

Wisdom

Tree

Class - 6

Chapter 1. Gratitude

Check Your Knowledge

- A. 1. (c), 2. (a), 3. (b), 4. (a), 5. (a)
- B. 1. Adalina could not fly.
 2. Adalina grew up thanking people, smiling and being friendly to people.
 3. Adalina and her friends were flying in the air.
 4. Adalina had magic in her true friends.
- C. 1. Adalina was a fairy without wings. She was a princess, daughter of the great fairy queen.
 2. In her early age, life was a series of problems for her. Not only couldn't she fly but she hardly had any magical powers, since the fairy magic comes from their delicate crystal wings. She depended on the help of others for many things. She grew up thanking people, smiling, and being friendly.
 3. The fairies doubted Adalina could become a good queen because of her disability to fly, lack of wings and magical powers.
 4. When Adalina sat on the stone next to the river hundreds of creatures came to her side, ready to help her.
 5. Adalina told the creatures about her wishes to surprise the other fairies. She said, if possible, she would capture the first ray of sunshine before it touched the earth and keep it in a dew drop so that it could be used as a lantern for all who lived in the forest. Second, she wanted to paint the rainbow in the night sky under the moonlight, so that the nocturnal creatures could see its beauty. When Adalina was telling her friends about her deepest wishes, a wave of magic washed over them and they were flying through the air, making the magic rainbow. The spectacle was never seen before and filled the forest dwellers with delight. Hence, Adalina was declared the queen.

Check Yourself

	Qualities I lack	Comparison with friends
1	I trust people easily. When they tell me some emotional story, I believe in them.	They first doubt if the person is telling a lie.

2	I cannot pretend to be happy when I'm not.	My friends remain aloof if they are not happy.
3	I cannot flatter someone for my own gain.	My friends hate flattery.
4	I am not very good in sports.	My friends are very good in sports.
5	I cannot sleep till late even on a holiday.	My friends enjoy waking up late on Sundays.
6	I cannot refuse my mother when she asks me to run an errand for her.	Sometimes my friends refuse their mother.
7	If I have not done my homework, I cannot concentrate on my studies till I finish it in lunch break.	My friend will honestly go and tell the teacher and request for time to complete it.
8	I cannot tease or ill-treat an animal on the street.	My friends will also not ill-treat an animal.
9	I cannot tell a lie to cover up for my mistake. I begin to stammer when I lie.	They will try to avoid the situation.
10	I cannot stop myself from speaking the truth if I see someone cheating.	They would mind their own business.

Time to Think

If I want to cross the river and do not know how to swim, I will try to find other means of crossing the river like requesting someone for a boat-ride. In case there is no boat, I will look for an inflatable tyre or a log of wood to which I can latch on. I will then request a friend or a good swimmer to tie a rope to it and pull me to drop me at the other side of river.

Real Life Skill

(Do it yourself)

Chapter 2. Time management

Check Your Knowledge

- A. 1. (a), 2. (a), 3. (a), 4. (b)
- B. 1. The child was keen about watching TV.
 2. The boy received a mysterious parcel in his post-box. The parcel contained some special spectacles with a piece of paper saying – with these you'll be able to see future.
 3. The boy was different from his siblings as he was obsessed with watching TV whereas his

brother and sister did their homework, went out to play, and learnt their lessons.

4. At the end the boy saw his future that he had grown into a fat, shabby looking man, who had no work and lived in a very poor house with an old TV. He spent his time sitting on a tattered sofa, watching an old television. The boy realised his mistake and decided to change his future. He started doing his homework on time, learnt his lessons, and stopped watching too much TV. After changing his lifestyle he put on the glasses and saw his future changing where he was growing to be a successful man.

Check Yourself

I watch television after finishing my dinner and helping clear the table. I complete all my important tasks before watching television. I complete the following important tasks before watching TV:

- I complete my homework.
- I learn my lessons and prepare for tests or exams.
- I iron my school uniform for the next day.
- I pack my school bag for the next day.
- I have my dinner and help in clearing the table.
- I spend time with my grandmother and ask her how her day went by.
- I make her comfortable in her bed and hand over the things she need for the night like a covered glass of water, ointment for her eyes, etc.
- I brush my teeth and change into my nightwear.

Time to Think

If I had only one day to live, I would like to do the things that make me happy and spend time with the people I love. I would wake up early and have a big breakfast with my family. I would tell them how much I appreciate them and hug them a lot. Then I would go to the park with my best friend and play on the swings, the slide, and the seesaw. We would laugh and have fun like we always do. I would also bring my favourite toy, a stuffed bear named Teddy, and take pictures with him. After that, I would go to the library and borrow some books that I always wanted to read. I would read them on a bench under a tree and enjoy the stories and the pictures. I would also write a letter to my teacher and thank her for teaching me so many things. I would call up friends

whom I had upset with my behaviour and apologise to them. I will also return the book and painting colours I had borrowed from my friend. Then I would go to the ice cream shop and order the biggest cone with all the flavours I like. I would eat it slowly and savour every bite. I would also share some with Teddy. Then I would go to the movies and watch a funny comedy that makes me laugh out loud. I would also buy some popcorn and candy and enjoy them during the movie. After that, I would go to the zoo and see all the animals that I love. I would feed them, pet them, and talk to them. I would also make some drawings of them and give them as gifts to the zookeepers. Then I would go to the beach and watch the sunset with my family. I would play in the sand, swim in the water, and build a sandcastle with Teddy. I would also collect some shells and make a necklace for my mom. Then I would eat some delicious food with my family. I would also sing some songs and tell some jokes. Then I would go back home and get ready for bed. I would put on my night clothes, brush my teeth, and hug Teddy. Then I would say goodnight to my family and tell them that I love them very much. Then I would close my eyes and fall asleep peacefully.

Real Life Skill

My weekly planner:

Monday : Wake up at 6 am, brush my teeth, take my bath, and get ready for school. Have breakfast. Catch the bus at 7 am and arrive at school by 7:30 am. Attend classes until 1 pm and reach home by 2.00 pm. Have lunch and relax for ½ hour. At 3.00 pm do my homework. Go to the park to play with friends at 4 pm. Come home by 5.30 pm and have a snack, then go for my dance class from 6 pm to 7 pm. From 7 to 8 pm I do my homework and study for any tests. Get my school uniform and bag ready for the next day. Have dinner at 8 pm with my family and spend some time with them. I watch some TV or play video games from 9 to 10 pm. Brush my teeth and go to bed by 10 pm.

Same routine for Tuesday, Wednesday, Thursday.

Friday : I get to watch an extra half hour of TV or playing a game and sleep at 10.30 pm.

Saturday: Wake up at 8.00 am. brush my teeth, take my bath, and go to the park with grandparents. Come home at 9.00 am and have breakfast with them and

mother. From 10 am to 12 pm sit and study. 12 pm to 1 pm play video games or watch TV. Have lunch at 1 pm and help mother in the kitchen. 3 pm go to attend my art class. After 4 pm visit relatives, watch a movie, meet friends, go to the mall or any other activity. Have dinner with relatives or family. Go to bed at 10.30 pm.

Sunday : Wake up at 6 am, brush my teeth, take a bath, get ready and go to the temple with family at 7 am. Return home around 8.30 am and have breakfast. At 9.30 go to the market for weekly grocery shopping with father/mother. Lunch at 1 pm. From 2.30 to 4.30 pm activity classes like dance/art/painting/sport classes. Come home and have a snack. From 5 to 7 pm study and prepare for school on Monday. From 7 to 10.00 pm – social activities like meeting relatives, going out for dinner or ice cream, etc. Go to bed at 10.00 pm.

The weekly planner is different for mother, father, grandmother, and grandfather.

Mother : She has the busiest routine. She devotes time for making breakfast, lunch, snacks, and dinner for each member of the family. She says her prayers and puja in the morning. She takes time to do all household tasks like cleaning, washing, cooking, organising the house, and taking care of needs of all members. Despite her busy schedule, she manages to talk on telephone and meet with relatives and friends.

Father : He goes to his office in the morning and returns around 7 pm in the evening on weekdays. On Saturdays and Sundays, he finds time to spend with his family. He repairs things at home or gets the repairs done of multiple things that go out-of-order. He gets things from the market, helps mother, spends time, and attends to the needs of grandmother and grandfather. He takes everyone out to the temple, mall, market, relatives, and social outings.

Grandmother and Grandfather : They are the seniormost and most respectable members of the family. They wake up early to take their bath, do puja, and go to the park for a walk every day. They return home and have their breakfast. Both help mother in peeling the vegetables and other kitchen work. They spend a lot of time on telephones talking to relatives. They keep meeting all my aunts and uncles and distant relatives. They take care of the house when mother is busy.

Chapter 3. Perseverance

Check Your Knowledge

- A. 1. (a), 2. (c), 3. (b)
- B. 1. The young man was very clumsy.
2. The man wasn't making any money.
3. The teachers always said that he had no ability when it came to making puppets.
4. The years passed, and with each new attempt his puppet became a little bit better.
- C. 1. The young man became an apprentice to the master puppet maker because he liked puppets a lot.
2. The young man did not give up because he enjoyed making puppets.
3. We can say that the man did not give up as he kept making puppets even after he was thrown out of the workshop. He kept making and improving on puppets even though he was not making any money. He made puppets till he was an old man.
4. In the end the man made a perfect puppet. He took the perfect puppet to a puppet show organised by the king. The king declared him the winner of the show.
5. The king appointed the puppet-maker to perform in his court because his puppet was real looking and danced perfectly to the tune of his master.

Check Yourself

List of things that I wanted to do but gave up as I could not do them well:

- Use oil paints in the paintings.
- Dancing Kathak.
- Gymnastics
- Racing
- Basketball
- Cricket

Time to Think

The line “try and try until you succeed” is a common expression that encourages perseverance and resilience in the face of challenges. It implies that success is not a matter of luck or talent, but of repeated efforts and determination. The line suggests that one should not give up easily or be discouraged by failures, but rather learn from them and keep trying

until they achieve their goals. The line also conveys a sense of optimism and confidence, as it implies that success is possible and attainable for anyone who learns from mistakes and works hard enough.

Real Life Skill

The given diagram describes how success can be planned and achieved. The diagram indicates that first you should think deeply about your aims, efforts required, resources available, shortcomings that need to be worked on and all other aspects. Then every thing needs to be collectively analysed. Planning to work for success should be based on analysis. Then you must try to put your plan into action and keep on doing it till you achieve your goals.

Chapter 4. Overcome Fear

Check Your Knowledge

- A. 1. (a) (Dark), 2. (b), 3. (a), 4. (d)
- B. 1. Ria understood her parents, but she could not stop feeling an awful fear whenever it was dark.
2. Ria was afraid of the dark.
3. Ria was excited to know how it was possible that someone so courageous could have been afraid of the dark.
4. Ria smiled and sang and cried, “The monster is soft and smooth”.
- C. 1. When the lights went off everything and every shadow appeared to Ria as the most terrible monster.
2. Ria’s parents explained to her that these things were not monsters.
3. Aunt Ruby was an incredible woman. She was famous for her courage and had gone on many journeys of adventure.
4. Ria overcame her fear with help from Aunt Ruby. She told Ria that she had learnt to overcome fear of darkness from blind children. Blind children use their hands instead of eyes. Aunt Ruby told Ria to close her face eyes in the dark and use her hands to look for things that scared her. Ria summoned up her courage and went to feel the shadow that appeared to her a monster. She discovered it to be her soft Teddy bear.

Check Yourself

List of things that I am afraid of:

- Running very fast
- Falling from a height
- Large barking dogs
- Dental procedures and injections
- Ghosts

Time to Think

My little sister is afraid of heights. She is afraid of climbing stairs and looking down from the balcony of a high building. I will encourage her to follow these practices. The change will not be immediate, but I will be very patient with her.

- I will help her to overcome her fear by exposing her to heights gradually. I will play a game with her where both of us will climb up one step together and return, then climb up two steps and climb down together. Next, I will climb up adding a step each time. Once she starts climbing a flight of steps with me, I will encourage her to repeat from the first step without me, on her own.
- When she is afraid to look down from the balcony, I will ask her to do deep breathing in the balcony. Deep breathing relaxes the body and reduces anxiety. I will ask her to breathe through the nose and exhale from the mouth. This practice focuses on the breath and calms the mind during height related situations.

Real Life Skill

A popular acronym for fear is F.E.A.R., which stands for False Evidence Appearing Real. This means that fear is often based on inaccurate or distorted information that makes us believe that something bad will happen, even if there is no rational basis for it.

Let us consider two examples:

- We may fear flying because we think that the plane will crash, even though the probability of that happening is very low.
- Some people have the fear of public speaking, they begin to sweat, feel thirsty, or begin to stammer if asked to speak publicly.

We must believe that these are false, but they appear as real to us. Once we deeply understand this fact, we can find ways to face our fears and overcome them. By

recognizing that fear is often based on false evidence, we can challenge our negative thoughts and replace them with more realistic and positive ones. We can also use evidence from our past experiences to prove that our fears are unfounded or exaggerated.

Let us consider the two examples above:

- We may recall that we have flown many times before without any problems, and that flying is one of the safest modes of transportation. This makes us realise that the fear was caused due to false evidence that appeared real to us, even though it had no basis.
- If we fear public speaking, we may start by practicing in front of a mirror, then in front of a friend, then in front of a small group, and so on, until we feel comfortable speaking in front of a large audience. We realise that nothing horrible happened when we spoke in front of public, making our fears baseless.

Chapter 5. Arrogance

Check Your Knowledge

- A. 1. (c), 2. (a), 3. (c), 4. (b)
- B. 1. When anyone came near Lola, she would move off.
2. Lola had a terribly bad breath.
3. Dido offered to help Lola.
4. Lola began talking to everyone at the end.
- C. 1. Lola was sad because she was very lonely.
2. Dido was a young dolphin who secretly followed Lola and tried to help her.
3. Everyone thought Lola was unpleasant, boring, and ungrateful and Lola hated everyone.
4. Dido first secretly followed Lola, watched her strange behaviour, and found the reason for her behaviour. Dido discovered that Lola had a terribly bad breath because of a fish trapped in the corner of her mouth and because of bad breath Lola kept aloof. Dido then told Lola what others thought about her, which changed Lola's mind and she agreed to take help from Dido. Dido cleared Lola's mouth of remains of the fish. Lola then began speaking with everyone.

Check Yourself

Arrogant nature of my uncle :

1. Excessive bragging: He boasts excessively about his large mansion like house, and status.
2. Rudeness: Uncle believes that he is most important and is very rude to his workers. He is often impolite to people when he visits a bank or any other office.
3. Self-opiniated: He always thinks that he is right and if anyone presents a different viewpoint, uncle argues and tries to prove himself correct and more knowledgeable.
4. Belittling others: Uncle often tries to show the other person lesser than himself. He doesn't listen to their point of view and assumes that he knows better.
5. Attention seeker: Uncle always wants to be the center of attraction. If people are indifferent to him; he gets irritated.

Time to Think

Keeping away from arrogance:

Group A: Arrogance is a negative trait that can harm your relationships, reputation, and self-esteem.

Group B: It can also prevent you from learning from your mistakes and growing as a person.

Group A: To keep away from arrogance, you need to cultivate humility, gratitude, and empathy. Let's see how we can do that.

Group B: We will tell you about humility. We should recognise that no one is perfect and we all have limitations. We should be open to criticism and feedback. We should admit when we make a mistake or do something wrong. We should not keep comparing ourselves with others and put them down to boost our own ego. We should not brag when we celebrate our achievement or success. We should focus on improvements.

Group A: We will tell you about gratitude. We must appreciate what we have and what others do for us. We should thank people who help us and apologise to those whom we offend. We should not take people for granted. We should be thankful for what we have.

Group B: We will now tell you about empathy. We should avoid judging people or criticising them. We should try to understand the feelings, thoughts, and opinions of others. We must listen to them.

Group A: By this discussion we have all learnt that by practicing these three qualities – humility, gratitude, and empathy, you can keep away from arrogance and become a more humble, grateful, and empathetic person. This will benefit not only yourself, but also the people around you.

Chapter 6. Diligence

Check Your Knowledge

- A. 1. (b), 2. (a), 3. (c), 4. (b)
- B. 1. True, 2. True, 3. False, 4. True
- C. 1. We can say that the bird was lazy because everyone had to shout at him to wake up and he used to keep putting work off until there was hardly any time left to do it.
2. On the day of the great journey his friends tried to wake him up but he told them that he would get up later. He was left all alone as the other birds had flown away when he woke up.
3. When the bird had to live alone, in the beginning he cried a lot. Later he put his laziness aside and prepared for the winter. He spent days looking for a place to protect him from cold. He built a nest between some rocks with branches, rocks, and leaves. He stocked enough fruits and berries to last the whole winters. He dug a little pool in the cave for water. He then prepared himself to get by on very little food and water, so that he would be able to endure the worst snowstorms.
4. The birds were filled with joy and surprise at seeing that the little bird was still alive. They could hardly believe that such a lazy bird had managed to build such a wonderful nest.
5. The birds invented an early morning wake up song so that from that day on no little bird, however lazy would have to spend the winter alone again.

Check Yourself

If I was in place of the bird, I would have worked

very hard too just like that bird to survive in the cold winter.

Time to Think

I have a vision to complete a goal. I will take the following steps to achieve my goal.

- I will first define my goal clearly and specifically. I will decide what I want to accomplish, why, and by when?
- Next, I will break down my goal into smaller and measurable subgoals. I will specify the milestones or indicators of progress that I need to reach along the way.
- I will access my resources and decide on the actions that I need to take for each subgoal. I will access the tools, skills, knowledge, people, or support that I need to achieve each subgoal.
- I will then create a timeline and plan my actions like when I will start, how often will I work on my goal, and how will I track my progress.
- I will review my plan from time to time and make adjustments as and when needed according to the difficulties or changes in situations.

Real Life Skill

Be diligent and bring your dreams into reality.

Everyone has dreams and aspirations, but not everyone is willing to work hard and persistently to achieve them. Dreams are not just fantasies that we indulge in, they are reflections of our deepest desires and potentials. However, dreams without action are meaningless. To bring our dreams into reality, we need to be diligent and disciplined in pursuing our goals.

Diligence is the quality of being steady, consistent, and attentive in one's work or duties. It is the opposite of laziness, and negligence. Diligence means that we do not give up easily when we face challenges or difficulties, but rather we seek solutions and overcome obstacles. Diligence also means that we do not settle for mediocrity, but rather we strive for excellence and improvement.

Diligence is essential for achieving our dreams because it helps us to develop the skills, knowledge, and experience that we need to succeed. It also helps us to build confidence, resilience, and perseverance that will enable us to cope with failures and

setbacks. Diligence also helps us to maintain focus, motivation, and enthusiasm that will keep us moving forward. We need to work hard and learn from our mistakes, constantly improving ourselves and our performance.

By being diligent, we can turn our dreams into reality. We can achieve personal satisfaction, professional success, and social recognition. We can make a positive difference in the world and contribute to the common good. We can inspire others to follow their dreams and help them to achieve their goals. We can live a fulfilling and meaningful life.

Chapter 7. Humility and Dignity

Check Your Knowledge

- A. 1. (c), 2. (d), 3. (c), 4. (d)
- B. 1. The king thought that no one was a worthy rival with whom to share his favourite pastime, chess.
2. Many people risked their lives to challenge the king.
3. A poor beggar came to the palace.
4. The king punished himself.
- C. 1. The king was rich, powerful, and intelligent. Most notably he was arrogant and proud.
2. The king sent the message that he would give one-tenth of his fortunes to whoever proved worthy of playing chess against him. However, if the person proved unworthy, the king would have their heads chopped off.
3. The king asked the poor beggar what made him think that he could deserve to play with the king; to which the poor man's reply changed the king's mind. The beggar said that he would forgive the king for getting him killed and would the king be capable of that? The king realised that the poor beggar would be seen as a better man due to his capacity to forgive. In case the beggar was not executed, he would have his life and a reputation of being a worthy adversary. The king realised that he was beaten without even playing and his lack of dignity could be seen. The king realised that he had become dishonourable and remorseful for his crimes.
4. The last command the king gave was to be

imprisoned in the deepest dungeon forever, as a penance for his crimes.

Check Yourself

Define 'humility' and 'humbleness'

Humility :

Definition: Humility refers to the quality or condition of being humble. It involves having a modest opinion of oneself and a recognition of one's own strengths and weaknesses.

A humble person doesn't think too highly of oneself and shows respect for others. It goes beyond mere absence of arrogance. It emphasises selflessness and service to others.

Humbleness :

Definition: Humbleness also denotes modesty and lacking in pride or arrogance. It can describe someone who doesn't boast or show off. While humbleness can also mean feeling low in rank or importance, humility specifically focuses on having a modest opinion of oneself.

In summary, both terms convey the idea of modesty, but humility encompasses a deeper respect for others and an acknowledgment of our own limitations. It's about recognizing that we are part of something greater and treating others courteously.

Time to Think

My friend always feels proud of herself and displays arrogant behaviour. I ignore it many times but sometimes I feel she must change her behaviour. I would try to change her behaviour gently and gradually. I will adopt the following steps:

- I will try to understand her point of view. She maybe masking her insecurities.
- I will share stories or examples of people who exhibit humility and the positive impact it has on their lives. Inspiring role models can influence behaviour.
- I will encourage her to celebrate achievements without excessive boasting. Acknowledge her successes but emphasize the collective effort or the role of others.
- Suggest that she periodically reflects on her actions and attitudes. Ask questions like, "How did I treat others today?" or "Did my pride affect my interactions?"

- Encourage her to appreciate the contributions of others and express gratitude openly.
- Engage in collaborative activities where teamwork is essential. Working together can reinforce the value of humility and interdependence.
- Remind her that learning and growth come from acknowledging mistakes and being open to feedback. Humility allows us to learn and evolve.
- Send her thoughtful quotes or share wisdom from various sources that emphasize humility. Sometimes, a simple phrase can make a lasting impact.

I know changing behaviour takes time, patience, and understanding. I will be supportive and compassionate as she navigates this journey toward greater humility.

Real Life Skill

If you want to be brainy, start with humility.

Many people aspire to be brainy, to have a sharp mind and a vast knowledge. However, being brainy is not just a matter of intelligence or education. It also requires a certain attitude, a willingness to learn from others and to admit one's own limitations. Humility is the key to being brainy because it opens the door to curiosity, growth and improvement.

Humility means recognizing that we don't know everything, that we can make mistakes, and that we can benefit from the feedback and guidance of others. Humility allows us to ask questions, to seek new information, and to challenge our own assumptions. Humility also helps us to respect different perspectives, to listen actively, and to appreciate diversity. Humility fosters a culture of collaboration, innovation, and excellence.

Being humble does not mean being weak or insecure. On the contrary, it takes courage and confidence to acknowledge our strengths and weaknesses, to accept criticism and praise, and to strive for excellence without arrogance or complacency. Being humble does not mean being passive or submissive. Rather, it means being proactive and assertive, but also respectful and empathetic. Being humble does not mean being ignorant or naive. Instead, it means being aware and informed, but also open-minded and adaptable.

Being brainy is not a fixed trait that we are born with

or acquire through formal education. It is a dynamic skill that we can develop and enhance throughout our lives. If we want to be brainy, we need to start with humility, because humility is the foundation of learning, thinking, and growing.

Chapter 8. Motivation

Check Your Knowledge

- A. 1. (b), 2. (a), 3. (c)
- B. 1. Charlie spent hours with his books, hoping that time would pass and it would soon be time for supper.
2. Charlie's guests were playing with his homework.
3. One of Charlie's guests was dressed up as a Halloween pumpkin.
4. Charlie did his homework with lots of motivation and enthusiasm.
- C. 1. Charlie was feeling bored because he was not motivated to do his homework. He just spent time with his books till it was supper time.
2. Charlie's guests were playing with his homework. They formed teams and played with his pen, eraser, book, and the pad of paper. They held the pen still and moved the paper to write. They had races for who could do the sums fastest. They dressed up as father Christmas, a Halloween pumpkin, and a bag of cheese. Whenever the clock stopped, the elf who was on the lead got to draw himself in the notepad. This ended the notepad in Santas and pumpkins. They were very funny while learning too. They had to learn words of well-known songs and then put on a big concert to sing those songs.
3. Charlie enjoyed watching the guests as we note that he joined them in the singing while doing homework and when his mother called him for supper, he found it a pain to leave and go as he was finding it fun to do the homework with friend elves.
4. The elves taught Charlie that even the most boring thing could be turned into an interesting thing and can be enjoyed by changing your approach to it.
5. Charlie's parents and teachers noticed that he

spent a lot more time doing his homework and he was very happy and was always singing.

Check Yourself

Situations when my parents motivate me to complete the task.

1. When I find it difficult to complete my homework because I find it tough and challenging, my parents motivate me by arranging a teacher to solve my difficulties. My father spent more time with me teaching me the basic concepts. This increased my understanding of the subject and created my interest in the subject. Now I enjoy completing my homework.
2. After I clean my cupboards and tidy my room my mother rewards me with my favourite chocolates.
3. When I was taking guitar lessons, I nearly lost interest and was about to give up but my parents kept me motivated by organising a small party for my friends where I would play a song on the guitar.
4. My parents encouraged me to participate in a debating contest in the school. They called our neighbours and my grandparents and made me speak in front of them before actual participation. Everyone cheered me up to encourage me. They waited on me when I fell silent and did not make fun of me if I stammered or forgot a sentence. This really motivated me, and I was able to speak in front of an audience in school.
5. I was very upset and disappointed when I failed to qualify for discus throw competition in school. My parents motivated me by taking me to school regularly after-school hours for practice. They even arranged special coaching for me. Gradually, I improved and was selected for the team in the next session.
6. My parents encourage me to study for my exams by offering me rewards for getting good grades in my exams.
7. I do not eat many healthy vegetables so to encourage me to eat vegetables my mother often cuts them into interesting shapes or cooks them in a different variety. She also offers me treats if I finish the bowl of vegetables.

Time to Think

Suppose my friend is upset due to low grades in exams. I will motivate my friend to be happy and get good grades next time by letting her understand that setbacks are stepping stones to success. I will ask my friend to reflect and understand what went wrong, identify areas of improvement and work to rectify her mistakes. I will encourage her to do better next time. I will suggest that she organises her study-time effectively. She can break down the subjects and allocate time for each and stick to her study plan. She can clarify doubts and strengthen understanding by taking help from teachers and classmates or someone in the family. She can also treat herself when she completes a milestone, understands a topic, or resolves a difficulty. I will also join her in celebrating her small successes.

Real Life Skill

How do goals, attitude, idea, success, support and performance promote motivation?

Motivation is the drive that pushes us to do something, whether it is to achieve a personal goal, to solve a problem, or to create something new. Motivation can come from different sources, such as our own interests, values, beliefs, or emotions. But motivation can also be influenced by external factors, such as the goals we set, the attitude we have, the ideas we generate, the success we experience, the support we receive, and the performance we deliver.

Goals: One way that goals can promote motivation is by providing a clear direction and a specific target for our actions. Goals can help us focus our attention, organize our efforts, and monitor our progress.

Attitude can promote motivation is by shaping our mindset and our outlook on the situation. Attitude is the way we think and feel about ourselves, others, and the task at hand. Attitude can affect our motivation positively or negatively, depending on whether it is optimistic or pessimistic, confident, or doubtful, enthusiastic, or bored.

Idea can promote motivation is by stimulating our creativity and curiosity. Idea can inspire us to explore new possibilities, to generate novel solutions, or to express ourselves in original ways. Idea can also motivate us to learn new skills, to acquire new knowledge, or to develop new perspectives.

Success is the achievement of a desired result or outcome. Success can boost our motivation by increasing our satisfaction and happiness, by enhancing our self-esteem and confidence, or by validating our competence and skills. When we experience success, we are more likely to feel motivated to continue.

Support is the help and feedback that we get from others who care about us and our goals. Support can enhance our motivation by reducing our stress and anxiety, by increasing our sense of belonging and connection, or by offering us guidance and advice. When we receive support, we are more likely to feel grateful and motivated to persist.

Performance is the quality and quantity of our work or output. Performance can influence our motivation by showing us how far we have come, how well we have done, or how much we have grown. Performance can also motivate us to evaluate ourselves objectively, to identify our strengths and weaknesses, or to seek feedback for improvement. When we see our performance improve, we are more likely to feel motivated and accomplished.

Chapter 9. Sincerity

Check Your Knowledge

- A. 1. (d), 2. (c), 3. (b)
- B. 1. True, 2. False, 3. True, 4. True
- C. 1. Mozzie could roar like a lion. He discovered his special ability when he was still very young.
2. Mozzie was made the king of Maluba jungle because all the animals of the jungle were terrified of him.
3. Tuga Tuga named Mozzie as the 'ghost lion'.
4. All the animals were laughing at Mozzie because he was a lion who could only roar but could not bite or do anything else like a lion.
5. At the end, the golden days of happiness of the fly were over. The fly felt helpless because he could only roar, threaten, and lie; but no one was scared as they realized he could not bite or harm them in any way.

Check Yourself

Sincerity, according to me is a quality of honesty of mind. A sincere person is not a hypocrite and does

not pretend. Their feelings, beliefs, thoughts, and desires are genuine.

I think I am a sincere person because I am open about my true feelings, I do not pretend. If I help someone, it is out of genuine concern and not in greed or expectation of any favour in return.

Time to Think

We learn the lesson from the story that the dog was not sincere in his intentions. He was showing dual behaviour towards the rabbit. The rabbit asked the dog to show his true colours because he found it difficult to conclude from his behaviour whether he was a friend or enemy of the rabbit. The rabbit wanted to know the true and honest self of the dog.

Real Life Skill

The fruits I would like to include in my life:

- Honesty with God
- Courage to tell the truth.
- Recognise your mistakes.
- Honesty with others
- You have peace.
- Self-confidence

Chapter 10. Volunteering

Check Your Knowledge

- A. 1. (a), 2. (b), 3. (a), 4. (c)
- B. 1. The first man gave all his gold and jewels from his wagons and shared them to all the villagers to help the poor villagers.
2. The second man made sure that each villager received a fair share of food and drinks to last for some time.
3. The third man helped the villagers by giving them farming implements, tools, sacks of seeds and grain.
4. I think the third man took the wisest as he helped the villagers stand on their own feet by growing food for themselves and making a livelihood for themselves. His step could eliminate their poverty for good instead of some temporary relief.

Check Yourself

Yes, I have helped poor and needy people many times by giving them clothes, shoes, toys, and blankets. I would also ask my father to pay for their

medicines to some extent. I can request my aunt to give free tuitions to poor students for one hour every day. I can form a group of students and people in the neighbourhood to donate money for the poor. This money can be used to buy medicines or medical procedures of the poor near our colony.

Time to Think

Water conservation

Water conservation refers to the preservation, careful planning, control, development, and management of water resources. Water scarcity is a serious problem that affects millions of people around the world, especially in developing countries. Therefore, water conservation is essential to ensure the availability and quality of water for present and future generations.

Water conservation includes protecting water from pollution and using it wisely without wasting it.

We can follow these to conserve water:

- **Use Water Wisely:** Turn off taps when not in use. Choose efficient home appliances like washing machines and dishwashers.
- **Avoid Overuse:** Be mindful while taking showers, washing dishes, or clothes. Don't waste water.
- **Garbage Disposal:** Avoid washing down small bits of trash; dispose of them properly.
- **Vegetable Cleaning:** Use a container to wash fruits and vegetables instead of running the faucet.

- **Check for Leaks:** Regularly inspect faucets, taps, and pipes for leaks.
- **In homes,** we can conserve water by using low-flow fixtures, taking shorter showers, turning off the tap when not in use, reusing greywater, and harvesting rainwater.
- **In agriculture,** we can conserve water by using drip irrigation, mulching, crop rotation, organic farming, and drought-resistant crops.
- **In industries,** we can conserve water by using water-efficient technologies, recycling wastewater, preventing spills and leaks, and complying with environmental regulations.

It is important to make people aware of need of saving and conserving water. We must tell them that although water covers about 70% of the planet's surface, but only a small fraction of it is fresh and accessible for human use. It is a precious resource needed for plants, animals, and humans alike. Water is essential for the survival of all life forms on Earth. Water conservation is important as it emphasizes the concept of preserving this precious resource.

Water conservation helps to preserve the natural ecosystems and biodiversity that depend on water. It enhances the resilience and adaptation to climate change and natural disasters.

Water conservation also saves money and resources for individuals, communities, and governments.