kind of habits and behaviors do you adopt? Discuss with the friends.

## Exercise

### 1. Evaluate yourself.

- a) I \_\_\_\_\_ attention to my study.  
i. pay                      ii. do not pay
- b) I \_\_\_\_\_ the daily routine and do everything according to the routine.  
i. prepare                ii. do not prepare
- c) There \_\_\_\_\_ balance in my thoughts, words, and actions.  
i. is                        ii. is not
- d) I \_\_\_\_\_ to use time properly.  
i. like                      ii. don't like
- e) I \_\_\_\_\_ too much alone  
i. speak                  ii. do not speak
- f) I \_\_\_\_\_ the rules everywhere.  
i. follow                  ii. do not follow

### 2. Write short answers:

- a) What is a good conduct?
- b) What are the practices included in the good virtues? Write any seven of them.
- c) Where should we abide by the rules?
- d) What do you understand by impracticable desires? Make it clear with an example.
- e) What should be done to develop an innocent character?
- f) How can the society get advantages from a disciplined person? Discuss.

- g) What do you do in the absence of your parents/guardians?  
Write in points.

**3. Do the following activities:**

- a) What are the endeavors you have done to make yourself a disciplined person? Write and present it in your classroom.
- b) Divide your classroom in two groups. Discuss in both groups about the advantages of disciplined life and present in the classroom.
- c) Discuss about the right and imitable behaviors in your family. Write short note on the discussion and present in your classroom.

## Lesson 2

# Self-Reliant Behaviors

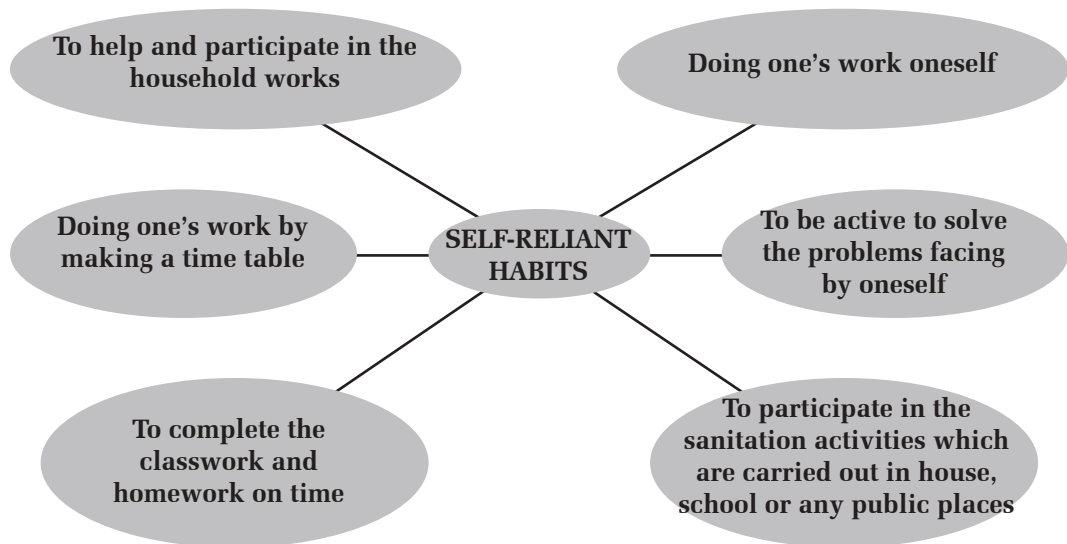
### Expected Behaviors

To make a time table (routine) of daily works and follow it.

To express the problems of oneself to the friends, teachers, and the family.

To develop a habit of doing one's works by self.

To support to improve the annoyed and arrogant friends by the demonstration of good behaviors to them.



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### Instructional Suggestion

Let the students make a list of their daily works, and discuss about the means of adaptation to follow the habit to work one's work by oneself.

How the students have expressed their problems? Organize a discussion or an interaction on the basis of the inspection , and support them to solve the problems

Organize a discussion among the students about the skill of controlling and identification of emotions.

Inspect the uniformity between the words, actions, and thoughts of the students whether they have followed it. Support them to follow the uniformity.

Santanu wakes up daily on time and freshen himself up. He goes to his reading room and does his homeworks. After completion of his homework he helps in household works to his parents. His parents are satisfied with his behaviors. Santanu knows well how to protect the goods he uses. He cleans up his clothes, goods, living room and classroom himself. He completes the class work and homework on time. He makes an enquiry to his teacher if he does not understand the lesson. He is always ready to solve his problems.



Santanu helps in the household works. He helps in kitchen works. He is always ready to work in farm and other household works. It is his daily duty to help in prayer. He puts the goods used for some purpose in the right place after the use of their goods. He never wastes the food. He has made a time table for reading, writing, playing, listening to the radio, watching television, reading and other works.

Santanu has good thoughts. He is very optimistic person. 'One has to do his/her work by himself/herself', he says. He is helpful when his friends are in trouble. He counsels them not to be afraid of the problems. He says that we must show good behavior to the friends, and he behaves accordingly. He has developed a character that he never becomes rude and proud, and lives in happiness. Therefore, it is easy to work together for him with the cooperation of all. He advises all not to make the places of living, playing, and reading dirty. He manages properly the dirt and dusts when some activities take place. He says: 'tell only the things which you can do and do well as you tell'. Santanu says that we should always speak the truth.

He freshens-up immediately after he wakes up. He meditates and keeps the mind in control. He practices simple physical exercise. Later, he does everything according to the routine he has made. Santanu

tries to apply the theoretical knowledge gained from his study into practice. He advises his friends and younger sisters and brothers to do so. Because of these habits, Santanu is good in his study, too.

He is smart and quick. The goods are in a right condition which he uses. He is praised for completing the class work and homework on time. Everyone loves and admires him. Everyone likes to imitate the self-reliant behaviors of Santanu.

Do you behave like Santanu? What difference do you find between the behaviors of Santanu and your own? What kind of behaviors should be developed to be self-reliant?

### **Exercise;**

#### **1. Evaluate Yourself**

- a) I \_\_\_\_\_ attention to the sanitation of the classroom.
  - i. pay                      ii. do not pay
- b) I \_\_\_\_\_ in the household works
  - i. help                      ii. do not help
- c) I \_\_\_\_\_ to my friends when they are in trouble.
  - i. help                      ii. do not help
- d) I \_\_\_\_\_ the goods myself which I use.
  - i. save                      ii. do not save
- e) I \_\_\_\_\_ physical exercise.
  - i. practise                      ii. do not do not practise

#### **2. Write short answers.**

- a) What are the activities that Santanu does himself?
- b) In what activities does Santanu not face any problem?
- c) Compare your behaviors with Santanu. Which behaviors of



Santanu are similar to yours?

- d) Write a reason why the goods of Santanu are in a good condition.
  - e) To which things should we pay special attention? Write in points.
3. Do the following activities:
- a) What household works do you participate in and help when they exist in your family ? Make a list of them and discuss with friends.
  - b) Present the private and household activities that you did within a week indicating the days and time in the chart.
  - c) Compare the daily routine of your friends and yourself and discuss about it with the teacher.
  - d) What are the similarities and differences between the behaviors of Santanu and yourself? Write a short note.

### **Key Message**

The habit of doing one's work by oneself should be developed. Goods of anyone should be protected. The simple physical exercise must be done daily. Paying attention to reading and writing is a must. A routine has to be made for daily works. The participation in the family works is also necessary. Every activity must be completed in a pleasant mood. The habit of expressing problems in any business to seniors and friends without any hesitation is to be developed. We have to pay special attention to the foods, water, and the saving of time. Uniformity in thoughts, words, and action should be maintained.

## Lesson 3

# Ideal Thoughts and Behaviours

### Expected Behaviors

To work with positive thinking

To show willingness for the change being free of superstitions and traditional malpractices.

To follow the positive and praiseworthy activities.

To tell the advantages of healthy thinking and practice it in the daily life.



### Instructional Suggestion

- Tell the biography of the semi-divine figures of great perfection and let the students discuss on the imitable aspects of those figures.
- Instruct students to present the practicable aspects of of the semi-divine figure as far as possible.

Ideal thought means to think and be always ready to perform good works. The ideal action is practice of ideal thought. Ideal behaviour is a behaviour in proportion to good thought. We should think of our goal, the ways to meet it, and the activities to be done. We have to develop a habit of thinking whether the way and the activities are right or wrong. It is necessary to improve if there are problems. We should be clear of our values and norms. We have to recognize the values of others, too. We should think of our actions whether they hurt the feelings of others or not. We should be convinced in ourselves, our family, teacher, and the respected ones. These are the outcomes of the positive and ideal thinking. The practice of behaving with the positive thinking is the acceptance of healthy thinking.

There is more or less the possibility of success or failure in any endeavors. It is not a healthy thinking when one who is arrogant for the success and desperate after failure. This is the usefulness of the healthy thinking when one moves ahead restrained in the success for its continuity. The acceptance of the healthy thinking is to find out the reasons of failure and to endeavor for the improvement without being hopeless in failure. The imitation of healthy thinking is to spend with the feeling of peace and satisfaction. It is also a healthy thinking to be ready for the service, benevolence, and cooperation. One who keeps up self-discipline without selfishness is observing healthy thinking, too.



The students should always endeavor to learn and to practice it in the daily life. They have to inspire others to conduct good behaviors. The activities like examination, presentation, and the participation in the competitive programs should be organized. One may get success or unsucccess in such programs. All the students should be careful of it. There is an equal probability of unsucccess of a student in one activity while he is successful in others. So, we have to think of the continuity of a success in an activity until the completion of another. It helps us to be positive in every activity. Only, partial success is possible in an activity. We have to endeavor to obtain full success indentifying the causes of one's partial success and the full success of others. We should not be hopeless for an unsucccess in an activity for any reason. A full success would be obtained in other activities. Therefore, we have to endeavor continuously.

A greedy, selfish, and arrogant thought is not a healthy thinking. A person cannot show an ideal behavior by such thinking. Greed, thirst, delusion and selfishness are the obstacles to the development of a person and the society. We should not keep all these in our mind. We have to believe in hard effort. Effort and simplicity are the recognitions of us. These keep us healthy- mentally and physically. Greed tempts mankind to be sin. Later he learns to do an offence of crime, and becomes himself unrest at last. This generates varieties of mutilations in the society. We should do everything with the feeling of peace and satisfaction, which makes our life simple. We should always be ready and eager to the works based on human values like meditation, service, benevolence, and cooperation.

The society gets advantages of the habit of ideal thinking and behaviors. The thinking and behaviors like these help to eradicate the malpractices of the society. It also helps to eradicate the gambling, alcoholic drinking and the drug addiction. Everyone involves in the right business thereafter. They use time properly. They will be eager to find the abuses and the problems of the society. They will always be positive to the welfare of the society. The habit of expressing oneself without any fear develops. Various problems of the society come to an end with the ideal thinking and behavior, and the society develops well.

The good habit and the behavior of the virtuous men are considered as the properties of a society. The beauty is felt in their thoughts and feelings. They are full of wisdom, patience, and sensitivity. They have the power to control vanity and jealousy. The ideal thoughts and behaviors help to develop the feelings of patriotism and working together with truth and respect abiding by the law. The habit of advocating for the truth, performing social works with responsibility, eagerness and activeness develops. This is the output of ideal thoughts.

Virtuous persons like Mother Teresa, Florence Nightingale, Buddha, Guru Nanak, Hazrat Mohammed, Swami Vivekananda, Mahatma Gandhi, Khaptad Swami, Swargadwari Mahaparbhhu, Guru Phalgunananda have delivered the message of disciplined life. Likewise, the persons as Gargi, Maitreyi, Jaya Prithvi Bahadur Singh, the founder of the Paropakar Sanstha Dayavir Singh Kansakar, the leader of the Charkha Pracharak Movement, Tulsi Mehar Shrestha have expanded the feeling of service, benevolence and cooperation. They were selflessly dedicated to the social service. The distressed have obtained the cooperation from their works even these days. So we have to improve our behaviors by following their working style.

### **Exercise:**

#### **1. Evaluate Yourself**

- a) I \_\_\_\_\_ of the activities done and being done whether they are right or wrong.
  - i. think
  - ii. do not think
- b) I \_\_\_\_\_ the seniors and respected.
  - i. believe
  - ii. do not believe
- c) I \_\_\_\_\_ the discipline and inspire others for the same.
  - i. follow
  - ii. do not follow
- d) I \_\_\_\_\_ greedy for the properties of others.
  - i. become
  - ii. do not become

- e) I \_\_\_\_\_ the habits and behaviors of virtuous persons.  
i. follow                      ii. do not follow

**2. Write short answers.**

- What should be done to develop the ideal thoughts? Write any four activities.
- What are the activities that a student must do?
- How does a society get advantages from the ideal thoughts and actions?
- What do the virtuous men do? Write any five activities they do.

### 3. Do the following activities:

- What are the malpractices of our society? What should be done to eradicate them? Discuss in the group.
- What are the behaviors of a good neighbor? Consult your family and write down about it and present in classroom.
- Discuss whether there are ideal thoughts and actions in your family and also discuss to find out some ways, if not.
- Write a paragraph about the behaviors of a good person you have seen and present it to your teacher.
- Prepare a list of the causes of good thoughts and ideal behaviors, and discuss with the friends.

### *Key Message*

We should endeavor to live a simple and disciplined life as far as practicable. We should not follow the pompous, showy, and luxurious life. Simple living and positive thoughts are to be applied to everyone's life. It helps us to make our thoughts and behaviors cooperative, benevolent and fruitful. Simple living and high thinking makes a person civilized. Only a civilized person can play an active role to eradicate all types of superstitions and malpractices. We should always be ready to think well and show an ideal behavior to other.