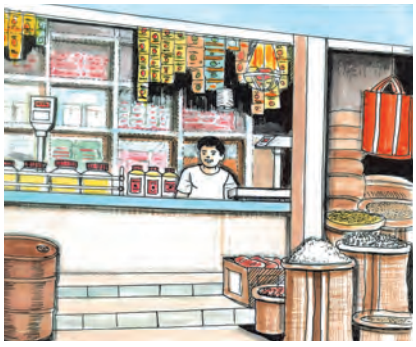
1. Compulsory Activities
(A) Need-based Activities

1. Introduction to Culture and the World of Work

1.1 Making a list of the industries in the surroundings and giving information about them

A flour mill : Milling various grains to make flours

Selling masks : Making and selling various kinds of masks



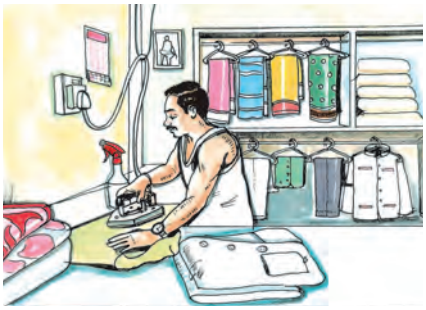
Provisions store : Retailing domestically required provisions and other articles

Photo-copy shop : Making photo-copies of documents

Fall and picot shop : Stitching falls and picoting *sari* edges

Tailoring shop : Stitching clothes for women, girls and children

Home delivered food service : Preparing and delivering meals to students, seniors and others who need them



Clothes-ironing service : Ironing clothes

My Activity

Visit the local Women's Self Help Group and obtain information about the industries and occupations seen there.

- Obtain information about industries other than those mentioned in the textbook.

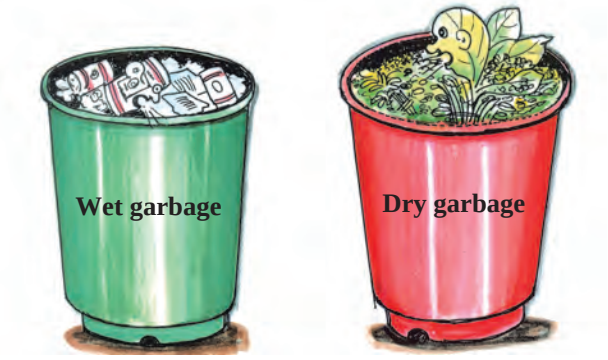
1.2 Importance of waste-management

Playlet

Hey, kids! Stop. You ate peanuts and left the skins and shells strewn in the classroom. Now see what a lot of rubbish there is all around you. Come on, pick it all up and put it in the dustbin.

What did you say? Who spoke?

Oho! I'm Rubbish speaking. Now listen, children, you must be wondering, there's so much rubbish all around, what can little children like us do about it? But, see, you need to think only about your school and your home. All the waste that collects in the house every day, can be separated into two parts, wet garbage and dry garbage. Stalks and skins of vegetables and fruits, spoilt veggies and fruits can all be used to make fertiliser by composting or vermiculture. Dry garbage like waste paper, wrappers, broken plastic or glass articles like dishes and bowls, bags, rags, boxes, cartons, bottles, old newspapers, flyers can be collected and handed over to garbage collectors or those who buy and resell such discarded items. Do you know the name for this process off separating and properly disposing off garbage? It is called Waste Management.



There are many advantages of proper waste management. Our surroundings remain clean. We do not get any foul smells. It prevents flies, mosquitoes and other insects from breeding. And that prevents pollution and disease. Thus it helps to maintain good health. And besides, we get fertilisers and we can enjoy the fruits and flowers from our gardens and farms.

Oh, very good! I see that you've cleaned up the classroom even as you were listening to my speech! Bravo, my dears!

Cleaning the classroom

My Activity

Imagine that you are speaking to the rubbish in your classroom. Write a speech of 5 lines.

- Give guidance regarding proper waste management, and disposal and about reuse and recycling.

1.3 Volunteering at local festivals, functions, celebrations

Our society loves to celebrate. Many festivals, fairs and functions are held in villages, towns and cities. To enjoy and to take part in them people gather together in large crowds. At such times, volunteers are needed to organize them well. A person who serves or helps people willingly and happily without expecting any return, reward or honour is called a volunteer.

Volunteers need to estimate the nature and number of people expected in the gathering for a festival or function and accordingly carry out many different tasks. Some of the tasks have been given below.

Spreading themselves out in different places in the crowd to control and guide people.

To help lost children to get to the proper places.

Looking after the footwear stand

Offering first aid

Preparing notice boards

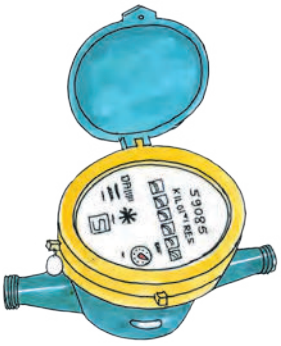
Helping senior citizens

My Activity

Volunteer at a festival or other function and write a detailed letter to a friend describing your experience.

- Give guidance to children of different age groups to work as volunteers.

2. Water Literacy



2.1 Measuring water

Let us measure the amount of water used by one family in a day. There are several ways of measuring water.

(a) By using a water meter :

Tools and materials : water meter and bucket

Procedure

1. Place a bucket under a tap connected to a water meter. Open the tap and observe the water meter.
2. Using a bucket with a litre scale marked on it, note how much water collects in the bucket when the water meter shows 1 unit.
3. By noting the number of water units used up in a day and the amount of water that makes one unit of water, you can tell approximately how many litres of water are used in a day.

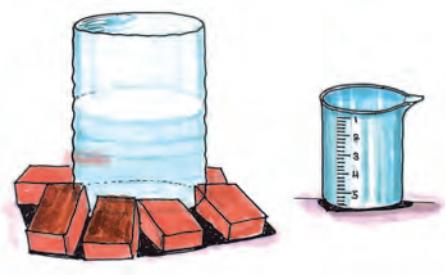
(b) Other methods of measuring water

1. Observe and take note of the capacity of the large tanks that supply water to towns/cities which is marked on them.
2. Water can be measured by observing the capacity marked on overhead tanks in our house.

2.2 Measuring rainfall

Rain is Nature's gift for all living things. It is important to measure rainfall to plan for future use of water. The laboratory of the meteorological department uses a rain gauge for this purpose. The height of the water column that collects in the measuring jar of the rain gauge gives us the amount of rainfall in 24 hours. Rainfall is measured in millimetres.

- **Let us make a rain gauge and measure rainfall**



Tools and materials : An empty water bottle, a serrated blade or knife, bricks or stones, a measuring cylinder or beaker

Procedure

1. Cut away the narrow upper portion of the bottle.
2. Before it starts raining, place the bottle in the open with the support of the bricks or stones.
3. When it stops raining, pour the water collected into a measuring jar and find its volume.
4. Record the rainfall at that time depending on the number of millimetres of water filled in the rain guage.

My Activity

Observe a rain gauge and draw a picture of it. Collect news items about weather and rainfall from newspapers and read them.

◆ Guide the students about how to use a water meter. Show them the water reservoirs in the village/ town/ city and explain to them their capacity. Give proper guidance when conducting the experiment for measuring rainfall.

2.3 Methods of transporting water

Let us see how water reaches our houses.

Rain water collects in dams, lakes, rivers and wells and we use this water for the whole year. So this water has to be brought to our village/ town/ city and to our houses and fields. Various kinds of methods are used to transport this water.

(1) Carrying water on the head : Water is carried in a pot, pitcher or other container supported on one's head.

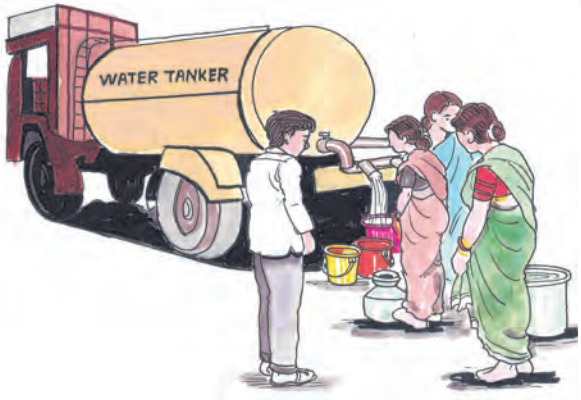
(2) Carrying water in a waterskin : The large wide leather bags of water hung one on either side of a pack-animal are called waterskins. They are mostly used in rural areas to carry water for use in homes.

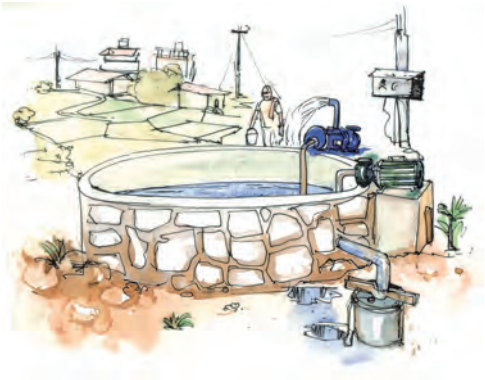
(3) Storing water using a water carrier: A water carrier or *kaavad* consists of a long bamboo stick from which containers of water are hung by means of ropes.

(4) Carrying water through pipes : Pipes of varying sizes are used to transport water from the water source to every house. This is the most common method used everywhere nowadays.

(5) Transporting water in water tankers: A pump is used to fill water into tankers which are then driven to the parts where water is needed especially to drought hit areas in the summer.

(6) Tube well : Water that is deep underground is lifted to the surface through pipes by means of a hand pump or a motor driven pump.





My Activity

Write in short and draw a picture on the topic, 'This is how water comes to my house'. Make a model of a water carrier.

- Have a picture-reading and discussion or show a video or filmstrip introducing the children to the different methods of transporting water.

3. Disaster Management

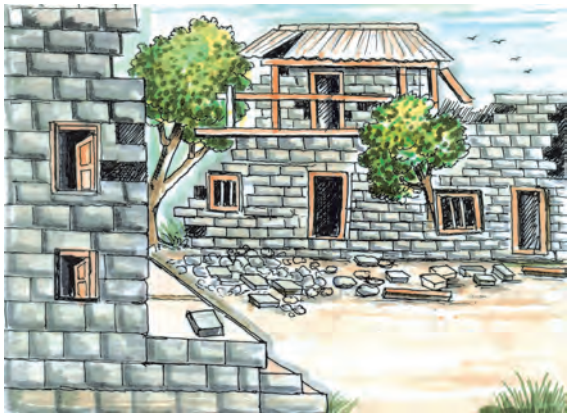
Natural Disasters

The crisis situations that arise due to the harm caused by certain natural phenomena are called natural disasters. Examples of such phenomena are storms, cyclones, floods, earthquakes, forest fires, tsunamis, epidemics, etc.

Sometimes we get a warning about its occurrence. Some steps can be taken to reduce the harmful effects of the disaster and the damage caused by it to life and property.

The plan put in place to reduce the severity of the effects of a natural disaster is called 'natural disaster management'.

• Earthquake : Movements that take place deep inside the earth release enormous amounts of energy. They result in rapid movements under the surface of the earth in the earth's crust. The surface of the earth also moves. The ground under us shakes, tremors occur and cracks appear in it. Such a shaking of the earths surface for a few moments is called an earthquake.



• Causes of an earthquake : When layers of rock or tectonic plates slide over one another beneath faults in the earth's crust, then sudden movements take place and an earthquake occurs. Chemical reactions that take place between the liquid and gaseous constituents of the earth's mantle/ core can cause an earthquake. An explosion in a mine or one caused by any other human activity can also cause an earthquake.

The tremors caused by an earthquake may be mild or intense. Their intensity is measured on a scale called the Richter scale.

• Effects of an earthquake : Houses, buildings collapse, trees are uprooted.

• Measures for minimizing the damage caused by an earthquake :

(1) When you feel the tremors, leave the building and stay out in the open.
(2) Crouch under a strong table, bed or bench.
(3) Fold a thick sheet/ blanket/ quilt many times over and protect your head with it before going outdoors.
(4) Turn off the gas cylinder/ stove in your house.
(5) Switch off all electrical appliances.
(6) Stay far from electric supply lines, lights, bridges, buildings.
(7) If driving in a vehicle stop in a safe place. Avoid stepping out.
(8) Help each other to keep your morale high.
(9) Face the crisis with confidence. Do not panic.

• Floods : Heavy rains cause water levels to rise and that causes floods.

• Causes of flood : Encroachments into river and nullah beds, increasing amounts of dumped garbage make the river/ nullah beds shallow and that causes flooding. An earthquake may cause a crack in a dam wall and give rise to the possibility of a flood. Water level rises during a high tide and causes flooding. Barrages, weirs may also get damaged resulting in floods. Meltwaters from the Himalayas may also cause floods.

• Measures for reducing damage caused by a flood : Houses should be constructed at safe distances from river banks. Plant trees. Protect and conserve forests. Desilt reservoirs of water regularly. Remove the silt and other garbage from the beds of rivers, streams, lakes and dams before the start of the monsoon season. Organize teams of local doctors and volunteers and ensure that hospitals and health centres are functional. Give advance warnings to people living near the waters and evacuate them if necessary. Take necessary action to prevent outbreak of diseases.

• The Corona Virus (Covid 19)

This is an infectious diseases caused by the SARs-CoV-2 virus. We can get the infection if we breathe in the virus present in the air exhaled by an infected person while we are near them, or, if we touch a contaminated surface with our hands and with the same hands touch our eyes, nose or mouth. This virus spreads very easily in the house and at the crowded places. We should take proper care to protect ourselves from Corona.

• Take all proper precautions to protect yourself from Corona, namely :

• Frequently wash your hands clean with soap and water.
• Maintain social distances.
• Avoid touching your eyes, nose and mouth.
• Clean your hands with a sanitizer.
• Cover your mouth with a tissue or handkerchief while coughing or sneezing.
• Use a mask to cover your nose and mouth.

My Activity

Collect slogans relating to a disaster like an earthquake, flood or COVID19. Collect clippings of news items or pictures of a cyclone or tsunami. Make a list of the aid that you can give to those affected by a flood.

◆ Give information about the precautions to be taken before, during or after the occurrence of an earthquake, flood or epidemic.