

Let's Read:

1.4 Be SMART...!

It is not possible to achieve goals in one day. The dream, strong wish, hard work and vision are important to achieve goals. We all have natural skills and talents. We can achieve goals easily if we use them correctly. We should set SMART goals.

Each letter of SMART stands for one quality. S for specific, M for measurable, A for achievable, R for realistic and T for time bound.

We should know what we want. The goals should be achievable so that they can be reached successfully. For example, each one of us can't become a President or a Prime Minister. But we can hope to be successful in future if we work hard in the right direction. It is also important to define a timeline to achieve the goals. We should learn to measure or track the progress against goals. It can help us understand what we need to work on.

Read the passage given below and do the activities:

1. Complete the sentences:

i	is a walk in the dark.
ii.	we can't get anything out.
iii.	Life is something like
iv.	we know how to go about it.

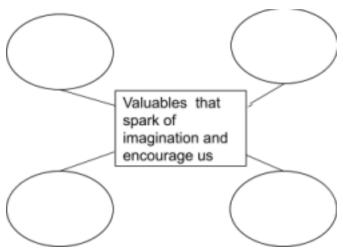
Time-bound: Establish time parameters around each goal, as it will help increase focus and accountability. To reduce weight we know how to go about it. But without consistent time- bound action, it never becomes a reality. It may be exercise, diet and stress-free thoughts. All these have to be practised and implemented without hesitation, doubt or indifference, but within a deadline.

Visions, wishes, intentions and dreams are all valuable. They spark off imagination and encourage us to define where we want to reach. In order to get there, however, we need to bring life images down to earth and plan to execute our strategies. The quality and quantity of energy we put forth directly impact the results. Life is something like a trumpet. If we don't put anything in, we can't get anything out.

Success is a walk in the dark. Finding the right footing, precisely mastering the skills and getting to the next place, all depend on how we approach and tackle the problem. The best way to get from where we are, to where we want to be is to find the footing of our next step. When we take the next step, it should support and hold us without a crack.

2. Web:

Complete the web



3. Write antonyms for the following words:

1.	W	rong	X	
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- ii. Decrease x _____
- iii. Discourage x _____
- iv. Light x _____

4. Personal Response:

T.I CI SUHAI IXC	sponse.					
Write any fou	ır qualities of a	a successful]	person.			
•••••	•••••	•••••	•••••		• • • • • • • • • • • • • • • • • • • •	• • • • • •
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- i.Success is a walk in the dark.
- ii. If we don't put anything in we can't get anything out.
- iii. Life is something like a trumpet.
- iv. To reduce weight we know how to go about it.

2. Web:

Complete the web



3. Write antonyms for the following words:

- i. Wrong x right
- ii. Decrease x increase
- iii. Discourage x encourage
- iv. Light x dark

4. Personal Response:

Write any four qualities of a successful person.

Hint: Hardworking, Commitment, Determination, Dedication

2.4 An Epitome of Courage

Lesson summary

This is the story of a great scientist- Stephen Hawking. He was born on 8th January 1942 in London. He studied physics at Oxford university.

He was suffering from a rare disease- ALS. This disease affects the nervous system and makes all muscles weak. Stephen Hawking started becoming weak when he was only seventeen years old. He fell down many times. He could not write properly. He had no control over his body.

But, he was a brilliant scientist. He continued his research. Soon he could not walk and had to use a wheelchair. He could move only one finger. He used to work on a computer using that finger. Stephen Hawking completed Ph.D. He explained many difficult concepts in a simple way that everyone could understand. He got many awards. He wrote many books. 'A Brief History of Time' was his most popular book. Several crores of copies of this book were sold.

Read the passage given below and do the activities:

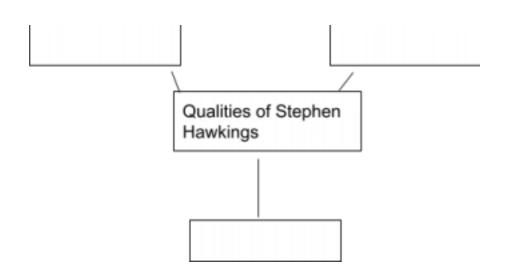
1. Complete the sentences:

i	at that time, did not have a course in mathematics.
ii	is that quality, which makes people not lose heart when faced
with a great calar	nity.
iii	, a living legend of Cosmology.
iv.Even though h	is father wanted him to study medicine, he was bent on studying
·	

Courage is a wonderful thing. It is that quality, which makes people not lose heart when faced with a great calamity. It would not be an exaggeration to say that Dr Stephen Hawking, a living legend of Cosmology, is the very personification of courage and hope. Except his mind, his whole body is bound to a wheelchair, thanks to a cruel quirk of fate. Yet, he is one of the greatest scientists of this century.

An average child, Stephen grew up to be a normal teenager, full of mischief and lots of love for music and mathematics. Even though his father wanted him to study medicine, he was bent on studying mathematics. The University of Oxford, at that time, did not have a course in mathematics so he opted to study physics instead.

2. Web: Complete the web



3. Write antonyms for the following words:

1. Brave x	_
ii. Win x	_
iii. Discourage x _	
iv. Hate x	

4. Personal Response:

Share your thoughts after reading about Dr Stephen Hawkings.

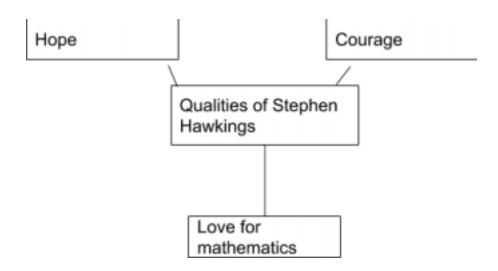


i. <u>The University of Oxford</u> at that time, did not have a course in mathematics. ii. <u>Courage</u> is that quality, which makes people not lose heart when faced with a great calamity. iii. <u>Dr Stephen Hawking</u> a living legend of Cosmology.

iv..Even though his father wanted him to study medicine, he was bent on studying Mathematics

2. Web:

Complete the following web:



3. Write antonyms for the following words:

- i. Brave x Coward
- ii. Win x Lose
- iii. Discourage x Encourage
- iv. Hate x Love

4. Personal Response:

Hint: brave, hope, courageous, love for mathematics, Nobel laureate

2.5 Book Review - Swami and Friends by R. K. Narayan

Lesson summary

This story is written by R. K. Narayan. It is from his book 'Swami and Friends'. The book is written in simple English. The sentences are short. The book is good for children of all ages. Swami is a ten year old boy. He is talkative and mischievous. He doesn't like going to school. He hates mathematics. He likes to play, kick ball, climb trees, break something and even trouble others. Swami is mischievous but harmless, loving and sensitive.

The author, R.K. Narayan is one of the greatest writers of India. His other famous books are 'Malgudi Days', 'The Guide'and 'The Painter of Signs'. Many of his stories have been made into popular films.

Read the below passage and do the activities:

1. Complete the sentences:

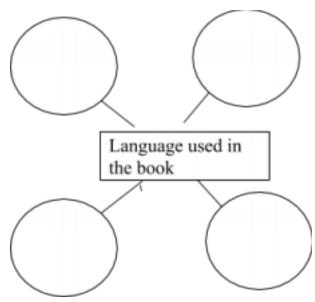
i	is written in such simple l	English it is hard to imagine that it is a
work of	such a literary genius like R. K. Nar	rayan.
ii.It is al	lso a known fact that	kids are the most sensitive and
loving p	eople of all.	
iii. The s	simplicity of the book is because	
iv. R K	Naryan through his book, "Swami	and Friends" conveyed the fact
that		

"Swami and Friends" is written in such simple English it is hard to imagine that it is a work of such a literary genius like R. K. Narayan. The English used in the book is both plain and simple, without any troubling words for the kids. Also the use of simple and short sentences adds to the simplicity of the book.

It is mentioned in the description that the book is about a mischievous ten year old Indian boy, and some parents may be concerned about the influence this will have on their already mischievous children. But the book is as such, that it encompasses the mischief of the kids in a view of the kid which is harmless and pure in his perspective. Also amidst all the mischief and naughtiness, we actually find that Swami is a loving and a tender kid who's actually very sensitive. It is also a known fact that mischievous kids are the most sensitive and loving people of all. And R. K. Narayan does a great job conveying that to all of us.

2. Web

Complete the web



3. Match the words with the appropriate meanings

	A		В
1	mischievous	a	circles around
2	encompasses	b	A person of unusual ability
3	Genius	c	point of view
4	Perspective	d	Behaving naughty, annoying people

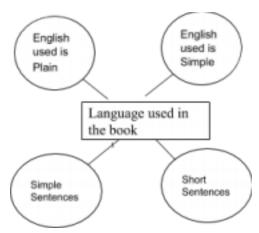
4. Personal Response:

Which is your favourite book? Why?



- i. <u>Swami and Friends</u> is written in such simple English it is hard to imagine that it is a work of such a literary genius like R. K. Narayan.
- Ii. ii.It is also a known fact that <u>mischievous</u> kids are the most sensitive and loving people of all. iii.The simplicity of the book is because <u>the english used in the book is plain and simple and also the use of simple and short sentences</u>
- iv.R K Naryan through his book, "Swami and Friends" conveyed the fact that mischievous kids are the most sensitive and loving people of all.

2. Web Complete the web



3. Match the words with the appropriate meanings

	A		В
1	mischievous	d	Behaving naughty
2	encompasses	a	circles around
3	Genius	b	A person of unusual ability
4	Perspective	С	point of view

4. Personal Response:

Hint: interesting, adventurous, characters, fun, simple language

2.6 World Heritage

Lesson summary

UNESCO has chosen World Heritage Sites in different countries. These are known for their cultural or natural importance. These sites are natural or man-made. Therefore, sites include forests, lakes, monuments, buildings and even cities. The main idea is to protect these so we can learn history. To protect the temples and artifacts, UNESCO launched an international campaign in 1959. In 2009, there were 890 World Heritage sites, in 148 countries.

The highest number of heritage sites are in Italy. There are forty four sites in Italy and thirty six sites in India. Many World Heritage Sites are in danger of being destroyed due to earthquakes, pollution, war, etc. There are many plans to protect these sites.

Read the below passage and do the activities:

1. Complete the sentences:

i. T	he inv	ventory	of sig	gnificant	cultural	and	natural	sites are	taken	by
			·•							
ii.Te	entativ	e list is	import	ant beca	use					_•
iii.					decides v	vhich	sites w	vill be ad	lded to	the
Woı	rld Her	ritage Li	ist.							
iv.	The	final	step	in be	ecoming	a	World	Heritage	Site	is
					•					

There are five steps in becoming a World Heritage Site, the first of which is for a country or State Party to take an inventory of its significant cultural and natural sites. This is called the Tentative List and it is important because nominations to the World Heritage List will not be considered unless the nominated site was first included on the Tentative List.

Next, countries are then able to select sites from their Tentative Lists to be included on a Nomination File. The third step is a review of the Nomination File by two Advisory Bodies consisting of the International Council on Monuments and Sites and the World Conservation Union, who then make recommendations to the World Heritage Committee.

The World Heritage Committee meets once a year to review these recommendations and decide which sites will be added to the World Heritage List. The final step in becoming a World Heritage Site is determining whether or not a nominated site meets at least one of ten selection criteria. If the site meets these criteria, it can then be inscribed on the World Heritage List. Once a site goes through this process and is chosen, it remains the property of the country on whose territory it sits, but it also becomes considered within the international community.

2. Web

Complete the web



3. Match the words with the appropriate meanings

	A		В
1	inventory	a	fixed basis to judge
2	criteria	b	To print,to write or to engrave
3	recommendatio ns	С	A detailed list
4	inscribe	d	suggestions

4.	Personal	l R	les _]	por	ise:
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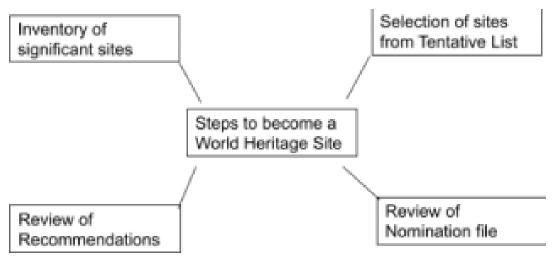
If you are part of the World Heritage Committee, Which site will you recombe added to the Tentative list? Why?	ommend to



i.The inventory of significant cultural and natural sites are taken by <u>Country or State Party</u>. ii.Tentative list is important because nominations to the World Heritage <u>List will not be considered unless the nominated site was first included on the Tentative List</u>.

iii. <u>The World Heritage Committee</u> decides which sites will be added to the World Heritage List. Iv. The final step in becoming a World Heritage Site is <u>determining</u> whether or not a nominated site meets at least one of ten selection criteria.

2. Web: Complete the Web



3. Match the words with the appropriate meanings

	A		В
1	inventory	c	A detailed list
2	criteria	a	fixed basis to judge
3	recommendatio ns	d	A suggestions
4	inscribe	b	To print,to write or to engrave

4. Personal Response:

Hint: extraordinary, unique, outstanding, universal

3.4 Let's March!

- Kailash Satyarthi - Kailash Satyarthi

Lesson summary

Kailash Satyarthi is a social worker. He works very hard for the rights of child labor or children who have to work for money. These children don't get education and have many problems. Kailash Satyarthi won a Nobel prize for his hard work.

Kailash Satyarthi believes that solutions to problems of children cannot be found by talking about them. If children are not safe, there will be no peace and happiness in the world. A child is not a free child unless he gets enough food, sleep, time to play and learn. Every child must go to school and learn what he wants and be able to dream. Many times children do not get opportunities. They think they are born to work. Kailash ji believes that all children must get the right to freedom, health, safety, peace and education. He feels that there is a child in all of us. We must listen to this child march towards the freedom of all children.

Read the below passage and do the activities:

1. Complete the sentences:

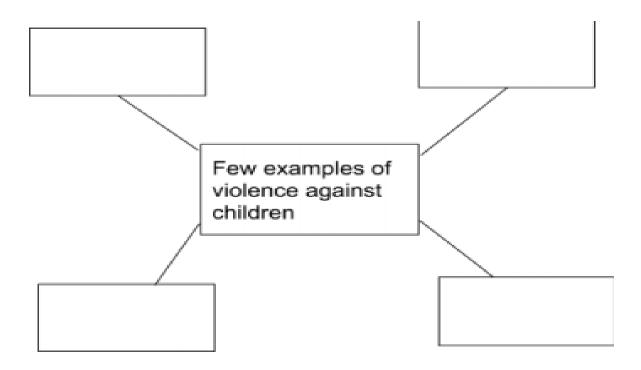
i. There is no	place in any civilised society for
ii. Governmer	ts must make
iii. To put an	nd to all forms of violence against children, we must
iv	must be more responsible, accountable and open to
innovative par	merships.

I call upon all the governments, intergovernmental agencies, businesses, faith leaders, workers, teachers and NGOs, and each one of us, to put an end to all forms of violence against children. Slavery, trafficking, child marriages, child labour, sexual abuse, and illiteracy these things have no place in any civilised society.

Friends, we can do this. Governments must make child - friendly policies, and invest in education and young people. Businesses must be more responsible, accountable and open to innovative partnerships. Intergovernmental agencies must work together to accelerate action. Global civil society must rise above the business-as-usual and fragmented agendas. Faith leaders and institutions, and all of us must stand with our children.

We must be bold, we must be ambitious, and we must have the will. We must keep our promises.

2. Web Complete the following web.



3. Match the words with the appropriate meanings

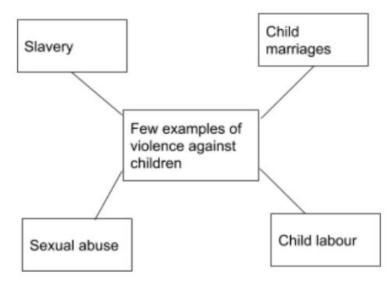
	A		В
1	violence	a	Introducing new ideas
2	innovative	b	To go faster
3	accelerate	c	A small piece
4	Fragment	d	Damage or harm somebody

4. Personal Response:	
What can we do to end violence against children?	



- i.There is no place in any civilised society for <u>Slavery</u>, <u>trafficking</u>, <u>child marriages</u>, <u>child labour</u>, <u>sexual abuse</u>, <u>and illiteracy</u>
- Ii. Governments must make <u>child</u> <u>friendly policies</u>, and invest in education and <u>young people</u>. iii. To put an end to all forms of violence against children, we must be <u>bold</u>, be <u>ambitious</u>, have the <u>will</u>. <u>keep our promises</u>.
- Iv. <u>Businesses</u> must be more responsible, accountable and open to innovative partnerships.

2. Web Complete the following web.



3. Match the words with the appropriate meanings

	A		В
1	violence	d	Damage or harm somebody
2	innovative	a	Introducing new ideas
3	accelerate	b	To go faster
4	Fragment	c	A small piece

4. Personal Response:

Hint: Education, Awareness,

3.5 The Alchemy of Nature

Lesson summary

Alchemy is an art of changing cheap metals into gold. Author gives many examples to tell us that nature also shows us magic. Therefore, what we experience is an alchemy of nature. The examples she gives are a flower blooming in the morning. It spreads colour and happiness. Soon it disappears in mud. Water changes from ice to steam with heat and sunlight. A grain of sand turns into pearl. A rainbow spreads colours in the sky. Even clouds change their shape. A tree without leaves suddenly gets many leaves. Grass grows from cracks in cement. All this is a magic of nature. Nature is the best teacher. It quietly teaches us many things.

Read the below passage and do the activities:

1. Complete the sentences:

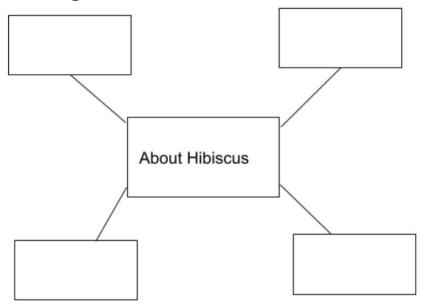
i. The flower c	comes to life only for a day, yet	
ii.The flower_	as evening approaches	
iii	takes the shape that the water commands.	
iV.	smiles with the sun and dances with the wind.	

We have a hibiscus plant in our garden. Every fortnight a flower blooms on it-big, bright and tender. Through the day it smiles with the sun and dances with the wind, but as evening approaches, it starts wilting. The morning after, it withers completely and by evening it falls and becomes one with the earth again. The flower comes to life only for a day, yet it does so in full splendour. What if we too lived our life, however short, to its fullest?

We went to a rocky beach and saw the spread of the majestic ocean and the rocks alongside, carved, sculpted and shaped by the water. Water is so gentle, rock so hard, yet, as the water flows over it every day, for years, the rock gives in. It takes the shape that the water commands. Our problems are so colossal and we are so small, yet if we persist...

2. Web

Complete the following web.



- **3.** Identify the word from the passage which means
 - a. To dry and to droop -
 - b. Dries and decays -
 - c. Grand appearance
 - d. Extremely large -

4. Personal Response:	
How can we live our life to the fullest?	
	•••



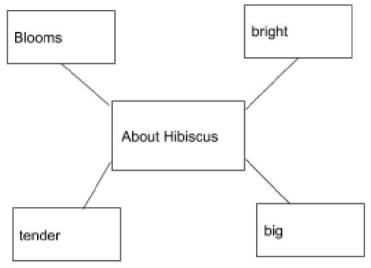
i.The flower comes to life only for a day, yet <u>it does so in full splendour.</u> Ii.The flower w<u>ilts</u> as evening approaches..

iii. Rocks takes the shape that the water commands.

Iv. Hibiscus flower smiles with the sun and dances with the wind.

2. Web

Complete the following web.



- **3.** Identify the word from the passage which means
 - e. To dry and to droop wilts
 - f. Dries and decays -wither
 - g. Grand appearance- Splendour
 - h. Extremely large Colossal

4. Personal Response:

Hint: Happy, Good deeds, positivity, hard work

4.4 Unbeatable Super Mom - Mary Kom

Lesson summary

Super is very good, 'mom' is mother and 'unbeatable' is someone who always wins. Mary Kom is a women boxing champion. She won a bronze medal in the Olympics.

In this interview, Mary talks about her confidence. She does not complain or blame officials because she didn't win a gold medal. She feels Indian companies should support sportsmen by sponsoring them. If they don't have to worry about money they can concentrate more on their game. She even explains about the food she ate. She feels boxing has a good future.

Mary Kom has three children. She is a good cook and also does house work like all women. She really likes being a mom. Mary Kom has won many awards. We are very proud of her. She is an idol for Indian women.

Read the below passage and do the activities:

1. Complete the sentences:

i. Mary Kom is from	.
ii.Mary Kom's parents worked in	1
iii.Mary Kom was interested in _	initially.
iv, who won	the Gold medal at the Bangkok Asian Games, had
inspired many youngsters in Mar	nipur to learn boxing.

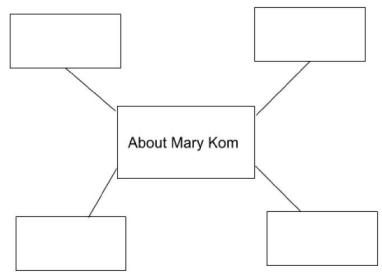
Kom was born in Kangthei village, Moirang Lamkhai in Churachandpur district of rural Manipur in eastern India. She came from a poor family. Her parents, Mangte Tonpa Kom and Mangte Akham Kom were tenant farmers who worked in jhum fields. Kom grew up in humble surroundings, helping her parents with farm related chores, going to school and learning athletics initially and later boxing simultaneously. Her father was a keen wrestler in his younger age.

She had an eager interest in athletics since childhood and the success of Dingko Singh a fellow Manipuri returned from the 1998 Bangkok Asian games with

a gold medal, Kom recollects, had inspired many youngsters in Manipur to try boxing and she too thought of giving it a try.

2. Web

Complete the following web.



- **3.** Identify the word from the passage which means
 - a. connected with the country, not the town
 - b. a person who pays money (rent) to the owner of a piece of land c. strongly wanting to do or have something.-
 - d. to make somebody want to do or create something

4. Pe	ersonal	Respo	onses:	
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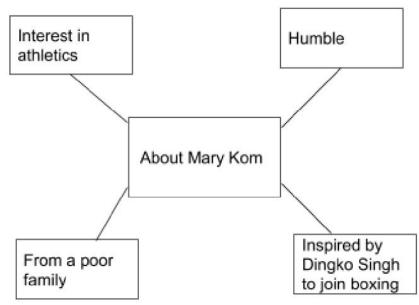
Why is Mary Kom known as a Super mom?



- i. Mary Kom is from Kangthei village, Moirang Lamkhai in Churachandpur district of rural Manipur in eastern India..
- Ii. Mary Kom's parents worked in **Jhum Fields**.
- Iii.Mary Kom was interested in athletics initially. .
- Iv. <u>Dingko Singh</u>, who won the Gold medal at the Bangkok Asian Games, had inspired many youngsters in Manipur to learn boxing.

2. Web

Complete the following web.



- **3.** Identify the word from the passage which means
 - e. connected with the country, not the town
 - f. a person who pays money (rent) to the owner of a piece of land
 - g. strongly wanting to do or have something.-
 - h. to make somebody want to do or create something

4. Personal Response:

Hardworking, Dedication, Determination, Strong will

Reference: Pratham Content

https://drive.google.com/file/d/1pzSs-c9MbgLuIAp5KGY1D5ktTp2OEpEO/view?usp=sharing

ASK: If you are still in doubt, please reach out to your teacher and get your doubt cleared for better understanding.

Happy Learning!