



# Value Education

*with Yoga*

**Teacher's Help  
Book (1-5)**



English-1	...	2
English-2	...	5
English-3	...	10
English-4	...	15
English-5	...	20

CHAPTER

**1 Do Good**

- A. the good you can, in all the way, the people you can, in every place, the time, with all the zeal you can, as long as ever you can.
- B. a. We should do all good things.                      b. We should do good to all the people.  
c. We should do good in every place.                  d. We should do good as long as ever.
- C. 1. Honesty; 2. Helpful nature; 3. Hard work; 4. Politeness; 5. Nice thoughts

CHAPTER

**2 Respect Your Elders**

- A. a. (iii); b. (i); c. (ii); d. (iv)
- B. a. Neha's mother worked hard.  
b. Neha was admitted in a boarding school.  
c. Neha told her friends that the lady (Neha's mother) was her servant.  
d. No, she did not lead a good life.
- C. a. (iii); b. (v); c. (i); d. (ii); e. (iv)

CHAPTER

**3 The Honest Woodcutter**

- A. a. (ii); b. (iii); c. (i); d. (iii)
- B. a. The woodcutter was poor.  
b. The woodcutter was cutting the wood.  
c. A friendly water spirit came out of the pond.  
d. The rich merchant dropped his iron axe into the river.

CHAPTER

**4 Be Clean : Be Healthy**

- A. a. (ii); b. (i); c. (i); d. (ii)
- B. a. We should get up early in the morning.  
b. We should wear neat and clean clothes.  
c. We should go to sleep early in the night.  
d. We should eat healthy food.

CHAPTER

**5 Good Manners**

- A. a. (ii); b. (i); c. (ii); d. (iii)
- B. a. We should speak politely.

- b. We should wash our hands before and after every meal.
- c. Yes, we should eat lots of fruits and vegetables.
- d. No, we should not talk in class and library.

C. Do yourself.

## CHAPTER 6 Foolish Crow

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- A. a. (iv); b. (i); c. (iii); d. (i)
- B. a. The crow wished, "I were a peacock."  
b. The crow said, that other crows were plain and dull.  
c. The crow stucked the feathers of peacock into his wings and tail.  
d. Never do anything that makes you feel guilty.
- C. Do yourself.
- D. a. (iv); b. (v); c. (ii); d. (iii); d. (i)

## CHAPTER 7 Nothing is Impossible

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- A. a. (ii); b. (iii); c. (iii); d. (i)
- B. a. Mayank lost his eyes and ear.  
b. Miss. Sharma was his teacher.  
c. Miss. Sharma taught Mayank to speak when he was ten years old.  
d. He wrote the book "The Story of My Life."
- C. a. (iv); b. (i); c. (ii); d. (iii)

## CHAPTER 8 Sweet Tongue

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- A. a. (i); b. (iii); c. (i); d. (ii)
- B. a. We should behave to strangers respectfully.  
b. A man is known as good or bad by the tone of his voice.  
c. Harsh words create bad feeling and lead to enmity.  
d. We can please the people by speaking respectfully and politely.

## CHAPTER 9 Gifts of God

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- A. a. (i); b. (iv); c. (i); d. (i)
- B. a. God made the sun, moon and stars.  
b. Lovely birds, dancing peacocks, colourful butterflies, etc. make our world beautiful.  
c. We should thank the God for all the things around us.

## CHAPTER 10 The Noble Doctor

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- A. a. (i); b. (iii); c. (i)

- B.** a. Because his son died yesterday in a road accident.  
 b. Because the doctor was late for his son's surgery.  
 c. The doctor reacted politely to the anger of the father.  
 d. The doctor was a responsible man.  
 e. He had left running to finish his son's cremation.

**CHAPTER**  
**11** **Bad Company**

---

- A.** a. (i); b. (iii); c. (ii); d. (ii)  
**B.** a. The boy's father wanted to reform him.  
 b. The plan of his father was to reform him.  
 c. His father said, "Bad company will also spoil you."  
 d. We learn that it is better alone than in bad company.  
**C.** Do yourself.

**CHAPTER**  
**12** **Winds of Forgiveness**

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- A.** a. (iv); b. (iii); c. (iii)  
**B.** a. The two friends were walking on the seashore.  
 b. They had the heated argument and one friend slapped the other one across his face.  
 c. He did not show any reaction.  
 d. Forgiveness has an everlasting good effect.

**CHAPTER**  
**13** **Yoga for Children**

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- A.** a. still like a mountain.; b. stand straight like a palm tree.; c. sit straight like a lotus.;  
 d. curl up like a tortoise.  
**B.** Koormasana                      Parvatasana                      Baddkoonasana

**CHAPTER**  
**14** **Clean Body, Healthy Brain**

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- A.** a. Massage, bath; b. clean and tidy; c. clean  
**B.** a. YAM-NIYAM  
 b. We should keep our body clean because it protect us from various diseases.  
 c. I feel better and delighted after a massage of oil on my head.

**CHAPTER**  
**15** **Simple Exercises of Hands**

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Do yourself.

## 1 A Prayer

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- A. a. (ii); b. (iii); c. (ii); d. (iii)
- B. a. All creature are big and small.  
b. Flowers have petals that open.  
c. The birds have tiny wings.  
d. We need strength from God to be truthful and wise.

## 2 Two Friends and The Bear

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- A. a. (iii); b. (ii); c. (i); d. (ii)
- B. a. Chandu and Mangal were two good friends.  
b. They saw a bear coming towards them.  
c. Because Chandu did not know how to climb up on the tree.  
d. He laid down on the ground as a dead person.  
e. Bear thought him dead.

## 3 Value of Trying

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- A. a. (ii); b. (i); c. (iii); d. (iv)
- B. a. Nisha was very weak at her studies.  
b. Nisha used to study in examination time only.  
c. Nisha thanked her father for his advice that changed her life.  
d. We should keep trying till we get success.
- C. a. ready; b. rich; c. work; d. lazy

## 4 The Mouse and The Bull

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- A. a. (iii); b. (ii); c. (i); d. (ii)
- B. a. The mouse saw a bull fast asleep under a tree.  
b. Because the mouse bit inside the nostrils of the bull.  
c. The mouse said, "O mighty bull, I didn't want to trouble you. I bit you just for fun."  
d. Because the bull wanted to punish the tiny mouse.  
e. Yes the bull realized truth in the words of mouse.

## The Peacock and The Crane

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- A. a. (ii); b. (i); c. (iii); d. (ii)
- B. a. Peacock was proud of its looks.  
 b. The peacock boastfully said to other birds. "Look at me! How beautiful are my feathers and tail. I am the most beautiful bird in this world".  
 c. The peacock went near the forest lake and saw a crane.  
 d. The peacock said, "What colourless feathers you have! You look so ordinary!"  
 e. Yes, the crane was happy in its plain feathers.  
 f. Peacock, Parrot, Swan, Kingfisher.

## The Tale of The Two Doors

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- A. a. (iii); b. (iii); c. (i)
- B. a. The doors led an awful life because the house was full of naughty children who were always slamming and kicking the doors.  
 b. The living room door was always sick and tired so it was ready to explode with anger but the bathroom door would calm him down saying, "Don't worry, it's normal."  
 c. The living room was slammed, and it broke. Now the parents warned children to be more careful. This filled the living room door with satisfaction.  
 d. The living room door was discarded because it was not able to put up with things for just a little longer.
- C. Do yourself.

## Rotten Potatoes

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- A. a. (iii); b. (iii); c. (iv)
- B. a. She told each student in the class to bring along a plastic bag containing few potatoes.  
 b. Every student brought some potatoes with the names she/he hated.  
 c. The students started complaining about the unpleasant smell coming from rotten potatoes.  
 d. The hidden message in the game was that the unpleasant smell of hatred will pollute your heart.  
 e. We should not carry hate in our heart because it causes a lot of problems to all of us.

## The Wolf and The Crane

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- A. a. (iii); b. (ii); c. (iii); d. (i)

- B.** a. One day the wolf found a big dead animal.  
 b. A bone got stuck in the throat of the wolf.  
 c. The wolf requested the crane to extract the bone from his throat and he would be well paid for this obligation.  
 d. The crane took out the bone with the help of his long neck and beak.  
 e. The wolf laughed, “Ha, Ha, Ha, Payment for your service. You thank me for allowing you to bring out your head safely from my mouth.”
- C.** a. love; b. ever; c. blunt; d. poor

**CHAPTER**  
**9** **The Owl And The Swan**

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- A.** a. (i); b. (iii); c. (i); d. (ii)
- B.** a. An owl was the friend of swan.  
 b. Owl’s nest was on a big banyan tree.  
 c. Because the swan got tired after a long journey.  
 d. A few travellers took shelter under the banyan tree.  
 e. We should make friends with our own kind.
- C.** a. Pink; b. bright; c. open; d. plate; e. Train

**CHAPTER**  
**10** **Real Lazy**

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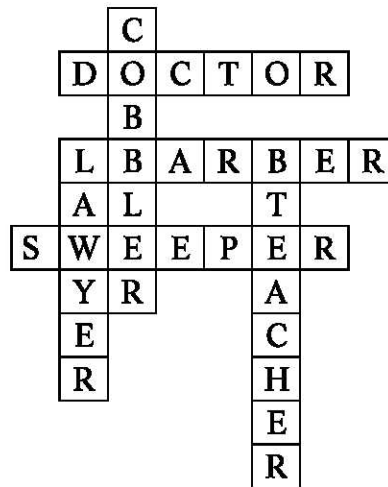
- A.** a. (i); b. (ii); c. (i); d. (iii)
- B.** a. He wanted to help the lazy people.  
 b. The trouble of the landlord was that he cannot feed so many people at the same time.  
 c. The landlord said that he wanted to see the real lazy people.  
 d. Abu asked people to gather in the fenced ground behind the mansion.  
 e. The snake charmer set free four snake.
- C.** a. cruel; b. unjust; c. healthy; d. unbelieve; e. unhappy.

**CHAPTER**  
**11** **People Who Help Us**

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- A.** a. (ii); b. (iii); c. (ii); d. (i)
- B.** a. Streets, road and parks.  
 b. The washerman washes our dirty clothes.  
 c. The gardener looks after the plants in the park.  
 d. Cobbler, barber, gardener and washerman help us.

C.



CHAPTER  
**12 Tit For Tat**

- A. a. (ii); b. (i); c. (ii); d. (iii)
- B. a. The poor building labourer was on his way back home.  
b. The smell was coming from the sweetmeat shop.  
c. The poor man was astonished to hear shopkeeper's voice.  
d. The wise man called the poor man and whispered something in his ears.  
e. There were some coins in poor man's pocket.

CHAPTER  
**13 Four Friends And The Hunter**

- A. a. (ii); b. (iii); c. (i); d. (iii)
- B. a. The tortoise said "I also want to be friends with you."  
b. The hunter wanted to feast on the deer and was sad to lose it.  
c. The crow spotted the hunter first.  
d. The tortoise was caught in the net.

CHAPTER  
**14 The King Without A Minister**

- A. a. (iii); b. (iii); c. (iv); d. (i)
- B. a. The lion called a meeting in the forest.  
b. The lion sat on a huge stone.  
c. The eagle said that she can fly and watch his kingdom from the sky.  
d. The elephant.  
e. No, the lion did not appoint a minister.
- C. a. (ii); b. (v); c. (iv); d. (iii); e. (i)



CHAPTER  
**15**

## Yoga For Children

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- A. a. Crocodile; b. Lion; c. Rabbit  
B. a. Lion Posture; b. Mountain Posture; c. Hare Posture; d. Palm tree Posture  
C. a. Lion Posture; b. Mountain Posture; c. Palm tree Posture; d. Hare Posture

CHAPTER  
**16**

## Simple Exercises

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- ❖ a. Hand; b. Head; c. Legs; d. Waist; e. Thumb; f. Nose

CHAPTER  
**17**

## Yoga With Sports

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- A. a. neat; b. petals; c. breathing; d. The conscious awareness of breath; e. breath; f. state  
B. Yes  
C. **Activity-1** : The students in groups of two are being taught to feel the respiratory activity of one-another, in the above pictures. What is happening during inhaling? What is happening during exhaling? After exercising regularly the students will be able to answer these questions.

**Activity-2** : Make the students to sit in groups and tell them to respire normally. Then make them to do deep respiration, i.e. train them to taking in and releasing out the breath slowly.

Then form a lock of fingers and put it in front of your body. Draw your body further while inhaling and bring your hands in the former state while exhaling.

CHAPTER

# 1 Be Brave

- A. a. nation; b. fast, suffer; c. fly; d. sky  
B. Make – Shake, Sheep – Deep, Fly – Sky, Strong – Long

CHAPTER

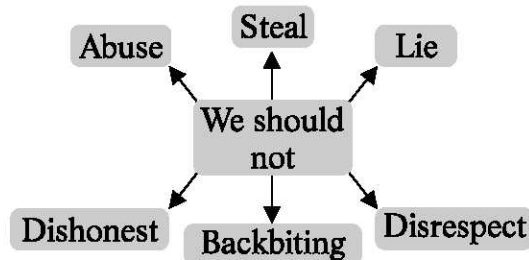
# 2 The Clever Cock

- A. a. (iv); b. (i); c. (iv)  
B. a. The colour of the cock was red.  
b. The fox said to herself, “What a fine breakfast it would be!”  
c. The cock said “Cock-a-doodle-doo; cock-a-doodle-doo.”  
d. Because the fox ran away.  
C. a. (ii); b. (iii); c. (iv); d. (i)

CHAPTER

# 3 God Is Present Everywhere

- A. a. (ii); b. (ii); c. (iii)  
B. a. Yes  
b. Because God is always watching us.  
c. That the God is present everywhere.  
d. God is present everywhere and watches our actions.  
C.



CHAPTER

# 4 The Clever Birbal

- A. a. (i); b. (iii); c. (iv); d. (ii); e. (iii)  
B. a. Birbal was the star courtier of Emperor.  
b. Other courtiers were always jealous of Birbal for his intelligence.  
c. There were nine thousand nine hundred ninety-five crows in the kingdom.  
d. The less number of crows indicate that few of the crows are out of the city to visit their friends and relatives.

## 5 Wisdom of Prince

- A. a. (ii); b. (iii); c. (ii); d. (i)
- B. a. Bhanumati was a beautiful young maiden of Nayagad.  
 b. Princess made a unique announcement that she would marry the prince who force her to break her silence.  
 c. He said, "I have come here to accept the challenge and would like to try to break her silence."  
 d. The old man said, "O, dear! I know you were waiting for me since long. We love each other so much that we cannot stay away. Why don't you tell your parents about our love?"  
 e. She said, "Who are you?" You liar! I have never loved you. Why should I love an old man like you?"
- C. Football

## 6 A Cunning Jackal

- A. a. (iv); b. (ii); c. (i); d. (ii)
- B. a. Jackal was the assistant of the lion.  
 b. Due to his injury the lion could not hunt for many day.  
 c. The lion advised the jackal, "If you can manage to bring an animal here, then I will attack him and we both can satisfy our hunger."  
 d. The Jackal said, "Dear friend I was in search of a suitable minister for the king lion and you are just the right person."  
 e. Because he found brain of donkey missing
- C. a. camel; b. monkey; c. lion; d. wolf; e. bear; f. dog

## 7 Ankur, The Detective

- A. a. (i); b. (iii); c. (ii); d. (iii)
- B. a. Ankur was playing with Jackie in the park.  
 b. Ankur saw the Earth was loose.  
 c. Jackie was Ankur's pet dog. He attacked the criminal.  
 d. Ankur took a long leap and threw himself on the rider and fell across the road.  
 e. A fool is his own biggest enemy. Presence of mind is a great friend.
- C. Do yourself.

## 8 Three Precious Words

- A. a. (i); b. (i); c. (ii)
- B. a. Sorry, please and thank you are three very important and useful phrases.

- b. Because, sometimes we do not have courage to accept our mistake.
- c. We should use kind and polite language with others.
- d. We should say sorry when we do something wrong.
- e. We learn that sorry, please and thank you are three precious words. We must use them at the proper time.

C.

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

CHAPTER  
**9**

## Poor Halku

- A. a. (i); b. (ii); c. (ii); d. (i); e. (ii)
- B. a. Meera was Halku's wife.
  - b. Because they did not have any woollen clothes.
  - c. Mahajan gave him two hundred rupees.
  - d. They did very hard work in their field.
  - e. Mahajan was pleased by Halku's honesty.
- C. a. (v); b. (iv); c. (ii); d. (iii); e. (i)

CHAPTER  
**10**

## The Glass Of Milk

- A. a. (i); b. (ii); c. (i)
- B. a. The boy was selling goods from door to door to earn his school fee.
  - b. He was hungry and tired, he decided that he would ask for food at the next house.
  - c. In a hospital.
  - d. Because he had already got the payment of the hospital bill as a glass of milk.

CHAPTER  
**11**

## Two Intelligent Men

- A. a. (i); b. (i); c. (ii); d. (i)
- B. a. Both were incredibly intelligent and capable men.
  - b. One of them used all his talent and intelligence to have a successful career and showed everyone his superiority. The other one was equally aware of his capabilities and never ran from his responsibilities.

- c. He had such useful knowledge of certain subjects that the disaster hardly affected the people in his region at all.
- d. The first man realized that the greatest fame and wisdom lie in the impact we have on others.
- e. He never again took part in competitions or in vain show of his ability.

CHAPTER  
**12 National Anthem**

- A. a. National Anthem; b. Rabindra Nath Tagore; c. Famous; d. 52 seconds
- B. a. We call our National Anthem Jana Gana Mana.  
 b. Cultural unity and diversity of the country are the Bharat-Bhagya-Vidhata.  
 c. Rabindra Nath Tagore wrote our National Anthem.  
 d. We should sung our National Anthem in 52 seconds.
- C. a. There are three colours in our National flag.  
 b. Jana Gana Mana is our National Anthem.  
 c. Our National Flag is called Tiranga.  
 d. Rabindra Nath Tagore was a great poet.  
 e. We must proud to be an Indian.

CHAPTER  
**13 Have Faith in God**

- A. a. (ii); b. (iii); c. (iii); d. (iii); e. (iv)
- B. a. Kanah was the devotee of Lord Krishna.  
 b. The milkman earned his money by selling milk.  
 c. Lord Krishna appeared before the milkman.  
 d. The Lord Krishna filled up his pots with milk.  
 e. God is everywhere and he sees and hears everything.
- C. a. Peacock; b. Duck; c. Elephant; d. Lion

CHAPTER  
**14 The Lost Bangle**

- A. a. (iii); b. (i); c. (ii); d. (iii)
- B. a. The princess was very beautiful and proud.  
 b. She lost her one golden bangle.  
 c. The princess called a saint to ask about her gold bangle.  
 d. At last the princess brought her rice.

CHAPTER  
**15 He Knows Best**

- A. a. (iv); b. (ii); c. (i); d. (ii)
- B. a. Because his trees needed rain, so he asked God to sent gentle showers.  
 b. The sunshine.

- c. Because, he prayed god conditionally.
  - d. Because Ravi entrusted his tree to God.
  - e. We should have trust in God. He knows what is best for us.
- C. a. LIFE; b. FAMILY; c. NATURE; d. FIELD; e. CARE; f. LOVE; g. TEACHER; h. HEALTH; i. CLOTHES.

CHAPTER  
**16** **Yoga For Children**

- A. a. yoga; b. two
- B. Butterfly Bird

CHAPTER  
**17** **Let Us Learn Yogasana By Practising it**

- A. a. There are seven types of asanas in this lesson.  
 1. Tadasana; 2. Sukhasana; 3. Parvatasana; 4. Dhruvasana; 5. Vajrasana; 6. Shavasana; 7. Simple Vrikshasana
- b. Sukhasana is a compound word of Sanskrit that is formed by two words 'Sukh' which means rest or satisfaction and 'asana' which means posture or state. Hence, it has named 'Sukhasana'.
- c. 1. It strengthens thighs, knees and ankles.  
 2. It helps improve height of the children.
- B. Parvatasana Vajrasana

CHAPTER  
**18** **Surya Namaskara (Sun Salutation)**

Do yourself.

CHAPTER  
**19** **'Nature' As Our Friend**

Tulsi, Neem, Mango, Jamun

**Work to Do**

Mango, Pomegranate, Belpathra, Apple, Banana, Papaya

CHAPTER  
**20** **Chest of Knowledge**

- A. a. Virnda and Sugandha  
 b. Basil  
 c. Tulsi increases the power of immunity against the diseases.
- B. Banana Papaya

## 1 The Good Time

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- A. a. good; b. pen, supersede; c. mankind; d. longer
- B. a. Rohan is good sport person.  
b. We should not waste our time.  
c. The Lord made all creatures in the world.  
d. A.P.J. Abdul Kalam was the perfect example of mankind.  
e. She had a proper knowledge of various field.

## 2 Unity Is Strength

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- A. a. (i); b. (ii); c. (i); d. (iii); e. (ii)
- B. a. The flight of pigeons was searching food.  
b. The old pigeon advised that there is some trick and it is dangerous for us to fly down.  
c. As the pigeons began to eat, they got trapped in the net.  
d. They flew up together to lift up the net.  
e. They went to their friend mouse for help.
- C. a. There are many pigeons in the field.  
b. The farmer is working in wheat field.  
c. The pigeons flew with all their strength.  
d. Raju and Monu are good friends.  
e. Ramu thanked Reema for her kindness.

## 3 The Changed Man

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- A. a. (iii); b. (iii); c. (ii); d. (iii)
- B. a. He did not have any job so he was very frustrated. This added to his lack of manners.  
b. After seeing his rude behaviour. The manager changed his mind and say Good Bye! Gaurav. Gaurav was left in deep remorse.  
c. The words of mother touched his heart and he decided to change his behaviour.  
d. Gaurav visited the manager to apologize for his bad behaviour.  
e. The manager was impressed with Gaurav's humility and courtesy.

## 4 Empty-Handed Fowler

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- A. a. (ii); b. (iii); c. (iii); d. (i); e. (ii)

- B.** a. Turtle used to clap his hands to enthrall the peacock. Thus, they became good friends.  
 b. One day a fowler laid his net and peacock got caught in the net.  
 c. The turtle assured the peacock, "Don't you worry, I'll get you freed."  
 d. Turtle gave a pearl to fowler and got the peacock freed.  
 e. Fowler returned with empty handed due to his greediness.
- C.** a. Fowler caught a parrot in his net.  
 b. Renu has a blue pearl.  
 c. Rakesh quarrels with Suresh badly.  
 e. Fowler returned empty handed.

CHAPTER  
**5**

## Appreciation for Hard Work

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- A.** a. (iii); b. (iv); c. (ii)
- B.** a. The young man's mother paid his fee by washing clothes of other people.  
 b. The youngman's hands were smooth because he only studied while his mother washed the clothes of other people so her hands were wrinkled and bruised.  
 c. He realized that it was this pair of hands that washed clothes everyday for his school fees.  
 d. Without my mother, I would not have been what I am today; children should share their parent's burden of work; family relationship is of utmost importance.  
 e. He developed a team of diligent and sincere workers to take the company to new heights.
- C.** Do yourself.

CHAPTER  
**6**

## No Pain No Gain

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- A.** a. (i); b. (iii); c. (iii); d. (ii)
- B.** a. He spend a lot of time watching butterflies and how a butterfly would struggle to transform from an ugly caterpillar into a beautiful one.  
 b. Aryan got a pair of scissors and tweaked the cocoon to make a bigger opening for the butterfly and removed the remaining cocoon.  
 c. Because its wings neither expanded nor the swollen body was reduced in size.  
 d. It is only after going through the struggle that the butterfly would grow like any other beautiful butterfly. But Aryan helped the butterfly and it was never able to fly all through its life.  
 e. If Aryan did not help the butterfly, it would have grown into a beautiful butterfly like any other butterfly.
- C.** a. A caterpillar transforms into a beautiful butterfly.  
 b. Aryan tweaked the cocoon to make a bigger opening for the butterfly to come out of the cocoon.  
 c. The caterpillar crawled on the tree.  
 d. The butterfly shrinks its body and take off in the air.  
 e. The fluid stored in the body of butterfly converts into wings.



**Tit For Tat**

- A. a. (i); b. (ii); c. (ii); d. (i); e. (iii)
- B. a. The crane couldn't eat the porridge because of his long neck.  
 b. The crane was angry because he was hungry.  
 c. The crane served gram and grain at dinner.  
 d. We learnt "As we sow, so shall we reap."

**The Great Mountain**

- A. a. (i); b. (i); c. (iii); d. (iii)
- B. a. It might have been the highest mountain in the whole world. So It had very few mountain friends.  
 b. The clouds would burst into laughter and sometimes they would even laugh so hard that they would cry and then it would rain.  
 c. The mountain become sad because it was unable to see the clouds.  
 d. The mountain cried so much that a lot of water flowed down the plain and the plain was covered with fresh green growth.  
 e. The plain was looking so beautiful that the mountain felt like kissing it. It was tingled with delight at the thought.

**Self-Depend**

- A. a. (ii); b. (iii); c. (i); d. (iii)
- B. a. (iii); b. (vi); c. (ii); d. (v); e. (iv); f. (i)
- C. a. The mother sparrow built the nest amidst the crops of the field.  
 b. The farmer come to the field with his neighbour to discuss about the harvest.  
 c. The mother sparrow told them to be patient.  
 d. The sparrow flew with her young ones on the day when farmer came to the farm alone with a sickle.

**Clean Your Park**

- A. a. (iii); b. (iii); c. (iii); d. (iv)
- B. a. They decided to clean up the park.  
 b. They promised that they shall not throw any rubbish there.  
 c. Devansh's father helped them to make flower beds.  
 d. Their parents thought to get a badminton court made for the children.  
 e. The notice said, "It's your park. Please keep it Neat and Clean."
- D. a. (iii); b. (v); c. (ii); d. (vi); e. (iv); f. (i)

## 11 The Brave Little Lad

- A. a. (iii); b. (i); c. (iii); d. (ii); e. (iii)
- B. a. The boy took out his sheep for grazing near the railway line.  
 b. The boy lay down under a shady tree.  
 c. The boy tied his shirt to a pole.  
 d. If the boy did not warn the train would have met a tragic accident.  
 e. The guard patted the boy for his timely warning.
- C. a. (v); b. (i); c. (iv); d. (iii); e. (ii)

## 12 Fruits of Patience

- A. a. (i); b. (ii); c. (iii); d. (ii)
- B. a. Because he had a strong liking for delicious mangoes.  
 b. He was happy to see the flowers but in season they all got infected and could not bear fruits.  
 c. He was curious to know how and when Ranchpur started producing such good quality mangoes.  
 d. He was surprised to see and know that the mangoes were coming from his own farm which he had sold long ago.  
 e. Because the farmer got the farm's soil tested and through the report he came to know that such soil was most suitable for mangoes.

## 13 A Kind-Hearted Man

- A. a. (iii); b. (ii); c. (i); d. (iii); e. (ii)
- B. a. Nitin and Vipin were fast friends.  
 b. Nitin was not in favour of helping the beggars.  
 c. They saw many beggars on the way.  
 d. A lame-footed man was a former soldier.  
 e. The poor woman had four children.
- C. Do yourself.

## 14 Handful Of Grain

- A. a. (iii); b. (ii); c. (ii); d. (iv)
- B. a. Because he did not trust his ministers.  
 b. Because she was not able to hold any responsibility.  
 c. Because she was good at keeping things safely.  
 d. She sowed the grains into the field.  
 e. Because, she was the best to be his heir so the king gave her charge of the entire kingdom.

## Surya Namaskara

- A. In the morning, It help the whole body to be physically fit.  
 B. 1. It improves concentration. 2. It helps in removing excess fat.  
 C. 3, 10 1, 12 2, 11

## Learn Yogasana By Practising

- A. a. 1. It is a meditative posture and helps in concentration.  
 2. It improves our digestive system.  
 3. This strengthens muscles of thigh and calf.  
 b. Shashakasana consists of two Sanskrit words; 'shashaka' which means 'rabbit' and 'asana' means 'posture'. In this asana body gives the appearance of a rabbit. Hence this, asana is called 'shashakasana'.  
 B. There are six asanas in this chapter. They are :  
 1. Vajrasana, 2. Shashakasana, 3. Padamasana,  
 4. Singhasana, 5. Hasyasana, 6. Ushtrasana  
 C. Singhasana Hasyasana

## Balanced Diet

- A. a. 1. vitamins and minerals; 2. vitamins and minerals; 3. protein  
 B. a. complete food; b. immunity; c. fruits and vegetables; d. carbohydrate  
 C. Do yourself.

## Chest Of Knowledge

- A. a. Mango purify the blood and help in the growth of the body.  
 b. Mango  
 B. Pomegranate  
 C. 

<b>Language</b>	<b>Mango</b>	<b>Pomegranate</b>
In your Mother Language	Do yourself	Do yourself.
In Sanskrit language	Aamra	Dadhim
In Hindi Language	Aam	Anaar

## Rain In Summer

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- A. a. beautiful; b. clatters; c. gushes; d. welcome
- B. a. Because we enjoy fully it to rain on a holiday.  
b. When it is about to rain, the sky get covered with black clouds.  
c. The rain pours and pours along the roofs and across the windowpanes.
- C. a. homeless; b. helpless; c. fearless; d. moneyless; e. baseless

## The Tricky Tiger

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- A. a. (iii); b. (i); c. (ii); d. (iv); e. (ii)
- B. a. A tiger lived in a jungle.  
b. The tiger said, "Oh kind sir, I am dying and wish to do one good deed before I pass away. I found this treasure and want to give it to a deserving man. You seem to be the most deserving. Why don't you come over and take the treasure?"  
c. The man thought, "The tiger looks good natured. Why not take the treasure and be on my way? My wife will be very happy."  
d. The tiger spent a happy and contented life.
- C. a. (iv); b. (v); c. (i); d. (ii); e. (iii)

## Partridge and Crow

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- A. a. (i); b. (ii); c. (iii); d. (iii); e. (ii)
- B. a. The nest on the tree was of the partridge.  
b. The crow said in threatening tone, "This is my nest."  
c. Both of them decided to get the judgement from the cat.  
d. Cat pounced upon them and ate both of them.
- C. a. (iv); b. (iii); c. (ii); d. (i)

## The Merchant And His Twelve Assistants

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- A. a. (i); b. (iii); c. (i); d. (iv); e. (i)
- B. a. The merchant was going to nearby village to buy the grains. He had to pass through a dense forest.  
b. Four thieves attacked the merchant and threaten him, "Give us all that you have else you will not be able to get out of here alive."  
c. By his self-confidence the merchant saved his life.  
d. Two, hands, two legs, two eyes, four metallic weight, bravery and self-confidence were the twelve assistants of the merchant.

- e. Self-confident people present themselves as calm, collected and successful in everything they do.
- C.**
- a. The merchant passed through dense forest.
  - b. The thieves threatened the merchant.
  - c. He fell down and the blood oozed out of his head.
  - d. The merchant yelled, "You came to steal my things."
  - e. The coward people never show bravery.

**CHAPTER**

## **5 The Kind Woodcutter**

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- A.**
- a. (i); b. (iii); c. (iv); d. (i); e. (iii)
- B.**
- a. The woodcutter was about to cut a large and beautiful tree.
  - b. The woodcutter was surprised to see the Goddess.
  - c. The Goddess said, "I request you not to cut this tree."
  - d. The snake said, "I am here to help you, you did not cut our tree when my babies were born."
  - e. "Kindness is the world's greatest virtue" is the moral of story.
- C.**
- a. (ii); b. (i); c. (iii); d. (v); e. (iv)

**CHAPTER**

## **6 The Lazy Little Bird**

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- A.**
- a. (ii); b. (i); c. (iii); d. (i)
- B.**
- a. A little bird was very lazy. He kept telling his friends, "I just take a bit longer to get around to doing things, that's all."
  - b. One day, when he woke up, he saw that all his friends were gone.
  - c. Everyone knew the rules that they should be ready to leave, there were thousands of birds and they weren't going to wait for anyone.
  - d. He realized that because of his laziness he would have to spend the long cold winter on his own. He made a new nest which was well-built with branches, stone and leaves.
  - e. They were all filled with joy and surprise after seeing that the little lazy bird was alive. Everyone agreed that he should be put in charge of organizing the long journey next year.

**CHAPTER**

## **7 The Magic Mango**

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- A.**
- a. (iii); b. (ii); c. (ii); d. (i); e. (ii)
- B.**
- a. The name of King's daughter was Kanak.
  - b. The Brahmin gave him guavas and chillies to eat.
  - c. They called their parrot as 'Pattu'.
  - d. The wise man said that the Princess can get well, if she eats the magic mango.
  - e. Pattu, the pet parrot of the Brahmin brought the magic mango to the Princess.
  - f. The princess hugged him to her heart and kept him with her.

## 8 Don't Be Greedy

- A. a. (ii); b. (i); c. (iii); d. (iv); e. (ii)
- B. a. The Brahmin saw a black cobra peeping out of an ant-hill.  
 b. The Brahmin believed that snakes are a form of God.  
 c. Because he guessed that the snake is guarding some treasure kept inside the ant-hill.  
 d. The Brahmin requested the snake not to give gold coins anymore as the worst had happened because of the greed for the wealth.  
 e. "Greed makes a man blind", is the moral of the story.
- C. a. Suddenly, a snake appeared before the boy.      b. There was an ant-hill in the forest.  
 c. The snake drank milk from the bowl.                      d. The snake lives in a hole.  
 e. Goddess gives Ram five gold coins.

## 9 Birbal Cooks His Rice

- A. a. (iii); b. (ii); c. (iii); d. (iii); e. (iii)
- B. a. Akbar said, "If the washerman stays in the water tonight I shall give him five thousand gold coins."  
 b. The washerman said, "You Majesty! I stayed in the water of the Yamuna last night."  
 c. Birbal said to the messenger, "Tell the king that I am preparing my meal and will come after taking my meal."  
 d. The king summoned washerman and gave him twice the amount of the reward .  
 e. Birbal returned to his court praising the king's mercy and justice.

## 10 The Crystal Ball

- A. a. (ii); b. (i); c. (iii); d. (iii); e. (i)
- B. a. Rishi was a shepherd boy. He took his herd of goats up the hills for grazing.  
 b. Rishi saw a transparent and beautiful crystal ball.  
 c. Rishi could not decide what to wish for because he really had everything he needed.  
 d. They were jealous because the person that had a palace had no gold and the person that had the gold had no palace. For this reason, the citizens of the village were unhappy.  
 e. They decided to return the crystal ball to Rishi. Rishi said, "I have not wished anything till now. If you really want everything to return to its own place, I will wish for it." Everyone happily agreed. Rishi took the crystal ball in his hand, turned around and wished that the village would become the same as it was before.

## 11 Lav And Kush

- A. a. (iv); b. (i); c. (iii); d. (iii); e. (i)
- B. a. Lav and Kush were Sita's twin sons.  
 b. Kush was quarrelling with soldiers.

- c. Chandraketu was Lord Ram's nephew.
- d. Ramchandra said, "Not many times! An example of great bravery indeed! Who are these boys?"
- e. Ramchandra said, "Glory be to their mother. Only Sita can have such worthy sons. Alas! How much pain Devi Sita suffer all these years! May I see her?"

CHAPTER  
**12** **Jammed Wheels**

- A. a. (iii); b. (ii); c. (iv); d. (ii); e. (iii)
- B. a. Raju was going to the weekly market, suddenly the wheels of the bullock cart sank into the mire.
- b. Looking up at the sky, he started shouting at God, "I am so unlucky! Why has this happened to me? Oh God! Come down to help me."
- c. God asked Raju, "Do you think you can move the cart by simply looking at it and complaining about it? Nobody help you unless you make some effort to help yourself. Get up and put your shoulder to wheel and you will soon find the way out."
- d. Raju bent down and put his shoulder to the wheel. In no time, the wheel was out of the mire.

CHAPTER  
**13** **A Pound Of Butter**

- A. a. (ii); b. (ii); c. (iii); d. (iii); e. (i)
- B. a. The baker decided to weigh the butter to see if he was getting a pound or not.
- b. The farmer was uneducated so he was not using any measure.
- c. The farmer do weigh the butter from the load of loaf of bread he buys from the baker.
- d. Because the baker give him less than a pound weight of loaf of bread that day. So he got the same weight and was ashamed of his deeds.
- e. When we are fair and just in our dealings with others, we receive fairness in return.

CHAPTER  
**14** **The Magical Axe**

- A. a. (ii); b. (ii); c. (iii); d. (i); e. (ii)
- B. a. Sundri was a princess.
- b. A devil carried away the princess.
- c. A young boy went in search of the princess.
- d. The king announced that he would give fifty gold coins to the person who brings his daughter back.
- e. The devil asked "Who are you and how did you dare to come here?"

CHAPTER  
**15** **The Comments of The People**

- A. a. (i); b. (iii); c. (iii); d. (ii); e. (iii)

- B.** a. The villager said, "Look at this donkey, who is dying under the weight of this huge bundle. His master has no sympathy for his poor animal."  
 b. The washerman lifted the load from the donkey's back and kept it on his own shoulders.  
 c. The village women said, "What a heartless father this man is! His poor son is walking and this hefty man is enjoying the ride."  
 d. At last the washerman and his son rode the donkey.  
 e. "Experience is a great treasure" is the moral of the story.
- C.** a. (v); b. (i); c. (iv); d. (ii); e. (iii)

## CHAPTER 16 Surya Namaskara (Sun Salutation)

- A.** a. Surya means Sun and Namaskara means salutation or bowing down.  
 b. The regular practice of surya namaskara helps improve blood circulation throughout the body and maintains health and thereby helps one to remain disease free.  
 c. There are 12 postures in Surya Namaskara.
- B.** Namaskarasana                      Ashtanga namaskara                      Hastottanasana
- C.** a. (iii); b. (iv); c. (ii); d. (i)

## CHAPTER 17 Learn Yogasana By Practising

- A.** a. Benefits of yoga are :
- |   |  |
|---|--|
| 1. Increased flexibility.                     | 2. Increased muscle strength and tone. |
| 3. Improved respiration, energy and vitality. | 4. Maintaining a balanced metabolism.  |
| 5. Weight reduction.                          |  |
- b. The yoga is practised in a safe, clean and quite place.  
 c. In this asana, the hands are brought near the feet hence it is called Padahastanasana.  
 d. 1. It helps in providing rest to the body.                      2. It removes the diseases of stomach.
- A.** a. Benefits of asanas are :
- |                                  |                                  |
|----------------------------------|----------------------------------|
| 1. Cardio and circulatory health | 2. Improved athletic performance |
| 3. Protection from injury        | 4. Increased flexibility         |
| 5. Weight reduction              |                                  |
- b. Yoga is practised in safe, clean and quite place.  
 c. Padahastanasana consists of three Sanskrit words : pada, hasta, and asana. In sanskrit pada mean 'feet', hasta means 'arms' and 'asana' means 'posture'. In this asana, the hands are brought near the feet, hence it is called Padahastanasana. It strengthens the organs located in the abdominal area and improves their functioning.  
 d. 1. It removes the restlessness of the mind.  
 2. It strengthens the nerves and muscles of the leg.
- B.** Ushtrasana                      Shashkasana                      Padamasana
- C.** Do yourself.