

# 2

## *Time flies - Be the Pilot*

### Let's Begin

Have you ever wished at any point in your life that you could turn time backwards and do things differently?

Share any one such instance with your class.

Can time move backwards?

What is the best thing we can do with the time in our hands?

**Time is the only currency you spend without ever knowing your balance; use it or lose it.**

### **Burning the Midnight Oil – The Story of Su Qin**

Long ago, in ancient China, there lived a young man named Su Qin. He came from a poor family, but he had a dream—to become a wise advisor to kings and help bring peace to the land. Su Qin joined a famous school and studied under a great teacher.

But unlike his classmates, Su Qin was often lazy, distracted, and wasted his time during the day. When exam time came, he failed badly. His friends became scholars, but he had to return home in shame. His parents were disappointed. The villagers mocked him. One day, while sitting under a tree, Su Qin saw ants carrying grains of rice much larger than themselves. He said to himself, "Even ants don't waste time. If I want to rise, I must change now. That night, he took a needle and poked his thigh every time he felt sleepy. He used oil from leftover kitchen scraps to light a lamp—and studied late into the night. That's how the phrase "burning the midnight oil" became famous in China.

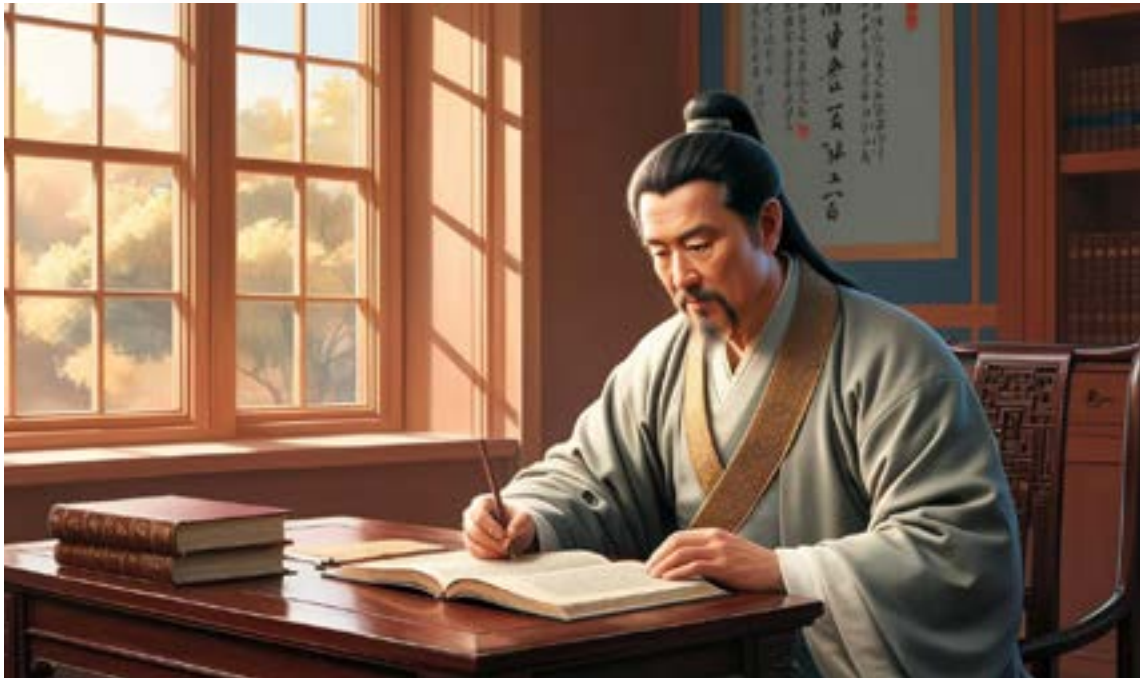
He managed his day wisely:

☁ Early Morning 4am to 8am – reading and writing

☀ Afternoon 8am - 4pm – physical work and exercise

🌙 Evening 4pm to 8 pm – memorizing and revising





Years passed. Su Qin returned to the royal courts—not as a failure, but as a master diplomat. He eventually became the chief advisor to six kingdoms—a post no one had held before.

## Moral of the Story:

Success doesn't come from wishing. It comes from using time wisely. Su Qin turned failure into glory—not with luck, but with self-discipline and mastery over time. “If you do not value each moment, the moment will not value you.”

Vision without action is a day dream.  
Action without vision is a nightmare.  
Dream with clarity, Act with purpose.

## Think and Answer

1. What lesson did Su Qin learn after failing his exams?

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2. What impressed you most about Su Qin's transformation?

Circle one or more:

His discipline

His creativity

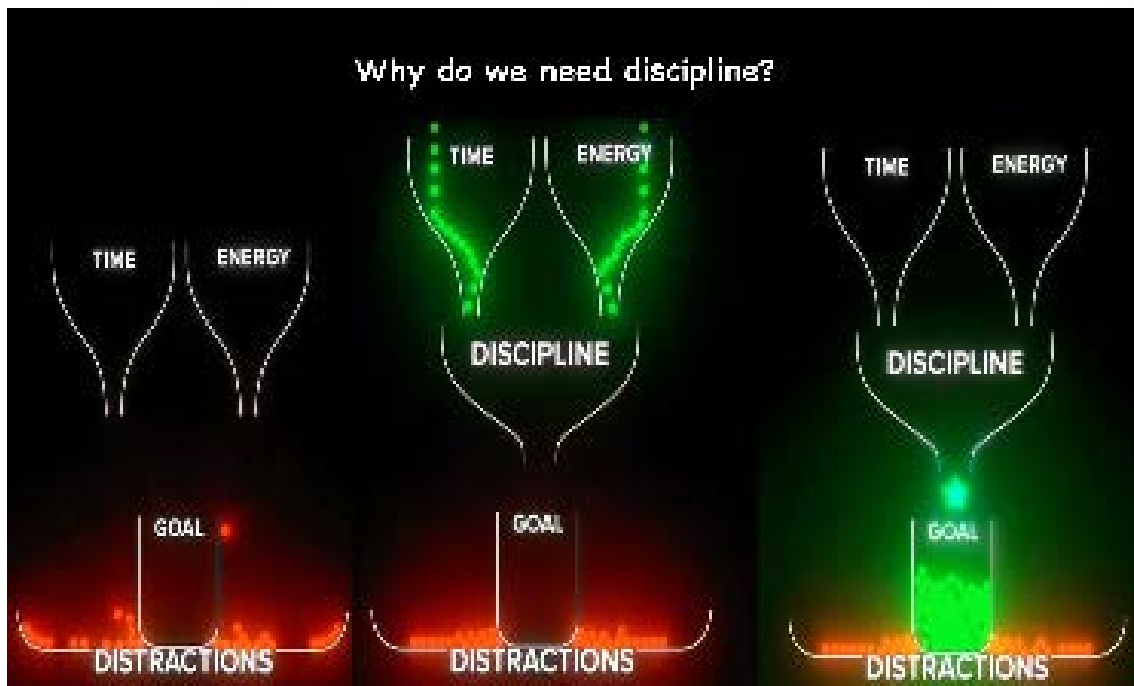
His time planning

His determination

Other: -----

3. One of your friends is very unmotivated. He/she either procrastinates his/her work or avoids it. What advice will you give him/her to improve their attitude towards life?

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Time is our invisible treasure as well as the master. When we value time and honour it, we also in turn get honoured and we are valued. Here is yet another story of a king from ancient India who understood this secret. Therefore, he always wanted to do the right thing, at the right time to the right people. Let us now dive into this king's story.

### **The King's Three Questions – A Story from Indian Wisdom**

There once was a wise king who believed that if he always knew the right time to act, the right people to listen to, and the right thing to do, he would never fail in anything he did.

To find the answers, he sent messengers across the land, offering a reward to anyone who could teach him. Many scholars came to his court.

One said, “Prepare a calendar of all duties!”

Another said, “Consult your ministers regularly.”

The answers confused the king. None satisfied his heart.

Finally, he went to a hermit who lived in a forest — a humble man known for his wisdom. The hermit never left the forest and only spoke to common folk. The king dressed as a peasant and approached him alone.

He found the old man digging the earth.

The king said, “Wise one, I’ve come to ask you three things:

1. What is the right time to act?
2. Who are the right people to listen to?
3. What is the most important action to perform?”



The hermit listened, smiled, but gave no reply. Instead, he continued digging, breathing heavily.

The king saw the old man was weak, so he took the spade and began digging in his place.

Hours passed.



Suddenly, a man came running from the woods, wounded and bleeding. The king and the hermit treated him, bandaged his wounds, and nursed him through the night.

By morning, the man had recovered and, to the king's shock, said:

“Your Majesty, I came to kill you. You had executed my brother in war. I waited for you in ambush, but your guards were not

with you. When you didn't come, I left and your guards wounded me. If you hadn't helped me, I would have died with hate in my heart. Now, I am your servant.”

The king was surprised and grateful. Before leaving, he once again asked the hermit for the answers.

The hermit finally spoke:

“You have already been answered:

The right time is now — because it is the only time you can act.

The right person is the one you are with — because only they are within your reach.

The right action is to do good — because doing good is the purpose of life.”

The king understood. He returned to his kingdom, forever changed.

**Moral:**

Right action, taken at the right time, can save lives, transform enemies into friends, and create peace. Delay, however, can cost us more than time — it can cost us truth, trust, and transformation.

**Think and Answer**

1. Why did the king visit the hermit in the forest?
2. What were the three important questions the king wanted to know?

3. How did the king help the hermit before receiving any answers?
4. What unexpected event helped the king learn the answers to his questions?
5. What were the three lessons the hermit finally gave the king?

### Fill in the blanks

The right time is \_\_\_ because it is the only time you can \_\_\_\_.

The right person is the one you are with \_\_\_ because only they are \_\_\_ your \_\_\_\_.

The right action is to do \_\_\_\_\_ because doing good is the \_\_\_ of life.”

## Activity A: Reasons For Falling Behind

Get into pairs and discuss with your partner the reasons why you are not able to manage time properly and so fall behind on your tasks. Note down the reasons below. Share your answers with the rest of your class.

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.....  
.....

From your class discussion, identify the most common reason why everyone is not able to manage time properly and complete tasks successfully. What is it?

Tick Tock Tick Tock - Melting away...

Not with a roar, but soft and slow,  
The days behind us gently go.



No trumpet sounds, no warning chime,  
Just steady steps of silent time.

The morning hums, the evening sighs,  
And hours fall like whispered lies.  
We turn, we blink—another year,  
Has walked away, yet stayed so near.

## Procrastination - A Common Problem

The most common reason why most of us are not able to manage our time and accomplish tasks is - postponing our work/actions/decisions for a later time, also called procrastination.

We all know that doing the right thing at the right time gives immense rewards. For example, if we study everyday, we can reduce the burden of studying a lot at the last minute as well as perform better in our examinations. Why, then, do we procrastinate?




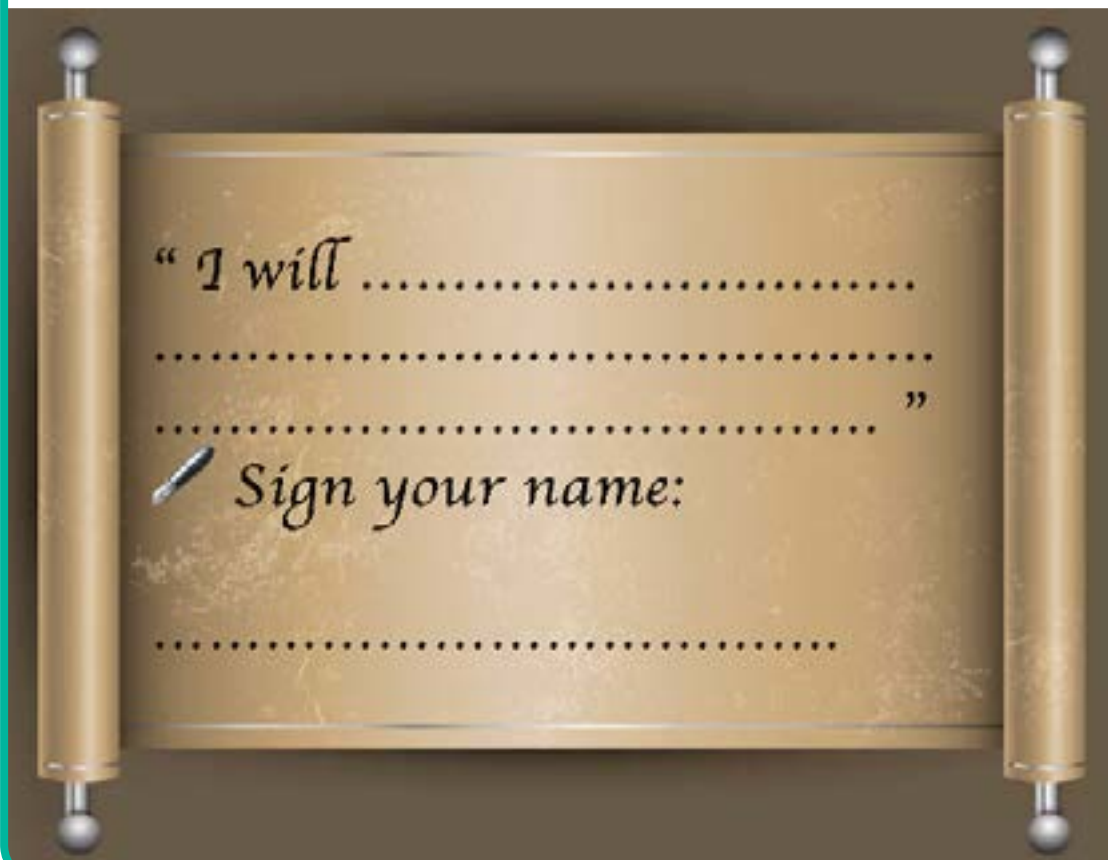
Most of us think it is plain laziness. While this might be so in some cases, surprisingly, in a majority of cases, there could be other reasons, such as,

- Fear of failure
- Lack of motivation
- Lack of understanding
- Low self-confidence
- Trouble concentrating
- Poor organisation skills
- Low energy levels
- Perfectionism

Laziness kills Ambition.  
Anger kills Wisdom.  
Fear kills Dreams.  
Ego kills Growth.  
Jealousy kills Peace.  
Doubt kills Confidence.  
Now read the words from right to left..  
— Aristotle

## Activity B: My Pledge

 Write a short pledge (2-3 lines) to yourself about how you will manage time better from today.



*" I will .....*  
*.....*  
*..... "*  
*Sign your name:*  
*.....*

While procrastinating can be pleasurable in the short term, in the long term it can be more harmful than we think. Not accomplishing tasks can reduce self-confidence, self-esteem. It can increase guilt, frustration, stress and anxiety. In some cases, it can also lead to depression.

Therefore, let us avoid procrastination by jumping head-on into our tasks and completing them in the given time. There are some smart ways by which one can do this. You can choose the right course of action depending upon the reasons why you procrastinate.

1. Set clear, achievable goals out of the task given to you. If you are procrastinating out of fear of failing, then this will help you overcome your reluctance to get started.
2. Create personal schedules or timetables.
3. Keep a personal study space which does not have any distractions.
4. Break down big, difficult assignments into smaller milestones and set your own timelines to achieve them.
5. Motivate yourself by deciding on a reward for beginning a task or finishing it on time.
6. Eat healthy and get enough sleep.

Time flies, and we are the pilots! Our decisions and actions in the time we have, decide our destination. So let us choose to use our time optimally. Then not only shall we find time to do all that we want, but also enjoy all tasks we have to do.

**Fill in the blanks with the right word :**

1. Hard work is the ..... to success. (key/lock)
2. Time management increases effectiveness and efficiency of ..... (work/time)

3. Self discipline helps in achieving ..... and overcomes weaknesses. (goals/nothing)
4. A ..... person does not use excuses to avoid work. (hardworking/unmotivated)

## Activity C: Procrastination to Correction

Sit with your parents/family members/guardians and do the following activity with their help.

1. Think of any one task/action/project/assignment that you are currently procrastinating on. Write it below.

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.....

2. Identify the real reason for your procrastination.

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3. Based on the reason, discuss with your parents/family members/guardians and come up with an action plan to tackle procrastination. You can use the tips given in the lesson.

.....  
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Take the help of your parents/guardian in following through with your action plan.

We learnt how to use time optimally. How do we make sure we use the time on our hands wisely? The best way is to always do good in every moment. For that alone gives true happiness and satisfaction.

### **True Satisfaction**

Manian and his brother went shopping for their younger sister, Misha's birthday. They picked out a card and some decorations for the celebration. However, when they checked the price of the doll that Misha had asked for, they realized they did not have enough money.

Disappointed, they returned home. Manian decided to check his piggy bank for any extra savings. Unfortunately, even after gathering all his money, it still wasn't enough. After discussing it with Misha, they decided to buy a smaller, more affordable doll instead.

As they were walking back to the store, Manian spotted a wallet lying on the ground. Curious, he picked it up and looked inside—it was filled with money! His first thought was excitement; now he could afford the exact doll Misha had wished for. But then, he hesitated. This money wasn't his—it belonged to someone else.



A short distance ahead, he noticed a man frantically searching for something, his face filled with worry. Manian approached him and asked if he had lost anything. The man, looking distressed, replied that he had lost his wallet and was anxious because he had important bills to pay.

Without hesitation, Manian held out the wallet and asked, “Sir, is this what you’re looking for?”

The man’s face lit up with relief and gratitude. He recognized the wallet immediately and thanked Manian wholeheartedly. Overjoyed by the boy’s honesty, he took out a \$10 bill and handed it to him as a token of appreciation.

To Manian’s amazement, the reward was exactly the amount he needed to buy the doll his little sister had wanted all along. It was an unexpected yet rewarding turn of events. Filled with happiness and a deep sense of satisfaction for doing the right thing, Manian purchased the doll and headed home, knowing he had made himself and his family proud. He told what he felt to his brother, "When you choose righteousness, the whole universe conspires to help you in whatever you undertake". His brother too concurred 100% in agreement.

Plant your deeds in fields of light,  
Let your mind stay crystal bright.  
Happiness blooms where hearts are clear,  
Satisfaction hums when truth is near.  
Pure the action, pure the way,  
Silent the gift that comes to stay.  
Not chased by want, nor lost in race  
The truest reward walks at your pace.

## Think and Answer

I) Answer the questions given below.

1. What did Manian first think of doing with the wallet he found on the road?

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2. What would have been the advantages and disadvantages of this course of action?

Advantages

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.....

Disadvantages

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.....

3. What did Manian finally do with the wallet?

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4. What were the advantages and disadvantages of this course of action?

Advantages

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Disadvantages

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5. Which course of action was better according to you? Why?

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6. What did you learn from the story 'True Satisfaction'?

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## II. Fill in the blanks:

1. You should .....think before you act. (always/never)
2. You should always do .....(right/wrong) because it makes you feel ..... (satisfied/popular).
3. A person with a ..... attitude and humility always helps others. (selfish/selfless)
4. You gain people's trust and ..... when you do the right thing. (respect/disrespect)

Everything we do involves choices and we have the power to make the right choices.

### **How do we know if a choice is right or wrong?**

A right choice/action is that which takes into account the happiness and welfare of others too, not just our own. Thus, it is selfless in nature. Such choices and actions make us better people and give happiness and contentment in the long run for us and those in our lives.

A wrong choice/action is that which is done for selfish reasons and/or short-term gain. It can cause harm to others or ourselves. In the long run, it can cause discontentment and unhappiness for us and those in our lives.

### **Why do people make wrong choices or wrong actions?**

Usually, right choices/actions are harder or less pleasurable to do, while wrong choices are easier or more pleasurable. Being wise is to identify what is right and wrong and to choose what is right.

## Activity D: Good vs Pleasurable

Do this activity in pairs. Look at the following situations and distinguish the good choice from the pleasurable choice. Mark them G for Good and P for Pleasurable. Discuss with your partner why you consider a choice as good or pleasurable.

1. You have an examination the following week.

Choice A : You study sincerely for it.

Choice B : You don't bother studying as your friend will let you copy from their answer sheets.

2. Your friend has managed to sneak out of school in between classes.

Choice A : You report it to your class teacher.

Choice B : You do not report it to your class teacher as you do not want your friend to get into trouble.

3. Your friends want you to go out for a movie with them, but your parents do not agree as you have tuition classes at that time.

Choice A : You skip your tuition class and go with your friends for the movie.

Choice B : You fix another time to go out with your friends so that it does not clash with your tuition classes.

Most decisions are easy to make. For example, deciding what colour dress you should wear. But there are some decisions that may involve a choice between right and wrong, where it may be difficult to identify what is right and what is wrong. This can make it difficult to make decisions. Whenever you aren't sure what is the right thing to do, you can ask yourself the questions given in the box. It would also be advisable to take the help of a responsible adult you trust while making important decisions.

What if I am not able to decide what is right and what is wrong?

**Ask yourself these questions:**



Is it fair?

Could it hurt me or anyone else?

How would I feel if somebody did it to me?

What would my parents and other elders in my life feel about it?

## Activity E: Making Hard Choices

Do this activity in groups of 4. Discuss and come up with the wisest course of action for each of the situations given below.

1. You notice that an elder in your circle of acquaintance is doing something wrong or bad.
2. A trusted elder in your family is making you do something very wrong or bad.
3. Your friends are asking you to do something that you do not like or believe in. You are uncomfortable, yet you do not want to lose their friendship.
4. You are walking alone on the road and see a group of unruly teenage boys troubling a young girl further ahead on the road.

It is not easy to do what is right and good all the time. The secret to being consistent is to have conviction in the principles and values you believe in. And conviction comes from having high self esteem, self confidence and self-worth. These prevent us from giving in to peer pressure and give us the ability to make decisions independently.

**Right is right, even if no one is doing it.  
Wrong is wrong, even if everyone is doing it.**

## Let's Remember

*Waste of time is a waste of life.*

*Procrastination is one of the major reasons we aren't able to manage time properly.*

*We can avoid procrastination by setting achievable goals, scheduling, prioritising work, breaking down large assignments into smaller easy-to-manage bits, keeping a separate study space, using different ways to motivate oneself.*

*When faced with moral dilemmas, analyse the situation carefully and choose to do what is good and right at all times.*

## My Space

*What I liked most about this lesson :-*

.....  
.....

*I learnt that*

.....  
.....



*At teenage, students are typically in Secondary 1 or 2, navigating adolescence—a stage of identity formation, peer influence, and growing responsibilities. In today's structured and high-performing environment, students often face moral and social dilemmas that challenge their understanding of right conduct. Here are some common dilemmas they might experience, along with why they feel confused. To clear the confusion, here is a short activity for you and your family.*

## Reflection Worksheet: What's the Right Thing to Do?

### Making Responsible Choices

1. **Peer Pressure** - Your friends skipped CCA training to hang out at the mall. They ask you to come along and say, 'No one will know.'

- i. What would you do? Why?
- ii. How would you feel afterward?

2. **Telling the Truth** - You saw your classmate looking at another student's answers during a test. He's your friend and asks you not to say anything.

- i. What would you do? Why?
- ii. Is staying silent the same as supporting the act? Why or why not?

3. **Online Group Chat** - In your class WhatsApp group, someone is making fun of a quiet student using jokes and emojis. Everyone is laughing.

- i. Would you join, ignore, or speak up? Why? Reflection Worksheet: What's the Right Thing to Do?
- ii. What could be the consequences of saying nothing?

4. **Family vs. Personal Interest** - Your parents want you to take Triple Science next year. But you enjoy Literature and Art and want to choose those subjects.

- v. How would you talk to your parents about it?
- ii. What values are important here? (e.g., respect, honesty, courage)

**Personal Reflection:** In your own words, what does 'right conduct' mean to you?

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