

BE GOOD SEE GOOD DO GOOD

STUDENTS' WORKBOOK
KINDERGARTEN TWO



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The **Be Good See Good Do Good** series is a global initiative by the International Institute for Human Values Education to build a better world for all by value-educating the younger generation.

The **International Institute For Human Values Education** is an initiative of the Sri Sathya Sai University for Human Excellence, Karnataka, India.

The **Sri Sathya Sai University for Human Excellence**, Karnataka, India, imparts values-based integral education through teachers, students and workers who are trained, dedicated and committed to serve their fellow beings without the barriers of caste, creed, race, religion, gender or geography, to those in need. The university has at its helm Founder-Chancellor Sri Madhusudan Sai, a visionary and global humanitarian, who has established free-of-charge service initiatives across 100 countries through the One World One Family Mission.

Value Educate Singapore, the country-specific chapter of Value Educate the World, plays a vital role in the One World One Family Mission. It is dedicated to rekindling awareness of foundational value systems among children, educators, and parents, nurturing a culture of character and compassion across generations.



Acknowledgement of the country

We acknowledge the land on which we live and learn, and the rich history of **Singapore**, a multicultural society made up of people from diverse ethnic backgrounds. We honour the many generations who have strived hard for the betterment of this island, from its earliest inhabitants to the people who continue to shape Singapore today. We extend our gratitude to different communities that contribute to Singapore's unique identity. As we come together in learning, we recognise the importance of respecting one another's cultures, values, and heritage. Let us continue to embrace our shared responsibility for creating a harmonious, inclusive, and sustainable future for all.

Dedication

We dedicate this book,

To, all the Children of **Singapore**

To, all the Students who will benefit and embody these values,

To, all the Teachers who will inspire, shape and mould the lives of young impressionable minds,

To, all the Parents/Family members/Guardians, who understand that they are the first teachers of every child, and who will mindfully nurture them,

...our deep love, respect, and immense gratitude.

International Institute for Human Values Education
Sri Sathya Sai University for Human Excellence

Why This Book?

'Be Good, See Good, Do Good', has been written to equip children with a proper understanding of human values so that they can integrate it into their lives easily. Through stories that bring to light the importance of values such as love, honesty, discipline, caring, the spirit of oneness, patriotism, etc. and through tailor-made activities that enable the right understanding, this book presents itself as a fun and interactive way to remind every child about goodness.

UNIQUE FEATURES

Values cannot be taught. They can only be caught. This forms the sum and substance of our approach to values-based education. The book has 15 chapters, each centred on a human value that the student can understand and relate to. We hope that, through the discovery and learning exercises, children will develop a support system of human values that they can fall back on to navigate life.

SILENT SITTING

All the classes will begin with a one-minute silent sitting. Doing this will help the children relax, clear the mind from the previous class or activity, and absorb the need to spread goodness in a conducive environment.

STORIES AND ACTIVITIES

All the chapters are embellished with stories, illustrations and activities that will give children many opportunities to learn and apply their understanding of values too. Diverse activities across chapters which involve group work, colouring and other creative activities will also help keep their interest alive.

FUN WITH FAMILY

Every chapter ends with a '**Fun with Family**' activity that requires the children to work with their parents, family members, or guardians. Active involvement of parents, family members or guardians in their children's value education curriculum is an effective way to make learning create a positive impression in the young minds. It also ensures and reiterates a proper understanding of human values in children

TEACHER ASSESSMENT AND PARENT ASSESSMENT FORMS

The book also has a teacher-assessment and parent-assessment form, which has been designed to help children in their learning process from the book.

TEACHERS' HANDBOOK

Teachers are provided a Teachers' Handbook that has detailed instructions and ideas a teacher can lean on to make the class interactive and effective. It also has the assessment grid that will help teachers assess the understanding and application of human values by students

Dear parents and family members

This book is designed to help your child live the ten core human values each day - **Truth, Righteous Conduct, Peace, Love, Non-violence, Patriotism, Spirit of Oneness, Spirit of Service, Environmental Responsibility, and Awareness of body, mind, and heart.**

At the **International Institute for Human Values Education** and the **Sri Sathya Sai University for Human Excellence**, we call this holistic approach 'educare', nurturing the child's full potential through values-based learning.

Carefully curated across grade levels, this series integrates values into everyday life to help build a better society. Its success rests on a strong partnership between teachers, students, and you - the family. Each lesson includes activities designed to involve all three, ensuring that moral education flows seamlessly from school to home.

A unique and joyful feature of this book is the '**Fun with Family**' activity at the end of each chapter. These moments invite you to participate directly in your child's learning—offering a window into what they're being taught and a chance to bond through shared reflection and play. Children learn most from what we do—not just what we say—and your involvement makes all the difference.

We warmly encourage you to take an active role in this journey.

Happy parenting, and happy learning together!

Our Gratitude

Writing a book on values for children was a pleasant albeit arduous task. It also requires keeping at the core how children think, feel, and act.

We would like to thank,

Ms Sudha Kudva, a practising child counsellor and certified Play Therapist and accredited Clinical Supervisor for Play and Creative Art Therapies (Play Therapy International) from Malaysia, for giving us the much-needed peek into a child's mind and universe. While writing this book, we have leaned heavily on her expertise in working with children.

We would also like to acknowledge the help of the values education trainers and youth volunteers of Singapore involved in this project, the authors and reviewers who took part in this noble task, which will help many generations of students, teachers and parents/family members/guardians.

Bookworks.in, the illustrations team for illustrations.

Gurukulam Online Programmes a division of Sri Sathya Sai Information Technology Centre, Prashanthi Balamandira Trust who edited and assisted with apt illustrations and proofreading of this book.

Advertflair Studio Pvt Ltd, our designer, for providing a visually appealing layout

Many of the illustrations have been created using AI platforms such as Gemini, ChatGPT, Freepik, Canva, GenArt Ai, Gencraft and Midjourney and curated using Adobe tools, Powerpoint and Paintbrush. Special acknowledgement for the illustrations from Wikipedia Creative Commons.

Lastly, our deep love and gratitude to Sadguru Sri Madhusudan Sai, the Founder-Chancellor of the Sri Sathya Sai University for Human Excellence and the International Institute for Human Values Education, for his grand vision of creating this series of books, and his direction, provided at every step.

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1

TIM AND THE MAGIC TREE

Use the five magic words to make everyone happy

Warm Up

Do you like magic?

Have you seen anyone doing tricks?

Do you feel happy when you see a magician on stage?



Circle from the below options



Meet Houdini, the magician! He is doing a magic trick. What do you think he will take out of the hat?

Let us now read a story about a magic tree.



Once, there was a boy named Tim. He lived near a forest.

One day, Tim was walking through the forest when he saw a tall tree with a sign on it that said, “I am a magic tree. Say the magic

words and you will see what happens!”

Tim was excited. He said “*abracadabra*”, “*open sesame*” and many more words. But nothing happened.

What other magic words do you think he could have said? Write them here.



.....

After some time, Tim got angry and punched the tree. He quickly realised what he had done and felt sorry for the tree. He said, “I am **sorry** I hurt you, Magic Tree. I won’t do it again. **Please** tell me about your magic.”

Suddenly, a big door opened from the trunk of the tree. Tim looked inside and saw toys, cakes, chocolates and other wonderful things. He tried to pick them up. But they were stuck



and he could not move them from their place.

Then a voice from the tree said, “You forgot to say another magic word, dear boy.”

Tim said, “Oh! I know!
Thank you, Magic Tree!”

“You are **welcome**, Tim,” said the tree.

Tim could now pick up the goodies. He ate some cakes and chocolates and enjoyed them.

Suddenly he burped. “Oops, **excuse me!**” he said.



To this, the tree said, “Good boy, you have learnt to use the five magic words. You can take these gifts home.”

Tim happily took his gifts home.



WORD WALL

Punched: Hit with the fist

Goodies: Gifts

Think and Answer

1) Read the sentences and write 'yes' or 'no' next to each sentence.

- a) Tim said "*abracadabra*" and the magic tree showed its magic.
- b) A door opened from the trunk of the magic tree when Tim used the polite words "sorry" and "please".
- c) Tim could pick up the cakes and chocolates after he used the magic word "good bye".
- d) The magic tree said the magic word "welcome".
- e) The five magic words are "thank you," "sorry," "please," "welcome" and "excuse me."

Do you know why these words are called magic words?

Ask your parents/family members/guardians and come with your answer to the next class.

2) Fill in the blanks to complete the magic words.

a) PL__SE

d) W _ L _ _ ME

b) S _ _ RY

e) EX _ _ SE M _

c) T _ _ _ _ YOU

Why are they called the magic words?

They are called magic words because they make everyone happy, just like magic makes everyone feel happy.

Activity A: When do we use the magic words?

When do we use the magic words? The table below will tell us. Discuss with your teacher and match the magic words with their use.

MAGIC WORD	WHEN TO USE IT
Sorry	When someone gives you something or says something nice about you
Excuse me	When you ask someone to give you something or help you
Thank you	When you make a mistake or hurt someone
Welcome	You sneeze, cough, burp or pass gas or when you want to move past people
Please	Someone says thank you



We have learnt when to use the magic words.
Now let us practise using them.

Activity B: Using "Please," "Thank You" and "Welcome"

Do this activity with your partner. Ask for your partner's pencil. Your partner will give it to you. Use the following dialogues as you do the activity.

- 1) You say, "Can you please give me your pencil?"
- 2) Thank your partner when they give you the pencil. Say, "Thank you."
- 3) Your partner uses the magic word "welcome". They say, "You are welcome."

Then your partner will ask you for a pencil in the same way and you must reply to them. Use the correct magic words.



Activity C: Using "Sorry" and "Excuse Me"

Your teacher will do the actions given in the table below. Help your teacher by telling them which magic word to use: "sorry" or "excuse me".

Colour the right magic word for each action.

Burping loudly	I am sorry	Excuse me
Stamping on someone's feet	I am sorry	Excuse me
Moving into a row of seated students	I am sorry	Excuse me
Dropping someone's books on the floor	I am sorry	Excuse me
Making a sudden loud noise (hiccup or snort)	I am sorry	Excuse me
Making a mistake while writing on the board	I am sorry	Excuse me



Activity D: Song Time



Let us learn a nice song about the magic words.
Repeat the lines of the song after your teacher.

The Magic Words

*Thank you, excuse me, please, welcome, I'm sorry,
These are the magic words you can say.*

*Thank you, excuse me, please, welcome, I'm sorry,
Will make all things okay.*

Let's Remember

*Let's remember the five magic words: please, thank you,
welcome, sorry, excuse me.*



Record a video of you using any two of the five magic words at home, while talking to your parents/family members/guardians. Make sure that the words are used in the right situation.

Send the video to your teacher.

(or)

In the next class, tell your teacher about two situations in which you used magic words at home with your parents/family members/guardians.

2

MEET MY FAMILY

Family is our strength and support

Warm Up
We all have a family, right?
Say yes loudly, if you do.

Write the names of your family members below.

.....



Now let’s get to know Daphne and her family. Are you ready to meet them one by one?

Meet Daphne. She is six years old. She studies in Grade One. She stays with her father, mother, older brother and pet dog. She often visits her grandparents who live nearby.

She loves to draw, play with her friends and spend time with her family.

Daphne wants to introduce her family to you.



1) This is my mother, Sally. She has two jobs. She is a school teacher and she also takes care of our home. Every morning, she gets up early, makes my breakfast, packs my lunch and gets me ready for school. Then we go to school together. Mum is always busy. So, my brother and I help her by doing small jobs like folding the clothes and keeping our cleaning our rooms.

2) This is my father, Sam. He works in a bank. Like Mum, my father too works hard every day to look after us. He also does the housework and the shopping. He helps my brother and me with our homework. I love my father very much. My brother and I take care of him by playing with him and making him laugh. We also help him wash his bike.



3) This is my brother, Matt. He studies in Primary 4. He loves to play football and sing songs. He always teases me but he also loves me. He comes to my class every day to see if I am fine. He also looks after me when no one is at home. I help my brother with his school projects.

4) This is my grandmother. Her name is Nancy, but we all call her Ah Ma. She always tells us funny jokes and makes everyone laugh. She cooks for us and helps Mum when needed. Ah Ma makes yummy snacks for us. She also takes care of us when we are sick.”





5) This is my grandfather. His name is David, but we all call him Ah Gong. He used to be a farmer in his village. Now he is old and likes to stay home and play with us. He tells my brother and me stories of heroes and kind people. We help take care of him by giving him his medicine and reading the newspaper to him.

6) This is our pet dog, Coco. He is very loving and loyal. He plays with my brother and me. He barks at strangers and guards our house.

This is my **immediate family**. I also have many uncles, aunts and cousins who are part of my **extended family**.

I love my family very much. It is the best family in the whole world!



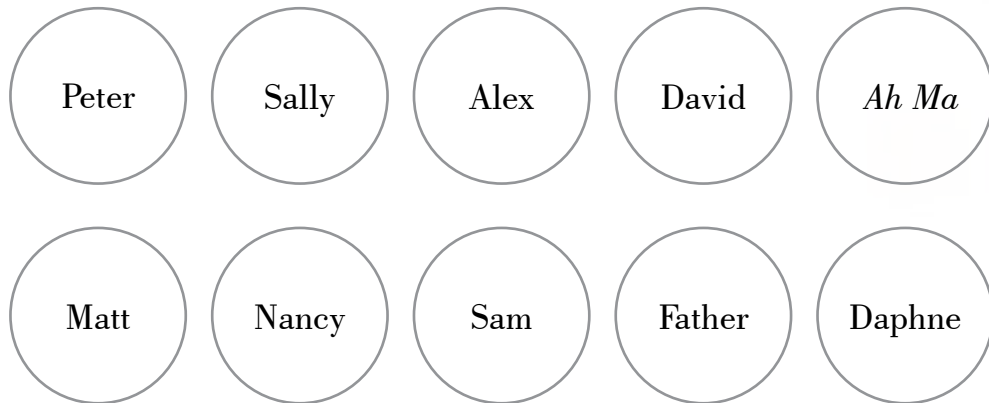
WORD WALL

Loyal: Supporting always

Guard: Look after; watch over

Think and Answer

1) Colour the names of Daphne's family members.



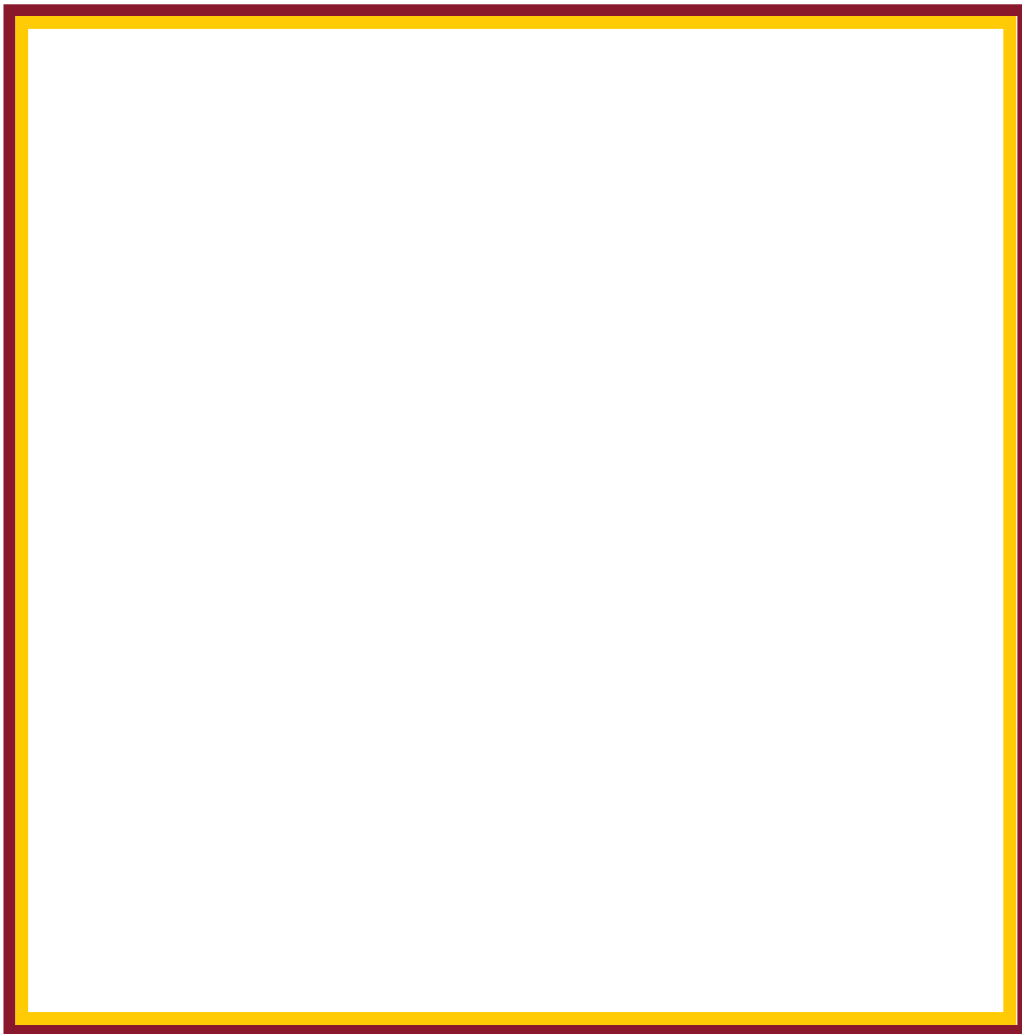
2) Who does the following jobs in Daphne's family? Write the correct name next to each job.

- Goes to office and helps with homework:
- Cooks food:
- Teaches at school and takes care of the home:
- Tells stories of heroes and good people:
- Reads the newspaper for *pop*:

Activity A: **Meet My Family**

Did you enjoy meeting Daphne's family? Let's now meet your family! Draw a picture of your family in the space given below. Write the names of the members of your family too. Don't forget to draw yourself in the picture!

My Family Portrait



What a lovely family you have!

Introduce your family to your partner and share the role of each member of your family.

Activity B: Fun Activities With Family

Here is Daphne once again! She wants to tell us some of the fun things she does with her family.

We all sit together for dinner. We tell each other about our day.

When all of us are free, we sometimes sit and sing songs.

My grandparents tell us stories about brave queens, kings and soldiers.

We go to the annual circus *show* together.



Now think one fun thing that your whole family does together or can do together. Share this with your partner.

Activity C: Something Special for Family

Would you like to do something special for your family? Do you want to surprise your family! Make small beautiful cards for each of your family members and write a lovely message in each card.



Let's Remember

We are all really lucky to have wonderful families. They are our strength and our support. They are there for us all the time.

Let us spend as much time as we can with our family. Let us always love our family and take care of them.

Fun with Family



All for One, One for All

1) Every member of your family is important. Would you like to know how? Do this activity with the help of your parents/family members/guardians.

- ❁ Assign a circle for each of your family member in the Family Web given below and stick their pictures in the circles.
- ❁ Discuss with your parents/family members/guardians the ways in which each family member helps the others.



2) Discuss with your parents/family members/guardians and decide on one new special, fun activity that all family members could do together regularly. Here are some examples: playing a game, telling stories, sharing experiences, going somewhere together or cooking a meal together. Try doing this activity regularly.

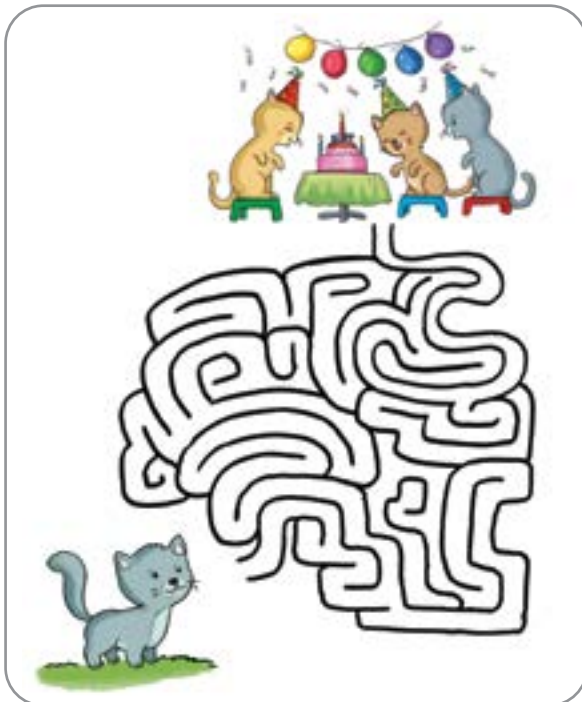
3

SURYA'S SUNDAY SURPRISE

Helping others makes everyone happy

Warm Up

Help Billie the kitten find his way to his surprise birthday party.



Do you like surprises?

Think about a time when your parents/family members/guardians gave you a wonderful surprise.

Now would you like to know what Surya's surprise was?

Let us read the story to find out.

It is Sunday and Surya is bored. He wants to do something, but his family is too busy to play with him.

Surya's sister, Chandi, is cleaning her bicycle. Surya decides to help her.

They work together. It is fun and they finish it fast.



Then Surya goes to his dad. “Can I help you, *dad*?” he asks.

His *dad* was happy to see Surya offer to help. “Come, let us go shopping,” he said.

Surya helps his dad buy vegetables and carry the shopping bags.

“Thank you, Surya,” says *his dad*.



Surya is very happy.

Back at home, he sees his mother in the kitchen. “Can I help you, *mum*?” he asks.

“Please fill the water bottles, Surya,” says *mum*.



Surya does as he is told. He enjoys his work. Now he is not bored.

His mum hugs him and says, “Thank you, my dear!”

Surya smiles. “Helping others is so much fun,” he thinks.

Chandi calls Surya for a game of snakes and ladders. Surya sees his *dad, mum*

and Chandi sitting near the snakes and ladders board game.



“But I thought you are all busy!” he says, surprised.

“You helped us. So, we finished our work fast,” explains his *mum*, with a smile.

Surya happily sits down to play.

“This is the best Sunday ever!” says Surya.

Think and Answer

Fill in the blanks with suitable words. Choose from the options given in brackets.

- a) Surya is bored because his family is too (free/busy) to play with him.
- b) Surya helps his (sister/brother) clean the bicycle.
- c) Surya asks his parents, “..... (Can I play?/ Can I help?)”
- d) Surya (likes/does not like) helping his family and does not get bored.
- e) Surya’s family gets time to play with him because he (helps/hurts) them.
- f) When you help others, they feel (happy/ unhappy) and you too feel (happy/unhappy).

Activity A: Role Play

Act what your teacher asks you to do.

- a) Surya helping his sister
- b) Surya helping his father
- c) Surya helping his mother
- d) Surya playing with his family



Activity B: Where are my helping hands?

Do you help your parents/family members/guardians at home?

Raise your hand and say "yes" if you have done this:

- ❁ Given your parents/family members/guardians water to drink when they were thirsty
- ❁ Put your uniform for wash in the basket, without being told
- ❁ Asked your parents/family members/guardians how you can help them at home
- ❁ Put your toys in the basket after playtime
- ❁ Cleaned your room by yourself without being told
- ❁ Put your plates and school lunchbox for wash on your own
- ❁ Helped someone in your family when they were sick
- ❁ Spent time with your grandparents

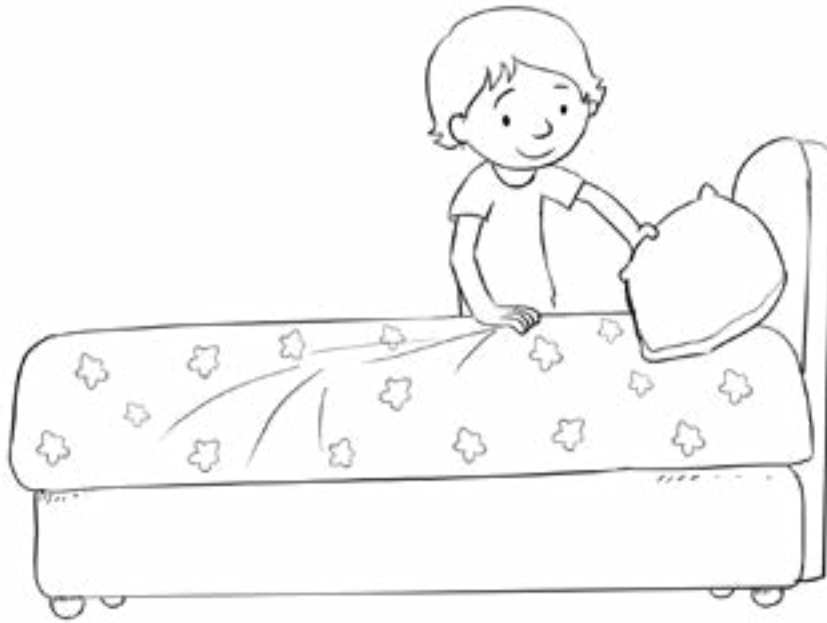
What are the other ways in which you help at home?
List them.

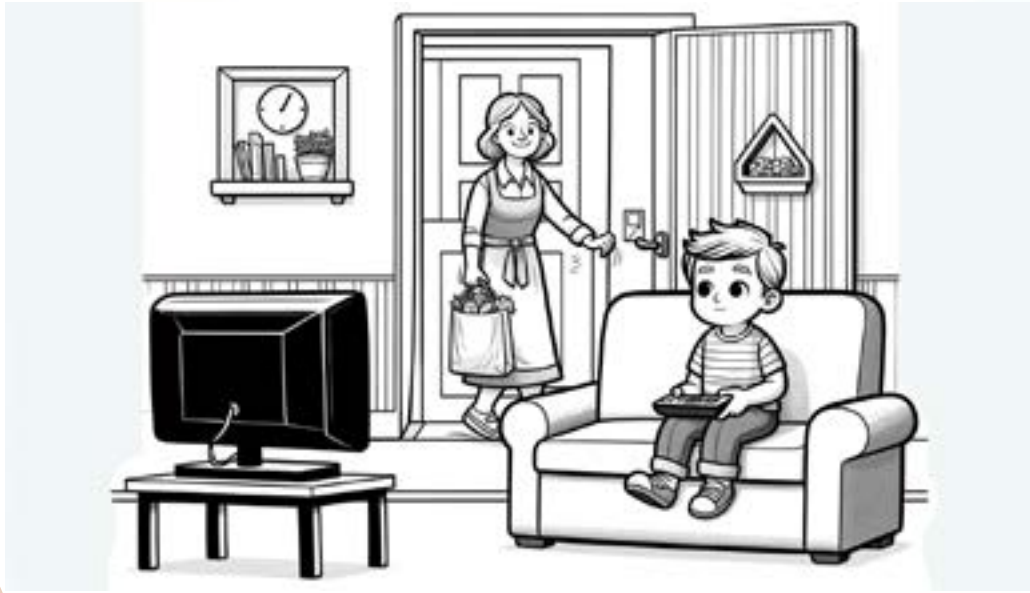
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Activity C: Who is helpful?

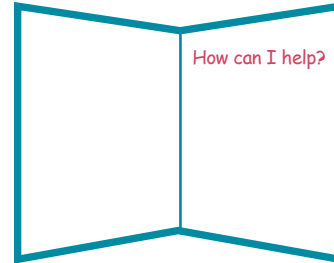
Colour the pictures that show a helpful child.





Activity D: How can I help?

Make a small card for your parents/family members/guardians. Write "How can I help?" inside the card.



Let's Remember

When we help others, we are happy and we make others happy too.



Give the "How can I help?" card to your parents/family members/guardians at home this evening, as a surprise. Then help them at home. Tell your teacher how you helped your parents/family members/guardians and how they felt, in the next class. You can use this card whenever you want to help them.

4

I AM SPECIAL AND SO ARE YOU

Love yourself

Warm Up

Are you special? Write yes or no

Why do you think so?

Would you like to know why everyone is special?

Let us see!

Would you like to write a story about yourself
today? Sounds fun, doesn't it?



Activity A: All About Me

Once upon a time, in the beautiful city of,
there lived a (age)-year old (boy/girl) named
.....
.....(name) is a very special child and has many
superpowers.

My Super Powers

I am very.....

Tick the boxes

Strong

Loving

Friendly

Helpful

Good

Happy

Brave



If you have any other super power, write that too.

I can speak in.....
(List out the languages you can speak with the help of
your teacher.)

Activity B: I Am Special!

I am special because

.....










Activity C: This Is Me!

Paste /draw your picture in the box below



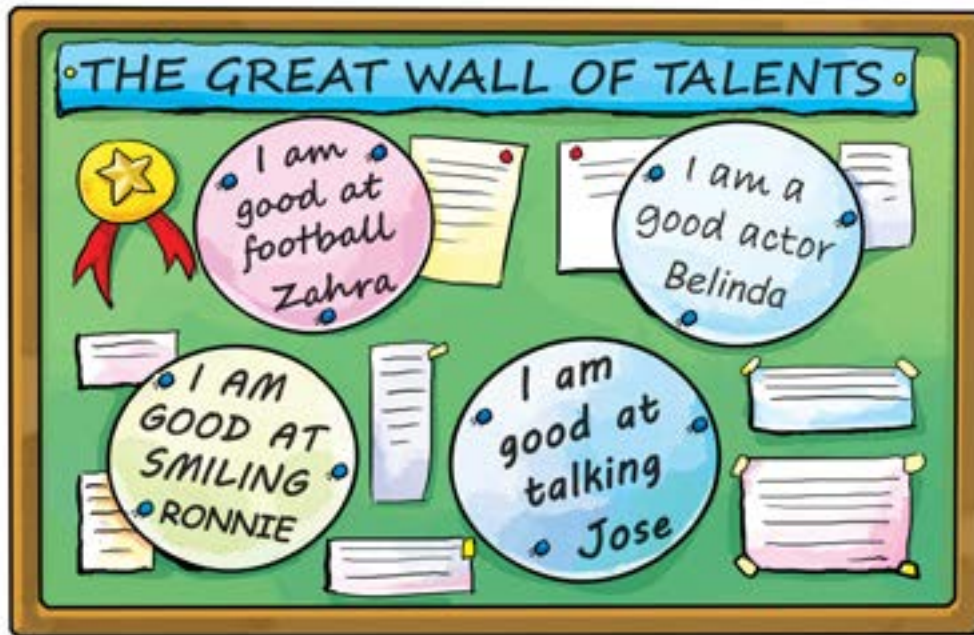
Activity D: My Favourite Things

	My favourite book is
	My favourite food is
	My favourite song is
	My favourite TV show is
	My favourite sport is
	My favourite hobby is
	My favourite colour is



Activity E: My Special Talents

We all have our very own special talents. What are yours?



I am Zahra. I am good at football.

I am Lakshmi. I am a good actor.

Would you like to list all the things you are good at?

For example, your talent can be playing a particular game, making people smile, running, singing, studying, drawing, or any such thing.

On the paper your teacher gives you, write down your name and talent. You can also colour the paper if you like. Once you are done, you can stick the paper on the class bulletin board.

Let's Remember

I am special, you are special. Everyone is special.



Here is a fun activity to remember how special you are.

Every night, before you sleep, look at yourself in the mirror and say loudly, "I love myself and I am proud of myself."

Ask your family members too to do this with you. Tell them to look at themselves in the mirror while saying the sentence.

Do this with your family every day.

5

THE TWO BROTHERS

Good manners are good for us

Warm Up

Do you have brothers or sisters or cousins?

Circle the boy's picture if you have a brother/cousin.

Circle the girl's picture if you have a sister/cousin.

Circle both pictures if you have both brother/sisters/cousins. Also write the number of brother/sisters/cousins you have in the box below the picture(s).



Do you look like your brother/sisters/cousins? Do you both behave in the same way?



Let us now read the story of two brothers.

Once there were two brothers called Courtesy and Disrespect. They joined a new school and after a few days one of the children's invited the brothers to a birthday party. The two brothers were very happy. They wore their best clothes and went to the party.

The other children in the party were surprised to see how different the two brothers were. Courtesy smiled and spoke politely to everyone. He used the magic words. But Disrespect spoke rudely and did not use any magic words. He also spat wherever he walked.



When they were eating cake, Courtesy ate quietly with his mouth closed. But Disrespect talked while eating. Food from his mouth fell on the the other children sitting next to him. They looked angrily at him.

After some time, the party got over. Just before leaving, Courtesy sneezed. He covered his mouth with his

hand.

Disrespect felt like sneezing too. But when he sneezed, he did not cover with his hand. “Aaaachoo!” he sneezed on the person who was wishing him goodnight. All the children were disgusted and did not like Disrespect at all.



From then on, the children at the school invited only Courtesy to all their birthday parties. They never invited Disrespect again.

WORD WALL

Rudely: Behaving in a way that hurts others

Disgusted: Felt a strong dislike

Think and Answer

1) Given below are the things Courtesy and Disrespect did at the wedding party.

Colour the things that Courtesy did in yellow. (■)

Colour the things that Disrespect did in blue. (■)

Spoke rudely

Spoke politely

Used the
magic words

Did not use the
magic words

Closed the
mouth while
eating

Talked while
eating

Sneezed into
his hanky

Sneezed on
the person in
front of him

2) Here are pictures of the two brothers from the story. What are they doing? Which one do you think is Courtesy and which one is Disrespect? Write their names on their shirt and colour their pictures.



Would you like to be like Courtesy? Then let us practise good manners from today!

What are good manners?

Good manners are the correct ways of behaving with people everywhere and at all times.

Why should we practise good manners?

- ❁ We show respect to others
- ❁ We make others happy
- ❁ We make others feel comfortable
- ❁ We make friends
- ❁ Good manners make us good people

Let us now learn some good manners.

Discuss: Look at the chart below. Discuss with your teachers the good manners you see in the chart.



Activity A: Practising Good Manners

Let's play a game. Your teacher will choose a few students to enact the manners given below. The others in the class should identify them as good or bad manners or a mistake. If it is a bad manner or a mistake, show or say the right way of behaving.

- 1) You say, "Good morning, everyone!"
- 2) You sneeze without covering your mouth.
- 3) Someone tells something nice about you and you say, "I'm sorry."
- 4) You chew food with your mouth open.
- 5) You want to move past another person and you say, "Excuse me."
- 6) You raise your hands when you want to ask your teacher something.
- 7) You wash your hands before eating.
- 8) You put your elbow on your partner's side of the table.
- 9) You tell your friend, "Give me your book."
- 10) You spill something on the table and say, "You are welcome."



Would you like to be a good mannered child? Say "yes" if you do.

Let's Remember

Good manners makes us good people. They make others feel comfortable and happy. When we behave well, we show respect to others and make friends.



Show this chart to your parents/family members/guardians. Take their help to make a similar chart. Pin or stick it on the study table or cupboard in your room.

Ask your parents/family members/guardians to tick the boxes when you have practised good manners and put a cross when you have not. Ask your parents/family members/guardians to sign your Manners Chart at the end of the week.

Manners Chart

Good manners	Wished parents	Used any of the five magic words	Closed the mouth while sneezing or coughing	Washed hands before eating	Took turns while sharing a toy with someone
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

6

COLOURFUL AND BEAUTIFUL NATURE

Nature makes us happy

Warm Up

Let's colour the elephant and friends! What colours will you choose?



“Little Wonders of Singapore”

*In a garden full of morning dew,
A butterfly flits—red, green, and blue.
Hello, sunbird! So small and bright,
Sipping nectar in the golden light.
The rain comes down with a pitter-pat,
Frogs go ribbit! and splash just like that!
Snails peek out when it gets cool,
Sliding slowly by the school.
In East Coast Park or Bukit Timah,
Kids ride bikes—zoom! Haha!
Monkeys swing from tree to tree,
“Hey there, monkey! Wait for me!”
Mangroves whisper near Pasir Ris,
Crabs play hide-and-seek with ease.
Otters splash in Marina Bay,
Wiggly tails go every way!
So take a walk and look around,
There’s magic in each leaf and sound.
Singapore’s nature, wild and free,
Is a happy place for you and me!
Source: AI inspired.*



Now Read On

The poem talks about the animals in nature.

What is Nature?

Nature is all the things we see around us, which are already there and not made by humans. Sun, sky, air, mountains, rivers, rainbow, plants, animals, birds, insects, people – all these make up nature.

We too are a part of nature!

Activity A: What do you see?

Tell your teacher the parts of nature that you see every day around you.



Activity B: Colours in Nature

Let's play a fun game! Your teacher will say aloud a colour. You have to name one thing from nature that is of that colour.

For example, if the teacher says "green", you can say "leaf".

As you play the game, fill in the table below.

Colour	Thing
Green	
Yellow	
Pink	
White	
Orange	



Activity C: Where do you belong?

Where in the picture would you like to be? Draw yourself in the picture in that place.

So, now, you too are a part of nature!

Look at nature all around you. It is made of so many things, in so many colours. It is also made of so many beautiful places. Isn't nature beautiful?



Activity D: Colouring Fun



Colour this picture of nature.

Let's Remember

*Nature is bright, beautiful and colourful.
Nature makes us happy.*



Nature Collage

Cut out pictures of beautiful scenes from nature from old magazines and newspapers. Stick them in the space below. Take the help of your family members.

7

A SPECIAL MOTHER

She gives us everything we need to live



Warm Up

What does your mother do for you? Discuss this with your teacher.

Do you love your mother very much? Doesn't your mother make life comfortable for you?

Will you take good care of her too?

Did you know we all have another mother? A very special mother. Would you like to find out who she is?

Let us read the story and find out.



Golu was a baby elephant. He lived in the forest with his family. Golu loved his mother the most. She fed, bathed and put Golu to sleep. She also taught him many things.

One day, Golu's mother showed him a 🍌 and said, "Golu, there is a baby 🌱 inside this 🍌. When this 🍌 falls on the ground, the baby 🌱 comes out and grows into a 🌳."

"Wow!" said Golu. "Where is the baby 🌱 mother? Who looks after it?"

"Golu, Mother Nature looks after the baby 🌱" said Golu's mother.

Golu was curious. "Who is Mother Nature? asked Golu. "I want to see her."

His mother said, "Golu, look around! Mother Nature is all around us. The 🌳, 🌿, 🪨, 🏞️ and 🌊 all together



make up Mother Nature. She gives air, 🍷, 🍎 and a place for everyone to stay. She gives everything we need to live. She is kind and loving. She takes care of the little 🐛. She takes care of you, me and our family. She takes care of everyone, like a mother. That is why we call her Mother Nature.”

Golu said,” That’s so nice of Mother Nature.” He raised his trunk to the sky and shouted, “Thank you, Mother Nature! I love you!”

WORD WALL

Curious: Excited to know more

Think and Answer

1) Complete the sentence with the right words. Choose from the options given in the brackets.

..... (Mother Elephant/Mother Nature) is the mother of all living beings.

2) Circle the correct answers.











What things make up nature?



3) How does Mother Nature look after all living beings?

.....
.....

4) Mother Nature cares for us. Mother Nature gives us many things to make our lives comfortable. What are these things? Match the items in the table below to find out.

S. No.	Part of Nature	Use
1	Tree 	Rain 
2	Honey Bee 	Stones to Build House 
3	Cow 	Honey 
4	Cloud 	Fruits 
5	Mountain 	Milk 

What else does Mother Nature give us to make our lives comfortable? Discuss with your teacher.

Mother Nature takes good care of us, doesn't she? Do you love Mother Nature?

Discuss

- 1) Can we live without Mother Nature?
- 2) Can Mother Nature live without us?
- 3) What can we do for Mother Nature to show her that we love her too?

Song Time

Let us thank Mother Nature for giving us so much. Sing the 'Thank You' song after your teacher.

The 'Thank You' Song

*Thank you for the world so sweet,
Thank you for the food we eat,
Thank you for the water we drink,
Thank you for the air we breathe,
Thank you for the birds that sing,
Thank you, Mother Nature, for everything!*

Let's Remember

Mother Nature gives us everything we need to live. She takes good care of us.



Thanking Mother Nature

Talk to your parents and decide on one thing your family can do to show your thanks to Mother Nature. Tell your teacher what your family decided.

8

RUPERT RABBIT'S TEETH

Good habits keep us healthy and happy

Warm Up

Circle the items below that are not products for oral hygiene



Brush



Paste



Band-aid



Mouthwash



Oil



Washing powder



Shampoo



Comb



Reading glasses



Nail cutter



Soap



Foot brush

Now let us read a story about a rabbit.



A long time ago, there was a wizard called Wendell the wise. He could do magic with a wave of his wand. Once Rupert the rabbit went to see him. Rupert had brown teeth because he was happy to do nothing and did not brush them every day



“Please give me sparkling white teeth,” he asked the wizard.

The wizard waved his magic wand and said, “Abracadabra”

What do you think happened?

Rupert had sparkling white teeth!



“Take care of your teeth this time, Rupert. Brush your teeth in the morning and at night,” the wise wizard told the rabbit.

Rupert was very happy. He showed off his white teeth to everyone. But he did not take care of them. He ate a lot of candies and chocolates and did not brush his teeth at all.



Many days passed. One morning, Rupert looked in the mirror. His teeth were brown and had holes.

He then picked up his brush to clean them but it was too late. Two of his front teeth fell into his hands.

Rupert started crying and went to the wizard for help.





“You should have looked after your teeth,” said the wizard.

“How I wish I had kept my teeth clean,” said Rupert sadly.

Now that you have learnt your lesson, I will give you one more chance” said the wizard and waved his magic wand to brighten Rupert’s teeth again.

WORD WALL

Wizard: A person who has magical powers and does tricks

Sparkling: Shining

Think and Answer

1) Fill in the blanks with the correct words. Choose from the options given in the brackets.

- Rupert had brown teeth because he did not (comb/brush) his teeth.
- The wizard asked Rupert to brush his teeth in the and at (morning/afternoon/night).
- Rupert ate lots of (candies/sweets), but he did not brush his teeth.
- Rupert’s teeth had a lot of (circles/holes).

2) Rupert and you learnt how important it is to take care of the teeth. What else did you learn from Rupert's story?

Home Activity

How often do you need to do the activities given in the table? Discuss with your parents/family members/guardians and complete the table. One has been done for you.

S.No.	Good Habit	Number of times in a day/week
1	Have a bath	At least once, every day
2	Brush your teeth	
3	Cut your nails	
4	Wash your hair	
5	Comb your hair	
6	Wear clean clothes	
7	Wash your hands	

Discuss

Discuss **Home Activity** in the class.

What are habits?

Habits are the actions we do regularly, automatically, without even thinking. Habits are a part of our behaviour. There are good habits and bad habits.

Habits that keep us healthy and happy are good habits. Habits that are harmful for us are bad habits.

Let's learn to practise ABC - Always Be Clean!

We all like to keep ourselves clean, don't we?

What happens when we keep ourselves clean? We stay healthy. We feel good.

What happens when we don't keep ourselves clean? We fall sick and don't feel good.

Read the list of good habits to keep oneself clean. Discuss with your teacher the good habits of cleanliness and why you need to follow them.



Unhealthy Habits



Keeping Ourselves Clean

What other good habits do you follow to keep yourselves and your surroundings clean?

We have already learnt some good habits we need to have to be clean and healthy. Now let us learn about some unhealthy habits we must avoid, to be healthy and safe.

Discuss

Let us see why some habits are unhealthy. Discuss these with your teacher.. Let us replace the unhealthy habits with good habits.

S.no	Unhealthy Habit	Why is it unhealthy
1.	Watching videos while eating food	Your mind is so busy watching something that it will not get signals from your stomach to stop eating even when the stomach is full. This leads to overeating.
2.	Playing games on the mobile phone for a long time	The radiation from the TV, phone or computer is harmful for the brain.
3.	Watching TV for more than one hour at a time	Eyes get strained.
4.	Sitting too close to the screen while watching TV, computer or mobile phone	Causes headache.
5.	Watching TV or using mobile phone before going to sleep at night	Mind is still active. You cannot sleep properly.
6.	Lying down and reading a book or studying/writing with the head close to the book	Your eyes are strained. It can lead to a headache.
7.	Watching TV while doing homework	You cannot concentrate on the homework. This disturbs learning.
8.	Talking while eating	You may choke on the food.

Do you know of any other unhealthy habits? Discuss them with your teacher.

Activity A: Guess the Habit



Let us play a guessing game. There are two teams in this game: Team Spick-and-Span and Team Clean-and-Green. Your friends are picking a team. Would you like to join them and have fun?

Rules of the game

- Rule #1:** Each team sends a student to pick a habit to be acted out.
- Rule #2:** The student must discuss the activity with the teacher.
- Rule #3:** They must not discuss with the other team members.
- Rule #4:** The student then acts out the habit. No talking; only actions must be used.
- Rule #5:** The other team members guess what action is being enacted.
- Rule #6:** The team members say whether the habit is good or unhealthy and why it is good or unhealthy.
- Rule #7:** The team also says how the unhealthy habit can be replaced by a good habit.

The game goes on till all the habits have been enacted.



Activity B: Let's Rhyme

Learn the 'Always Be Clean' song from your teacher. It will help you remember to stay clean always.

Always Be Clean

*Brush, brush, brush your teeth, brush them every day,
Left and right, side to side, brush them every day.*

*Wash, wash, wash your hands, wash them every day,
Wash them every time they get dirty, wash them every day.*

*Bathe, bathe, bathe, do it every day,
Once or twice a day, do it every day.*

*Cut, cut, cut your nails, cut them every week,
When they grow long and dirty, cut them every week.*

*Comb, comb, comb your hair, comb it every day,
Once, twice or thrice a day, comb it every day.*



Let's Remember



*Good habits keep us
happy and healthy.*



*unhealthy habits make us
sad and sick.*

Let us follow good habits and give up unhealthy habits.

Fun with Family



Given below are the good habits and unhealthy habits we learnt in this lesson. Sit with your parents/family members/guardians and check if you follow them.

Put a tick (☑) for the habits you follow and a cross (☒) for the habits you don't follow.

Then discuss these with your parents/family members/guardians:

- 1) How you can follow the good habits that you don't have now
- 2) How you can stop the unhealthy habits you have



































9

MINA AND HER LUNCH BOX

Sharing brings joy

Warm Up

Colour the smiley that shows how you would feel in the following situations.

- | | Happy | Sad |
|---|---|---|
| 1) Your sister/cousin plays with your favourite toy. |  |  |
| 2) You forget your lunch box at home and your friend gives you some of his lunch. |  |  |
| 3) You ask your classmate for an eraser and she gives it to you. |  |  |
| 4) Your brother/cousin asks for some of your chocolate. |  |  |
| 5) You don't have a seat in the bus and your friend makes some place for you in his seat? |  |  |

Does it feel nice when someone shares their things to you?

How do you feel when you have to shares your things to others?

Let us now read a story about a girl called Mina.



Mina is getting late for school. When the school bus comes, the children in the bus call out, “Come fast, Mina!”

She runs out of her house and gets into the bus.

The school bus takes Mina and the other children to school. While getting down, Mina forgets her lunch box on the bus.

In class room, the teacher gives the class some work.

Ben is Mina’s classmate. His pencil breaks and he asks Mina if he can use her pencil sharpener.

Mina says, “No.”

Ben says, “Please Mina, I will give it back to you.”

But Mina says, “No, I won’t give you my sharpener.”

Ben gets angry. “You never share anything with anyone! I don’t want to be your friend!” she says and turns away.

Jax, another classmate, asks Mina, “Why don’t you help Ben?”



Mina says, “I don’t like to share my things.”

Mina’s classmates feel sad when they hear this.

The bell rings for lunch break. Mina is hungry. She looks for her lunch box. She cannot find it! Then Mina remembers that she has forgotten it in the school bus.

She starts crying. All her classmates stare at her.



“Why are you crying, Mina?” asks Ben.

“I forgot my lunch box in the bus,” says Mina.

Ben says, “Don’t cry, I will share my *sandwich* with you.”

Frankie, another classmate, says, “I will give you some of my *fruits*, Mina.”

One by one, all the classmates share their food with Mina. Mina thanks everyone. She feels happy. Her classmates are happy too.

Mina understands the importance of sharing.

“I will share my things from now on,” says Mina. And she does.

WORD WALL

School bus: A form of transport for school children

Think and Answer

1) Fill in the blanks with words from the bubbles.

Never

No

Share

Forgets

- a) Mina her lunch box in the School bus.
- b) Mina says when Ben asks her for her sharpener.
- c) Ben says that Mina shares her things with anyone.
- d) Mina's classmates get angry with Mina because she says she does not like to her things.

2) Tick the correct answer.

- a) Who shares lunch with Mina first?

Ben

Jax

Frankie

- b) What do Mina's classmates do to help Mina?
 - i) They give her a sharpener.
 - ii) They give her food.
 - iii) They give her a pencil.

c) How does Mina and her classmates feel in the end?



d) What does Mina decide to do from then onwards?

- i) She says she will share her things with her friends.
- ii) She says she will not share her things with her friends.

3) Do you remember the story of *Mina and Her Lunch Box*?
Let's see!

Write the name of the person who does the following.

- a) Forgets the lunch box in the school bus:
.....
- b) Does not share the sharpener:
- c) Shares *sandwiches*:
- d) Shares their food:
- e) Understands the happiness of sharing in the end:
.....

Discuss

Discuss the following with your teacher and classmates.

- 1) Do you share your things with others?
- 2) Talk about a time when someone helped you by sharing something with you. How did you feel?

Activity A: Spot the Differences

Ben's friends have come home to play. Pictures A and B show two different ways in which they play with each other.

A



B



Spot the differences between pictures A and B. Discuss them with your teacher. Write any two differences below. (Hint: What is happening? Do the children look happy or sad?)

1) In Picture A,

.....

In Picture B,

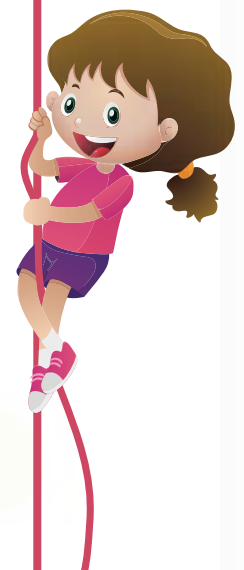
.....

2) In Picture A,

.....

In Picture B,

.....

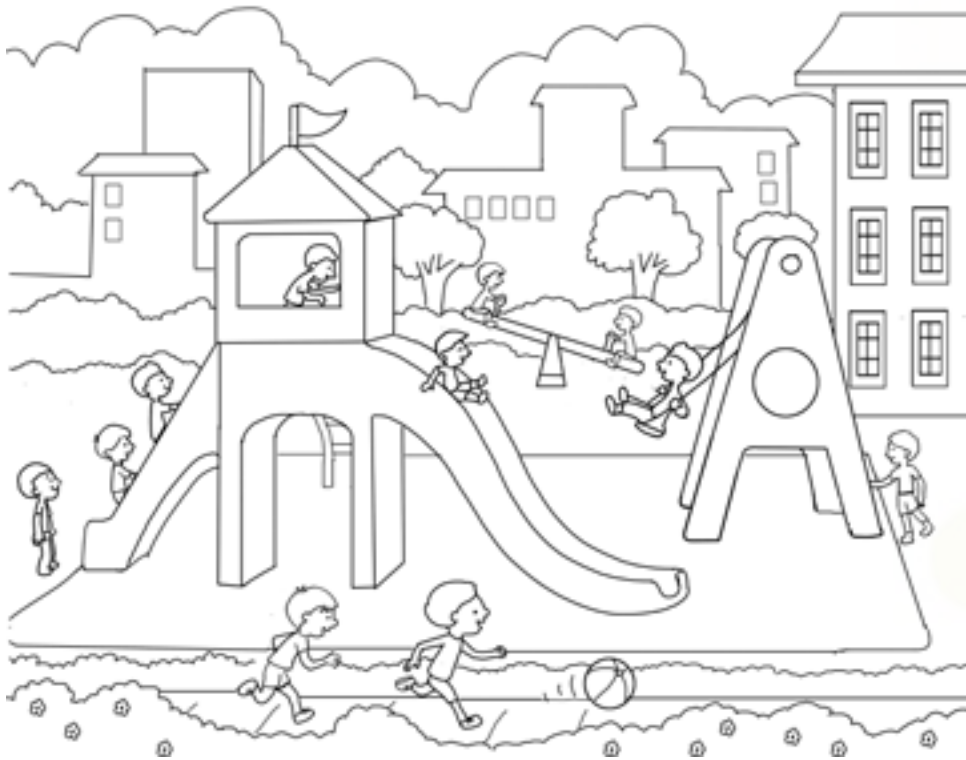


When we share our things with others, we actually share happiness.

Activity B: Colouring Fun

Make groups with the help of your teacher.

- 1) Each group will get only one set of colour pencils or crayons. Share them with the members of your group to colour the picture of the park.
- 2) Discuss in your group and identify the things that children need to share in a park. Point them out to your teacher.



Did you like the colouring activity you did with your friends? Did you like sharing the colour pencils/ crayons? Isn't it fun to share?

Let's Remember

Sharing is good.
Sharing makes us happy.



Sharing Happiness list

With the help of your parents/family members/guardians, make a 'Sharing Happiness' list. In this list, note down all the things that you can share with your parents/family members/guardians. You may stick this list on your study table, on the refrigerator, or any other place in your house.

Find out from your parents/family members/guardians the things that your family shares with other families in your neighbourhood. For example, it could be the park in your community. What are the others? Write any three.

- 1)
- 2)
- 3)

10

WE ARE ONE WORLD ONE FAMILY

Let's leave no one behind

Warm Up

Do you like some people more than others?

.....

Have you ever felt that you like everybody in the world?

.....

Leave No One Behind

A large herd of 100 big elephants were walking together across the countryside in Africa. On the eighth day, they stopped at a small lake to drink some water.

However, one of the elephants went too far into the water and got stuck! It couldn't get out of the lake. The herd could not leave the stuck-in-the-mud elephant behind!

An aeroplane flew over them and the pilot could see that the other 99 elephants were all waiting, because one elephant

was stuck in the mud. The pilot sent messages of help for the elephant. The helicopter came, but the elephant was too heavy to lift, and the helicopter went away.

Then they tried a big crane but the elephant was still too heavy, the crane went away.

A truck arrived, but the elephant was again too heavy to pull out, and the truck went away.

The pilot and everyone were giving up hope.

They were surprised and then saw the other 99 elephants formed a long line, each one using their long trunk to hold onto a back leg of the elephant in front of them.



The captain of the elephant let out a big trumpet sound, and all the elephants began to pull. Each time the captain of the elephants called out, “All for one! Leave no one behind!”, the 99 elephants all pulled. Imagine how strong the 99 elephants were, all pulling together.

Slowly, slowly, bit by bit, the elephant who had been stuck

in the mud was being pulled to the shore. The elephant was rescued by its herd!

Now, to finish the story, the pilot was now able to fly home to his family. That night, when his children were in bed, ready for sleep, he told them the amazing story. He said to them, “The elephants have showed us how to live. We must always help those in need.” His young son said, “Yes. I will do that. If I see that another child has no one to play with, I’ll go and help him to join in a game with others.” His little daughter said, “Yes. And if I see that someone doesn’t have much lunch to eat, I’ll go and share my apple and sandwich with them.” Their father said, “Good children, very good. And now it’s time for sleep.” That night the children had beautiful dreams about elephants and people all helping each other.



Think Tank

1. How many elephants were there?

.....
.....

2. Why didn't they leave the stuck-in-the mud elephant behind?

.....
.....

3. What were the three machines that tried to help?

.....
.....

4. What was the trumpet call of the captain of the elephants?

What was he calling out?

.....
.....

5. What ideas do you have for making sure that no one is left behind?

.....
.....

Activity A: We Are All One Family

Tick 'yes' or 'no' for each of these sentences.

YES/NO

a) Brown cows, white cows, fat cows, skinny cows
all give us white milk

b) The water in all rivers, everywhere eventually
flow into the one ocean

c) Every child in my school is breathing the same air

d) Everyone in the world has a heart, a brain,
thoughts and feelings



- e) All of the children in the world want to feel happy and loved
- f) It's hard to feel happy when we say something bad about another child
- g) We all feel happier when nobody feels left out
- h) There would be no wars if everyone remembered that we are all like one big family

Did you tick 'yes' for every sentence? If you ticked 'no' for any sentence, can you tell us why? Is there any sentence that you'd like to know more about?



Let's Remember

We all share the same feelings

Nobody likes being left out

Fun with Family



❁ Ask your parents/family members/guardians what their favourite toys were when they were your age.

❁ Ask them to circle the smiley that shows their feeling when.....

a) someone says nice things about them.



b) someone scolds them.



c) their child does something wrong.



Do both your parents feel the same way as you? Write your answer here.

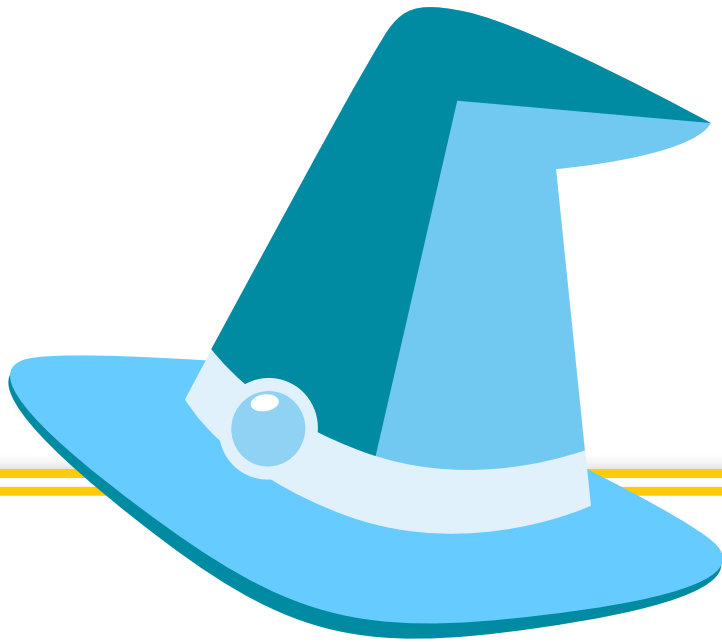
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Explain to them what you learnt in class about everyone having the same feelings, if you are a boy or a girl. Everyone wants to be included.

11

OUR BEST FRIEND

Be aware of breath



Warm Up

Act like you are putting on your thinking hat. Now think about who your best friend is.

Is this person with you always?

Would you like to know about another best friend whom we all share?

Say "yes" loudly, if you do!

Let us do a fun activity and find out about this friend.

My best friend is always around me!

Hold your nose using your thumb and index finger and gently close your nostrils. Try to breathe without opening your mouth.



What happens?



Is it possible to breathe with your nose and mouth closed?

It's difficult, isn't it?

We cannot do anything properly without breathing.

Now, can you guess the name of our friend? It is Breath.

What is breath?

It is the air we take in and give out when we eat, sleep, cry, play or sit.

What is breathing?

Taking in air and bringing it out through the nose is called breathing.

Why is breath our best friend?

It is our best friend because it is with us always, in all places.

Do we breathe the same way always?

No!

Activity A: Buddy Breathing

Do we all breathe the same way? How is your friend sitting next to you breathing?



Breathe hot, Breathe cold

Turn towards your friend next to you. Sit facing each other. Place your index finger horizontally under your friend's nose. Your friend will take a long breath and exhale, feel the cool air. Feel the air go warm when your buddy breathes fast.



Activity B: Breathing can be fun!

Breathing for different activities: Breathe to blow air into a balloon. Softly blow some petals away. Feel the stomach go up and down as you breathe in and out. Sniff like a bunny (rabbit) for carrots in tree holes.



Balloon Breathing



Flower breathing



Tummy Breathing



Bunny Breathing



Now, that is a lot of breathing!

Activity C:

How does your breath feel?

Let us see how your breath feels when you do the following:



- ❁ When you sit
- ❁ When you laugh
- ❁ When you jump
- ❁ When you are surprised

How was your breath?

Shall we talk about how you felt when you jumped, laughed, sat on your chairs and were surprised?

- Q) Did you feel your breath?
- Q) Did you hear the sound of your breath?
- Q) Was it with you always?

My breath was **fast** when I was jumping.

My breath was **short** when I was laughing.


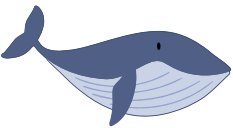
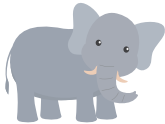
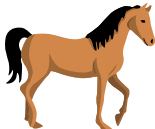



My breath was **slow** when I was sitting.

My breath **stopped** when I was surprised.

Just breathe! And don't forget to smile!

Fun Fact

Do you know that a giant tortoise breathes only 4 times in a minute compared to all of us who breathe 12 times in one minute?

	ANIMAL	BREATHS/MIN	LIFE SPAN
	Giant Tortoise	4	150
	Whale	6	111
	Elephant	4-5	70
	Horse	8-15	50
	Chimpanzee	14	40
	Monkeys	32	18-23
	Dogs	20-30	10-20

Let's Remember

Breath is with us all the time, everywhere.



Tummy Toy



Ask your parents/family members/guardians to sleep on the bed. Put a small toy on their tummy and ask them to breathe long. Watch how the toy goes up and down as they breathe. Now, ask them to take short breaths. See how their tummy goes up and down in a different manner.

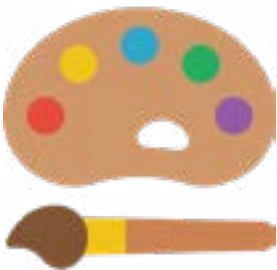
12

THE THIEF'S LAST WISH

It is wrong to take someone's things
without their permission

Warm Up

Circle the thing or things that you would like to have



What do you do to get the things you like? Discuss with your teacher.



Now let us read a story of a thief.

Once upon a time, there lived a clever thief. For five years, he stole gold and jewellery from many houses, but he never got caught. One day, the thief stole two sacks of gold from the king's treasury.

The angry king told his minister, "Find the thief! I will teach him a lesson"

The minister searched the whole kingdom and finally caught the thief. The people danced with joy on hearing this.

The minister brought the clever thief to the city square in handcuffs. All the people came there to see the thief.

Before taking him to jail, the minister asked the thief if he had any wish. The thief said, "Yes, I wish to speak to all the children of this kingdom."





Everyone was surprised. The children of the kingdom came and stood in front of the thief.

The thief said, “Dear children, I started stealing when I was very young. At first, I stole small things like food and toys. No one told me it was wrong. As I grew older, I started stealing money and still no one corrected me. Over time, stealing became a habit and then it became my work.”

The people and the children listened quietly.

The thief continued, “My little friends, do not take anything that belongs to another person without asking them. This small act of stealing can lead to bigger wrongs, and you may end up like me.”

Upon hearing the words of the thief, the minister and the king decided to give the thief a second chance, for being a good role model for the children and correcting his mistakes.

WORD WALL

Treasury: A place where the king’s wealth is stored

City square: An open public space in the city

Think and Answer

1) Write 'yes' or 'no' in the blanks.

- a) The thief stole from the king's treasury.....
- b) The king sent his minister to invite the thief for a feast.....
- c) The thief caught the minister and brought him to the city square.....
- d) The thief's message to the children was: do not steal as it will become a habit.....
- e) If stealing becomes our habit, we will get happiness.....
- f) Taking someone's things with their permission is stealing.....

2) Answer the following questions.

- a) What was the thief's message for the children of the kingdom?
- b) Have you ever taken or used another person's things without asking for their permission?

Activity A: Talking Pictures

Look at the picture story below. Discuss what happens in the story with your partner.





Activity B: May I please?

Roger likes Harry's new pencil. He wants to use it.

- a) What should Roger do?
- b) Complete Roger's question in the bubble. Also write Harry's answer.

May I please.....



Activity C: What would you do?

What would you do in each of these situations?
Tick the option you would choose.

- 1) Your friend has a crayon set you really like and you want to use it. What would you do?
 - a) I will take it without my friend's permission and keep it with me.
 - b) I will ask for my friend's permission and use it.
 - c) I will take it, use it, and keep it back, without my friend's permission.



- 2) You see a ball in the park that no one is playing with. What would you do?
 - a) I will play with it in the park.
 - b) I will take it with me.
 - c) I will not pick it up at all.
- 3) Your mother has lost a ten dollar note at home. You find it later. What would you do?
 - a) I will leave it where I found it.
 - b) I will give it to my mother.
 - c) I will keep it with me for later use.
- 4) You want to ask for your friend's permission to use his markers pens. How would you ask him?
 - a) "Give me your markers."
 - b) "I want your markers."
 - c) "May I please use your markers?"
- 5) Your friend says he cannot give you his markers. What reply would you give?
 - a) "But I want the markers."
 - b) "That is fine, thank you."
 - c) "Give them to me!"



Activity D: Lost-and-Found Box

Your teacher will keep a Lost-and-Found box in your classroom. If you find something that is not yours and you think someone may have lost it, put it in the Lost-and-Found box. Your teacher will return the things to their owner. This way, you can help return missing things that belong to your classmates.



Let's Remember

Let us always remember never to take or use someone's things without asking for their permission.



Wish Box

Create a 'Wish Box' with the help of your parents. Find an old box such as a shoe box or medicine box. Make a small slit (cut) on top of the box for putting in chits, like shown in the picture. Every time you wish to have something, write your wish on a paper and put it in the Wish Box. Your parents/family members/guardians will check the box during special occasions and pick one of your wishes to buy for you.



13

GEMMA AND THE BEAR FAMILY

Take care of things that belong to others

Warm Up

Colour the actions you have done.

Jumped on
a bed in a
friend's house

Broken a toy
belonging to a
friend

Drawn
on the wall
in someone's
house or in
school

Plucked
leaves from
plants

Thrown
pencil
shavings on the
class room
floor

Is it right to do the actions given above? Why do you think so?



Let us read about Gemma and the Bear family.

One day, little Gemma went for a walk in the forest. She saw a small house near a river.

“This is such a cute house. Who lives here?” she thought.

Gemma knocked on the door. No one opened it. Then she peeped in through the window. She saw three chairs and a table with three plates of *pancakes*. “I love *pancakes*” said Gemma.

Gemma opened the door and went inside. She stood on the smallest chair and ate some *pancakes*. The chair's leg broke and Gemma fell down. But she was not hurt.

Then Gemma looked around the house. There was a room with three neatly made beds. “Whoo hoo!” said Gemma and jumped



on two beds. It was fun! Soon she became tired and slept on the third bed.

After some time, the owners of the house came back. They were Father Bear, Mother Bear and Baby Bear. They opened the main door and saw the table.



“Who broke my chair and ate my *pancakes*?” said Baby Bear and started crying.

“Let us check the house,” said Father Bear.

They went to their bedroom and were shocked to see the untidy beds.

“There’s someone in my bed!” shouted Baby Bear.

Gemma woke up to the loud sound and saw the three bears. She was so scared, she jumped out of the window and ran away. “I’m never going to take someone else’s things” she said to herself as she ran home.



WORD WALL

Peeped: Looked quickly and secretly

Shocked: Surprised and upset

Think and Answer

1) Tick the things that Gemma did in the bears' house.

- a) Broke a chair
- b) Cleaned the table
- c) Ate *pancakes*
- d) Jumped on the beds
- e) Made the beds
- f) Slept on a bed
- g) Entered the house without permission
- h) Waited for the bears to come home before entering the house
- i) Stood on a chair

2) Write 'yes' or 'no'.

- a) Was Gemma's behaviour correct?.....
- b) Were the bears happy to see Gemma and what she had done?.....

3) What did we learn from this story?

Colour the smiley next to the answer(s) you select. Happy Sad

- a) We should not touch others' things without their permission.
- b) We should not break things that belong to others.



c) When we use things that belong to others, we should be careful.



d) We should tidy up the things we use at home, school or any other place.



Discuss

- 1) If you were in Gemma's place, what are the things you would NOT have done? Discuss this with your friend. Then tell your teacher what you discussed.
- 2) What should Gemma do to make things right? Discuss this with your friend. Then tell your teacher what you discussed.

Activity A: Story Sequence

Gemma's story is shown in the pictures below. Number them from 1 to 4 in the order in which the story happened.



Activity B:

Spot the Differences

Look at the two pictures in each set. What are the differences between the pictures? Circle the picture that shows the right way to behave.

WHEN YOU BORROW A BOOK FROM THE LIBRARY

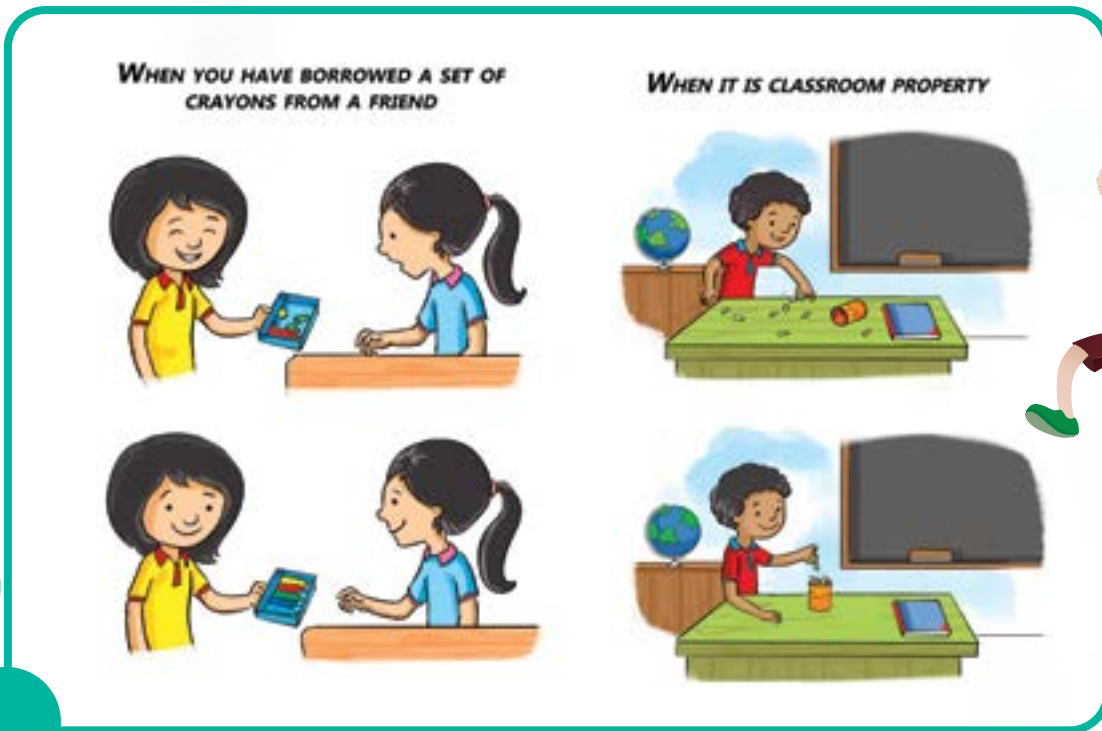


WHEN YOU VISIT THE PARK



WHEN YOU ARE AT HOME





Discuss

Discuss with your group and tell your teacher why you should carefully use the following things:

- 1) tables, chairs and other items in your class
- 2) swings, slides and other things in the playground
- 3) train, bus or plane seats when you travel
- 4) toys in your friend's house

Do you take care of your toys, books and other things?

We take care of our things. In the same way, let us take care of the things that belong to others. This way, we will keep others happy and not hurt them.

When we use other people's things carefully, they will want to talk to us and play with us. They will happily share their things with us.

So, let us use things carefully at school, at other people's houses, in hotels and all the places we visit.

Let's Remember

Let's use others' things, as well as our things, carefully.

All things look beautiful and clean when we use them with care.



Using Things With Care

There are some things at home that are yours and some things that belong to your parents/family members/guardians. There are also things that your whole family uses (common property) like furniture.

Discuss with your family and come up with a list of items you use every day.

Put them in the headings given in the table. A few examples are given.

My things	My parents' things	My grandparents' things	My brother's or sister's things	Common property
My School Books	Pens	Books	Storybooks	Plates

14

WE ALL HAVE FEELINGS

Emotions live inside us

Warm Up

Do you have feelings?

Say "yes" loudly if you do!

Have you ever felt happy, sad, scared, excited or bored?

Say "yes" loudly if you have!

Do you know where these feelings come from?

Come on, take a guess!

The feelings come from you! And do you know where they live? They live inside you!

Feelings are also called emotions.

Listen to your teacher read out the names of eight feelings.

Happy

Sad

Silly

Loving

Scared

Quiet

Excited

Bored

What are the different situations in which you feel these emotions? Let us see what they are.

Activity A: Feel It, Say It

Read the situations and say how you feel.



My grandpa gifts me my favourite toy for my birthday.
I feel



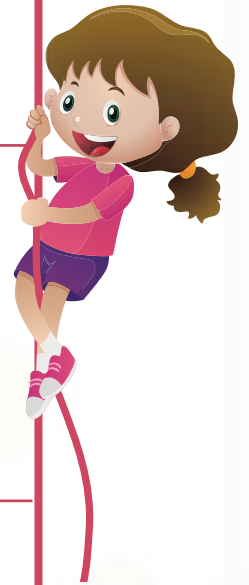
I see a small kitten fall into the well.
I feel.....

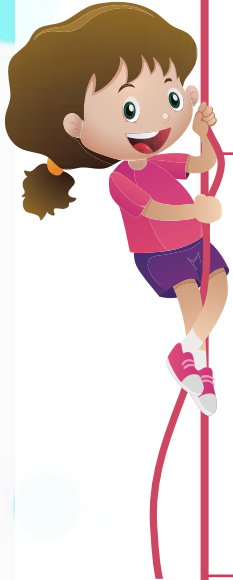


I put my left foot into my right shoe and my right foot into my left shoe.
I feel



My mother pats me on my back and gives me a kiss.
I feel.....





I am in a train and it goes into a dark tunnel, making roaring sounds.
I feel.....



I see a little baby sleeping in my neighbour's house.
I feel.....



My school is taking all of us to the zoo to see animals.
I feel.....



All my friends have gone away for the holidays and I have no one to play with.
I feel.....

Activity B: I Feel...

Tell your partner about a situation in which you feel/felt each of the emotions you learnt earlier.

I feel/felt happy when

I feel/felt sad when

I feel/felt silly when

I feel/felt loving when

I feel/felt scared when

I feel/felt quiet when

I feel/felt excited when

I feel/felt bored when



Activity C: Guess the Feeling

Your teacher will divide you into groups. Each group will be given a feeling. Each group will act out the feeling given to them. The rest of the class has to guess the feeling.

Sounds fun? Shall we begin?



Activity D: Song Time

There is one thing we can do when we feel anything. Yes, sing a song!



Show What You Feel

If you're happy and you know it, clap your hands.

If you're surprised and you know it, say, "Oh my!"

If you're sad and you know it, rub your eyes and say, "Boo hoo."

If you're scared and you know it, shiver and shake.

If you're sleepy and you know it, close your eyes.

If you're angry and you know it, stamp your feet.

If you're loved and you know it, hug yourself.

Let's Remember

We all have feelings or emotions. They live inside us.



Ask your parents/family members/guardians if they feel the eight feelings you have learnt. Ask them to share with you the situations in which they feel or have felt each of these feelings.

15

NATIONAL FESTIVALS

Many festivals, One Singapore

Warm Up



Point out from this picture the festival that you celebrate at home?

what is the name of that festival?

What do you do on that day?

Name one festival that all of Singapore celebrates together?

When is your birthday? Write it here..

.....

Say together as one voice...

"Happy Birthday Singapore!"

Singapore is our home.

People from different races and religions live together happily.

When we celebrate festivals, we also show our **love for Singapore.**

Let us learn how we celebrate together as one Singapore. Before we begin, pick the colours present in the Singapore flag.



Have you picked the right colours? ok, Now, Colour this flag?

Singapore National Day: Colouring The Singapore Flag



When do we see lots and lots of Singapore Flags all over Singapore? Select the month.

January

March





August

October

Yes, you have answered right. Singapore's most important festival is in the month of August. We celebrate National Day on 9th August.

National Day is Singapore's birthday.

On this day:

-  We sing the National Anthem
-  We say the Pledge
-  We wave the Singapore flag
-  We watch fireworks

We celebrate National Day to show our love for our country.

"I love Singapore!"

We take care of our country and help one another.

We wear **red and white** proudly.



Another big festival in Singapore is the Chinese New Year. It is celebrated in one of the new moon day that falls between mid-January and mid-February. The date keeps changing every year because the date is based on the moon's phase as per the Chinese Lunar Calendar.

Chinese New Year is celebrated by Chinese families.

During Chinese New Year:

- 🧧 Families meet and eat together
- 🧧 Children receive Ang Bao (Red packet with \$8) from elders
- 🧧 Lion dances bring joy
- 🧧 Families decorate their homes with red lanterns



Friends from all races visit and celebrate together. Eventhough it is Chinese New Year, all races in Singapore say to one another "Gong Xi Fa Zai" because **Singapore is one big family.**

Yet another huge festival that we in Singapore celebrate is called Deepavali - The Festival of Light. Just like Chinese New year

it is also celebrated as per the moon's phase. **Hindus all over the world celebrate Deepavali festival.** It falls on a new moon day that occurs between mid-October and mid-November as per Hindu Lunar Calendar. Deepavali marks the victory of light over darkness.

During Deepavali:

- 🪔 Homes are decorated with lights
- 🪔 Families draw colourful rangoli
- 🪔 People wear new clothes
- 🪔 Families share sweets



Friends from different races celebrate together. They greet one another with saying - **Happy Deepavali! Let Your Light Shine.** The lights of Deepavali remind us to **spread the light of happiness in Singapore.**

Another big celebration in Singapore is Hari Raya Puasa — The festival to share and care. **Hari Raya Puasa is celebrated by Malay Muslims in the month of March.** The date change every year because this is also based on the moon's phase.

During Hari Raya:

- ☾ Families wear beautiful clothes
- ☾ People visit family and friends
- ☾ They share delicious food
- ☾ They ask for forgiveness







Friends from all races join in this celebration to show **care, kindness and harmony** in Singapore.

Yet another religious festival that Singapore celebrates is called Vesak Day. This festival is celebrated by **Buddhists**. **This day marks three important events** in the life of **Lord Buddha**:

1. His Birth, 2. His enlightenment, 3. His passing away.

Vesak Day is a special day for Buddhists. This festival falls in the full moon day in the month of May. On this day, people remember **peace, kindness, and compassion.**

During Vesak Day

-  Visit temples
-  Pray and meditate
-  Help the poor and needy
-  Do kind deeds



Being kind and gentle, doing charity, helping the poor is the key elements of Vesak Day celebration. This festival also brings together all the people of Singapore.

The fifth big national celebration in Singapore is Christmas. This falls on the 25th December. The date remains the same every year just like National Day of Singapore is on 9th August. This is also the season for sharing joy with one another. **Christmas is celebrated by Christians.**

During Christmas:

- 🎄 People decorate Christmas trees
- 🎄 Families exchange gifts
- 🎄 People sing songs
- 🎄 Friends celebrate together

Christmas teaches us to **share, care and give**. These values make Singapore a happy place.



WORD WALL

Celebrate: make something a memorable event

Moon's phase: the different shapes of the moon that we see at different days of the month

Lunar calendar: a calendar whose months record the cycles of the moon's phases

Think and Answer

Match the festival to the people

- | | |
|---------------------|---------------------|
| 1. National Day | a. Buddhist |
| 2. Chinese New Year | b. All of Singapore |
| 3. Christmas | c. Hindus |
| 4. Deepawali | d. Muslims |
| 5. Vesak Day | e. Christians |
| 6. Hari Raya Puasa | f. Chinese |

Activity A: My Family Festivals

Select all the festivals that you celebrate.



1. National Day

Chinese New Year

Deepawali

Hari Raya
Puasa

Vesak Day

Christians

Activity B: Sounds & Symbols

Select the symbol connected to its festival.

- | | |
|---------------------------------------|---------------------|
| 1. Lion Dance/Fire Crackers | a. Hari Raya |
| 2. Singapore flag/Red and White dress | b. Deepawali |
| 3. Christmas tree/Snow | c. Chinese New Year |
| 4. Lotus/Lanterns | d. Christmas |
| 5. Lights/Fire works | e. National Day |
| 6. Crescent moon/Fasting | f. Vesak Day |



Activity C: Sing together



National Day, red and white,
Fireworks shining in the night. 🇸🇬

Chinese New Year, drums go loud,
Lion dances cheer the crowd. 🥁

Deepawali lights shining bright
Little lamps glow in the night. 🏮

Hari Raya, hearts so kind,
Visiting friends, joy we find. 🌙

Christmas bells ring far and near,
Sharing love and festive cheer. 🎄

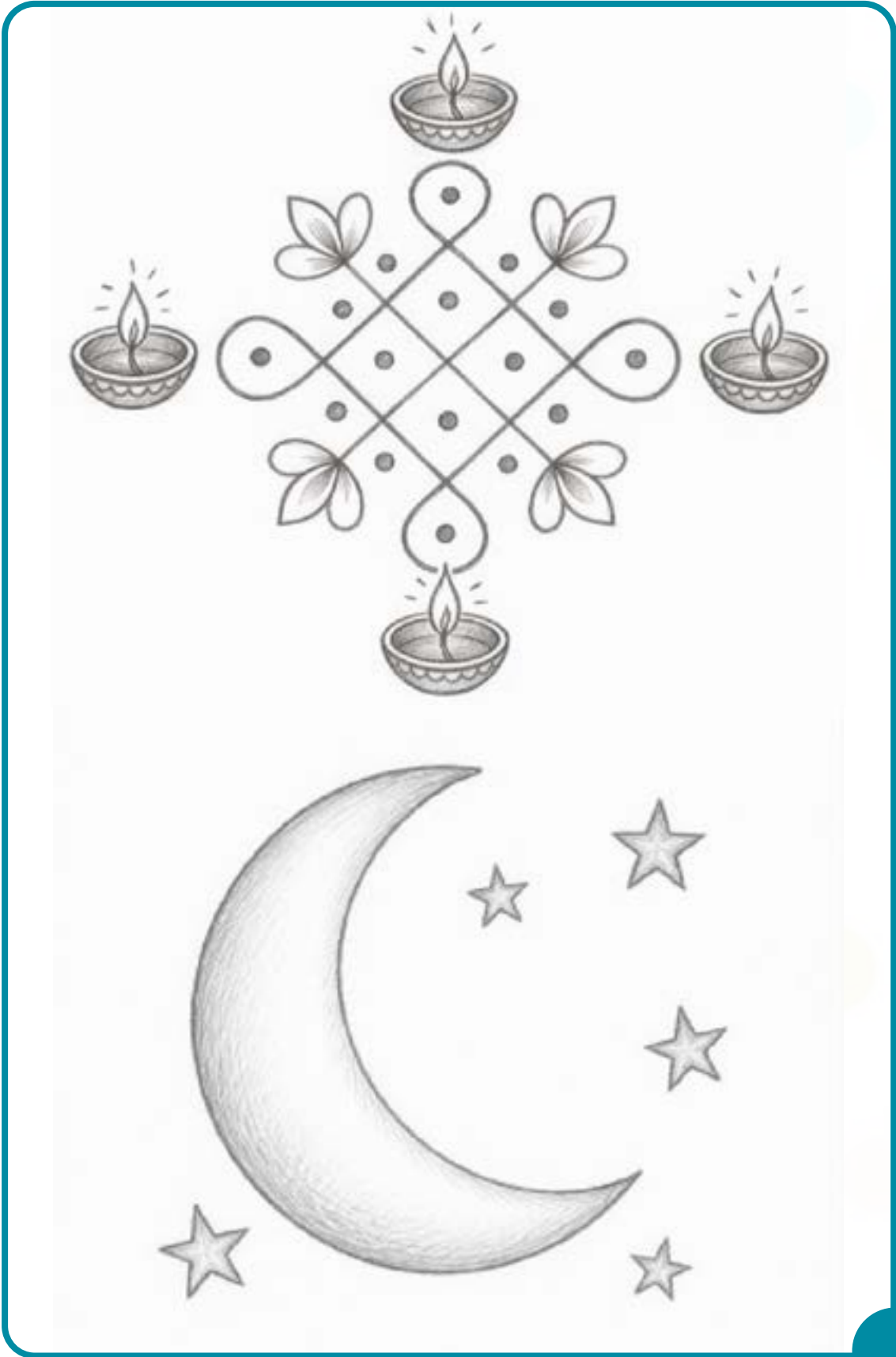
Vesak Day so calm and bright,
Be kind, gentle, do what's right. 🏯

Different festivals, one big way,
We celebrate together every day.

Many cultures, hand in hand,
Happy people, one Singapore land! 🇸🇬

Activity D: Colouring Fun







Let's Remember

*When we respect all festivals,
we become good citizens and kind friends.*

*We are different, but we are one.
We love our festivals. We love Singapore.*



Parents to discuss with children about:

Which festivals they like of all the festivals

What they do during those festivals

What food they eat or clothes they wear

Answers for Think and answer - 1b, 2f, 3e, 4c, 5a, 6d

Answers for Activity B - 1c, 2e, 3d, 4f, 5b, 6a



**VALUE
EDUCATE
THE WORLD**



**VALUE
EDUCATE
SINGAPORE**

Value Educate the World is a global initiative of the International Institute For Human Values Education to build a better world for all by value educating the younger generation. Its mission is to integrate human values teaching into schools worldwide through a structured programme based on ten universal values, adapted to national cultures.

Central to this effort is this series of 15 curriculum books designed for students from age 3 to grade 12, available in multiple global languages.

The strategy includes training teachers, engaging policymakers, parents, and students, embedding the curriculum formally or informally into school systems, and periodically assessing the programme's impact to ensure continuous improvement.



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