



ASHA MODERN

SCHOOL

LIFE SKILLS

&

VALUE EDUCATION

Class - V



Stay Safe

Nutrition

Positivity

Mind

Fitness

Virtual

Balance

Wellness

Stay Connected

Focus

Prioritize

Health

Body

LIFE SKILLS
& VALUE
EDUCATION
CLASS- 5

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1. SHARING

*It is a sunlit path,
The path I take everyday
To reach my destination.
It is a wonderful experience
To walk on this path.*

*It is amazing to observe how
Rain brings freshness,
Breeze showers colourful leaves,
Sun warms the wintry hearts.*

*Each day of the season,
Each movement of nature
Brings its own variation.
It is the dance of the nature
That amazes me everyday.*

—Lakshmi



The Beauty of Sharing

Once upon a time there lived an old man in a big farmhouse. His house was surrounded by a beautiful garden, which had lots of trees laden with flowers and fruits. There was a pond too with colourful fishes in it. All the children of the neighbourhood would come and play in the garden. The plants, squirrels and the fishes in the pond were happy to listen to the children's laughter. The birds sang happily. Usually, the children would play in the evening when the old man was away, working in his store. One day, the old man came home early and noticed the children playing there. He was wild with rage. He did not like to share his space with others. So he yelled at the children and drove them out of his garden.

He also built a fence and a gate to prevent the entry of any trespassers. Alas! The children were sad as they could no longer play there. The trees, the squirrels and the fishes too were unhappy. The pond dried, The fishes died, The trees mourned, The flowers withered, The birds flew away, And the garden too lay waste. Now, the old man also became miserable to see his garden so lifeless. After thinking for long he realised that he had been selfish in barring the entry of the children. Hence, his garden had turned into a desert. He finally decided to invite the children of the neighbourhood to play there. And, lo! Their cheerful laughter brought life back to the garden. The trees bore fruits and the plants once again put forth their baby leaves to express their joy. The pond became full to quench the thirst of the children and the birds returned to twitter along with the children. The flowers blossomed to add colour to this happy mood. The old man too was happy to see his garden full of life realised that sharing brings joy to self and others.



DISCUSS IN CLASS:

- ❖ Why did the old man's garden become lifeless?
- ❖ How did he realise that sharing brings joy to self and others

TIME TO GROW

1. Make a list of things (a) you can share with your friends. (b) your friends can share with you.
2. Is it really fair to expect your friend to be with you always?
3. Is it hard to share your friend with other people?

2. Conflict Resolution

To observe people in conflict is a necessary part of a child's education. It helps him to understand and accept his own occasional hostilities and to realise that differing opinions need not imply an absence of love.

Milton R. Saperstein

Often two or more people may not agree over certain things. This disagreement may result in a clash leading to a verbal or a physical struggle which is called a conflict. A conflict can also occur within a person when he has to struggle while taking a decision about something. This usually happens when he has to choose between the various options available to him. Being in conflict is never a pleasant situation. But we need to understand that it is common to face conflicts in our life. At all times, there will be people with different opinions, beliefs, experiences and values. No two people can think or feel the same at a given moment. Since conflict is a part of our life, should we not understand it better so that we are able to handle it sensibly whenever it occurs?

The situation given below are common conflicts in the life of most students. Write what would be your instant response and the solution that can be arrived at to each situation.

SITUATION-1

Your brother/sister is watching TV. Suddenly you realise that your favourite programme is about to start on another channel. You take the remote control and switch the channel. Your brother/sister objects as he/she was the one who had switched on the TV just five minutes back to watch a cartoon. This results in a conflict between you and your brother/sister.

You respond by.....

Your brother/sister responds by.....

Both agree to.....



So, it should be understood that conflicts are a part of everyday life. It often occurs because of misunderstanding, anger, intolerance, disagreement and improper listening. But conflicts need not always lead to fight and breaking of relationships which are their negative outcomes. If we have good skills to resolve conflicts, they can have a positive outcome. To prevent conflicts from turning into fights and harming relationships, it is important to understand how to solve problems that may arise during interactions.

How to Prevent Conflicts

- Try to understand the other person's point of view.
- Talk it out rather than fight it out.
- Learn to be patient and be a good listener.

- Talk without hurting or blaming.
- Apologize if you feel you have been in the wrong.
- When the other person is really angry, avoid a discussion if possible.
- Try to reach an agreement in which everyone is a winner.

3. COMMUNICATION

“Words once spoken can never come back. Hence, we think before we say something”

Words Can Scar

Once there was a little boy called Hari, who was very intelligent. However, he used unpleasant language whenever he lost his temper. So, everybody avoided his company. His teacher felt sorry for him and discussed harsh tongue. After much thinking, Hari's father called Hari and gave him a bagful of nails and a hammer. His father told him that everytime Hari used harsh and hurtful words he would have to hammer a nail into wall of their garage. Hari had to do that quite frequently.

At first it seemed fun to him but soon he realised that controlling bad language would be easier than nailing the wall. Moreover, the sight of the nailed wall also offended him very much. Gradually, the count of nails driven per day into the wall dwindled to zero.

Hari informed his father about his self-control. His father then asked him to pull out all the nails. That done, he showed him the ugly holes and cracks in the wall and pointed out that the wall would never be the same again. Similarly, when one says things in anger, the words leave scars like the holes and cracks on the wall. Thus, Hari realised that verbal hurt is as bad as physical hurt. He promised to choose his words before speaking in future.



ACTIVITY

◆ In the bridge shown below

(a) fill the planks that are in place with words that bring people together.

(b) fill the broken planks with words that can hurt.

You can choose the words from the box given below:

teasing	tattling	praising	encouraging	criticising
complaining	boasting	suggesting	advising	threatening
supporting	abusing	cheering	patting	

Make groups in class and discuss:

- Why did everyone avoid Hari's company?

- What is the similarity between harsh words and ugly holes in the wall?

BODY LANGUAGE

Body Language Just because we can speak words does not make us good communicators. language is the We also communicate through our body language. Body use of facial expressions, body movements, hand gestures and touch to express our thoughts and feelings. This is also called non-verbal communication.

Body Language Tips:

- Stand straight while talking. Do not cross your arms. Keep them on the sides. over- confidence and disrespect. Smile and talk.
- Do not keep shifting from toe to toe. It indicates restlessness.
- Look at the speaker's eyes while communicating.
- Nod to show you are listening. Do not fidget or look restless. It shows that you are not interested in what is being said. n whet Do not make fast and repetitive body gestures. They distract the listener. Do not raise your arms high. It is bad manners.
- Do not look around constantly. The speaker will think that You are getting bored.
- Never stand slouching with drooping shoulders. It indicates lack of interest and a lazy attitude.
- Tilt your head to one side only when you are really concentrating on what is being said.
- Do not point at persons or objects. It is a very bad manner.
- Never shake/swirl g your legs when seated. It does not look smart at all.
- Do not stand with your hands on your waist. It shows that you are arrogant

ACTIVITY

Discuss and express your feelings to

- (i) a friend whom you have hurt with your harsh words.
- (ii) your grandfather who has sent you a beautiful gift.
- (iii) a friend who is sick

4. FORGIVENESS

Forgiveness makes teamwork easy and working together fun.

Lazy Saurab Learns A Lesson

Class V was asked to work on a biology project on Nature. They were divided into groups. Harry, Fatima and Saurab were put together in one. Among themselves, they decided that Harry would observe the various plants and trees and find out their common names. Fatima would observe the insects and animals and make a note of them, and Saurab would put together all their observations and prepare the project file.

The three started working. But Saurab turned lazy and did not do his part properly. As a result, the project was incomplete and Fatima and Harry had to work throughout the night to collect information and finish the job. They were quite upset with Saurab and told everybody about his laziness.

Next time, when the groups were being formed for another project, no group wanted to include Saurab in its team. Now it was Saurab's turn to get angry. He wanted to take revenge on the entire class. So, one day he took away all the charts made by them and trashed them in the dustbin. When the class came to know about it, they became equally mad and took all his books and tore them. The result was that they were all scolded and warned by the Principal. In the incident given above, none of them was willing to forgive and forget. And, as a result, they kept hurting each other. In the above incident, the children who used to be good friends became enemies and the class got disunited as none of them wanted to forgive each other. They could have easily been avoided with forgiveness.

DISCUSS

- ❖ How had Saurab hurt Harry and Fatima?
- ❖ Why did the whole class not want to team with Saurab on the next project?
- ❖ Do you think Saurab learnt his lesson?

Forgiving Others

It is not easy to forgive people who have made fun of you or harmed you in some way or the other. It is an art which one can develop slowly. Forgiving others requires a lot of patience and a strong willpower. Here are a few tips that can help you control your anger and forgive others.

- ❖ Drink a glass of cold water when angry. This will help you calm down.
- ❖ Move out of the place where the incident has occurred. Do some physical activities, such as jogging and running, to release your anger.
- ❖ Talk it out with the person and tell how you feel about the hurt he/she has caused you.
- ❖ Write down your feelings and read them to analyse if you are Justified in feeling the way you are. You may be overreacting to the situation.
- ❖ Look at it as the weakness of that person and ignore.
- ❖ Remind yourself that at times you also make mistakes.

Forgive Yourself Too

The next point is to forgive yourself when you do something wrong. There may be times when you make mistakes that you feel bad about. To get over the feeling of guilt, it is important to share your feelings with the person you have hurt. It also helps to apologise for the mistake you have made. Two friends, Srishti and Rajia, fought over a silly reason. They stopped talking to each other and months passed by. It was Christmas Eve and the school was going to close from the next day. Rajia was feeling very uncomfortable because she wanted to start the New Year happily and she would not feel happy if she didn't speak to Srishti. After a lot of hesitation, she boldly walked up to Srishti. She apologised for whatever had happened and said she wanted to renew her friendship. Deep in her heart, Srishti had also wanted the same. So, she also apologised and they became friends again.

ACTIVITY

- ❖ Put yourself in Srishti and Rajia's place and think what you would have done in such a situation. Recollect an incident when you had said sorry and felt happy afterwards. Share it with the class.

5.SELF-ESTEEM

“Respect yourself if you would have others respect you.”

EACH ONE A WINNER



Once all the animals of the jungle decided to gather and talk about their talent. Everyone had to take part in this gathering. First, the elephant liked about his strength and his enchanting walk. Then came the deer who talked about how far he could leap. Next, the monkey talked about his speed at climbing trees. Likewise, all the animals shared their special abilities. Everyone, except the crane, spoke. The other animals asked the crane to share something. But the crane looked sad and said that he had nothing to say as he was quite ugly, had a disproportionate body and was good for nothing. The animals tried their best to encourage the crane to say something, but he refused. Suddenly, the monkey had a brilliant idea. He quietly got some cherries which his cousin had brought from

the Himalayan forests. He put them in a deep narrow hole in the ground. He then told all the animals that he had arranged a treat of cherries for everybody, but they had fallen in a hole and he was unable to get them out. All the animals tried to help but they could not reach the cherries lying deep in the hole in the ground. When they had all given up, the monkey turned to the crane and requested him to help. With the help of his long beak, the crane took out all the cherries from the hole. Everybody clapped and thanked the crane as they enjoyed the delicious cherries. The monkey then said to the crane, "You have done what none of us was able to do. Each one of us is special in a different way and the same is true for you." The crane realised that his feelings about being useless were all wrong. From that day onwards the crane never thought poorly about himself and his self-esteem grew.

ACTIVITY

LET US DISCUSS:

- Why did the crane look sad?
- How did the monkey plan to help the crane?
- What was the change in the crane's feelings after the incident?
- Do you agree that everyone is special in a different way? Discuss.

Think Positive

Quite often it is observed that there are a lot of negative thoughts tend to make us feel less confident about ourselves. They may be related to physical factors like being too thin or too fat, dark complexioned, short, etc. They could also be emotional factors like loneliness, being laughed at by others, etc. But we can always change them by thinking and acting in a positive manner.

ACTIVITY

Match the response to change each of the following negative thoughts to a positive one.

<i>The Negative Me</i>	<i>The Positive Me</i>
(a) I have been getting low grades. I am no good at studies.	(i) I'll practise daily to improve my speed.
(b) I think they were laughing at me.	(ii) I'll go to meet her today and find out what the matter is.
(c) I am too slow at running.	(iii) I shall work harder and try to get better grades next time.
(d) I am so short that I always have to be in the front.	(iv) It is a quality to make people laugh.
(e) My best friend has not met me for two days. May be she does not like me any more.	(v) I'll practise more next time so that I don't mix up lines again.
(f) I mixed up the lines at the recitation competition. I am incapable of speaking in front of a large group.	(vi) So what if I'm short. I have many other qualities to be proud of.

THE GOOD ME

Make a list of five good qualities that you have. Ask your friends to add to the list.

6. Body Shaming (Morals & Values)

Bamboo and the Crooked Tree

“What we do is more important than how we look”

Once upon a time, there lived a bamboo tree and a crooked tree. Both lived next to each other in the jungles of the mighty Himalayan mountains, next to the holy river Ganga. Both were born and grew around the bountiful Ganga and the magnificent peaks of Bhagirathi. But they were sworn enemies and hated each other like a weasel and a snake. The reason for their hatred was their appearance. The bamboo tree was straight, tall and strong like an iron pole. The crooked tree, on the other hand, was fragile and had thin branches that looked scary. He looked like a scarecrow. The bamboo tree would, time and again, bully the crooked tree for being weak and ugly. He would body shame the crooked tree. You are worthless and as skinny as grass!" This was the bamboo tree's favourite line when addressing the crooked tree. The crooked tree listened helplessly to his boastfulness. He was fed up. But what could he do?

Unlike birds and animals, he could neither fly nor run away from the bully. He had no choice but to bear with him.

One day a flock of tired and thirsty birds landed on the banks of the bountiful Ganga. After quenching their thirst, they perched on the sharp but soft branches of the crooked tree to rest. They knew that no snake could climb them and that all of them were safe while they rested.

A little sparrow from the flock noticed that the crooked tree was sad. She asked him the reason for his sadness. The crooked tree said, "I am good for nothing. Nobody likes me. The bamboo tree is so strong and handsome, and I am so weak and ugly. *I wish I were like him.*" The sparrow was surprised, and so were all the other birds of the flock. She asked, "Who told you that you are good for nothing?" All his branches, shaking in the wind, pointed towards the bamboo tree.

The bamboo tree became alert, and listened to what they were talking about. The little sparrow said, "The bamboo tree is **egoistic**. All he can think about is himself.

He has a **big ego**. You are one of the most generous and helpful trees. You are special. He is tall but has no branches. He may be handsome and strong, but what good is he to us? All birds that come to quench their thirst rest on your safe branches. Some even make nests on them. You are our hero." Everyone in the flock nodded. The bamboo tree realised that he had never thought this way about the crooked tree. He understood his mistake.

He apologised to the crooked tree for his bad behaviour. The crooked tree forgave him and they both decided that they were different. It is okay to be different and it is not same as being unequal. Since then, bamboo trees and crooked trees are good friends all over the world.

ACTIVITY

LET'S FIND OUT:

There are many plants that we think are of no use. Find out about any one such plant and write about its uses.



THINK ABOUT IT.....

Humiliating others on their physical appearance in front of others is called body shaming. For example, telling a person that they are too fat- as fat as a hippo; too skinny - as skinny as grass; or that their legs are too thin - as thin as a match stick. Body shaming is a kind of bullying.

7. BODY OWNERSHIP

Touches and Looks

We cannot imagine a world without touches, looks and feelings, can we? Touches, looks and feelings go hand in hand. Can you think of a touch or look without a feeling? No, not at all! After all, we are humans. At times, we touch others, and others touch us too. We like some touches and don't like others. For example, when your mother tickles you, you like it, but when she slaps you, it hurts, and you do not like the pain. You might also feel hurt because your mother, who loves you, has made you feel unpleasant. Touches can be safe or unsafe.



A touch that hurts you is an unsafe touch, no matter where it comes from. But there are some touches that do not hurt and are still unsafe. For example, if someone touches your private parts, it may not hurt you, but it is an unsafe touch. Nobody should touch anyone's private parts, not even on top of their clothes. No matter what, you should always tell your loved and trusted ones if you have been touched in an unsafe way. An unsafe touch makes you feel uncomfortable, angry, helpless, guilty, ashamed, sad, or confused. On the other hand, safe touches make you feel happy and good. These touches come from

people we love and trust. Hugging or kissing your parents and grandparents, being hugged or kissed by them, your class teacher patting your shoulder or back to congratulate you for doing well in a competition are examples of safe touches. You can be touched knowingly or unknowingly. For example, when you are walking in the crowded school corridor during the lunch break, you may touch or be touched by someone unknowingly or accidentally. An accidental touch happens by mistake. They do not occur repeatedly, especially by the same person. An accidental touch may or may not hurt you.

Sometimes, even if we do not like it, some touches are forced upon us. For example, when a doctor gives you an injection or extracts a decaying tooth from your mouth, you don't like it but they do so in the presence of your loved ones, and with their permission. You can call such a forced touch a fix it touch. It is a safe touch. When Sana is playing in mud and her elder cousin sister stops her from playing, it is an example of a forced but safe touch.

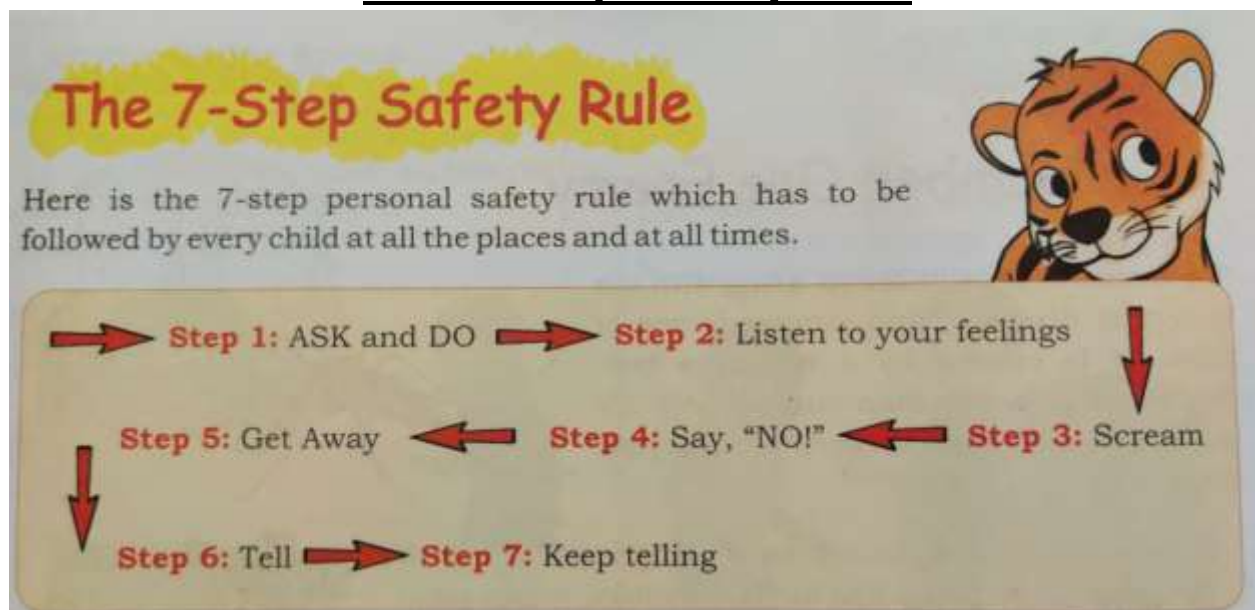
ACTIVITY

WRITE THE NAME OF THE TOUCH (SAFE, UNSAFE, ACCIDENTAL OR FORCED) THAT YOU THINK BEST DESCRIBES THE TYPE OF TOUCH IN THE SITUATIONS WRITTEN BELOW:

1. While playing sports in the field, someone hits you. _____
2. Someone you don't know repeatedly asks you to give them a hug because they are your mother/father's friend. _____
3. A handshake with your classmate. _____
4. Someone wants you to sit on their lap to read you a story even when you don't want to sit. _____

8. SAFETY FIRST

The 7-Step Safety Rule



Here is the 7-step personal safety rule which has to be followed by every child at all the places and at all times.

- ❖ **Step 1 - ASK and DO** - Always ASK your parents before doing anything, talking to anyone, going anywhere, eating, drinking, or taking anything that others give you. ASK them, "Is this safe for me?" DO these things only if your parents tell you that they are safe.

- ❖ **Step 2 - Listen to your feelings** - Feelings are your friends. They tell you what is safe and unsafe for you. Sometimes others may make you feel scared, sad, uncomfortable or confused. Try to stay away from these people. Sometimes some places may also not make you feel good. Avoid being in such places.
- ❖ **Step 3 - Scream!** - Screaming scares the person who is doing the unsafe thing to you. When you scream everyone comes to know that you are scared and need help. If the person doing the unsafe thing tries to pick you up forcibly, you must fall down on the floor and start kicking your legs and hands in the air. Kick as hard as you can and keep screaming at the person. When you do so it becomes very difficult for the person to pick you up.
- ❖ **Step 4 - Say, "NO!" - Say "No!"** to the person who is doing the unsafe thing. Say "No!" to anyone and anything that makes you feel unsafe. Say "NO!" many times, if you need to. You can also say other things like "I will tell my parents and teachers" and "Keep your hands to yourself."
- ❖ **Step 5 - Get Away** - Get away from the person doing the unsafe thing as soon as you can. Leave that place. Run, if you have to.
- ❖ **Step 6 - Tell a grown-up you trust** - If someone has done something that made you feel bad, dirty, angry, confused or sad, you must immediately tell someone you love and trust. If you tell a trusted grown-up, they can do something to help you and keep you safe. You must not hide it or keep quiet. You should not think that keeping quiet will make it go away. Sometimes you get so scared that you do not want to tell anyone. But not telling is unsafe. The person behaving in an unsafe way should stop doing the unsafe thing. If you tell a trusted grown-up, they can help you. Tell as soon as possible!
- ❖ **Step 7 - Keep telling till someone believes you!** - When you tell a grown-up you trust, they may not believe you. They may say: "Are you sure this happened?" "Maybe you made a mistake, "That person would never do that," or "But that person loves you. Why would they do that to you?" You know that grown-ups think differently from children. You also know that you don't always believe everything your parents and other trusted grown-ups tell you. But you still love and trust them. In the same way, the grown-up you

tell may not believe you at first. When you tell them, they may become sad, upset, or angry. You may think that they are sad, upset or angry with you, but this is not necessarily true.

TIP: Screaming is like blowing a whistle loudly and alerting everyone.

ACTIVITY

Think about a situation where you could use safety rules and discuss in class.