

## Unit - 3

### The Power of Knowledge

#### I Answer the following

1. The spider technique is behaving just like the spider. Expect distractions, get used to and ignore them. Be like the spider or turn a blind eye to distractions.
2. Whenever we feel like quitting or losing concentration, turn ourselves to do five more of whatever we are doing.

#### II Prepare a sample 'to-do-list'.

1. Stick to a routine
2. Do work at desk
3. Study in a quiet environment
4. Avoid day dreaming
5. Take a break.

#### III Write 'True' or 'False'.

1. False
2. True
3. False

## Unit - 4 Stay Healthy, Stay Happy

### I Answer the following

1. Eat nutritious meals and snacks daily. Include foods from these groups: dairy, grains, protein, vegetables and fruits.
2. Use proper safety devices when playing sports, bicycling or swimming. Obey safety rules.
3. Sleep helps us to relax our mind and body. It also helps to improve our ability to do various activities.

### II Write 'True' or 'False'

- 1 Junk food is good for health. [False]
- 2 We need eight hours of sleep. [True]
- 3 Lack of sleep makes body weak. [True]

## Unit - 5

### The Beauty of Diversity

#### I Answer the following

1. (Any answer)  
eg. Raman is good in sports.  
Taran is good in singing.
2. I am good in reading  
I am good in singing  
I am helpful  
I am soft spoken.
3. (Any answer)  
eg. Sikhism is the religion of sikhs. Their holy book is Guru Granth Sahib. It is the largest religion in the world. Sikhs are usually identified by the Turban. The temple of sikhs is known as Gurdwara. Founder of this religion is Guru Nanak Dev ji.

#### Page - 25 Let's Discuss

- |   |            |    |     |
|---|------------|----|-----|
| 1 | yes        | 6  | yes |
| 2 | Don't know | 7  | yes |
| 3 | yes        | 8  | No  |
| 4 | yes        | 9  | yes |
| 5 | No         | 10 | yes |

## Activity - 2

It means donot pass judgement on somebody until you have been in the same situation and undergone the same experience, challenges and thought processes etc.

## Prayer for farmers

I thank you God for farmers  
For those who touched the soil,  
For those who cared animals,  
Being a farmer can be hard life  
we pray for farmers where the rain  
didnot come or come too late.  
Be with the farmers hard - -

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Amen.