

# Happiness Together Joy at Home



## 10 Day Module Daily One Hour with your Child

### Preparation

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Dear Parent(s)/Guardian(s)  
Greetings from Us to you

First, I would like to give you a warm welcome and congratulate you to be a partner of teachers with this module of happiness. We at State Institute of Education, Kashmir, have been working and trying to develop some innovative techniques to enhance the knowledge of students through our teachers. On top of being Teacher educators, we at SIE Kashmir are researchers, who are supposed to come up with some innovative methods to enhance the knowledge and skill of teachers for better teaching-learning processes.

During these unfortunate times, we try to develop this happiness module for our children to not only develop their cognitive abilities but to cater to their feelings, emotions by enhancing their values which will develop their character. This module aims at developing good habits that can transform into character and a good character always reflects in the personality.

These days of quarantine and lockdown taught us so many good things, we request you to talk about the positive side of this quarantine with your

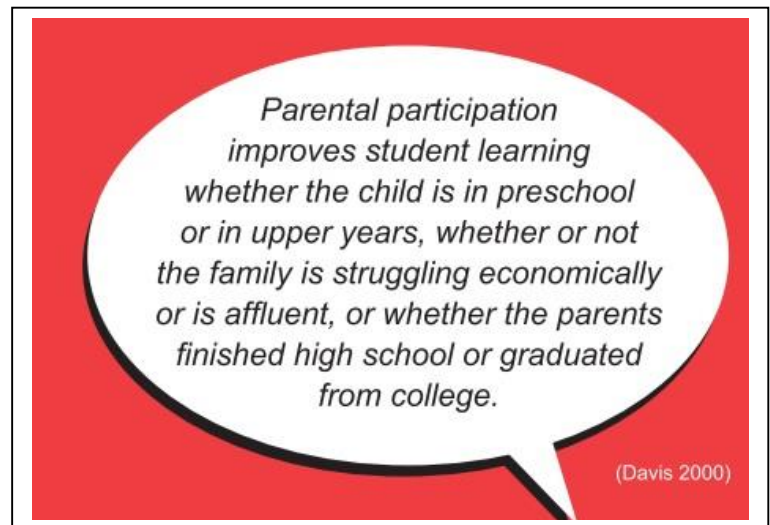
children, share the good deeds and your learnings with your children through short and long stories, read them some good books and try to model whatever frame you want to give to your child.

As children develop at different levels, no one other than you can judge the abilities of a particular child. Please review the enclosed activities to be sure that you are comfortable that these are appropriate for your child. We request you to accompany your child while performing the day's activities. We have given some open-ended and a bit higher-order questions without answers, let the child decide what will be the better answer for all those situations.

This is a character-building module, so it needs to be extended by parental guidance. We understand that a few more aspects should have been added but we hope that you will inculcate those values in your own way and style and we may incorporate those, some other time.

School Education Department, Kashmir works for you and will always try to do best for our children. Please stay home, stay safe.

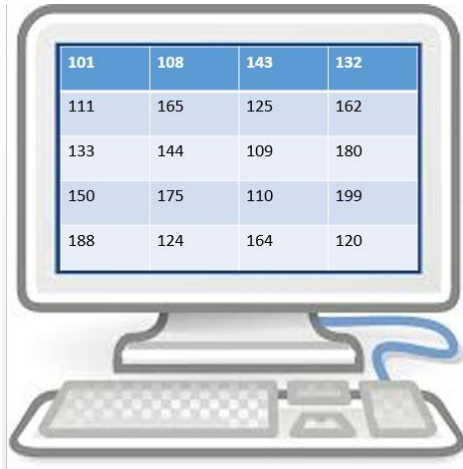
Thank You  
Dr. Rabia Naseem Mughal  
rabiamoghal@gmail.com



## Day 1

### Activity 1 ANSWER SQUARES

This computer has calculated answers to all the questions below. Now it's your job to figure out which answer goes with each one. Be careful, though. Some answers may fit with more than one problem. There is only one way to use all the answers without repeating any.



Answers at the  
end of the  
Day's work

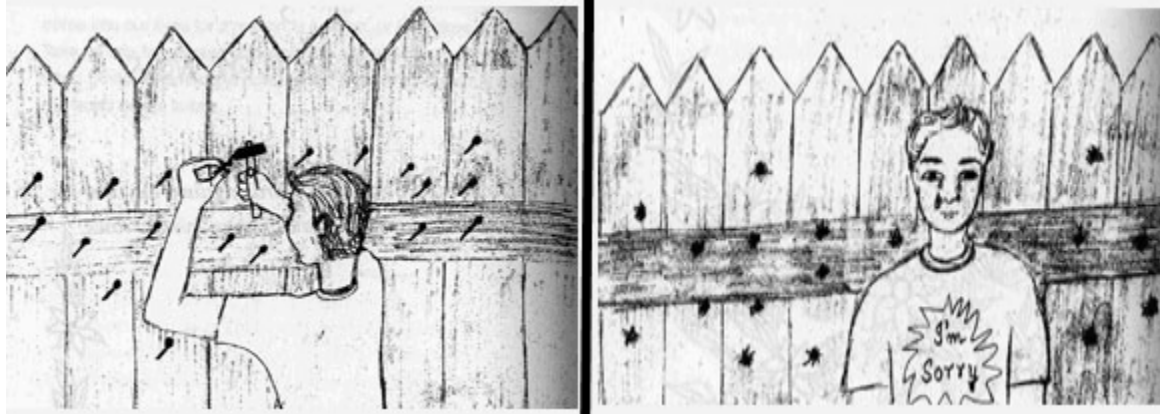
- a. An Even Number
- b. An odd Number
- c.  $12 \times 12$
- d.  $1 \times 2 \times 3 \times 4 \times 5$
- e. 200, 197, 194, 191, ?
- f. 33, 66, 99, 132, ?
- g.  $500 \div 4$
- h.  $75 + 57$
- i.  $888 - 777$
- j. A century plus a decade
- k. A hundred Rupees plus nine more rupees.
- l. Divide by 4 and you get a whole number
- m. Highest number
- n. Inches in three yards
- o. Lowest number
- p. Nine more than 115
- q. Seconds in three minutes
- r. Sixty-six less than 199
- s. The Midpoint between 100 and 200

### Activity 2

#### STORY FOR COMPREHENSION

Dear Child! Please read the story below and if you have any difficulty in reading and comprehension, kindly seek help from your parents or your siblings or any elder who can help you in understanding the story well. And be honest to give your responses at the end of the story by yourself.

## Control Your Temper (Anger)



There once was a little boy who had a very bad temper. His father decided to hand him a bag of nails and said that every time the boy lost his temper, he had to hammer a nail into the fence.

On the first day, the boy hammered **37 nails** into that fence. The boy gradually began to **control his temper** over the next few weeks, and the number of nails he was hammering into the fence slowly decreased.

He discovered it was easier to control his temper than to hammer those nails into the fence.

Finally, the day came when the boy didn't lose his temper at all. He told his father the news and the father suggested that the boy should now pull out a nail every day he kept his temper under control.

The days passed and the young boy was finally able to tell his father that all the nails were gone. The father took his son by the hand and led him to the fence.

**“You have done well, my son, but look at the holes in the fence. The fence will never be the same. When you say things in anger, they leave a scar just like this one. You can put a knife in a man and draw it out. It won't matter how many times you say I'm sorry, the wound is still there.”**

### Moral of the story

Control your anger, and don't say things to people in the heat of the moment, **that you may later regret**. Some things in life, you are unable to take back.

### Your Responses of the Story

1. What is the theme of the story?
2. For what purpose were the nails given?
3. Do you think that temper can be controlled?
4. What will you do if you get angry at somebody?

**Request Note:** Dear Child! I hope you have understood the disadvantages of angry behavior and how you should not react when angry. I would like to request you to exercise control when you get angry.

### Task Note:

- ♥ Please take a piece of wood and click a picture of it (ask your parent or sibling for a smartphone to do so) and nail it with 5-10 nails then try to pull

### Tips To Manage Your Anger:

- Count Down (Start From 100 To 1)
- Take A Breath.....Continue Deep Breathing
- Go Walk Around
- Relax Your Muscles, Sit Down Or Lay Down
- Listen To Some Music
- Stop Talking For A While
- Talk To A Friend
- Laugh
- Imagine forgiving them
- Practice empathy
- Find a creative channel (drawing painting, writing etc)














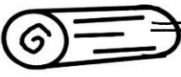


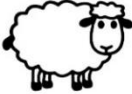









all nails out. Now observe the differences from the photograph and this piece of wood. Is it the same? Think.....

- ♥ If you see anyone younger or older than you, who gets angry, please share this story with them and explain politely, what you have learned from this story.

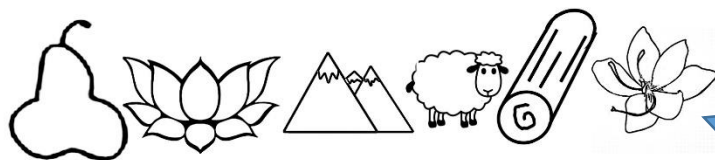
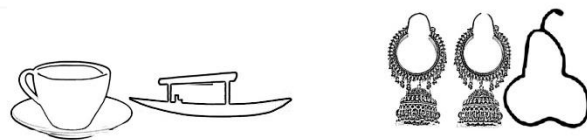
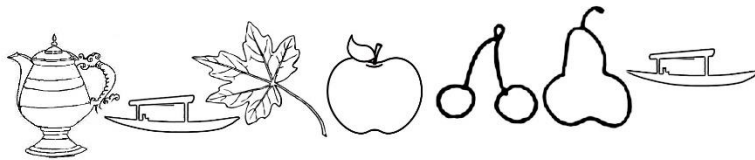
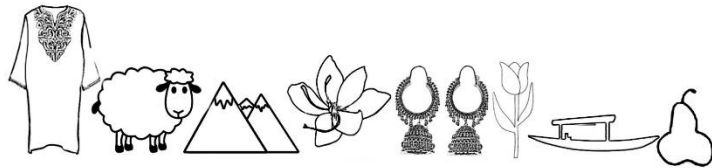
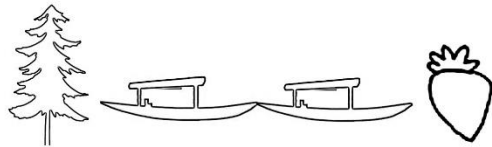
**Activity 3**

**CRACK THE CODE**

To find the answers to some questions, use the hieroglyphics below to crack the code.

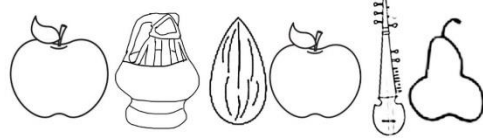
 = A	 = J	 = S
 = B	 = K	 = T
 = C	 = L	 = U
 = D	 = M	 = V
 = E	 = N	 = W
 = F	 = O	 = X
 = G	 = P	 = Y
 = H	 = Q	 = Z
 = I	 = R	

Q: Why does Deep forgive so easily?



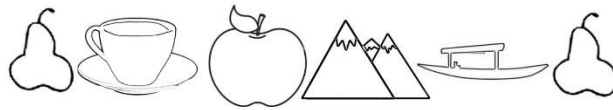
Answers at  
the end of  
the Day's  
work

Q: What good habit does Fatima have?

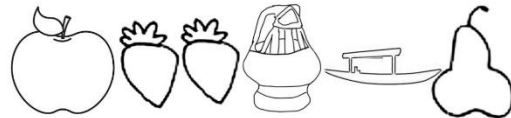
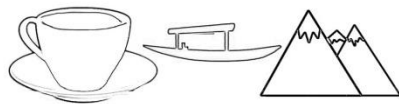


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Answers at the  
end of the  
Day's work

**Activity 4****CRYSTAL FARM**

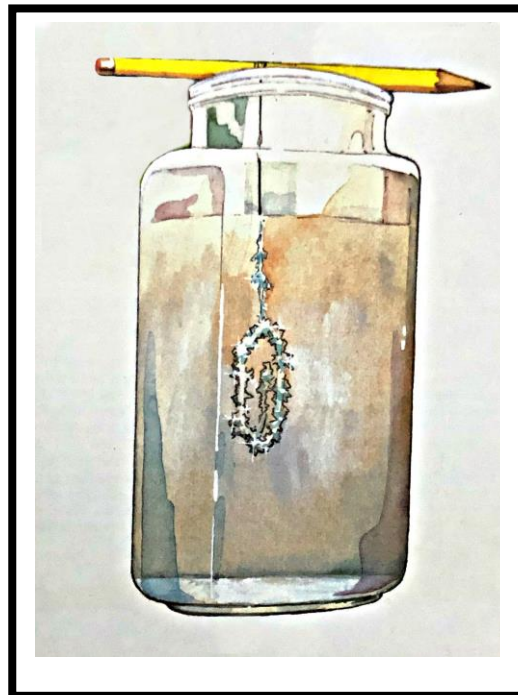
You can start your own crystal farm. It's easy to grow these fascinating formations in an ordinary jar.

**Materials:**

- Glass Jar
- A Bowl
- A long piece of string or thread
- A paper clip
- A spoon
- Salt
- Hot water
- A Pencil

**What You Do**

1. Turn on the hot water faucet/Tap and let the water run until it gets hot. Then carefully fill the jar.
2. Put few teaspoons of salt into the water and stir until it has dissolved. Put in some more salt and stir again.
3. Place the Jar in a bowl of very hot water. This will keep the water in the jar from cooling off. Add some more salt to the water in the jar and stir again. Keep stirring in salt until the water becomes cloudy.
4. Tie a paper clip to one end of the string or thread. Tie the other end onto a pencil. Place the pencil over the top of the jar so the paper clip hangs in the water.
5. Leave the jar for a few days. Each day you will see the crystals get larger.
6. Look at your crystals with a magnifying glass. You will see that each little crystal has the same shape.

**Quick Tip**

Some table salt will leave the water cloudy. For best results, use a pure salt, such as kosher salt

**Why It Works**

Salt is made up of tiny crystals. When you mix the salt in the hot water, these crystals dissolve, or break away from each other. The hotter your water, the more salt you can dissolve. But as the water starts to cool, the salt crystals become attached to each other again. They group together on the paper clip, and you have your formation.

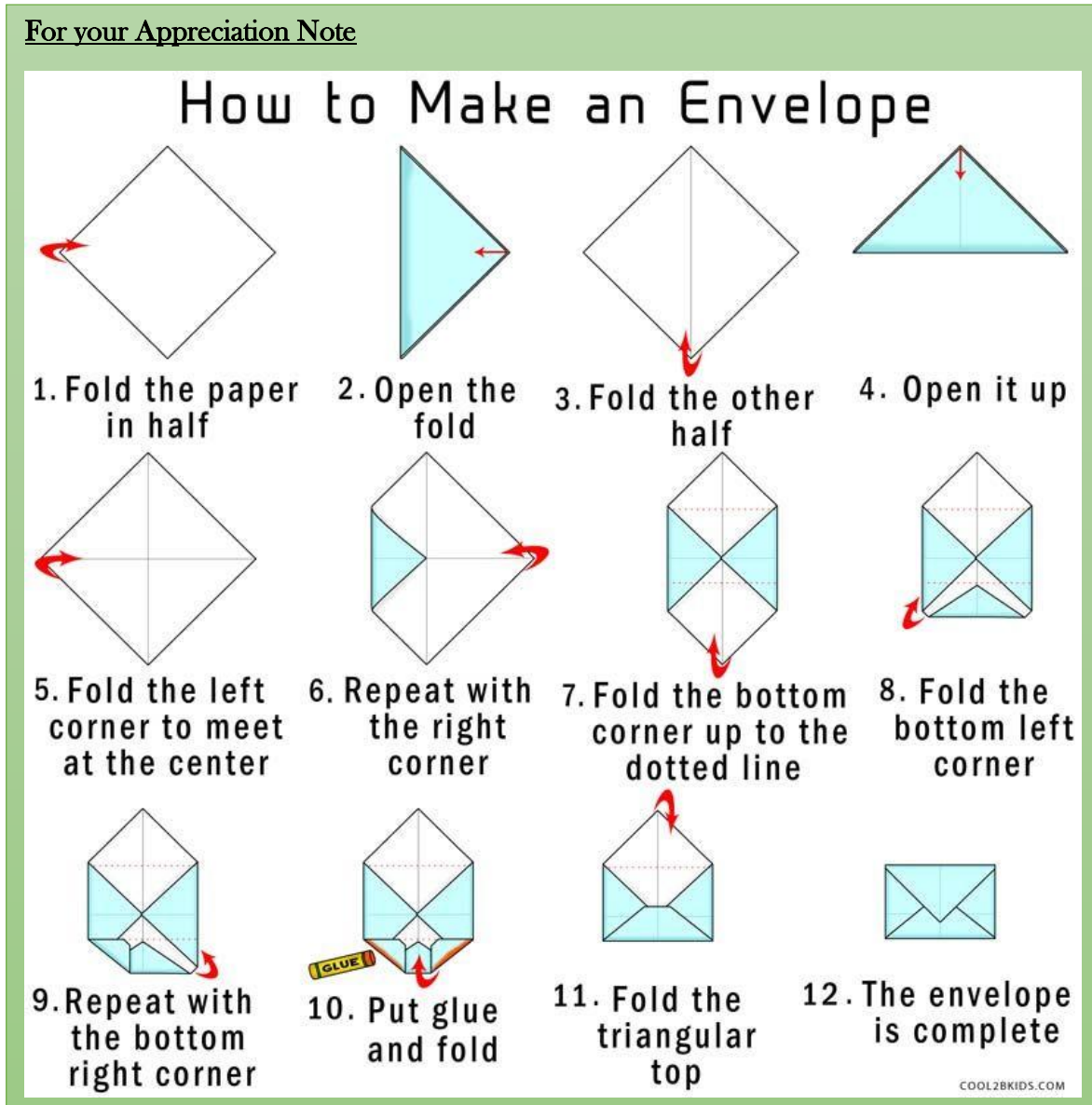
**Activity 5****Appreciation Note**

Dear Child! Take a few moments to think about people around you and identify who among them is most truthful. It may be your parent, your grandparent, your sibling, your cousin, your relative, your neighbor, your friend, your teacher, anybody.

Write a Thank you note for being truthful and making this world a better place by not saying any lie.



**Quick Tip:** You can start your note with Dear, Respected, Mr. Ms. Mrs., or My Dear... You can do some sketching and can use your artistic skills. You can use different colour pens to decorate your letter. You can write good things about that person and use different quotes (you can find quotes of famous people from some book or on the internet). You can write your note in any language but do not forget to write your name in the end.



### Activity 6

#### GO TO YOUR ELDER

Dear Child! Take time to go to your elder (Grand Parent, Parent, etc.) ask them about their health and wellbeing and if they need anything or if you can be of any help to them. And please make it a habit.

Solutions Day 1

## Activity 1 ANSWER SQUARES

a. 162  
b. 143  
c. 144  
d. 120  
e. 188  
f. 165  
g. 125

h. 132  
i. 111  
j. 110  
k. 109  
l. 164  
m. 175  
n. 199

o. 108  
p. 101  
q. 124  
r. 180  
s. 133  
t. 150

## Activity 3 CRACK THE CODE

**Question:** Why does Deep forgive so easily?

**Answer:** Deep forgives because he is strong.

**Please Remember**

*“Mistakes are always forgivable, if one has the courage to admit them and forgiving is the biggest courage.”*

-Bruce Lee

*“We must develop and maintain the capacity to forgive. He who is devoid of the power to forgive is devoid of the power to love. There is some good in the worst of us and some evil in the best of us. When we discover this, we are less prone to hate our enemies.”*

-Martin Luther King

**Question:** What good habit does Fatimah have?

**Answer:** She always shares her apples.

**Please Remember**

*“Happiness doesn’t result from what we get, but from what we give.”*

- Ben Carson

*“No person was ever honored for what he received. He was honored for what he gave.”*

- Calvin Coolidge

**Dear Child! Thank you so Much for  
completing your Days work successfully.  
Remember you are precious to us.**

## Day 2

### Greetings!

We hope you had a good sleep and a healthy breakfast. Now....

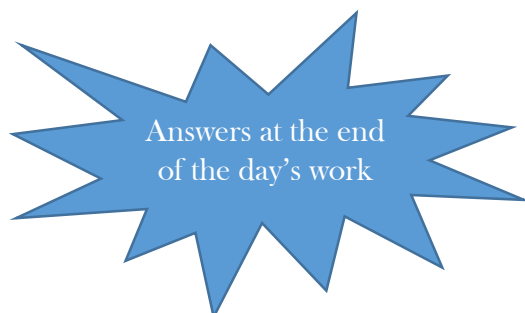
#### Let us recall what we learnt yesterday

1. **Answer square:** It was about finding the answers on computer screen.
2. **Story:** Story was about impact of anger and how to control or manage it.
3. **Crack the Code:** It was about using pictographs to find a message. We learnt two virtues that is 'sharing' and 'forgiving'.
4. **Crystal Form:** this helps us know about crystallization and how we can do it with our household items.
5. **Appreciation Note:** In this activity we tried to practice the virtue of gratitude by appreciating another virtue of being 'Truthful'. We must remember '*A lie may take care of the present, but it has no future.*' We also learnt, how to make an envelope from a simple piece of paper.
6. **Go to the Elder:** It was about helping and respecting elders and making it as our habit.

### Activity 1 NUMBER TIP-OFF

Each of the following sets of statements contains three numbers. In each case, there is only one way to put the numbers so they make sense. Use your tip-offs to figure it out.

S.No.	Statements	Tip-offs
1.	Sadia is ____. Her older brother Haris is ____. Haider, the baby of the family, is the only ____.	6, 12, 14
2.	My height is ____ inches. Last year it was ____ inches, so I have grown ____ inches.	4, 44, 48
3.	In the morning I wake up at ____ O'clock. It takes me ____ minutes to walk to school. The late bell is at ____ O'clock.	7, 8, 30
4.	March ____ is my dad's birthday. He will be ____. My Mom's birthday comes ____ days later.	27, 32, 120
5.	Bake the brownies at ____ degrees for ____ minutes. Then let them cool for ____ minutes before cutting into pieces.	5, 45, 350
6.	I scored ____ on my first math test. My score went up to ____ on the second, so my average is ____.	70, 80, 90
7.	Hardeep takes a size ____ shirt. He is ____ feet tall and weighs ____ Pounds.	4, 8, 64
8.	I can bicycle ____ miles in ____ minutes. If I go faster it will only take me ____ minutes.	2, 10, 15



## Activity 2

## STORY FOR COMPREHENSION

## A Pound of Butter (Honesty)



There was a farmer who sold a pound of butter to a baker. One day the baker decided to weigh the butter to see if he was getting the right amount, which he wasn't. Angry about this, he took the farmer to court.

The judge asked the farmer if he was using any measure to weight the butter. The farmer replied, "Honor, I am primitive. I don't have a proper measure, but I do have a scale." The judge asked, "Then how do you weigh the butter?"

The farmer replied; **"Your Honor, long before the baker started buying butter from me, I have been buying a pound loaf of bread from him. Every day when the baker brings the bread, I put it on the scale and give him the same weight in butter. If anyone is to be blamed, it is the baker."**

**Moral of the story**

In life, you get what you give. Don't try and cheat others.

**Your Responses of the Story**

1. What is the theme of the story?
2. Why Baker drag farmer to the court?
3. What do you believe about being honest?
4. Is being honest, tough or easy?

**Request Note:** Dear Child! We hope you must have liked the story and come to know about how important it is, to be honest. I would like to request you to be honest with yourself and others.

Remember if we write on somebody's wall, somebody will also write on our wall. What we give will come back to us. If we lie to somebody, somebody will lie to us too.

**Task Note:**

- ♥ Please try to say only truth for a week. If you stop lying for a week continue it for one more week until it becomes your habit.

**TIPS**

Honesty is one of the highest valued qualities in society. It is foundation of all our relationships. It is possible to be honest, but it requires courage, will power and desire.

You can start here:

- Be honest with yourself (accept good and bad characteristics of who you believe you are)
- Pay attention to your feelings (discomfort and unease)
- Don't say yes when you mean No (you must honor what you want)
- Be honest with others about how you are feeling
- Be 100% responsible for your words and actions.

**Warning...**

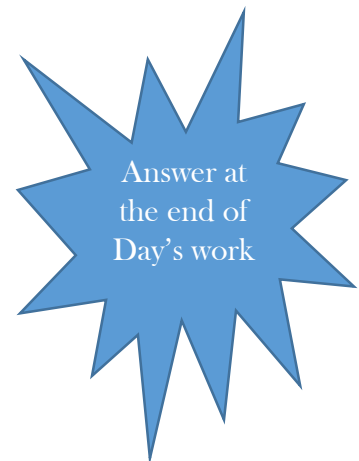
When you begin to be true to your 'yes & No' you may feel the need to justify your answer. This is sign of guilty & it may mean you are looking for outward approval rather than honoring yourself

**Activity 3**

**ONE MORE TIME**

Count down this clue list to find all the words that have the letter ONE in them. Fill in the blanks. You'll be a real Number one puzzle solver if you get everyone.

1. Ice cream holder	•	_One
2. Finished	•	_ One
3. Skeleton part	•	_One
4. Vanished	•	_One
5. Sticky syrup	•	_One_
6. Coins and bills	•	_One_
7. By yourself	•	_ _ One
8. Rocks	•	_ _ One_
9. Not later	•	_ _ One _
10. King's chair	•	_ _ _ One
11. Truthful	•	_ One_ _
12. Device for talking	•	_ _ _ _ _ One



**Activity 4**

(Do any of the below activities and if you want to do both, that will be better)

**1. MAKING RAINBOWS WITH A MIRROR (SPLITTING SUNLIGHT)**Mirrors in Water Make Rainbows

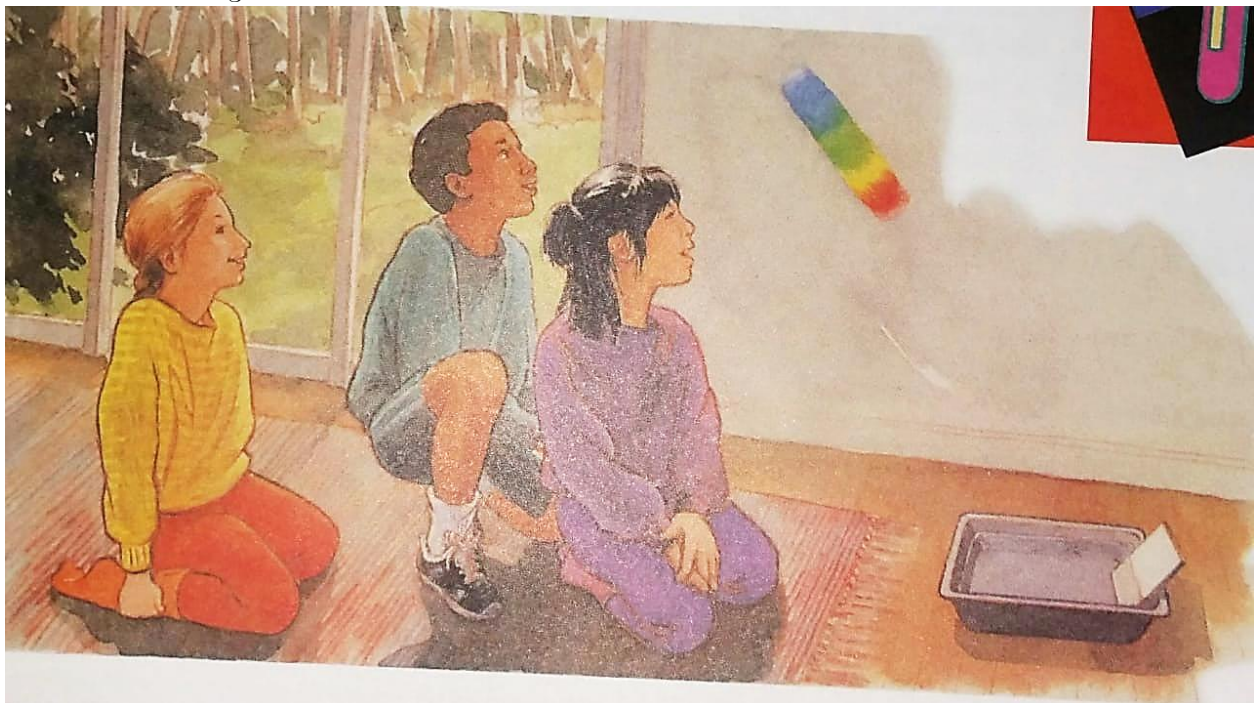
Let's start with the easiest!

Fill a large bowl or dish halfway with water and prop up a mirror inside it so that part of the mirror is under the water and part is out.

Place it near a sunny window with direct light coming in so that it hits the mirror (early morning or early evening light works best).

Play around with holding a large white piece of paper above the mirror to "catch" the rainbow. You might have to move a bit until you find it.

Play around with moving the paper closer to the mirror and then farther away to see how your rainbow changes!

**SAFETY NOTE**

Just like you should never look directly into the sun, be sure that you do not look directly into the reflection from the mirror. It can damage your eyes. If you are at all concerned about this with your child, instead of using sunlight, try a darkened room with a strong light source instead.

## 2. MAKING RAINBOWS WITH A GLASS OF WATER

When light goes through a glass of water – it also splits into a rainbow.

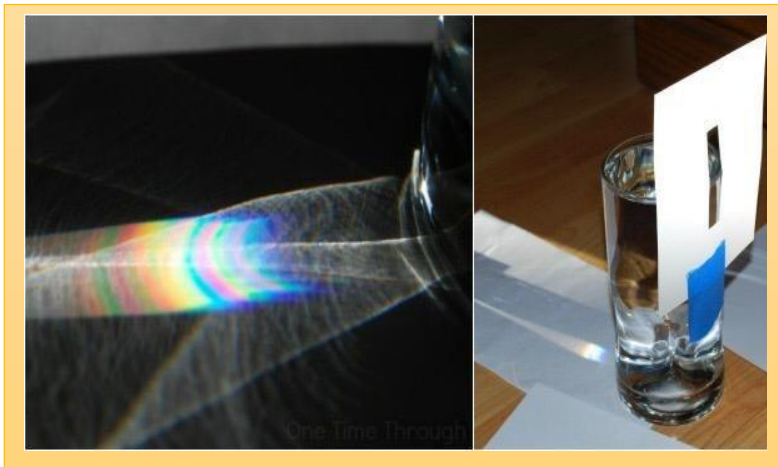
### To get ready –

- Take a piece of paper and cut a slot into the middle of it.
- Tape this onto the side of a smooth/clear drinking glass so that the sun's rays can pass through the opening onto the SURFACE of the water in the glass.
- You will need to do this on a very sunny day (or try a darkened room with a strong direct light source.)
- Make sure that the glass of water is VERY FULL.
- Place the glass on a white floor or white piece of paper, making sure the sun's rays are shining through the slot in your paper and hitting the surface of the water.
- You should see a mini-rainbow appear below the glass!

Dear Parents! Have your child describe the colours they see and you can talk about rainbows you have seen in the sky and how they are similar or different.

### The Science Secret

The path of a light when it goes from air into water. Each colour within the light bends at a slightly different angle. This spreads out all the colors in a band called a spectrum. The mirror reflects the spectrum back to the wall. And that's where you are the rain bow of colour.



### Life Lesson from Light

Conquer the darkness



Reveal the truth



Bring it all together



Face your fear

**Activity 5****Forgiveness Note**

Dear Child, we would like you to seek forgiveness from who you feel you have wronged (your parents, grandparents, siblings, friend, teacher or anybody) or someone you feel you did some sort of injustice to. This exercise may seem difficult in the beginning. But, we are certain that it will lighten your heart at the end. It is making peace with others. All the best!

**Quick Tips (Confess)**

**C:** Confession without an excuse

**O:** Offer of a genuine apology. An apology involves taking responsibility and expressing remorse and contrition. Even if we do not say explicitly the words “I’m sorry.” The key is to communicate the sadness and sorrow for having done the hurtful or offensive act.

**N:** Note the pain of the other person. We need to express empathy for the person we’re asking forgiveness from and show that we understand their experience.

**F:** Forever value the relationship.

**E:** Equalize through restitution. However uncomfortable, we need to ask if there is anything that can be done to make up for the wrongdoing.

**S:** Say we will never do it again. We need to also express how we will never try to hurt him or her in the same way ever again.

**S:** Seek forgiveness by explicitly asking for it as in: “Can you ever forgive me for hurting you?”

**Activity 6****Help in the kitchen**

Dear Child! Here are some of the activities that we are sure you will enjoy and make you help your mother and spend quality time with her.

- ♥ **Washing vegetables** - this is a great way to know the names of vegetables too.
- ♥ **Stirring ingredients**
- ♥ **Mashing** with a fork or potato masher
- ♥ **Understanding the names of different spices**
- ♥ **Chopping Foods**
- ♥ **Setting & Clearing the Table**
- ♥ **Rinsing Off their Plates**
- ♥ **Peeling Fruit**
- ♥ **Washing the Table**
- ♥ **Sweeping up**
- ♥ **Putting away groceries**
- ♥ **Pick herbs off the stem.**
- ♥ **Tear greens into pieces.**

**Ask**

- ✓ You Mom what ‘Kashmiri Masala Tikki’ is made up of?
- ✓ Your grandparent’s favorite dishes?

**Task Note**

List all the products in your Kitchen and check how far are these products from their expiry date?



Solutions Day 2**Activity 1****Number Tip-off****S.No. Statements**

1.	Sadia is 12 . Her older brother Haris is 14. Haider, the baby of the family, is only 6.
2.	My height is 48 inches. Last year it was 44 inches, so I have grown 4 inches.
3.	In the morning I wake up at 7 O'clock. It takes me 30 minutes to walk to school. The late bell is at 8 O' clock.
4.	March 27 is my dad's birthday. He will be 32. My Mom's birthday comes 120 days later.
5.	Bake the brownies at 350 degrees for 45 minutes. Then let them cool for 5 minutes before cutting into pieces.
6.	I scored 70 on my first math test. My score went up to 90 on the second, so my average is 80.
7.	Hardeep takes a size 8 shirt. He is 4 feet tall and weighs 64 Pounds.
8.	I can bicycle 2 miles in 15 minutes. If I go faster it will only take me 10 minutes.

**Activity 3****ONE MORE TIME**

6. Cone
7. Done
8. Bone
9. Gone
10. Honey
11. Money
12. Alone

1. Stone
2. Sooner
3. Throne
4. Honest
5. Telephone

**Please Remember**

*"There is no happiness without honesty. If you're seeking happiness, start by being totally honest."*

- P.J Ferguson

*"Throughout life people will make you mad, disrespect you and treat you bad. Let God deal with the things they do, because hate in your heart will consume you too."*

- Will Smith

*"Forgiveness is not an occasional act, it is a constant attitude."*

- Martin Luther King Jr

**Dear Child! Thank You So Much for  
Completing Your Days Work Successfully.  
Remember You Are Precious To Us.**

## Day 3

Greetings!

Hope you had a good sleep with beautiful dreams

Let us recall what we learnt yesterday

1. **Number Tip-Off:** This was about completing statements with given numbers
2. **Story A Pound Of Butter:** This story was about **Honesty** which taught us “what we give will come back to us”
3. **One More Time:** This activity was about searching words with cue list of ‘ONE’.
4. **Making Rainbow:** We split light into 7 colours with mirror activity. We learnt that we should conquer the darkness, reveal truth, bring it all together and face our fears.
5. **Forgiveness Note:** It taught us to take responsibility of our acts and it is making peace with others.
6. **Helping in Kitchen:** It taught us we should Help and spend quality time with mothers, by doing this we can learn new things also

Let us start our today’s activities

### Activity 1 Who’s Who?

Miss Mariam’s Class has gathered in a group. There are three rows with six students each. But who is who? Use the clues to fill in their names. When you are done you will be able to answer the question just below clues.

1. Irshad is the first person in the first row.
2. Aliya is the last in the first row.
3. Eiman is third in the third row.
4. Chetan is fifth in the second row.
5. Parul is two to the left from Chetan.
6. Yasmin is behind Tejinder who is behind Aliya.
7. Isha is between Chetan and Parul
8. Dania is fourth in row three and Aslam is between her and Yasmin.
9. Ujala is behind Irshad in the same row as Yasmin.
10. Ruheed has the remaining seat in row three.
11. Shanti and Sameer are side by side and Shanti is not on an end.
12. Sarbjeet is between Talia and Chandni in row one, Liaqat is to the right of Chandni.



Why is Miss Mariam’s Class here? Write the first initial of each student in the spaces below. Start in the first row and continue to get your answer.

Answers at the end of the Day’s task

## Activity 2 Story for Comprehension

### The Group of Frogs (Encouragement)

As a group of frogs was traveling through the woods, two of them fell into a deep pit. When the other frogs crowded around the pit and saw how deep it was, they told the two frogs that there was no hope left for them.

However, the two frogs decided to ignore what the others were saying and they proceeded to **try and jump out of the pit**.

Despite their efforts, the group of frogs at the top of the pit were still saying that they should just give up. That they would never make it out.

Eventually, one of the frogs took heed to what the others were saying and he gave up, falling down to his death. The other frog continued to jump as hard as he could. Again, the crowd of frogs yelled at him to stop the pain and just die.

He jumped even harder and finally made it out. When he got out, the other frogs said, **“Did you not hear us?”**

The frog explained to them that he was deaf. He thought they were encouraging him the entire time.



### Moral of the story

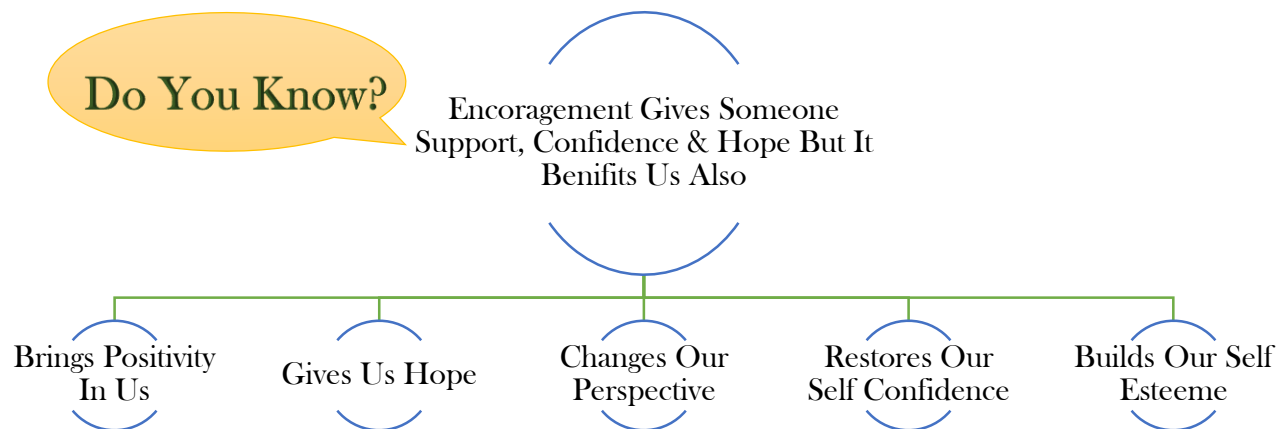
People’s words can have a big effect on other’s lives. Think about what you say before it comes out of your mouth. It might just be the difference between life and death.

### Your Response to the story:

1. Why does the frog think others were encouraging him?
2. What do you think is the reason behind the death of one frog?
3. Will you encourage people around you with good words?
4. Write a few encouraging statements, you will use to buck up your friends?

**Request Note:** Dear Child, I would like to request you to ask your parents/grandparents about their experiences of encouraging people. You can

- ✓ Ask them to discuss a time when they have been encouraged by others and how that made them feel.
- ✓ Ask them to think of ways to encourage others and then help them act on their ideas.



**Task Note:** It is a simple task and I am sure you would love it. Just go to your parents and ask them to study the tips written in the textbox below. This task is for them. Hureeeeyyy

### Task for Parents

Here are a few tips for teaching your child to be an encourager

- ✓ Define “encourage” for your kids (To inspire with hope or confidence; to uplift; to give support to; foster; to stimulate; spur).
- ✓ Model encouragement for them. Think of ways to actively encourage your spouse in the presence of your children.
- ✓ Script scenarios and words that can be used to encourage others. Scenarios we’ve used include uplifting a family member who is sick; encouraging a friend who is sad; and spurring on a classmate who is struggling in school.
- ✓ Positively acknowledge when you see encouraging behavior from your child. (When one of my children encourages a sibling or a friend (or me!) I say something like, “Thank you so much for encouraging your brother with his spelling words. I think your kind words really boosted his confidence for his test tomorrow.”) It’s amusing how acknowledging encouraging behavior begets more encouraging behavior
- ✓ Conversely, correct discouraging behavior immediately. Yes, siblings bicker and use unkind words with each other, but you should not overlook this behavior. Treating siblings poorly should not be a forgone conclusion or given a pass. We’ve had conversations like, “You will not call your sister derogatory names. She deserves to grow up in a home where she feels loved and respected – and so do you. If anyone speaks negatively to you, they will also be corrected.” In our house, we will be for each other.
- ✓ As a family, remember “Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.”
- ✓ Encourage children to assume different roles in their pretend play.
- ✓ Help them express their own feelings and encourage them to listen to other people's feelings.
- ✓ Try to link one child's feelings to another child's by reminding them of their own past experiences in similar situations.

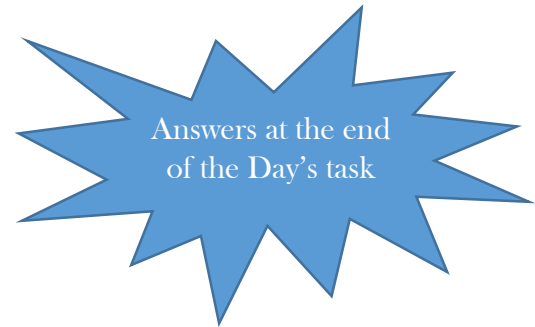
## Activity 3

**GETTING IN SHAPES**

These words describe different shapes. How many of them can you find in the letters below?

Look up, down, sideways, backward and diagonally.

<b>CIRCLE</b>	<b>PARALLELOGRAM</b>
<b>CONE</b>	<b>PENTAGON</b>
<b>CUBE</b>	<b>PYRAMID</b>
<b>CYLINDER</b>	<b>QUADRILATERAL</b>
<b>DIAMOND</b>	<b>RECTANGLE</b>
<b>ELLIPSE</b>	<b>SPHERE</b>
<b>HEXAGON</b>	<b>SQUARE</b>
<b>OCTAGON</b>	<b>TRAPEZOID</b>
<b>OVAL</b>	<b>TRIANGLE</b>



K	A	D	I	A	M	O	N	D	L	E	I	S	W
H	T	U	I	R	S	F	L	O	S	O	A	Q	A
D	P	Y	R	A	M	I	D	I	D	C	U	U	O
N	E	A	N	O	G	A	X	E	H	A	A	A	T
V	N	E	R	L	B	R	U	N	D	O	E	R	R
E	T	R	S	A	M	I	N	R	T	R	U	E	I
R	A	D	P	E	L	L	I	P	S	E	D	O	A
E	G	E	H	L	O	L	A	P	S	N	T	C	N
C	O	N	E	H	A	E	E	K	I	A	C	T	G
T	N	K	R	T	R	A	T	L	B	X	G	A	L
A	N	O	E	N	E	R	Y	D	O	S	I	G	E
N	M	R	C	I	R	C	L	E	T	G	H	O	R
G	A	O	U	G	H	U	B	E	I	N	R	N	Z
L	L	O	L	O	L	B	E	T	F	O	V	A	L
E	O	D	I	O	Z	E	P	A	R	T	V	E	M

**Activity 4     Make a Rain Gauge**

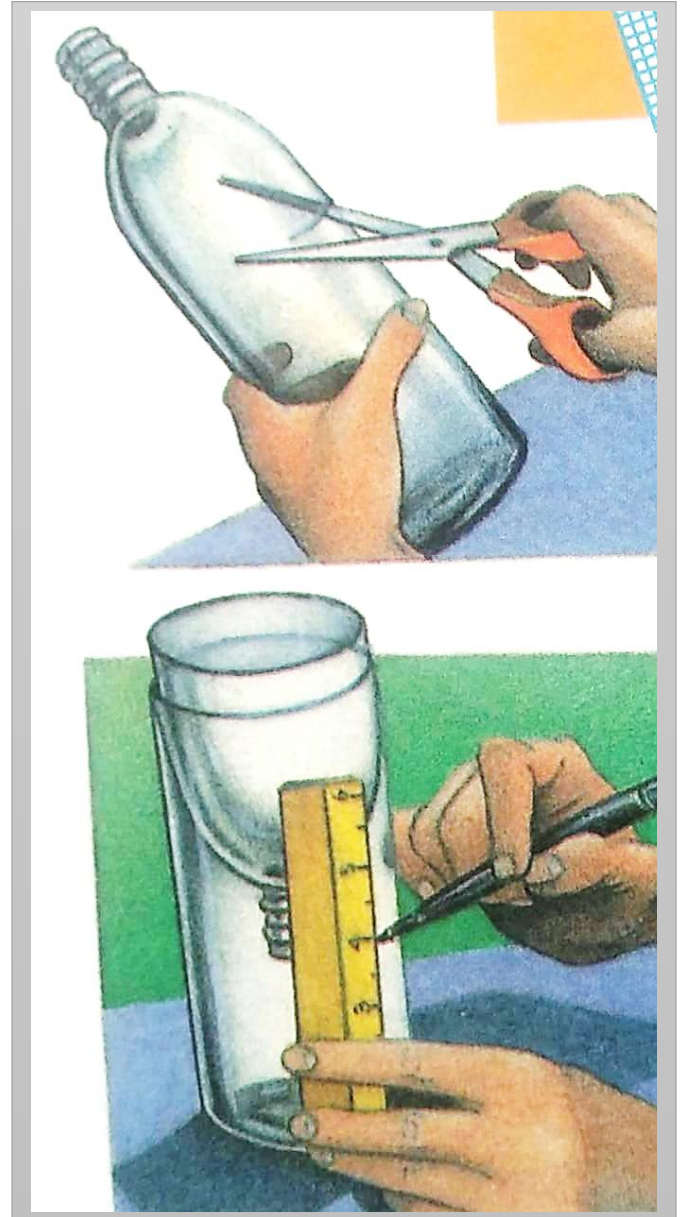
Dear Child, you can make your own rain gauge to measure how much rain falls where you live.

**Materials:**

1. A clean flat bottomed plastic bottle, like a kind shown in picture
2. A ruler
3. A pair of scissors
4. Several bricks or rocks
5. A waterproof permanent marker
6. Small diary to record and pencil

**What you Do**

- ✓ Cut off the top of the bottle. Place the top part of the bottle upside down into the bottom part. This will be a funnel.
- ✓ Stand the bottle on the table and hold the ruler against the bottle. One end of the ruler should rest on the table top. Use the flat tip marker to draw on the side of the bottle at every quarter of an inch.
- ✓ Place your rain gauge outdoors, and steady it with bricks or rocks so that it won't fall over. Try to find a place that's open to the sky and protected from wind.
- ✓ Check your gauge after rains. Write down the day and amount of water in your rain gauge on your rain record diary. Then empty the rain gauge and set it back in place.
- ✓ At the end of a month, add up all the amounts of rain that fell into your gauge. Find the average daily rainfall by dividing the total by the number of days in the month.

**Why it works?**

Usually rain is absorbed into the ground. Your gauge traps the rain. Unlike puddle, your container only collects raindrops- not water running into it from all sides. So by measuring the water, you know how much rain falls.

If some questions arise in your mind about what causes rain? Or any other question write it down in your diary and remember to ask you school teacher when your schools reopen or you can search internet also

**Activity 5 Forgiveness Note**

Dear Child, yesterday you wrote an apology note to seek forgiveness from a person you have wronged. That was really appreciable. It seems you have the strength to admit to your mistakes. Only a strong person can seek forgiveness. But you know, it needs equal courage to forgive people from the heart. Only courageous people can do that.

First of all, understand that you have a choice. You can choose to be angry or you can forgive.

Take a few moments to think about the people around you and try to apply the lesson of forgiveness that you have learned. I would like you to think about

- ♥ a friend who broke your toy,
- ♥ a sibling who blamed you for their fault,
- ♥ an elder scolded you when you were not at fault, or
- ♥ Anyone else you find hard to forgive or hold a grudge against.

I know you would feel upset, hurt and may get angry but you have anger management tips we had given you on the first day. It is time to practice them. Have courage, calm yourself and remember The Quran says in 3:134, “Those who restrain anger and pardon people; verily Allah loves the doers of good.”

I'd like you to write a letter forgiving anyone of them listing reasons for why you think they should be forgiven.

**Quick Tip**

While you're working on this exercise, remember the task is not to blame, others or yourself. The incident which caused it should be brief and the main focus should be on forgiveness and positivity that you want back in your bond.

Share following tips with your friends and family members and you too practice them:

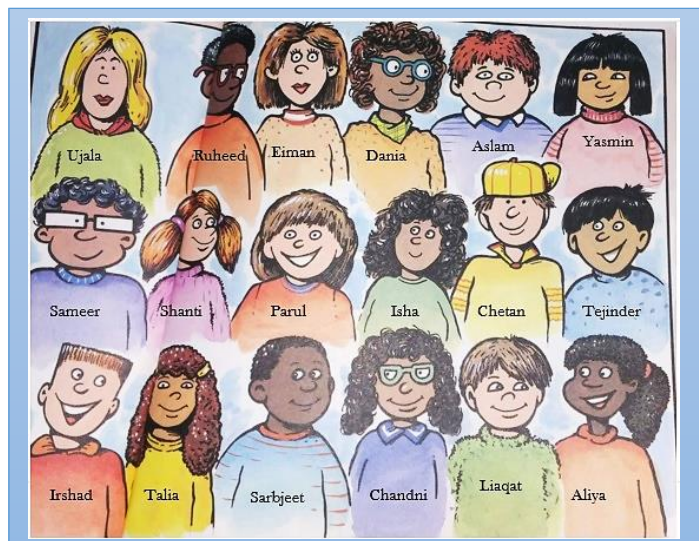
- ✓ Move On (What Happens is past)
- ✓ Don't Go to Sleep Angry (Forgive everyone before going to sleep)
- ✓ Switch the Focus from Blaming Others to Understanding Yourself
  - ✓ Learn to Let Go and Be Like Water
  - ✓ Take Responsibility for Your Part
    - ✓ Let Go of Resentments
  - ✓ Choose to Be kind instead of right
- ✓ Practice giving (it makes you stress-free)
- ✓ Stop looking for occasions to be offended
  - ✓ Live in present
- ✓ Spread happiness and love

**Activity 6 Can You Cook****(Note that this dish should be prepared under adult supervision)****Ingredients**

1. Three cups of leftover rice
2. One cup of curd
3. Three tablespoons of refined cooking oil/ clarified butter (desi ghee)
4. 1 teaspoon of mustard seeds
5. A few curry leaves (Optional)
6. Two to three Kashmiri chilies
7. Chopped up coriander leaves for garnish
8. Salt to taste

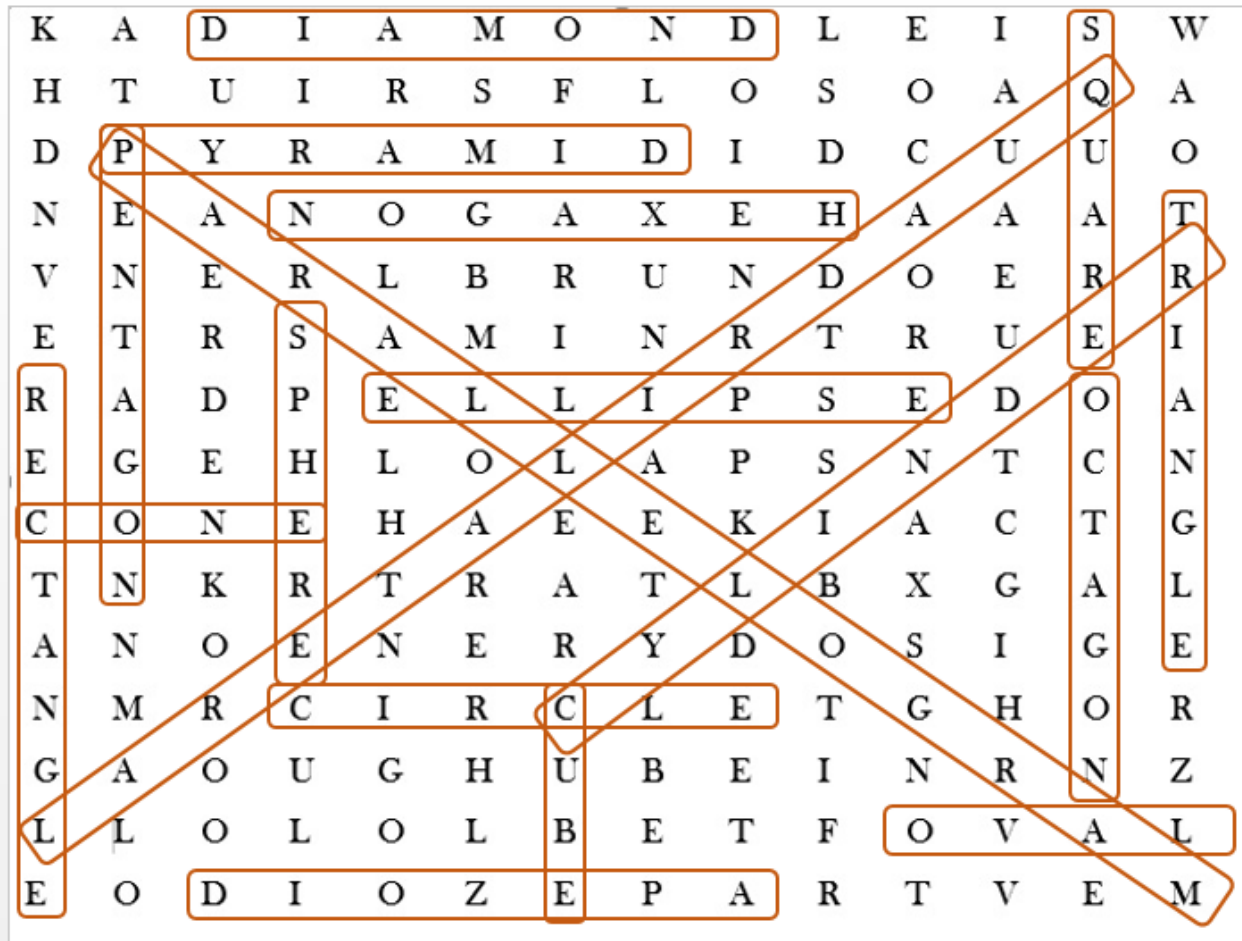
**Servings: Serves two children****How To Make It**

- Ask your mother for the leftover rice, take leftover rice and add curd to it. Add salt to taste.
- Heat up some oil or ghee (Be careful) and then add mustard seeds, Kashmiri chilies and the curry leaves. Wait for them to splutter.
- When the chilies turn a bit dark, add the mixture to the rice and mix everything really well.
- Garnish the dish with the coriander leaves and serve with pickle, chutney or another side dish.
- You can ask your mother for a piece of chicken or mutton (if available) shred it and mix it with rice.
- You can also add some peanuts or any other dry fruit to your dish.

**Solutions****Activity 1 Who's Who?****IT'S CLASS PICTURE DAY**



**Activity 3 GETTING IN SHAPES** (you can see the pictures of these shapes on the internet or maybe in your book)



**Please Remember**

*“Never give up hope. All things are working for your good. One day, you’ll look back on everything you’ve been through and thank God for it.”*

- Germany Kent.

*“The weak can never forgive. Forgiveness is the attribute of the strong.”*

-Mahatma Gandhi

**Dear Child! Thank You So Much for  
Completing Your 3<sup>rd</sup> Days Activities Successfully.  
Remember You Are Valuable To Us.**

## Day 4

Greetings!

Hope you had a good sleep with beautiful dreams

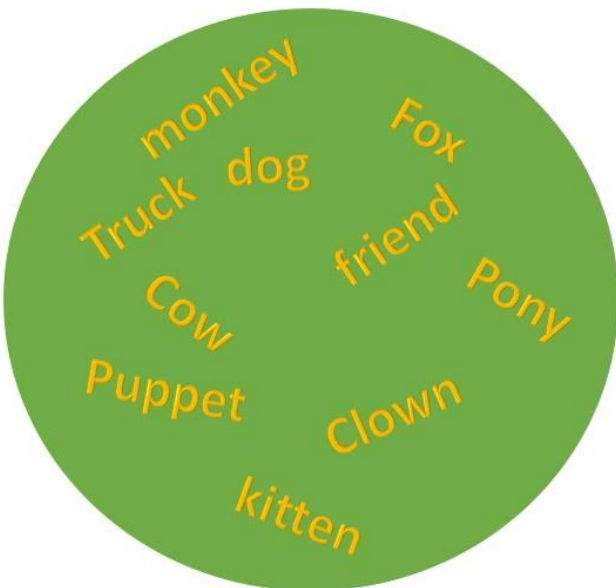
Let us recall what we learnt yesterday

1. **Who's Who?** : This was about Miss Mariam's class picture day where you identified all the names of students.
2. **The Group of Frogs:** This story was about encouraging people around us. We also learnt that words has power of their own, we need to think before we speak.
3. **Getting in shape:** You located name of different shapes in given grid.
4. **Make a Rain Gauge:** By this activity you learnt to make a rain gauge and you can now note down the actual rainfall in your area.
5. **Forgiveness Note:** By writing this letter, you must have learnt how to forgive. Do you remember the tip to forgive from heart?
6. **Can you cook:** You cooked curd rice yesterday in the supervision of your parents.

Let us start our today's activities, today we are going to start with some creative writing

### Activity 1 Putting words together to tell a story

Choose one word from the circle, one from the square and one from the triangle. Write a sentence using the three words you have chosen and any other words you need.





Choose again and keep writing sentences until you have used all the choices.

Pick your favorite sentence and write a story about it

**Hints:**

New friend thanked....

Biggest truck showed.....

**You can make so many with different combinations**

Please send your stories to me at [rabiamoghal@gmail.com](mailto:rabiamoghal@gmail.com)

**Activity 2 Story for Comprehension**  
**The Obstacle In Our Path (Opportunity)**



In ancient times, a King had a boulder placed on a roadway. He then hid himself and watched to see if anyone would move the boulder out of the way. Some of the king's wealthiest merchants and courtiers came by and simply walked around it.

Many people loudly blamed the King for not keeping the roads clear, but none of them did anything about getting the stone out of the way.

A peasant then came along carrying a load of vegetables. Upon approaching the boulder, the peasant laid down his burden and tried to push the stone out of the road. After much pushing and straining, he finally succeeded.

After the peasant went back to pick up his vegetables, he noticed a purse lying in the road where the boulder had been.

The purse contained many gold coins and a note from the King explaining that the gold was for the person who removed the boulder from the roadway.

**Moral of the story:**

Every obstacle we come across in life gives us an **opportunity to improve our circumstances**, and whilst the lazy complain, the others are creating opportunities through their kind hearts, generosity, and willingness to get things done.

**Your Response to the Story**

1. Why the king placed a boulder on a roadway?
2. According to you why peasant took off the boulder from the road?
3. If you would have been in the place of the peasant, would you have cleared the road?
4. Without thinking about any reward, do you try to clear obstacles in the way of your loved ones?

**Request Note:** Dear Child! we would like to request you to share this story with three of your family members today before going to bed and ask their take on this story.

**Task Note:** Look around and within your house for the obstacles on the way of movement and remove them. Make it a habit to put things in their proper places ( we suggest you to restrict this task to your home only as we all are quarantined and you cannot go out, but once all this corona threat is over you must watch in your neighborhood and on-road as well)

Do You Know  
Removing Barriers  
Benefits you in  
many ways

**Removing Barriers**

Shows You Are A Leader



You Can Work In Team



You Think For Success Not Failures



Other Will Learn From You



You Will Be Respected

**Activity 3      Blueprint Blunders**

Builder Basil just got the layout for his latest project. But this blueprint has a lot of mistakes in it. See if you can unscramble all the wrong words to find out what Basil is supposed to be building.

Get one GOLN piece of ODOV

UCT out VEFI sections of equal ZESI

Drill a ELOH in the DIMDEL of ENO of these sections. This will be SEUD as the RONFT.

SUE another section as the SEBA.

Carefully LAIN the other RUFO sections to the sides to form a OXB

Now UCT a section WELVET inches by NETEGHIE inches.

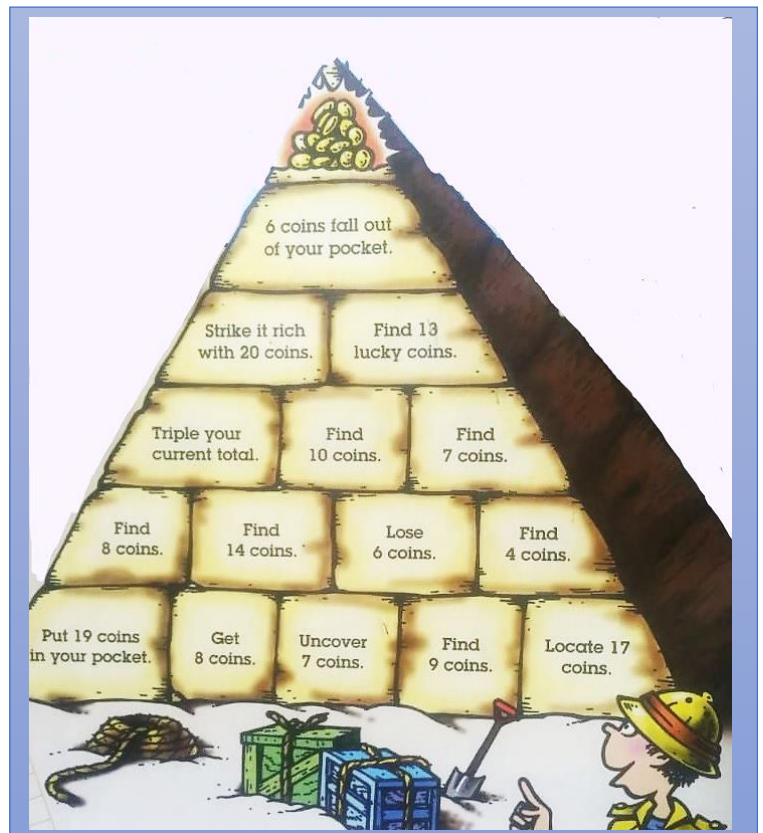
LAIN this to the top of the OXB with the extra XIS inches hanging over the RONFT

Add a WELDO as CHERP, and you'll have a brand new DRIBUHODE.



**Activity 4  
LUCKY PYRAMID**

To recover the last treasure, start at the bottom and work your way to the top, collecting gold coins. But in order to enter the secret chamber at the top, you must have exactly 50 coins. You can start in any of the bottom stones. As you cross each stone, you must add or subtract the coins mentioned. But beware. You can only cross from one stone to connecting stone, or else you will slide to the bottom



Answers for both the activities are at the end of Day's work

**Activity 5 Plant your own fruit**

We all eat fruit and fruits have seeds. Whenever you eat a fruit, make a habit of caring for its seeds. You can wash the seeds and sow it into the soil. Please ask your parents about how and when you can sow your seeds.

1. Remove the seeds and/or pits from the fruit of which you wish to reproduce.
2. Remove all adhering fruit portions and allow the seeds to air dry.
3. Then place them in a glass jar to which a loosely fitted lid or cover may be added. It is ready to sow. Today let us take tomato seeds.
4. Fill the pots with potting mix to within a 1/2-inch of the top and
5. Place a pair of seeds on top of the soil in each one near the center of the pot (having two is good insurance in case one doesn't sprout. Pinch off the smaller, weaker of the two if they both sprout).
6. Cover them with a 1/4-inch layer of soil mix and the compress the soil with your fingers. Good seed-to-soil contact is important for germination.
7. Sprinkle water on the seeds whenever the top of the soil mix appears dry. Don't keep the soil soggy, however - the seeds may rot

**Remember**

*"Until you dig a hole, you plant a tree, you water it and make it survive, you haven't done a thing. You are just talking."*

— Wangari Maathai

**Activity 6 Conversation with Grandparents/Elders**

Dear Child, go to your grandparents or any elder from your family and ask them to share their experiences of gardening or planting trees. They might have watched somebody else do it. Ask them what they feel about plants and trees, how these are important for us. Please share your views with them and if you have any confusion, ask them to clear that too.

**Solutions****Activity 3 Blueprint Blunder**

Get one LONG piece of WOOD

CUT out FIVE sections of equal SIZE

Drill a HOLE in the MIDDLE of ONE of these sections. This will be USED as the FRONT.

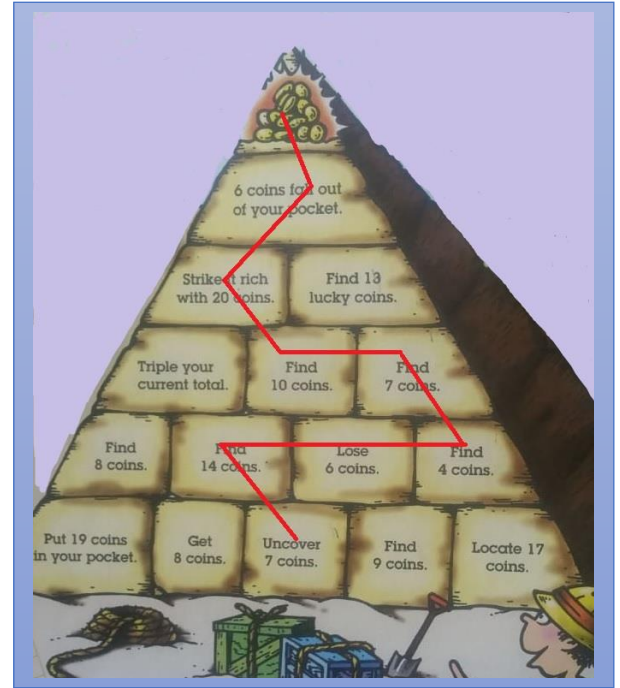
USE another section as the BASE.

Carefully NAIL the other FOUR sections to the sides to form a BOX

Now CUT a section TWELVE inches by EIGHTEEN inches.

NAIL this to the top of the BOX with the extra SIX inches hanging over the FRONT

Add a DOWEL as PERCH, and you'll have a brand new BIRDHOUSE.

**Activity 4 Lucky Pyramid****Remember**

*"If you are trying to achieve, there will be roadblocks. I have them. Everybody has had them. But obstacles don't have to stop you. If you run into a wall, don't turn around and give up. Figure out how to climb it, go through it, or work around it."*

-Michael Jordan

*"All the adversity I've had in my life, all my troubles and obstacles, have strengthened me... You may not realize it when it happens, but a kick in the teeth may be the best thing in the world for you."*

-Walt Disney

**Dear Child! Thank You So Much for Completing Your  
4<sup>th</sup> Days Activities Successfully. Remember You Are  
Precious To Us.**

## Day 5

Greetings!

Hope you had a good sleep and a nice breakfast

Let us recall what we learnt yesterday

1. **Putting Words together to tell a story:** you created a story out of given words.
2. **The Obstacle in the path:** This story was about clearing obstacles and every obstacle comes with an opportunity
3. **Blueprint Blunder:** Helping builder Basil to read the Blueprint
4. **Lucky Pyramid:** It was a Treasure Hunt
5. **Plant your own fruit:** You planted seeds.
6. **Conversation with Grandparents/Elder:** You spent quality time with your elders and got information about gardening and planting trees. We hope you will remember this conversation.

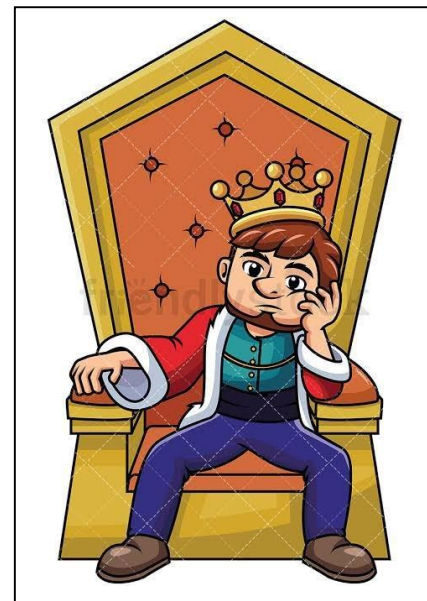
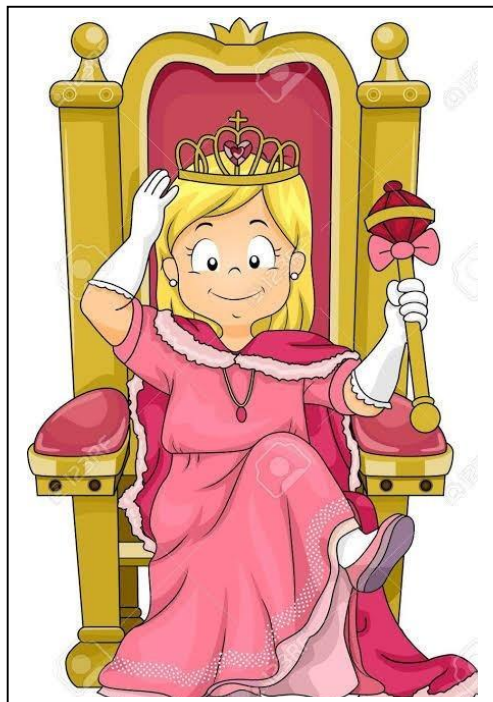


Let us start our today's activities, as yesterday, we will start our day with some creative writing

### Activity 1 Story Starter

Complete this story

Once Upon a Time, there lived a prince named Lazy Bones. He was very Sad because nobody liked him.....



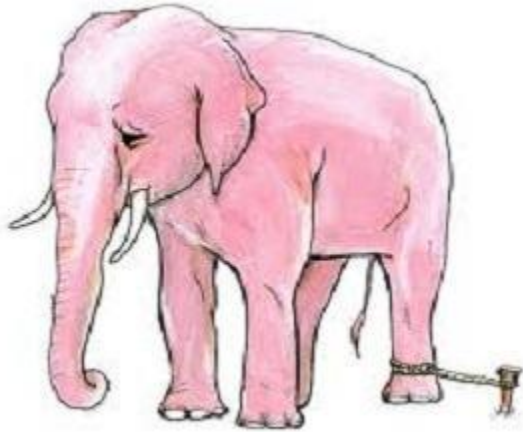
### Or Complete This Story

Once Upon a Time, there lived a prince named Happy Smile. She was a happy person so everyone loves her.....

Please send me your stories at  
[rabiamoghal@gmail.com](mailto:rabiamoghal@gmail.com)



Activity 2      **STORY FOR COMPREHENSION**  
**The Elephant Rope (Belief)**



## ELEPHANT ROPE

A gentleman was walking through an elephant camp, and he spotted that the elephants weren't being kept in cages or held by the use of chains.

All that was **holding them back** from escaping the camp, was a small piece of rope tied to one of their legs.

As the man gazed upon the elephants, he was completely confused as to why the elephants didn't just use their strength to break the rope and escape the camp. They could easily have done so, but instead, they didn't try to at all.

Curious and wanting to know the answer, he asked a trainer nearby why the elephants were just standing there and never tried to escape.

The trainer replied; *“when they are very young and much smaller we use the same size rope to tie them and, at that age, it's enough to hold them. As they grow up, they are conditioned to believe they cannot break away. They believe the rope can still hold them, so they never try to break free.”*

The only reason that the elephants weren't breaking free and escaping from the camp was that over time they adopted the belief that it just wasn't possible.

### Moral of the story

No matter how much the world tries to hold you back, always continue with the belief that what you want to achieve is possible. Believing you can become successful is the most important step in actually achieving it.

### Your Response to the Story

1. Do you have any such kind of belief that restrains you to do anything?
2. Why do you have that belief?
3. What is your opinion about the strength of the elephant?
4. Do you now believe one can do anything if s/he wants?

**Request Note:** I would like to request you to think for some moments and introspect and identify the things you fear to do. Talk out these fears with your parents and seek help from them to overcome these fears.

**Task Note:** You have this task of facing your fears. If you are scared of darkness, go in the darkness, you will find nothing there. Similarly, if you are bullied by someone, confront that person, talk to your parents about that person. If you feel you are not good in any subject and you cannot do any good in that subject, just remember that's your conditioning, and you just need to break that.

### Tips to overcome conditioning

Believe in yourself

Say to you self daily, "I am Good enough to do anything"

No negative self talk (like I cant do thing, I am not made for this etc

Excercise daily

Live in the moment

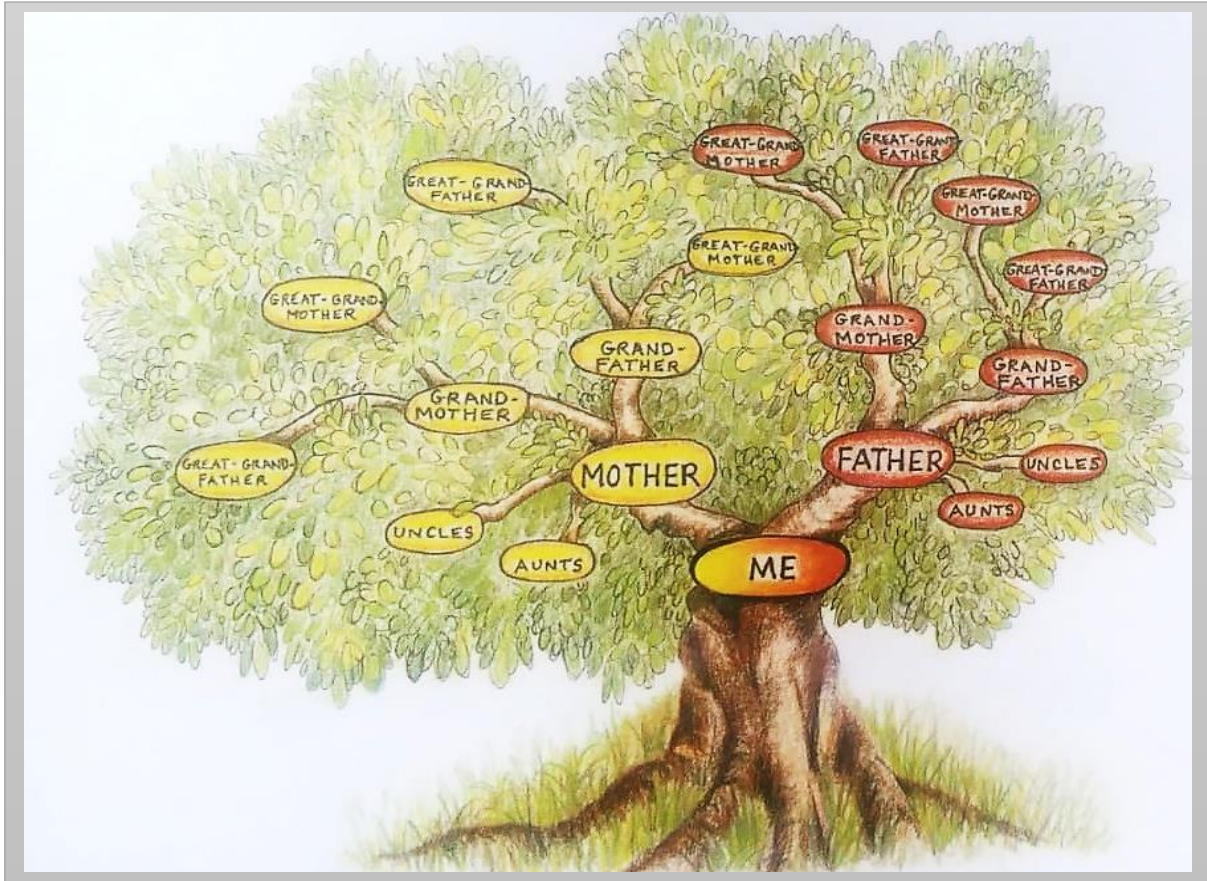
### Activity 3 Next Numbers

What number comes next in each series? Look at the relationship between the numbers on the same line for clues.

- A. 10, 13, 16, 19, 22, 25, 28, \_\_\_\_\_
- B. 9, 13, 17, 21, 25, 29, 33, \_\_\_\_\_
- C. 24, 22, 20, 18, 16, 14, \_\_\_\_\_
- D. 41, 36,31, 26, 21, 16, 11, \_\_\_\_\_
- E. 31, 33, 35, 37, 39, 41, \_\_\_\_\_
- F. 47, 44, 41, 38, 35, 32, 29, 26, \_\_\_\_\_
- G. 14, 21,28, 35, 42, 49, \_\_\_\_\_
- H. 21, 20, 19, 18, 17, 16, 15, \_\_\_\_\_
- I. 20, 22, 21, 23, 22, 24, 23, 25, 24, \_\_\_\_\_
- J. 13, 14, 12, 13, 11, 12, 10, 11, \_\_\_\_\_

### Activity 4 Make your family Tree

Take a drawing sheet and draw a big tree as shown in the picture below and write the names of your family members on it. You can decorate it with beautiful colors and you can paste their pictures too.



### Activity 5 MAKE A WIND SPINNER

Have you ever wondered how fast the wind blows? You can make an instrument to measure the speed of the wind. It's called an anemometer.

#### Materials

- ✓ Four paper cups
- ✓ A red felt tip marker
- ✓ Two strips of 1×18 inch cardboard
- ✓ Tape or a stapler
- ✓ Scissors
- ✓ The cap of a ballpoint pen
- ✓ Wire coat hanger

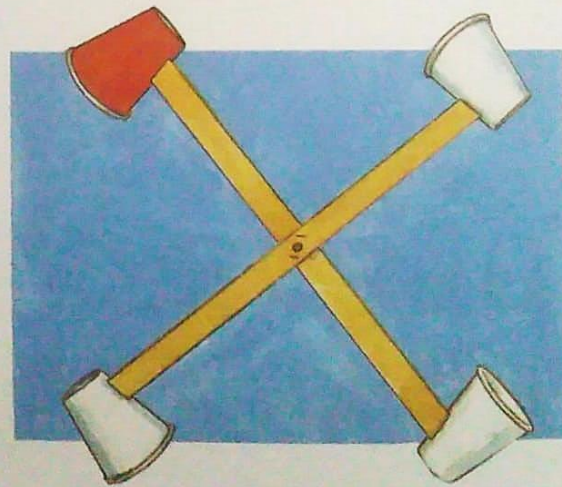
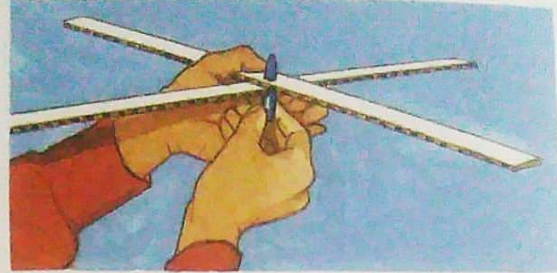
#### What you Do?

1. Cross the cardboard strips in the middle so they form an X. Staple or tape them together.
2. Carefully make a hole in the center of the X with the scissors. Make the hole big enough so that the end of the pen cap will fit into it. Don't make it so big that the pen cap goes straight through it.
3. Use the red marker to colour one of the paper cups.
4. Cut lengthwise slits in the sides of each paper cup and fit it onto one of the ends of the cardboard X. face all the cups in the same direction.

5. Untwist the top of the hanger. Straighten it out and then break it in the middle. (You might want to ask a parent to do this for you). Use only one half of the hanger.

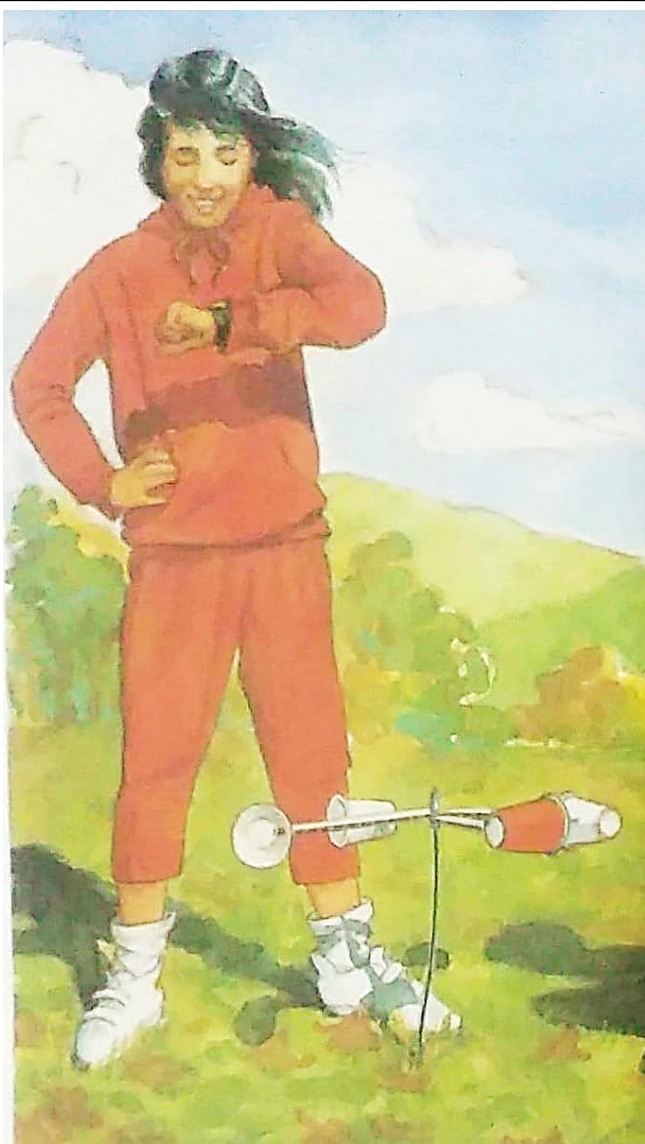
6. Find a place outdoors where you can stick one end of the hanger deep into the ground. Fit the pen cap into the hole you made in the cardboard X and balance the X on the end of the hanger.

7. To measure the speed of the wind, count how many times the red cup goes around in a minute. Divide this number by ten and the result is approximately how many miles the wind is travelling per hour.



### Why it works

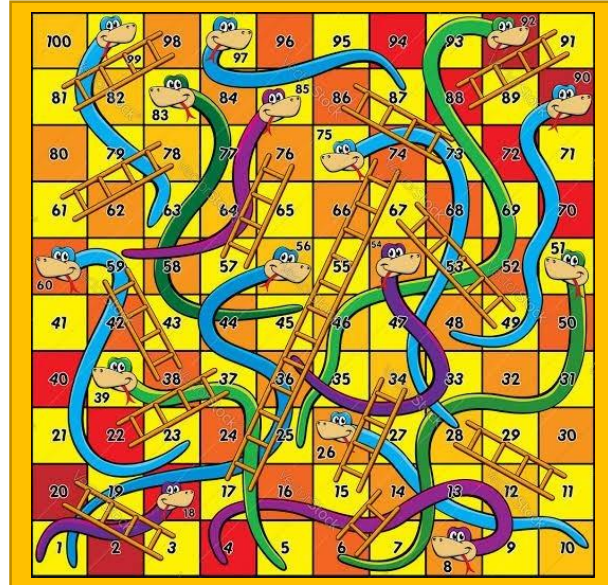
When the wind blows, it fills up the cup that is facing into it and pushes the cup away. The anemometer turns, and the next cup moves to face into the wind. Then that cup fills up with wind and gets pushed away. Because there is always one cup facing into the wind, the anemometer keeps turning as long as the wind is blowing.



## Activity 6

## Gaming with your grandparents/ parents

Do you have any board game at home like 'snake and ladders', Ludo, or card game like UNO or any other game? Introduce your elders with these or let them bring one of their own and teach you how to play.



## Solution

## Activity 3 NEXT NUMBER

- K. 10, 13, 16, 19, 22, 25, 28, 31 (add 3)
- L. 9, 13, 17, 21, 25, 29, 33, 37 (add 4)
- M. 24, 22, 20, 18, 16, 14, 12 (subtract 2)
- N. 41, 36, 31, 26, 21, 16, 11, 6 (subtract 5)
- O. 31, 33, 35, 37, 39, 41, 43 (add 2)
- P. 47, 44, 41, 38, 35, 32, 29, 26, 23 (subtract 3)
- Q. 14, 21, 28, 35, 42, 49, 56 (add 7)
- R. 21, 20, 19, 18, 17, 16, 15, 14 (Subtract 1)
- S. 20, 22, 21, 23, 22, 24, 23, 25, 24, 26 (add 2, subtract 1)
- T. 13, 14, 12, 13, 11, 12, 10, 11, 9 (add 1, subtract 2)

## Remember

*"Your chances of success in any undertaking can always be measured by your belief in yourself."*

-Robert Collier

Dear Child! Thank You So Much for Completing Your  
5<sup>th</sup> Days Activities Successfully. Remember You Are  
Precious To Us.

## Day 6

Greetings!

Hope you had a good sleep with beautiful dreams

Let us recall what we learnt yesterday

1. **Story starter:** Hopefully you have completed the story yesterday and mailed on my email id.
2. **Elephant Story:** This was about conditioning and belief.
3. **Next Numbers:** This game was about guessing the next number with logic
4. **Make a family Tree:** We hope that you have created your family tree with name tags also.
5. **Make a wind spinner:** this was about making an aerometer and recording the speed of the wind
6. **Gamming with Elders:** We believe the most enjoyable activity of yesterday was playing with your elders.

Let us start our today's activities

### Activity 1 Monthly Muddle

This calendar was printed with the months missing. The month of January has been placed in the correct place. Using that bit of information to start, can you write the name of the other months on the correct calendar pages?

Solution at the end of the day's work

## Activity 2 STORY FOR COMPREHENSION

### The King Portrait

Once upon a time, there was a Kingdom. The king there only had one leg and one eye, but he was very intelligent and kind. Everyone in his kingdom lived a happy and healthy life because of their king. One day the king was walking through the palace hallway and saw the portraits of his ancestors. He thought that one day his children will walk in the same hallway and remember all the ancestors through these portraits.

But, the king did not have his portrait painted. Due to his physical Challenges, he wasn't sure how his painting would turn out. So he invited many famous painters from his and other kingdoms to the court. The king then announced that he wants a beautiful portrait made of himself to be placed in the palace. Any painter who can carry out this should come forward. He will be rewarded based on how the painting turns up.

All of the painters began to think that the king only has one leg and one eye. How can his picture be made very beautiful? It is not possible and if the picture does not turn out to look beautiful then the king will get angry and punish them. So one by one, all started to make excuses and politely declined to make a painting of the king.

But suddenly one painter raised his hand and said that I will make a very beautiful portrait of you which you will surely like. The king became happy hearing that and other painters got curious. The king gave him permission and the painter started drawing the portrait. He then filled the drawing with paints. Finally, after taking a long time, he said that the portrait was ready!

All of the courtiers, other painters were curious and nervous thinking, How can the painter make the king's portrait beautiful because the king is Specially abled? What if the king didn't like the painting and gets angry? But when the painter presented the portrait, everyone in the court, including the king, left stunned.

The painter made a portrait in which the king was sitting on the horse, on the one-leg side, holding his bow and aiming the arrow with his one eye closed. The king was very pleased to see that the painter has made a beautiful portrait by cleverly hiding the king's disabilities. The King gave him a great reward.



**Moral:** We should always think positive of others and ignore their deficiencies. We should learn to focus on the good things instead of trying to hide weaknesses. If we think and approach positively even in a negative situation, then we will be able to solve our problems more efficiently.

### Your Response to the story

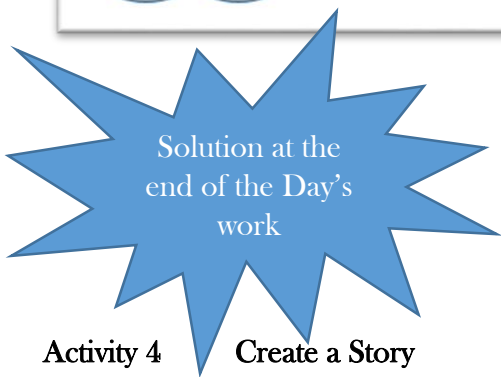
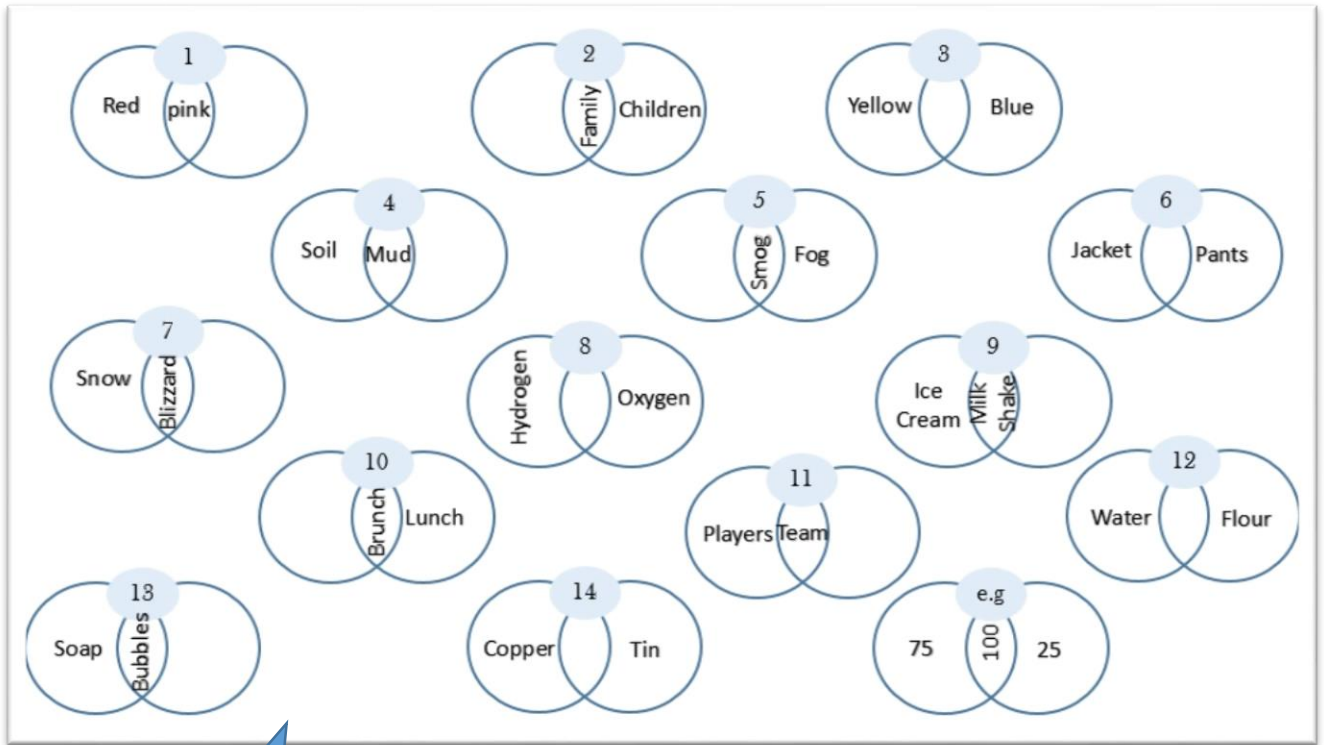
1. Have you seen any specially-abled people around you?
2. Do you treat them equally?
3. If you get a chance to work with some physically challenged person, will you help him/her without demeaning them?
4. Can you express the feeling, they might have felt?

### Remember

Earlier the terms like Handicapped and physically disabled were used but now it is considered that these are specially-abled or special children or people

**Activity 3 CIRCLE SETS**

A pattern of circles that represent different groups of objects is called a Venn Diagram. When the circles overlap, the words, numbers, or items in the outer circles combine to create the item in the middle. For example, you combine root and shoot, you will get plant similarly if you have Rs.75 and Rs.25 together, you have Rs.100 in Toto.



**Activity 4 Create a Story**

Create a story of your own by using this picture as an inspiration. You might have watched a famous cartoon show 'Tom and Jerry' on TV. Just like that make a short story, describing what is going on in this picture and what might have happened before this and what is going to happen after this. Take care about your story as it should also have a moral. You can mail your story with your name to me at [rabiomoghal@gmail.com](mailto:rabiomoghal@gmail.com)





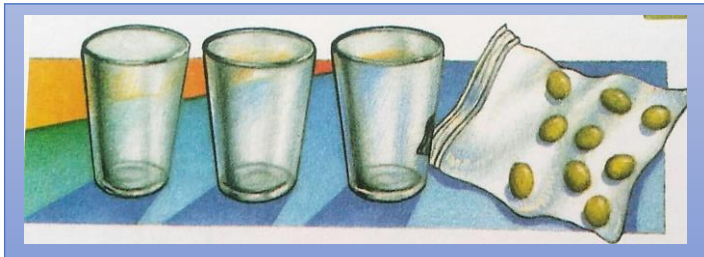
**Activity 5 FOOD FUN**

Here is one time when it is all right to play with your food. Set up each of these food puzzles. After you solve them, you can eat the result.

4. Slice a banana into nine pieces and lay them in three rows of three slices. Now rearrange them to make three rows of four slices.



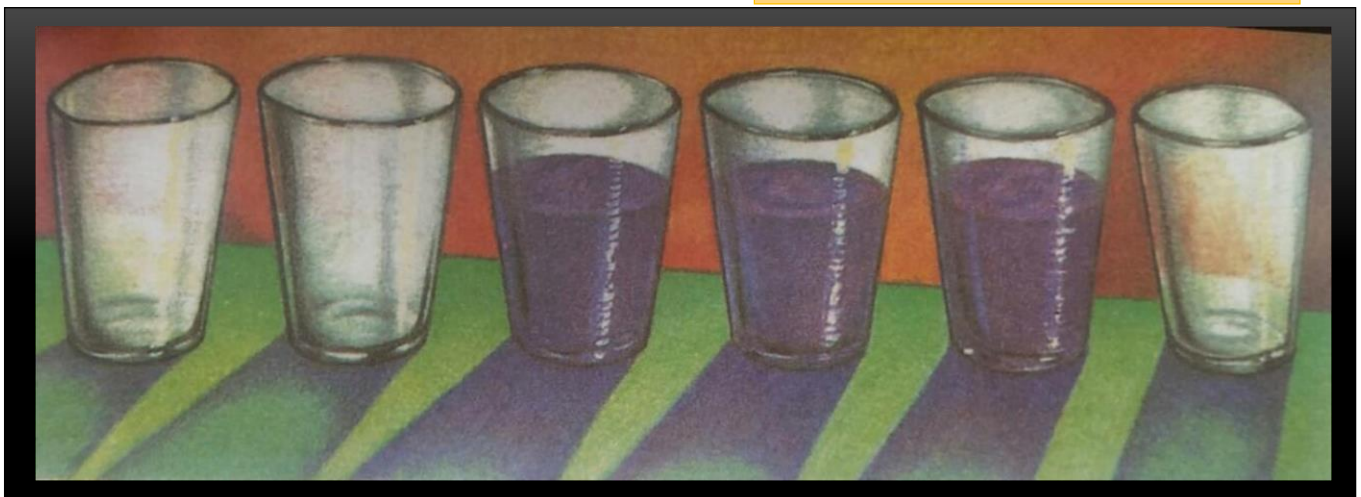
3. Place three empty glasses on a table and nine grapes in a clean plastic bag. Can you place three grapes in each glass and still have three in the bag?



2. Place five crackers/ krackjack/ maskachaska biscuits as you seen here. Now add one more so that each diagonal row has four.



1. Set up six cups-three empty and three containing juice/water-as you see in the picture. Can you arrange them so that every other cup is empty? You can move only one cup.



**Activity 6 SPEND YOUR TIME WITH ELDERS**

**Watch a Movie**

Go to your elders (grandparents/parents) ask them to connect to YouTube and search for the short cartoon movie 'Komal' prepared by NCERT and watch it. You can watch the movie by clicking this link <https://youtu.be/CwzoUnj0Cxc> on the soft copy of this module or you can type the link in the YouTube search bar.

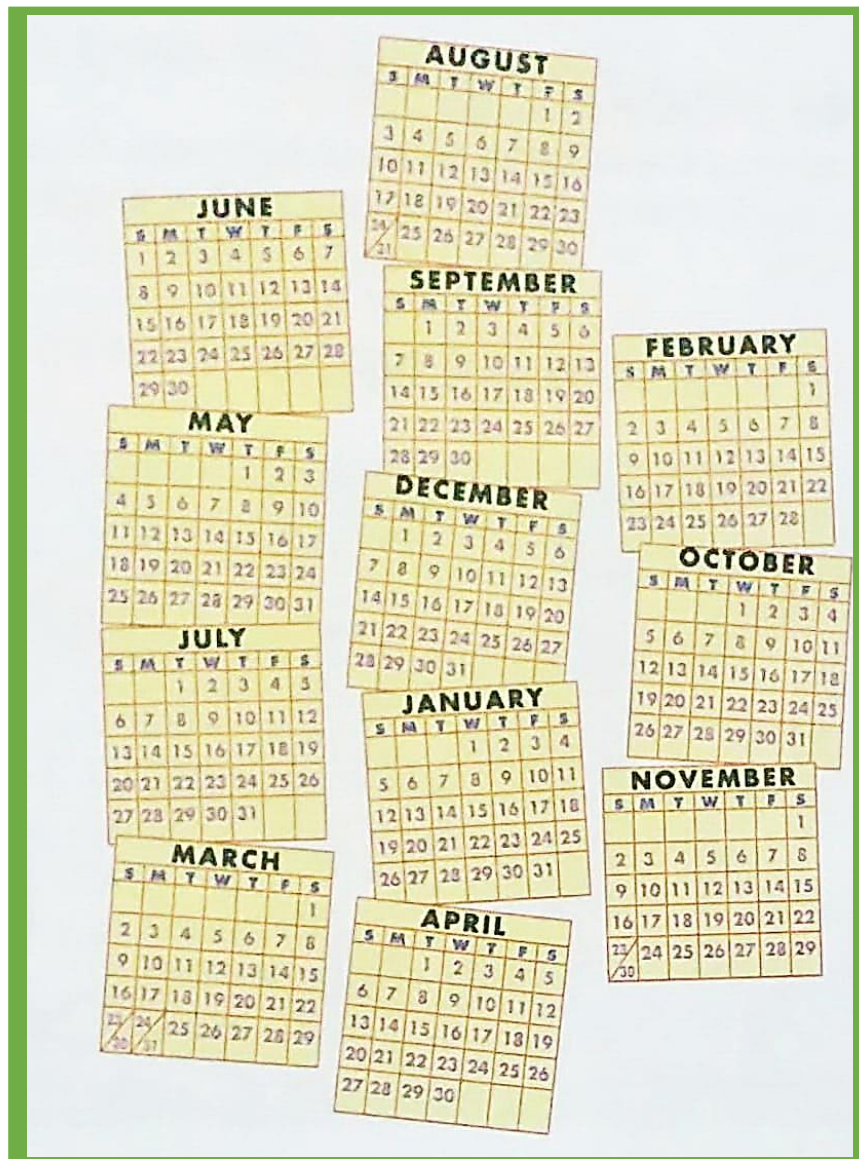


**Task Note:**

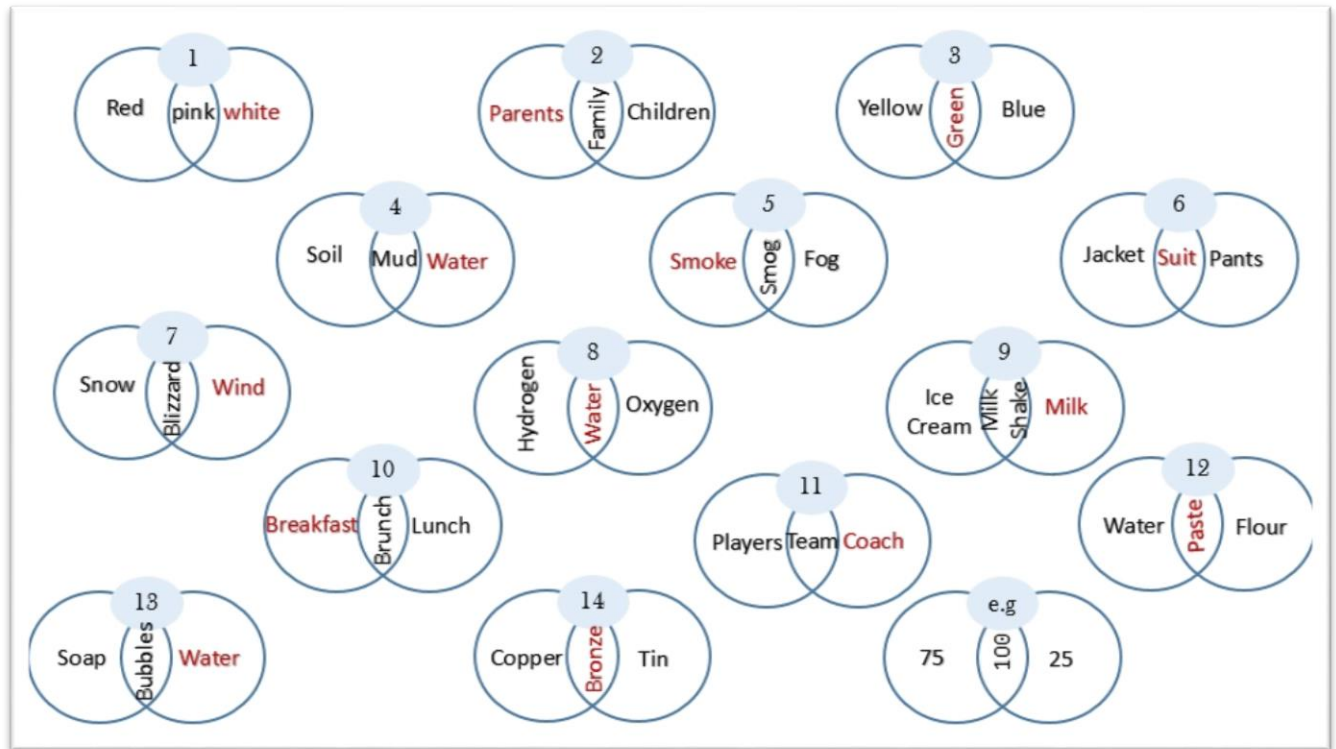
After watching this movie ask your parents about the reflections and give your opinions also. Please share with your parents about any bad touch you feel from anybody. I would like to request you to share this video with your friends and your siblings.

**Solution**

**Activity 1 Monthly Muddle**



## Activity 3 CIRCLE SETS



## Activity 5 FOOD FUN

1. Arrange them in a triangle with four pieces making up each side
2. Take three grapes from the bag and put them in the first glass. Take three more and put them in the second glass. Now drop the bag holding the last three grapes into the third glass.
3. Place the crackers on the top of the middle.
4. Pour the juice/water from the fourth cup into the first cup

## Prayer

Always pray to have eyes that see the  
best in people,  
A heart that forgives the worst,  
A mind that forgets the bad, and  
A soul that never loses faith in God

Dear Child! Thank You So Much for Completing Your  
6<sup>th</sup> Days Activities Successfully. Remember You Are  
Precious To Us.

## Day 7

Greetings!

Hope you had a good sleep with beautiful dreams

Let us recall what we learnt yesterday

1. **Monthly Muddle:** You arranged all the loose pages of Calendar marking the name of the months.
2. **The King's Portrait:** This story was about good in everyone.
3. **Circle Sets:** This activity was about Venn diagram where you find the different combination of things.
4. **Create a Story:** You created a story out of a picture.
5. **Food Fun:** This was about mental tricks.
6. **Spend Time with Elders:** You watched movie 'Komal' which is on the sexual abuse of child. We hope you will share this movie with your friends.

Let us start our day full of activities

### Activity 1 What is the Truth?

There are two different images, a frog and a horse. Without a doubt, right?



Now turn your head sideways. What do you see?

Let us do it with another picture.

What do you see in the picture?

- Old women
- Young women
- Both
- I don't know

Invert the  
Picture



- ▶ Truth is multi-dimensional
- ▶ The Two people can see the same thing, disagree and yet be right
- ▶ We see the world, not as it is , but as we are or as we are conditioned to see it
- ▶ When we open our mouth to describe what we see, we in fact describe ourselves, our perception, our paradigm
- ▶ We are not ready to accept ‘truth is something else too’

**Imagine If 10 Sec Can Make Such an Impact on the Way We See Things What About the Conditioning of Life Time**

Today’s story is also related to these illusions

## Activity 2 STORY FOR COMPREHENSION

### The Priest and the Goat

Once, there lived a pious Priest in a small village. He was a very innocent and simple-minded person, used to perform religious rituals. On one occasion, he was rewarded with the goat for his services by a wealthy man. The Priest was happy to get a goat as the reward. He happily slung the goat over his shoulder and began the journey towards his home. On the way, three cheats (Thugs) saw the Priest taking the goat.



All of them were lazy and wanted to cheat the Priest so that they could take away the goat. They said, “This goat will make a delicious meal for all of us. Let’s somehow get it”. They discussed the matter amongst themselves and devised a plan to get the goat by fooling the Priest. After deciding the plan, they got separated from one another and took different hiding positions at three different places on the way of the Priest.

As soon as, the Priest arrived at a lonely place, one of the cheats came out of his hiding place and asked Priest in a shocking manner, “Sir, what are you doing? I don’t understand why a pious man like you needs to carry a dog on his shoulders?” The Priest was surprised to hear such words. He screamed, “Can’t you see? It’s not a dog but a goat, you stupid fool”. The cheat replied, “Sir, I beg your pardon. I told you what I saw. I am sorry if you don’t believe it”. The Priest was annoyed at the discrepancy but started his journey once again.

The Priest had barely walked a distance, when another cheat came out of his hiding place and asked the Priest, “Sir, why do you carry a dead calf on your shoulders? You seem to be a wise person. Such an act is pure stupidity on your part”. The Priest yelled, “What? How can you mistake a living goat for a dead calf?” The second cheat replied, “Sir, you seem to be highly mistaken in this regard. Either you don’t know how does goat look like or you are doing it knowingly. I just told you what I saw. Thank you”. The second cheat went away smiling. The Priest got confused but continued to walk further.

Again the Priest had covered a little distance when the third cheat met him. The third cheat asked laughingly, “Sir, why do you carry a donkey on your shoulders? It makes you a laughing stock”.

Hearing the words of the third thug, the Priest became really worried. He started thinking, “Is it really not a goat? Is it some kind of a ghost?”

He thought that the animal he was carrying on his shoulders might really be some sort of ghost, because it transformed itself from the goat into a dog, from a dog into a dead calf and from the dead calf into a donkey. The Priest got frightened to such an extent that he hurled the goat on the roadside and ran away. The three tricksters laughed at the gullible Priest. They caught the goat and were happy to feast on it.

**Moral:** One should not be carried away by what others say. Don't be fooled by those who want to take advantage of you

### Your Response to the Story

1. Who saw the Priest when he was happily going home?
2. What did the three Tugs say about the goat?
3. Have you ever faced a situation where people told you the complete opposite of what you were thinking?
4. Do you believe in yourself enough?

**Request Note:** It is requested to you that if anybody at home, at school or at any other place says negative things to you, don't listen to them. Believe in yourself and your instincts.

**Task Note:** You and your friends must have heard these kind of words frequently. In future, whenever anybody says such words, ask them politely to not use such negative words, these have adverse effect on our personality.e.g.

- ▶ Nalayak or stupid or idiot
- ▶ In ko kuch nahi aata or you don't know anything or you know nothing
- ▶ Ye kuch nahi karsaktay or you cannot do anything
- ▶ Tum say kuch nahi ho ga or you are worthless or you cannot do this
- ▶ Tum to fail hi ho jao gay or you won't succeed or you will be fail
- ▶ Issay issi class main rehna hai or you need to repeat the same class

### Activity 3

#### NUMBERS UP!

This puzzle is as easy as 1, 2, 3. Fill in a number to complete each phrase. Some numbers are used more than once.

- A bird in the hand is worth \_\_ in the bush
- On cloud\_\_
- A Stitch in time saves\_\_
- In \_\_ ear and out the other
- Behind the \_\_ ball
- \_\_ heads are better than \_\_
- A picture is worth \_\_ words
- Sail the \_\_ seas
- Like \_\_ peas in a pod
- \_\_\_-ring circus
- \_\_ of \_\_, a half dozen of the other
- No \_\_ ways about it

**Activity 4 Creative writing****Be a Reporter**

- Think about a good program you saw on TV
- Write a report about it.
- Tell a little bit of what happened on the program
- Tell why you liked the program

**Activity 5 Let Us cook with Mom**

Today's recipe is Banana Pan Cakes, but you need some elder with you to help you but if you are not new to the kitchen you can do it yourself also

**Banana Pancake**

This is an easy yet yummy recipe for banana pancakes for toddlers.

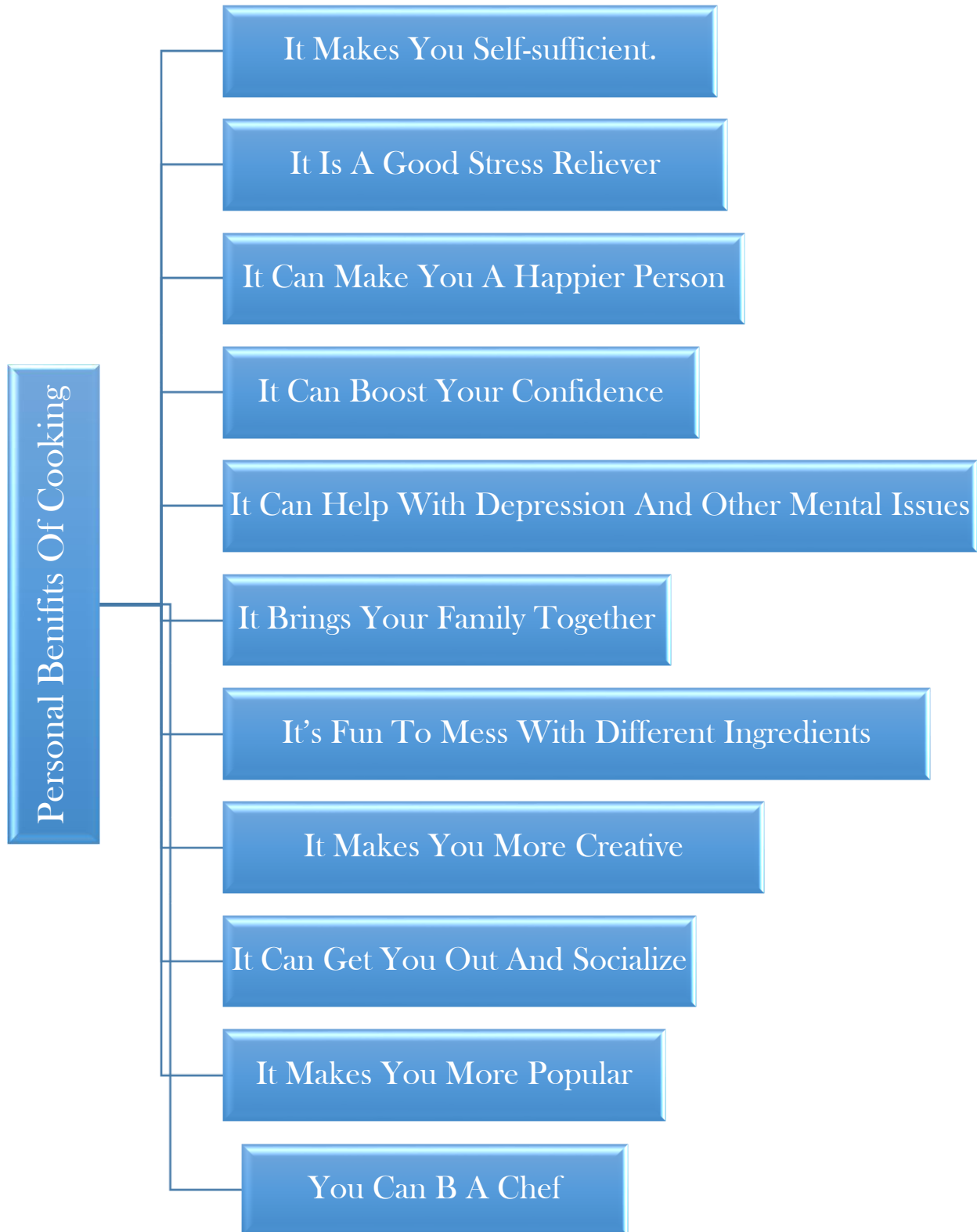
**Ingredients**

- 4 large sized eggs
- 2 cups flour
- 2 medium-sized bananas (mashed)
- Butter/Desi Ghee
- 1 tbsp honey
- 1 tbsp cinnamon powder
- ¾ cup sliced strawberries or any other fruit (optional)

**How to Make**

1. Take a bowl and mix together flour, eggs, banana and cinnamon powder.
2. Heat the pan over medium heat and grease it with butter or deshi ghee.
3. Pour one ladle of pancake mix and cook until done on both sides.
4. You may place sliced strawberries and pour honey over the pancakes to the added flavour and taste.







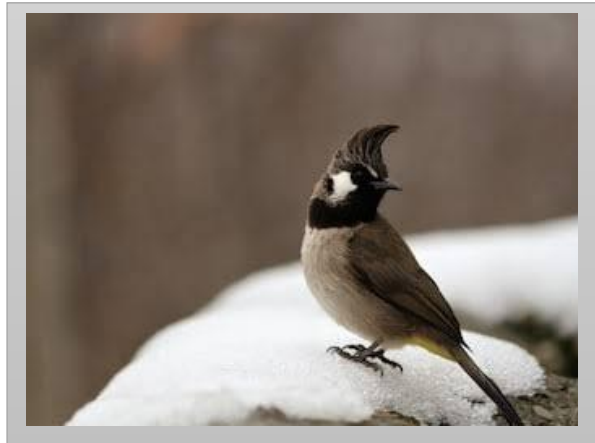
**Activity 6 Time with Elders****Try Bird watching**

You and your Grandparents and parents may find bird watching a fascinating hobby. You can spot birds or look for feathers while taking a nature walk in normal days but during this time of lockdown you can watch from your gallery or outside in garden.

Your elders can also help in identifying different species from the comfort of their own backyard while they listen to the birds sing. If any of your elder is too old and is with limited mobility, they can also enjoy bird watching from home.

Keep track of the bird species you find with a notebook or snap pictures with a phone or camera. If you end up collecting feathers, you can paste them or press them into a keepsake book or frame.

Best time to watch birds is early morning or evening.

**Solutions****NUMBERS UP!**

- A bird in the hand is worth **2** in the brush
- On cloud **9**
- A Stitch in time saves **9**
- In **1** ear and out the other
- Behind the **8** ball
- **2** heads are better than **1**
- A picture is worth **1000** words
- Sail the **7** seas
- Like **2** peas in a pod
- **3**-ring circus
- **6** of **1**, a half dozen of the other
- No **2** ways about it

**Remember**

*“Happiness doesn’t depend upon who you are or what you have; it depends solely upon what you think. So start each day by thinking of all the things you have to be thankful for. Your future will depend very largely on the thoughts you think today. So think thoughts of hope and confidence and love and success.”*

-Dale Carnegie

*“What you feed your mind, will lead your life.”*

-Kemi Sogunle

**Dear Child! Thank You So Much for Completing Your 7<sup>th</sup> Days Activities Successfully. Remember You Are Precious To Us.**

## Day 8

### Greetings!

Hope you had a good sleep with beautiful dreams

Let us recall what we learnt yesterday

1. **What is the truth:** This activity was about optical illusion and taught as about Truth.
2. **The Priest and the Goat:** This story taught us about believing in ourselves and not giving heard to negative comments.
3. **Number Ups:** It was a Proverb puzzle.
4. **Creative Writing:** You acted as a TV Reporter in this activity.
5. **Let Us Cook with Mom:** We have learnt how to cook banana pan cakes yesterday. And we also learnt about the benefits of Cooking
6. **Time with Elders:** We have started a new hobby of watching birds and knowing about them.

Let us start our Day

### Activity 1 Crossword

How many cold words can you find to complete the puzzle in the picture

#### Across

1. Powdery flakes from the sky
5. Santa's sleigh
6. Black and white cold-water bird
7. Tree that does not change colour in fall
9. House made of ice
10. Hockey shoe
11. The elf who paints frost on our window panes
14. Creamy holiday drink
15. White relative of a grizzly
16. Freezing fun

#### Down

2. Long-tusked cousin of the seal
3. Santa's home
4. Chilly storage space for milk and eggs
8. Large floating chunk of ice
9. Tasty treat on a cone
12. Fruity ice desert
13. Tricky flippered fish eater
15. Road snow mover

Solution at  
the end of the  
Days Work



## Activity 2 Story for Comprehension

### The King and the Macaw Parrots

Once upon a time, there was a king who had gone to visit neighboring kingdoms. He was gifted a pair of baby Macaw Parrots by the king of the last kingdom where he was visiting. They were the most beautiful birds he had ever seen. So, upon returning to his kingdom, he called for a bird trainer and asked him to train macaw parrots.



The king also arranged a place in the palace garden for the parrots. He often looked at them from his palace window. As time passed, one day the trainer came to the palace and informed the king that though one of the parrots was flying majestically high in the sky, the other one was not moving from its branch since the day it had arrived.

Upon hearing this, the king summoned a trainer and healers from the nearby kingdoms. They all tried their best, but couldn't make the parrot fly! He even asked his courtiers to try to find a way to make the parrot fly but they all failed. The parrot was not moving from his branch at all. Finally, after trying everything, the king thought that maybe he needs someone who may be more familiar with natural habitat. He asked his courtier to get a farmer from the countryside and take him to the parrot to see if he can understand the problem with the parrot.

The next morning, the king was thrilled to see the parrot flying high above the palace gardens. He asked his servant to call that farmer to meet him. The servant quickly went and located the farmer, who came and stood before the king. The king asked him, "How did you make the parrot fly?"

With his hands folded with respect, the farmer said to the king, "It was very easy, your majesty. I simply cut the branch where the bird was sitting."

**Moral:** We are all gifted with energy to find a success in our life, but fail to gather a courage which is required to reach heights of success and end up clinging to the things that are familiar to us. We need to free ourselves from our comfort zone to explore new opportunities and find a success beyond our capacity.

#### Your Response to the Story

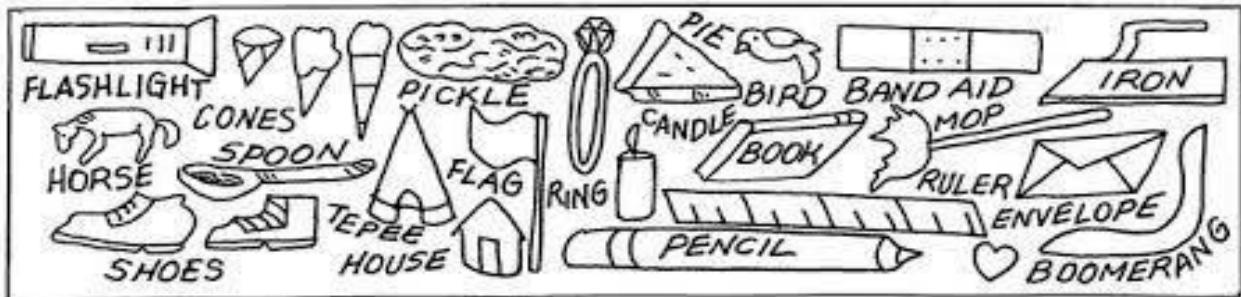
1. What was King being gifted by his neighboring kingdom?
2. What was King informed about?
3. Do you know about your best skills?
4. List ten best things you can do but you are not doing?

**Request Note:** I would request you to check the list you made of the best things you could do and start doing these things. Have courage and faith in yourself, you can do these things. Ask for help (parents/grandparents/friends/siblings anybody you trust).

**Task Note:** Please draw a beautiful sketch or drawing of Macaw Parrot. You can take references from books or internet. Happy Drawing!!!!

**Activity 3 Hidden Pictures**

Search for the hidden pictures given below (You can download the hidden picture App on phone)



**Activity 4 Case Study (need Parental assistance) (Extracted from NCERT Module)**

The parent should read out the case study loudly.

Raman, Robin, and Rina, students of Class XII are good friends. Robin used to live in the hostel nearby and once got a bad cold and cough. The doctor prescribed him a cough syrup. Robin was soon cured. When Robin was ill, Raman and Rina used to visit his room regularly to know about his health and extend their help to him. Once during such a visit, while Robin was taking his medicine he mentioned its good taste to Raman and Rina. Later, whenever Rina and Raman came to Robin's room, Raman would taste the cough syrup and soon acquired such a strong taste for it that he went and bought the cough syrup for himself from the chemist. Now he has started consuming the syrup every day and does not feel comfortable if he misses it even on one day.

The parent must ascertain that child has understood the case. Ask them to share their responses in relation to the following situations in the case study

- Whether taking cough syrup by Robin is use or abuse?
- Whether taking cough syrup by Raman is use or abuse?

The parent must note down their points and facilitate a discussion using the following questions:

1. Do you think Raman did something wrong when he tasted cough syrup, although he did not need it? Please provide reasons for your response.
2. Do you agree that Raman should not have bought cough syrup without the prescription of a Doctor? If 'yes,' why?
3. Why does Raman feel uncomfortable when he does not take cough syrup?

**Summing Up:**

Reinforce the meaning of use, misuse and abuse of drugs based on the following definitions, by citing examples drawn from the experiences of learners:

- **Drug:** When a pharmaceutical preparation or naturally occurring substance is primarily used to bring about a change in some existing process or state (physiological, psychological, biochemical), it can be called a 'drug'.
- **Drug Use:** A drug when taken for medical treatment as per the prescription of the doctor constitutes drug use.
- **Drug Misuse:** When drugs are not taken as per the direction and doses prescribed by a doctor, it is called misuse. For example, if a prescription requires the users to take one pill every four hours and he or she takes three or six pills every four hours or, self-medicates over an extended period.
- **Drug Abuse:** When an individual with or without a prescription intentionally takes a substance or prescription drug in an amount or frequency other than what is intended to treat, it is known as 'drug abuse.'

### Activity 5 Let Us sew ( If you are new to thread and needle please take elderly help)

#### Things You'll Need to Sew on a Flat Button:

- needle
- 8 inches of doubled over thread - ends knotted a few times!
- button
- pen/pencil to mark your sewing spot

#### Step 7: Sewing on a Flat Button

1. Start by marking the spot where you'll be sewing.
2. Bring your needle up through the fabric next to the spot
3. Bring the needle and thread through one side of the button
4. Then bring it down through the other side of the button and through the fabric next to the spot.  
Repeat it 3-5 times.
5. Now you have it anchored!



1. After winding, bring the needle to the wrong side of the fabric and knot well by making small stitches in the fabric and then knotting.
2. Knot at least three times
3. Knot security is awesome!
4. Trim your ends and marvel at your fantastic sewing abilities.



Keep practicing because practice makes a man perfect. And if you know how to sew a button or you mastered the art of sewing, I have a few brilliant ideas for you on the next page.

You can make a button watch



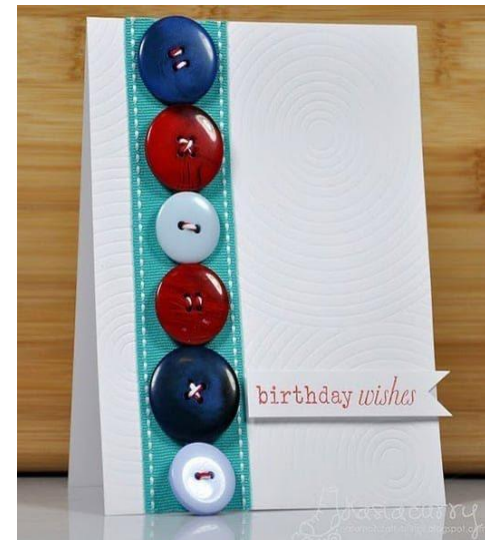
You can decorate your siblings T-shirt



### Benefits of Sewing

- Stress Relief
- Improves hand eye coordination
- Brain growth
- Brings happiness
- Fights dementia in older age
- Nurturing creativity
- Sense of accompaniment
- Gaining self-discipline
- Lower high blood pressure in elders

You can make a Birthday card

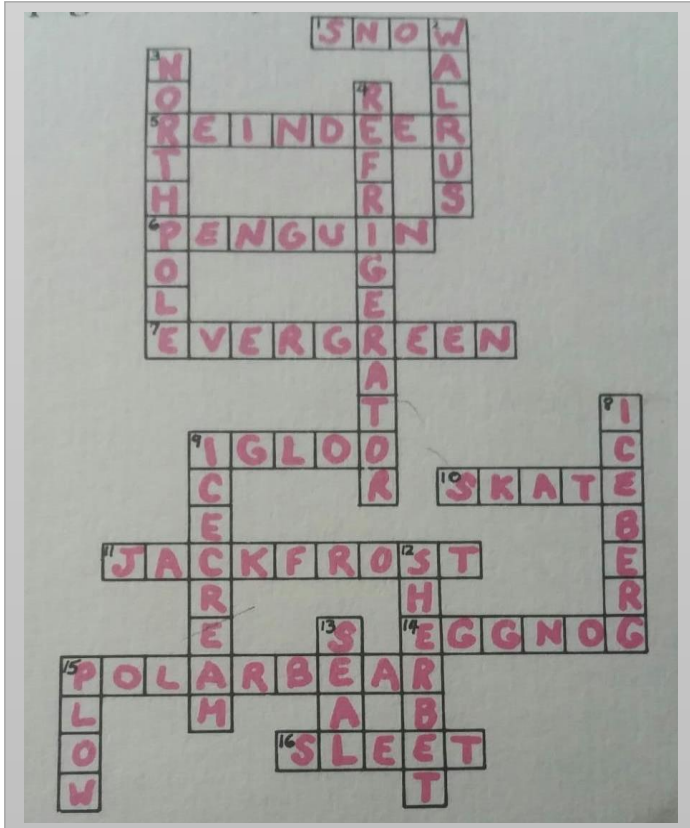


### Activity 6 Spending time with Elders

Ask your grandparents or parents about their childhood stories. And give a thought about how your childhood is different from theirs. What are the reasons? Discuss these reasons with them. And see if you can share some of your childhood stories with them. Happy Sharing.

## Solution

## Activity 1 Crossword



## Remember

*“The comfort zone is a psychological state in which one feels familiar, safe, at ease, and secure. You never change your life until you step out of your comfort zone; change begins at the end of your comfort zone.”*

-Roy T. Bennett

*“Real change is difficult at the beginning, but gorgeous at the end. Change begins the moment you get the courage and step outside your comfort zone; change begins at the end of your comfort zone.”*

-Roy T. Bennett

Dear Child! Thank You So Much for Completing Your 8<sup>th</sup> Days Activities Successfully. Remember You Are Precious To Us.



## Day 9

Greetings!

Hope you had a good sleep with beautiful dreams

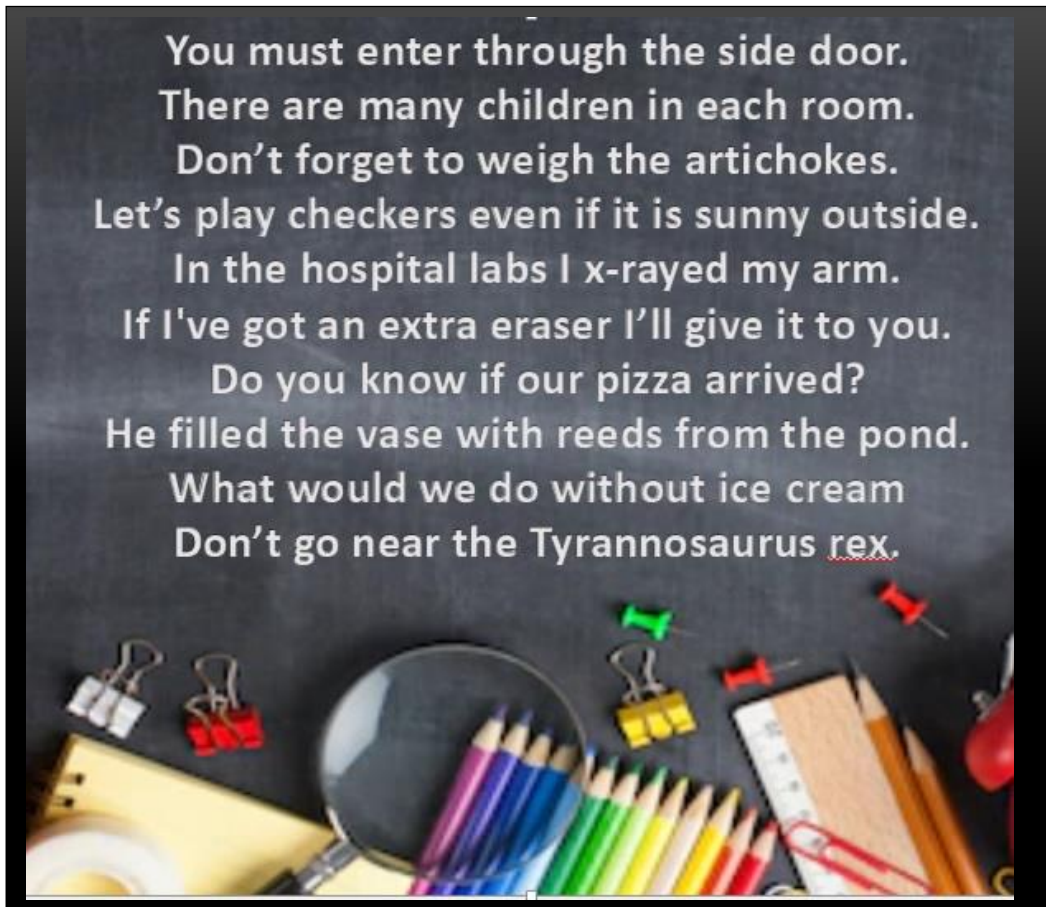
Let us recall what we learnt yesterday

1. Cross Word activity was about searching and placing cold words in a designed cross word.
2. The King and the Macaw Parrots is a story about coming out of comfort zone and having faith in oneself.
3. Hidden pictures is an activity of searching the picture of given items in a bigger picture.
4. Case Study about drug abuse
5. Let us sew a button was about learning to sew a button and knowing about the benefits of sewing.
6. Spending Time with Elders was about knowing their childhood stories and sharing your own with them.

Let us start our Day

Activity 1 SENTENCES

Simran has hidden the number from one to ten on this chalkboard. See if you can find them all.



**Activity 2 STORY FOR COMPREHENSION****Sometimes just let it be**

Once Buddha was walking from one town to another town with a few of his followers. This was in the initial days. While they were traveling, they happened to pass a lake. They stopped there and Buddha told one of his disciples, “I am thirsty. Please get me some water from that lake there”.

The disciple walked up to the lake. When he reached it, he noticed that some people were washing clothes in the water and, right at that moment, a bullock cart started crossing the lake right at the edge of it. As a result, the water became very muddy, very turbid. The disciple thought, “How can I give this muddy water to Buddha to drink?!” So he came back and told the Buddha, “The water in there is very muddy. I don’t think it is fit to drink”.

So, the Buddha said, let us take a little rest here by the tree. After about half an hour, again Buddha asked the same disciple to go back to the lake and get him some water to drink. The disciple obediently went back to the lake. This time he found that the lake had absolutely clear water in it. The mud had settled down and the water above it looked fit to be had. So he collected some water in a pot and brought it to the Buddha.

The Buddha looked at the water, and then he looked up at the disciple and said, “See, You let the water be and the mud settled down on its own. You got clear water. It didn’t require any effort”.

**Moral**

Your mind is also like that. When it is disturbed, just let it be. Give it a little time. It will settle down on its own. You don’t have to put in any effort to calm it down. We can judge and take best decisions of our life when we stay calm.

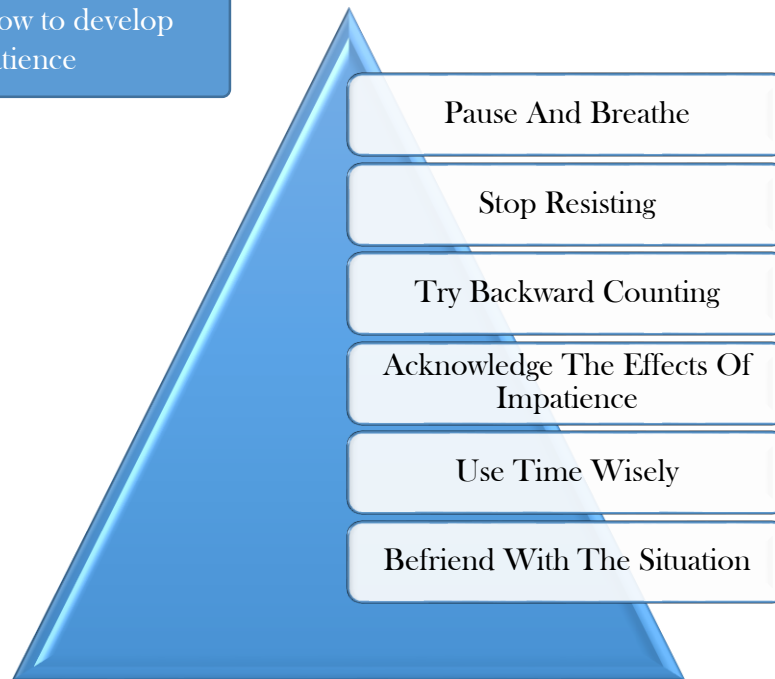
**Your response to the story:**

1. Why Buddha’s disciple come back without water?
2. What did Buddha say when his disciples came with water second time?
3. Do you feel sometimes that you are unable to take any decision?
4. Can you specify the reasons for not deciding rightly?

**Request Note:** We want to make a request to you that whenever you need to respond to anything or need to decide anything, please take time to think, because there is always time in-between stimulus and response. So avail at that time.

**Task Note:** For one week you have to practice the skill of patience. Think before you speak. Keep the best thing for the last. Don’t react just respond that too wisely.

### Tips on how to develop Patience

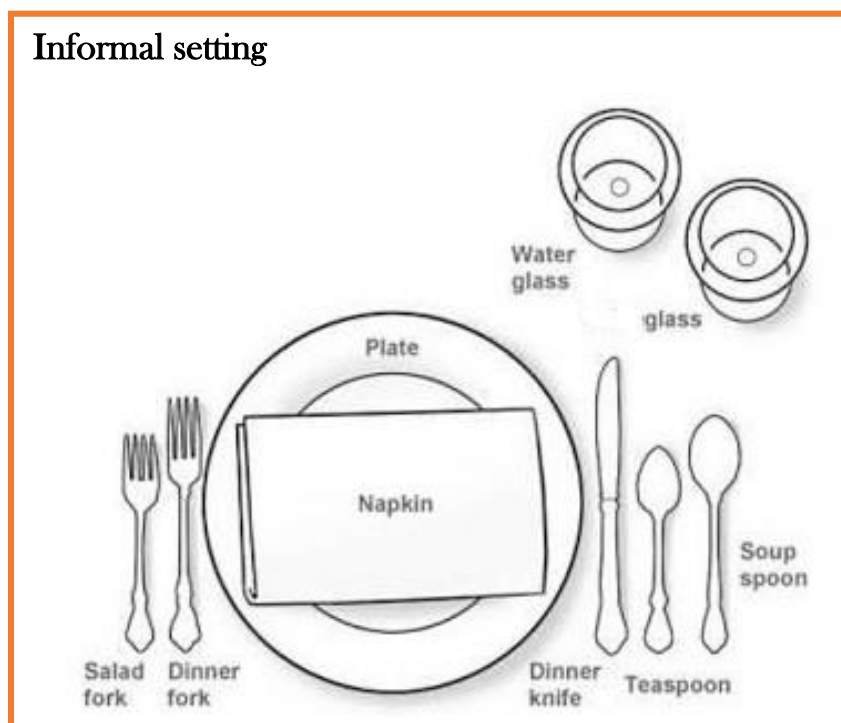


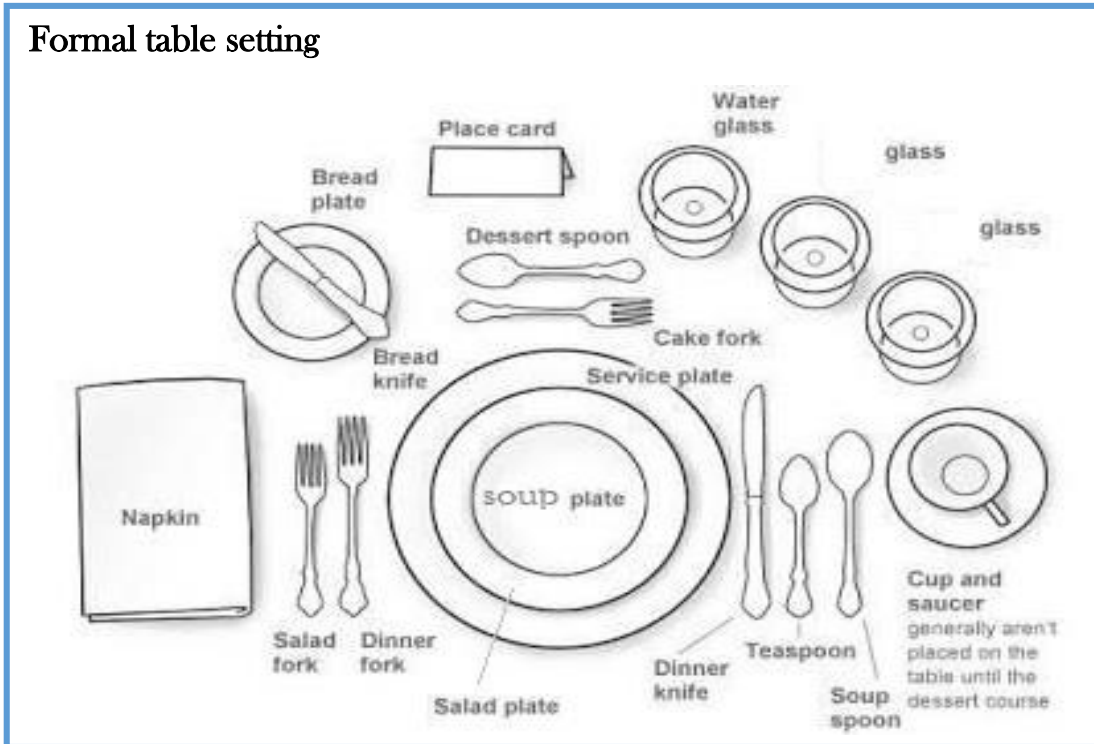
### Activity 3 let us learn about Table etiquettes

Remember there are two types of settings on a dinner table

- Informal means casual or daily or routine setting
- Formal means functional or occasional setting

Do remember this biggest Goblet is always for water and in western cultures, there are two more goblets for other drinks.





Do You Know there are signals and secret messages in keeping your cutlery on your plate? Let us learn them.



We hope next time when you go to a restaurant for any meal. You will observe the table settings. You can also try these settings sometimes at your home also. You can do it on our traditional Dastarkhawan.

### Do You know why it is called Dastarkhawan?

Dastarkhawan comprises of two words 'Dastaar' which means Headgear and 'Khawan' means Dishes (food). In early times when a guest arrived to anybody's home, it is said that out of respect food was served on the headgear of the host. It was the highest respect that a host can give to its guests.

#### Activity 4 Pretend

Pretend you could change into a bird or a fish

- Which one would you choose to be?
- Write a story about what might happen to you?

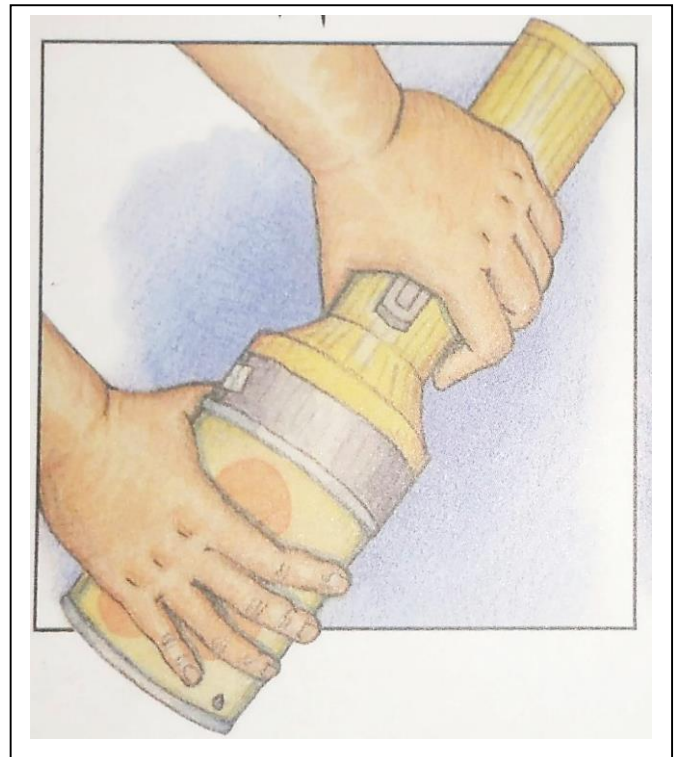


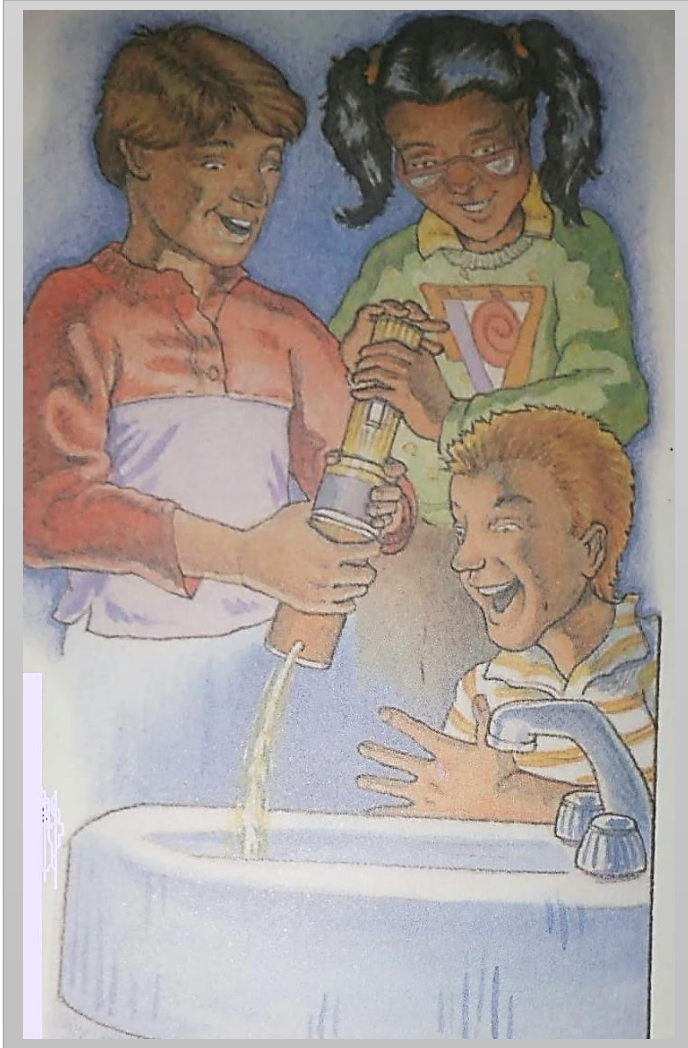
#### Activity 5 LIGHT SHOWER

You know that water flows and the light shines. Here's a way to make light flow and water shine.

##### How To Make Light Shower

- Find an empty cardboard juice can, a large flashlight and a sharp pencil. Use the pencil carefully to poke a hole in the side of the can near the bottom.
- Don't make the hole too big.
- Bring the can and the flashlight into a room with the sink. While you cover the hole in the juice can with one finger, fill the can with water from the faucet.
- Turn on the flashlight and then turn off the light in the room. Place the flashlight over the top of the juice can so that all of the light is shining into the can.
- The flashlight should cover the entire open end of the can. Hold the can over the sink.
- Now remove your finger that's blocking the hole, and tilt the can so water flows into the sink. The water shines and the light appears to be flowing along with the water! Jiggle the can, and watch what happens.





**Quick Tip**

If light is escaping out of the sides of your flashlight, wrap the flashlight's rim with black paper. This will direct more light into the can and into the stream of water

**Activity 6  
with Elders**

**Spend Time**

Go to your elders and ask them a story that might have told them by their grandparents. Ant story from 'Arabian Nights' or any Fairytale. Ask them their favorite ones.

**Solution  
Activity 1**

**SENTENCES**

**Remember**

*"Patience is power. Patience is not an absence of action; rather it is "timing" it waits on the right time to act, for the right principles and in the right way."*

-Fulton I. Sheen

**Dear Child! Thank You So Much for Completing Your 9<sup>th</sup> Days Task Successfully. Remember You Are Valuable To Us.**

You must **EN**ter through the side door.  
 There are many children **IN** Each room.  
 Don't forget to **wEIGH** The artichokes.  
 Let's play checker**S** **EVEN** if it is sunny outside.  
 In the hospital lab**S** **I** X-rayed my arm.  
**IF I'VE** got an extra eraser I'll give it to you.  
 Do you know **if OUR** pizza arrived?  
 He filled the vase **wiTH** **REED**s from the pond.  
**WhaT** **WO**uld we do without ice cream  
 Don't **gO** **NE**ar the Tyrannosaurus rex.



## Day 10

Greetings!

Hope you had a good sleep with beautiful dreams

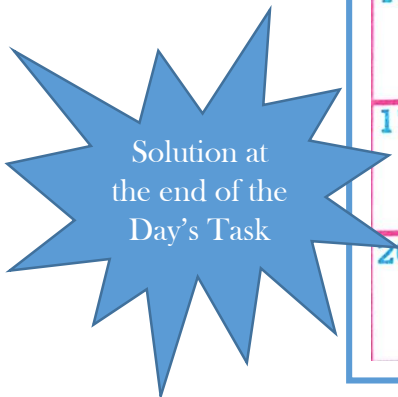
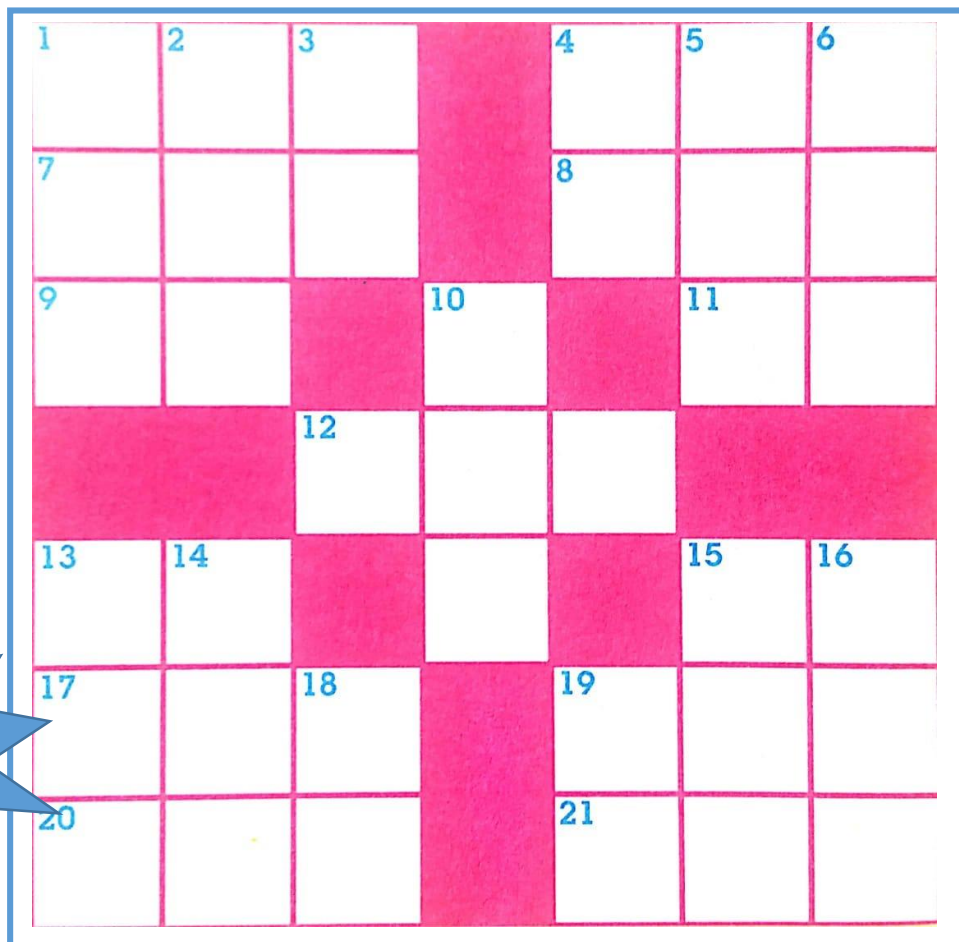
Let us recall what we learnt yesterday

1. **SENTENCES:** This activity was about to find number in sentences.
2. **Sometimes Just let it be :** This story is about Buddha with amoral of staying calm and having patience.
3. **Let Us Learn about table Etiquettes:** We learnt how to set our dinner tables formally and informally both.
4. **Pretend you could change into a bird or a fish:** This activity make us imagine the impossible and empathize with other living beings
5. **Light shower:** It was a fun activity about making a shower of light.
6. **Spend time with elders (story):** We listen an old tale from our grandparents.

Let us start our Day

### Activity 1 Cross Number

The crossword is filled with numbers. See if you can solve it. If you cannot figure out a particular clue across, try to work the ones down instead. You can also try using a calculator to help figure out some of the trickier equations.



**Across**

1.  $12 \times 12$
4. A number whose digits total 16
7. The last number before 1,000
8. The number of minutes is 12 hours
9.  $3 \times 3 \times 3$
11. The number of minutes between 10:30 and 11:15
12.  $42 + 58 + 81 + 69$
13. The number of paisa in a quarter
15. A number that divides evenly by 6
17. The number of bones in your body
19. 368 rounded to the nearest hundred
20. A number that reads the same forwards and backwards
21.  $67 + 67 + 67$

**Down**

1.  $99 + 99$
2. Half of 982
3. The number equal to 4 dozen plus 1
4. The answer to 21 across divided by 3
5.  $18 \times 18$
6. The number that is 10 more than 695
10.  $3 \times 119$
13. A number having three digits the same
14. One half of 1,000
15. The number of years in a century
16.  $1000 - 199$
18. The total number of days in the months of July and August
19. The number of days in 6 weeks

**Activity 2 STORY FOR COMPREHENSION****Someone Who Understands**

A farmer had some puppies he needed to sell. He painted a sign advertising the 4 pups and set about nailing it to a post on the edge of his yard. As he was driving the last nail into the post, he felt a tug on his overalls. He looked down into the eyes of a little boy.

"Mister," he said, "I want to buy one of your puppies."

"Well," said the farmer, as he rubbed the sweat off the back of his neck, "These puppies come from fine parents and cost a good deal of money."

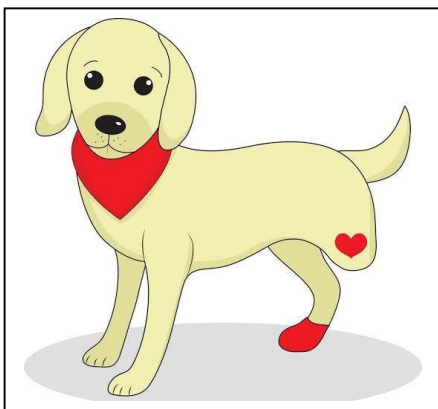
The boy dropped his head for a moment. Then reaching deep into his pocket, he pulled out a handful of change and held it up to the farmer.

"I've got fifty-seven rupees. Is that enough to take a look?" "Sure," said the farmer. And with that, he let out a whistle. "Here, Dolly!" he called.

Out from the doghouse and down the ramp ran Dolly followed

by four little balls of fur. The little boy pressed his face against the chain-link fence. His eyes danced with delight. As the dogs made their way to the fence, the little boy noticed something else stirring inside the doghouse. Slowly another little ball appeared, this one noticeably smaller. Down the ramp, it slid. Then in a somewhat awkward manner, the little pup began hobbling toward the others, doing its best to catch up...

"I want that one," the little boy said, pointing to the runt. The farmer knelt down at the boy's side and said, "Son, you don't want that puppy. He will never be able to run and play with you as these other dogs would."





With that, the little boy stepped back from the fence, reached down, and began rolling up one leg of his trousers. In doing so he revealed a steel brace running down both sides of his leg attaching itself to a specially made shoe. Looking back up at the farmer, he said, "You see sir, I don't run too well myself, and he will need someone who understands."

With tears in his eyes, the farmer reached down and picked up the little pup.

### Moral

We must feel the pain of other living creature. We can only understand people if we feel them in ourselves. So we need to be empathetic to feel what they must be feeling and we should be kind to help them by our capacities.

### Your Response to the Story

1. Do you think the boy was happy to see the puppies?
2. Why was he so delighted to see the puppies?
3. Do you think buying a crippled puppy was a good bargain?
4. If you were the boy, would you make the same choice? Give reasons to support your answer.

**Request Note:** In these days of lockdown, a number of dogs are straying hungry in the streets. We would like to request you to share a bit of your food with them or any other animal that you find around and try to make it a habit.

**Task Note:** Please make a chart of different emoji's and name the emotion. It is just to check if you can observe the emotion of other person from his or her face. You can take the reference from WhatsApp emojis or any other emotional figures from internet.

### Activity 3 Writing Autobiographies and Biographies

Write Stories about people and yourself

#### Answer these questions about yourself

- ♥ When and where were you born?
- ♥ How many brothers and sisters do you have?
- ♥ What are some things you are good at?
- ♥ What do you like best to do?
- ♥ What one thing would you like most to do if you had the chance?
- ♥ Use the answers to write a story about yourself

#### Ask someone else the same questions.

Write that persons story.

Pretend that you could ask the same questions of a characters in a book or in this module you have read, let it be Buddha, the crippled Boy, the King, and the Elephant Trainer etc. Write that persons Story.

Write only autobiography today i.e. your own story. You can write about anyone else some other day.

### Activity 4 Water Magnify-scope

You can use water's ability to bend light to make a magnify-scope

**Material**

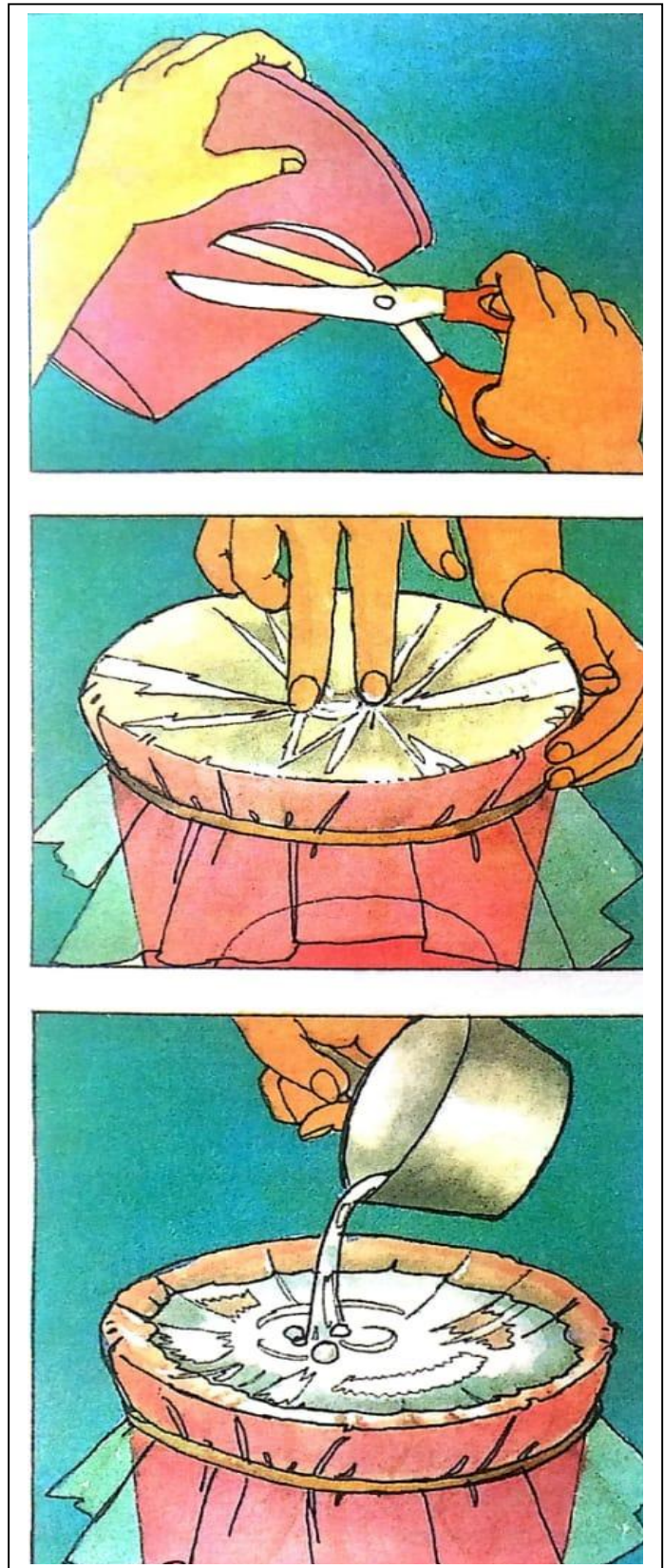
- A large plastic container such as the kind that holds yogurt
- Plastic wrap
- A rubber band
- Scissors

**What To Do?**

1. Cut a hole in the side of the container. It should be large enough to fit fingers.
2. Stretch the plastic wrap over the top of the container. Push the plastic wrap down so that it sinks a bit in the middle. Use the rubber band to hold the plastic wrap in the place.
3. Carefully pour water on the top of the plastic wrap so that it forms a pool.
4. Place your fingers in the hole and look at them from above. Move them up down until they come into focus most sharply.
5. Look at different things through your microscope. For instance, you could look a bit of newspaper, a piece of fabric, a strand of hair, a flower petal etc.

**Why it works?**

The curve of the Plastic wrap causes the water to act as a lens. The lens bends the light. This bending of the light changes the way things appear. In this case, it makes your fingers seem larger





Activity 5      Grow Lemons

You can easily grow lemons from fruit seeds by putting them directly in soil and following these simple rules:

- Plant at least 5-10 seeds at one time in case some of them don't sprout. It's better to choose plump-looking seeds from a fresh lemon.
- Don't forget that lemon trees love water so keep the soil damp by watering it about 2-3 times a week.
- Lemon seedlings will require 10-14 hours of sunlight while grown trees need at least 8 hours.
- If you can see roots through the drainage holes in a pot, it's time to replant the tree into a bigger container.

It may take about 5 years for the tree to produce fruit, and in some cases, you'll have to wait up to 15 years. But remember "Someone's sitting in the shade today because someone planted a tree a long time ago."

— Warren Buffett



**Activity 6 Spend time with Elders**

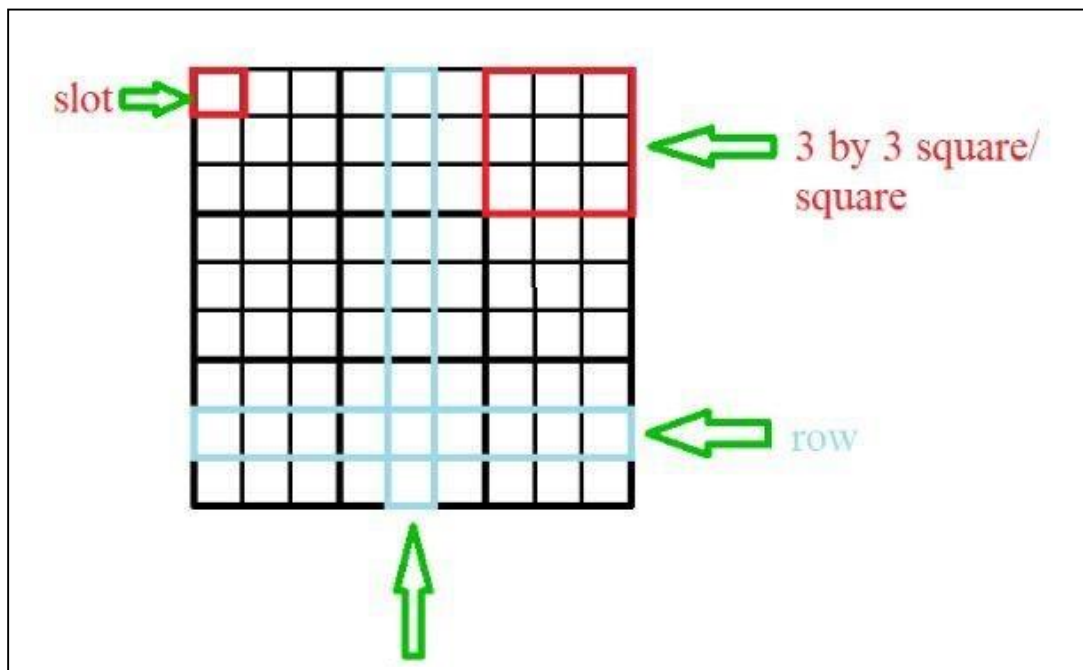
Today Play Sudoku with your grandparents. You must be thinking why Sudoku? Here are the reasons.

These are 20 benefits of playing Sudoku:

1. Boosts logical thinking,
2. Improves memory & recall,
3. Slows Alzheimer's,
4. Develops quick-thinking skills,
5. Improves concentration,
6. Promotes a sense of accomplishment,
7. Minimizes the negative impact of Dementia,
8. Reduces anxiety,
9. Develops child problem-solving skills,
10. Provides healthy escapism,
11. Reduces overthinking,
12. Healthy pass-time,
13. Eliminates "ear-worm,"
14. Promotes a healthy mindset,
15. Fun for the whole family,
16. Affordable hobby,
17. Promotes healthy competition,
18. Teaches resourcefulness,
19. Provides healthy distraction,
20. Gives a sense of belonging.

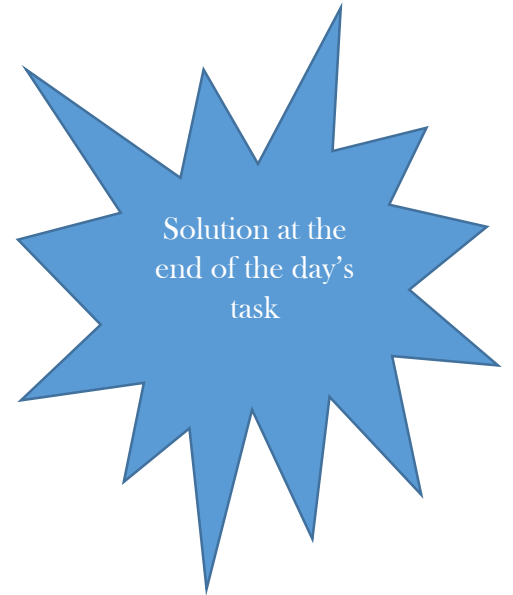
**How to Play Sudoku**

- In Sudoku, you must complete the grid so each row, column, and 3-by-3 box (in bold borders) contains every digit 1 through 9.
- No row, column, or 3×3 box can feature the same number twice.
- That means each row, column, and 3×3 square in a Sudoku puzzle must contain **ONLY** one 1, one 2, one 3, one 4, one 5, one 6, one 7, one 8, and one 9.
- Each row has 1 through 9 in it. If this is true, then we can solve every column.



Play this now (you can play it on Sudoku App also)

	4			1		9		8
8		5				7		
							1	
	2				5			4
		1	6					
	3				8			2
							6	
3		4				8		
	8			9		4		3



Solutions

Activity 1 Cross Number

1	2	3		4	5	6	
1	4	4		6	3	7	
7				8			
9	9	9		7	2	0	
9	8	1		10		11	
				3		4	5
			12				
			2	5	0		
13	14				15	16	
2	5			7		1	8
17		18		19			
2	0	6		4	0	0	
20				21			
2	0	2		2	0	1	

Activity 6      Play with Elders  
Sudoku

6	4	3	5	1	7	9	2	8
8	1	5	3	2	9	7	4	6
2	9	7	8	6	4	3	1	5
9	2	8	1	7	5	6	3	4
4	7	1	6	3	2	5	8	9
5	3	6	9	4	8	1	7	2
7	5	9	4	8	3	2	6	1
3	6	4	2	5	1	8	9	7
1	8	2	7	9	6	4	5	3

Dear Child!

Thank You So Much for Completing Your 10 Days Module Successfully. Hope you remember the life lessons learnt during these ten days. You must keep writing stories, poems, personal experiences, feelings and anything that comes in your mind. Date each one so you will remember when it was written and keep them all in a notebook, folder, or cardboard box. Draw pictures to go with some of your writings. Be proud of your work. Once in a while, read some of your past writings.

Please keep your values with you as your guiding force. Your emotions tell you about your negative and positive thoughts. If you feel good, you are thinking positively and reverse is also true. Please take care of people around you. Have a nice time. You can write to us on [rabiamoghal@gmail.com](mailto:rabiamoghal@gmail.com)

Remember You Are really precious to Us.