<table>
<thead>
<tr>
<th>S. No.</th>
<th>Lesson</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>FOOD : Where does it come from?</td>
<td>Love animals</td>
</tr>
<tr>
<td>2.</td>
<td>Components of food</td>
<td>Awareness towards health</td>
</tr>
<tr>
<td>3.</td>
<td>Fibre to fabrics</td>
<td>To respect elders</td>
</tr>
<tr>
<td>4.</td>
<td>Sorting materials into groups</td>
<td>Take interest in work</td>
</tr>
<tr>
<td>5.</td>
<td>Separation of substances</td>
<td>Honesty towards work</td>
</tr>
<tr>
<td>6.</td>
<td>Changes around us</td>
<td>Creativity</td>
</tr>
<tr>
<td>7.</td>
<td>Getting to know plants</td>
<td>Be ecofriendly</td>
</tr>
<tr>
<td>8.</td>
<td>Body movements</td>
<td>Friendly behaviour</td>
</tr>
<tr>
<td>9.</td>
<td>The living organisms and their surroundings</td>
<td>Adventurous and educational tours develop love, empathy &amp; trust</td>
</tr>
<tr>
<td>10.</td>
<td>Motion and measurements of distances</td>
<td>Obey traffic rules</td>
</tr>
<tr>
<td>11.</td>
<td>Light shadows and reflections</td>
<td>Think before you leap</td>
</tr>
<tr>
<td>12.</td>
<td>Electricity and Circuits</td>
<td>Show alertness in work</td>
</tr>
<tr>
<td>13.</td>
<td>Fun with magnets</td>
<td>Self respect and sensitivity</td>
</tr>
<tr>
<td>14.</td>
<td>Water</td>
<td>Water is life, conserve it</td>
</tr>
<tr>
<td>15.</td>
<td>Air around us</td>
<td>Show courage with presence of mind</td>
</tr>
<tr>
<td>16.</td>
<td>Garbage in Garbage out</td>
<td>Pollution free environment</td>
</tr>
</tbody>
</table>
1. Food: Where does it come from?

Value: Love animals

Objective: Feeling of love, care and empathy towards animals.

Karim went to his Rahim uncle's village in vacations. He was running a poultry farm. There were many hens playing here and there. Karim got very happy to see so many hens. Uncle gave him some grains to feed hens. Karim fed hens with great care and love without hurting them. His uncle was very happy with his nephew's caring attitude towards hens.

Q1. From where do we get grains?
Q2. Which products do we get from plants and animals?
Q3. What do you do to take care of animals of your neighbourhood?
Q4. Which values do you learn from Karim. Choose them and fill in the picture given below – Loving, caring, generous, cruel, sensitive, unkind.

[Diagram with circles for selecting values]
2. Components of Food

Value: Awareness towards health

Objective: Prevention is better than cure

Sunil's father never bothered to check brand of salt he had purchased from the market. Due to continuous use of normal common salt Sunil noticed that her sister had developed swollen neck. His father took Pooja to a doctor. The doctor advised her to use iodised salt. Not only Sunil's family takes iodised salt now according to doctor's advise but also suggests other neighbouring families to use iodised salt.

Q1. Name the disease from which Pooja suffered?

Q2. Why did doctor advise to take iodised salt?

Q3. Let's find out how much aware are you about your health:
   i) Do you wash fruits and vegetables before eating or not?
   ii) Do you eat uncovered food purchased from market or not?
   iii) Do you wash your hands before eating food?
   iv) Do you take balanced diet regularly or not?

Q4. Make a health report of your family members collecting following information.
   i) Weight
   ii) Height
   iii) Cleanliness of teeth
   iv) Whether they use spectacles or not (v) cleanliness of nails.
3. Fibre to Fabrics

Value : To respect elders

Objective : Respect your elders and their feelings

One day Kajal went to her grandmother's house. There she saw her grandmother knitting a sweater. She asked her that for whom she is knitting the sweater. Her grandmother told her that she is knitting this for her loving grand daughter. To know this Kajal became very happy and hugged her grandmother. When sweater was ready, Kajal wore the sweater happily and thanked her grandmother.

Q1. Name one another clothing item made through knitting.

Q2. What are the other methods for weaving?

Q3. Kajal loves her grandmother too much and respect her feelings. Identify those activities of Kajal that justify it.

Q4. Make a beautiful card for your grandfather and grandmother on their birthday. Also organise an event of their choice for the same.
4. Sorting materials into groups

Value: Take interest in work

Objective: Always be ready to learn happily.

Khushi is studying in class VI. The teacher asked all the students to bring lemon, sugar, salt and water to make Nimbu Pani in the school. Khushi added sugar and salt to water and stirred it with a spoon. She was surprised to see that sugar and salt got disappeared in water. Then she added lemon juice that also got mixed well in water. Nimbu Pani was ready now. All the students enjoyed the Nimbu Pani made by them.

Q1. Where did sugar and salt disappear?

Q2. Name two substances that do not dissolve in water.

Q3. On watching Khushi preparing Nimbu Pani, do you also feel like to make something? Make a 'rainbow' sandwich with the help of bread, cucumber, tomato, green chutney and ketchup.

Q4. Dear students, we all like and dislike to do certain things. Lets fill in the boxes given below with the things we like to do and do not like to do.
5. Separation of Substances

Value: Honesty towards work

Objective: Path of trust and honesty leads you to a successful life.

One day Mayank went to a flour mill to get wheat grains grinded. The shopkeeper told Mayank that wheat grains were containing lots of husk and must be separated before grinding. Mayank was clueless what to do. Then shopkeeper offered his help and removed the husk from wheat grains within few minutes. Mayank thanked the shopkeeper.

Q1. According to you which method was adopted by the shopkeeper to separate husk from the wheat?

Q2. 'Honesty is the best Policy' Write an experience where you got appreciation on being honest.

Q3. Know yourself that how honest are you? If you find a wrist watch in school campus you would:
   i) Keep it with you.
   ii) Give it to your teacher.
6. Changes around us

Value : Creativity

Objective : Opens door to happiness and innovations

After Diwali festival Meera collected used Diyas and wax of burnt candles. She melted the wax in a pan and poured it into diyas. She put a thread in the middle of diyas. When the wax cooled down, it set into beautiful candle diyas. She showed them to her parents and friends proudly. Everybody appreciated her effort.

Q1. Which property of wax helped Meera to make such candle diyas?

Q2. Name four reversible changes in your daily life.

Q3. Do you also enjoy such activities? Let’s collect some usable waste materials and create new useful items. Now like Meera show these items to your family and friends to get appreciation. You may offer these handmade items as gifts on special occasions.

Q4. Changes are occurring everywhere. Some of these are for our betterment. Do you want to make any change in some of your habits to become a better person? If yes, which habits do you want to change?
7. Getting to know plants

Value: Be Ecofriendly

Objective: Love and take care of plants because they are precious gift of nature.

Rahul and Vijay went to play in a nearby park. There were many plants in the park. Some plants were smaller in height as compared to Rahul and Vijay and their stem was soft and green. Some were of same height with thin woody stem. Many trees were very tall with thick and strong stems. Suddenly, while playing Vijay tried to pull and uproot a plant. Rahul stopped Vijay from doing so and told him that plants are very useful to us. Vijay realised his mistake and vowed that he would not harm the plants in future.

Q1. Classify the plants on the basis of their height and type of stem.

Q2. Give two examples each of the plants based on the above classification.

Q3. Dear students like Rahul had any of your friend stopped you from doing anything wrong or did you ever guide any of your friend to take the right path? Share any such experience with your classmates.

Q4. As you know plants are very useful to us. Match the following processes with the uses of plants –

- Processes                        - Uses
- Transpiration                   - Purify air
- Release Oxygen                  - Provide food
- Photosynthesis                  - Brings rain
8. Body Movements

Value : Friendly Behaviour

Objective : Friends and friendship makes our life easier.

Rahul went to a sports club to play football with his friends. While playing football he fell down and started crying. On seeing him crying, his friends ran to him and found that he was unable to move his right leg. His friends took him to his house. His father immediately rushed him to a doctor. Doctor diagnosed that his leg was fractured.

QA. How did doctor diagnose fracture in Rahul's right leg?

QB. What do X-rays show us?

QC. Dear students, will you also help your friend in distress? Suppose, your friend suddenly fell ill in school, what would you do to help him?

QD. According to you, Identify and write the values which are helpful in development of an ideal student like truth;
9. The Living Organisms And Their Surroundings

Value: Adventurous and educational tour.

Objective: develop love, empathy and trust among peer groups

Sourabh, Vivek, Preeti, Shruti and other students went to Nainital with their teacher on a school trip. They observed that the plants of mountain regions have needle like leaves. The trees were cone shaped with sloping branches. Their teacher told them that plants have different features to survive in their surroundings. They stayed in a hotel during their visit. They together ate delicious meal and enjoyed antakshri and dance. In the end, they went to sleep as they were very tired.

Q.1 Name two trees found in the region of mountains.

Q.2 Match the animals with their habitat-

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<tr>
<th>A</th>
<th>B</th>
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</thead>
<tbody>
<tr>
<td>Octopus</td>
<td>Forest</td>
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<tr>
<td>Frog</td>
<td>Sea</td>
</tr>
<tr>
<td>Camel</td>
<td>Pond</td>
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<tr>
<td>Deer</td>
<td>Desert</td>
</tr>
</tbody>
</table>

Q.3 Visit a local Zoo and share your experience.
10. Motion and Measurement of Distances

Value: Obey Traffic rules

Objective: Any lapse can cause accidents. Be alert on roads.

Shubham was going with his family in a car to Agra. While travelling, his grandfather told him that in old days, people used to move around on bicycle or bullock-cart. Long distances were covered by trains and buses. Suddenly his father stopped the car on red light and pedestrians crossed the road through Zebra Crossing as per traffic rules. Grand Father told Shubham that we should follow the traffic rules for our safety.

Q.1 Which invention made a great change in the mode of transport?

Q.2 Name some means of transport invented in 20th century.

Q.3 Shortcuts and easy options for crossing roads could be dangerous and we should not rely on such options. Select do's and don'ts from the following while crossing a road.

i) Watch the traffic coming from front.

ii) Do not cross from divider railings.

iii) It is not important to cross road from Zebra Crossing.

iv) Use road for morning walk and jogging.
Objective: To show presence of mind and intelligence in difficult situations.

Dear Students, you must have heard the story of a lion and a rabbit. In the story rabbit forced the lion to jump into the well with his wisdom. He befooled the lion by saying that there was another lion in the well. When the lion peeped into the well, he saw another lion in the water. He jumped into the well out of rage and died.

Q.1 Do you think, there was another lion in the well?

Q.2 What did lion actually see in the well?

Q.3 A group of students went for an outing. All of a sudden they saw a snake passing by. What will you do if you are in such situation.

   i) Would start crying.

   ii) Call somebody for help.

   iii) Would face the situation with courage and presence of mind.

Q.4 Write a story on 'Wisdom is mightier than strength'.
Objective: A safe and happy life.

Electric wires were being changed outside Meenu's house. She observed that electricians were wearing rubber gloves and rubber shoes. The tools used by them were also covered with rubber or plastic. Electricians at work instructed Meenu to stay away from the wires.

Q.1 Why did electricians wear rubber gloves and rubber shoes?

Q.2 Why do handles of tools are made of plastic or rubber?

Q.3 What would you do if all of sudden electric wires of your school catch fire?
   i) Will try to control fire with water?
   ii) Will try to control fire by putting sand?
   iii) Will use fire extinguisher?

Q.4 Meenu's father minds many precautions while touching electric wires at home. Find some precautions from the given picture.

Q.5 What precautions will you keep in mind in the following situations?
   i) While Crossing a road
   ii) While playing kites.
13. Fun With Magnets

Value: Self respect and sensitivity

Objective: To develop feeling of sensitivity and empathy towards others.

Sunaina was going to market. On her way she saw a poor old lady holding a stick with a magnet attached to it. She stood there to watch her activities keenly. She found that many things were attracting towards the magnet. The lady was putting them in her sack. When asked, she replied that she earns her livelihood by selling these things. Sunaina was very impressed by the old lady.

Q.1 Why did old lady collect these things?

Q.2 Which of the following things would attract towards magnet-Pin, Pen, Iron Scale, Wooden stick.

Q.3 Write the names of things used in daily life in which magnets are used?

Q.4 What values are shown by Sunaina and old Lady. Write any three of each?

Q.5 Prepare a skit on self respect and perform it in your class.
14. WATER

Value : Water is life

Objective : Every drop of water is precious Conserve it.

Supriya with her teacher and classmates went to visit Rajasthan. During their visit they saw some villagers carrying pitchers on their head. Teacher told them that these people have to travel miles to fetch water daily due to scarcity of water in their region.

All wondered that there are some regions where people do not get adequate water for their daily needs. Now they realized the importance of water. Everyone vowed that they won't waste water and make every possible effort to conserve it.

Q.1 What could be reason for scarcity of water?

Q.2 How can you contribute in conservation of water?

Q.3 'Catch water where it falls' Make a poster on it.

Q.4 From the following activities, choose the activities which are helpful in conserving water :-

   i) Do not use drinking water for washing cars.
   ii) Never leave the tap open while brushing teeth.
   iii) Use fountain for bathing.
   iv) After washing vegetables put the water in plants.
Value : Show courage with presence of mind.

Objective : Show bravery with intelligence in difficult situations

Asha was working in the kitchen with her mother. Suddenly her mother's clothes caught fire. She immediately went inside the room and brought a blanket. She covered her mother with the blanket as taught by her science teacher. Her timely action saved her mother from getting severe burns.

Q.1 Why did she cover her mother with a blanket?

Q.2 Which gas support burning and which gas helps in extinguishing fire?

Q.3 If you find a boy drowning in water and you don't know swimming. How would you save the boy using your presence of mind.

Q.4 You are sitting in your house and you see a suspicious man sneaking into your house. What would you do in such situation?
16. Garbage In, Garbage Out
VALUE : Pollution free environment

Objective : Everyone has equal right on clean air and water

Arpita was sitting in her house. Suddenly she saw lots of smoke coming in from outside. After a while it became difficult for her to breathe properly. She went out and found that sweeper of the locality was burning dried fallen leaves which were causing a lot of smoke. She recalled that burning of leaves pollute environment and cause bad effect on health, So she requested the sweeper not to do so and told him that dried leaves should be buried in the soil to get manure.

Q.1 Do you agree with Arpita that we should not burn leaves. If yes, what should be done?

Q.2 What do you do with household garbage? Where do you throw it away?

Q.3 Fill the values shown by Arpita in given boxes-

Q.4 'Plant trees to make environment pollution free'
   How would you contribute to make environment clean?
1 : Food : Where does it come from?
1 – From plants
2 – From plants : cereals, pulses etc.
    From animals : milk, egg, meat etc.
3 – Correct answer
4 – Loving, kind, generous, sensitive

2 : Components of food
1 – Goitre
2 – To prevent from goitre
3 – (i) Yes (ii) No (iii) Yes (iv) Yes
4 – Report prepared by student

3 : Fibre to fabrics
1 – Socks, any other
2 – Handloom, by machines
3 – Correct identification by the student
4 – Efforts done by student

4 : Sorting materials in to groups
1 – Sugar and salt dissolved in water
2 – Oil, sand, chalk powder
3 – Activity done by the student
4 – Correct answer given by the student

5 : Separation of substances
1 – Winnowing
2 – Any experience shared by the student
3 – Correct answer given by the student

6 : Changes around us
1 – Wax melts on heating and sets on cooling
2 – Correct answer
3 – Appreciable efforts done by students
4 – Correct answer given by student

7 : Getting to know plants
1 – Herb, shrub and tree
2 – Any two examples of each
3 – Any experience shared by the student
4 – Transpiration – Brings rain
          Release oxygen – Purify air
          Photosynthesis – Provide food

8 : Body movements
1 – By X-ray
2 – X-ray shows the shapes of bones of our body
3 – Opinion given by the student
4 – Correct answer
9 – The living organisms and their surroundings
Ans 1. Pine, Deodar
Ans 2. OctopusSea
FrogPond
CamelDesert
Deer Forest
Ans 3. Any experience Shared by student

10 – Motion and measurement of distances.
Ans 1. Invention of the wheel
Ans 2. Electric trains, monorails, supersonic aeroplanes and space craft.
Ans 3. (i) Do
(ii) Do
(iii) Don't
(iv) Don't

11 – Light shadows and reflections
Ans 1. (A) No
(B) Own reflection
(C) Correct answer
(D) Story written by the student

12 – Electricity and Circuits
Ans 2. (A) As it is an insulator
(B) As rubber or plastic is an insulator
(C) (ii) and (iii)
(D) Correct answer
13 – Fun with magnets

Ans 1. To earn her livelihood
Ans 2. Pin,
Ans 3. In the doors of refrigerator, in the speakers of Radio & T.V, in cranes etc.
Ans 4. Correct answer given by students
Ans 5. Skit prepared by the students.

14 – Water

Ans 1. Less rains, loss in level of ground water, any other
Ans 2. Correct answer
Ans 3. Poster made by student
Ans 4. (i) (ii) and (iv)

15 – Air around us

Ans 1. To extinguish fire
Ans 2. Oxygen, Carbon dioxide
Ans 3. Correct answer given according to situation
Ans 4. Correct answer given by student

16 – Garbage in, Garbage out

Ans 1. Yes, dried leaves should be buried in the soil.
Ans 2. Correct answer given by student.
Ans 3. Intelligent, awared and any other value.
Ans 4. Efforts done by students