

8. I am Capable

LISTENING

Recite and enjoy:

My Will



A body different, a soul so bright,
A unique perspective, a shining light.
Don't let limitations, define their way,
For abilities shine, with a loud say.



With wheels or walkers, they take their stand,
Their strength and courage, inspire the land.
Their voices whisper, or loudly proclaim,
“I am capable, I am not tamed.”



Listen to your teacher and repeat the words given below:

different

perspective

unique

strength

limitations

courage

capable

Underline the rhyming words, write them and add one more:

1. _____, _____, _____
2. _____, _____, _____
3. _____, _____, _____

Listen to the story:

Yes, We Can

Veena and Shalu are good friends. There is a sports rally in their school next month. They are excited to take part in it. Veena is a good badminton player while Shalu is good at racing. Shalu is a bit upset because she has a leg injury. She is not sure about taking part in the race.

Veena : Why are you upset?

Shalu : Veena, I want to participate in the sports rally. But I am not sure if I will be able to do it. Look at my leg. It is all injured! What shall I do?

Veena : Dear friend, don't be upset. Have you not heard the name of Arunima Sinha, the famous mountaineer?

Shalu : No, I haven't. Who is she?

Veena : She was a national level volleyball player. She was pushed out from a running train by some robbers. She was so badly injured that one of her legs was cut off.

Shalu : Oh my God! That's terrible!

Veena : It's true and still, she climbed the world's highest peaks and made us proud.

Shalu : Wonderful! That's the spirit.

Veena : Not only she, but Bharat Kumar (a para swimmer), Sudha Chandran (a Bharatnatyam dancer) also became famous in their fields in spite of their disabilities.

Shalu : They are really very courageous and confident people.

Veena : Yes, they inspire us. You are also good at sports. I know you can do it!

Shalu : You are right. Now, I will participate and do my best.

Veena : That's like my good friend. We all have some special qualities. We should have faith in ourselves.

Shalu : Definitely! I will work hard to give my best.

Veena : That's why our coach always says, "Always say I can, never say I can't."



Choose the most appropriate options:

1. Who was injured?

- a. Veena
- b. Shalu
- c. None of the above

2. Who became a famous mountaineer?

- a. Sudha Chandran
- b. Bharat Kumar
- c. Arunima Sinha

3. What can make us successful?

a. courage and confidence

b. support

c. wealth

4. If you get less marks in the exam, what will you do?

a. I will feel ashamed of it

b. I won't tell anyone

c. I will work hard

Listen to your teacher and repeat:

1. Why are you upset?

2. What will I do?

3. Who is she?



4. That's terrible!






5. Oh my God!

6. Definitely!

READING

Read the paragraphs and match with the most appropriate pictures:

A	B	Answer
<p>1. This story is about an eleven year old girl named Ritika. She lived with her parents and grandparents in a village called Shaktinagar.</p> <p>Ritika was a very kind hearted girl. She cared and helped everyone around her, especially the old people of the village.</p>	<p>a.</p> 	<p>1. _____</p>
<p>2. Every morning, helping the old ladies to fill water from the well was Ritika's favourite task.</p>	<p>b.</p> 	<p>2. _____</p>

3. She also helped them to do the daily household tasks like carrying groceries and vegetables.	c. 	3. _____
4. In school too Ritika was very caring towards all, especially, her best friend Reema.	d. 	4. _____
5. At home, Ritika would have a good time playing games with her grandfather. Playing indoor games was her grandfather's favourite pastime.	e. 	5. _____
6. Every evening she would read out newspaper to the village people so that they would be aware of the latest happenings in our country.	f. 	6. _____
7. She always remembered to give medicines to her sick grandmother, who was in bed. Along with all the tasks, she was even good at studies.	g. 	7. _____
All the villagers were proud of Ritika and they all loved her because of her loving and caring nature.		



Answer the questions:

1. How can you say that Ritika is a good girl?
2. Do you help the needy people?
3. How can you help your classmate who does not have notebooks?
4. Write two good things about one of your best friends.
5. Do you help your mother with the housework?



Read the passage and answer the questions:

Look up at the Stars

Stephen Hawking was a famous scientist and physicist. As a child, Hawking loved playing with model trains. In his teenage, he built toy airplanes, boats, a war game and so on. In his autobiography, he has written that in school, he was an average student with poor handwriting. Yet, his classmates already gave him a nickname: Einstein. While in school, He would discuss about the origin of the universe.

After Hawking's twenty-first birthday, he was diagnosed with a rare disease. Doctors said he would not live very long. Hawking proved them wrong, as he lived for several more years. He had to use a wheelchair and a special machine to communicate. However, that did not stop him from becoming an internationally famous scientist. He wrote several books like *A Brief History of Time* and children's titles like *George's Secret Key to the Universe* (written with his daughter Lucy). He won awards, degrees and delivered lectures in different parts of the world.

"Remember to look up at the stars and not down at your feet," Hawking once said. "Never give up work. Work gives you meaning and purpose and life is empty without it."

Through his work and words, Stephen Hawking inspires us forever.

1. Describe Stephen's childhood.
2. At what age was Stephen diagnosed with a rare disease?
3. Name the toys you make yourself.
4. What do you discuss with your friends?
5. Do you know any 'Divyang' person? Write a special thing about him/her.
6. Find similar words from the text. 1. Popular, 2. False



Study the given poster and answer the questions:

Let's Play Together...



Don't miss!!!

Para Archery

Para Athletics

Para Badminton

Blind Football

Para Cycling

Para Swimming

Para Judo

Para Table Tennis

Shooting Para Sport

Sitting Volleyball

1. What is the poster about?
2. Which games will be there in the Paralympics?
3. Find and write Five names of paralympic winners.
4. Would you like to add any other games in the Paralympics? Write names.
5. Ask your teacher about the Paralympics and write two-three sentences about any player.

WRITING

Read the story of Ritika again and give it another suitable title. You can choose from the given options or create your own:

1. Ritika-A Helping Hands to the Helpless
2. Loving Ritika, Caring Ritika
3. Ritika, the Girl that Cares
4. _____

Read the passage ‘LOOK UP AT THE STARS’ (about Stephen Hawking). Give title to the passage:

1. Give a suitable title to every paragraph of the passage:

Title: _____

Musical instruments can be categorized into four main types: string instruments, wind instruments, percussion instruments and electronic instruments. Electronic instruments can produce sound of all other categories. Let us understand the other types in detail.

Title: _____

String instruments in Indian music produce sound through vibrating strings which can be plucked, bowed, or struck. The examples are the sitar, the veena, the sarod etc. These instruments are integral to both North and South Indian classical music. The pitch is determined by the length, tension, and thickness of the string.

Title: _____



Wind instruments create sound when air is blown into them. Some well-known Indian wind instruments are the bansuri, the shehnai etc. Some wind instruments are made of wood while the others are made of brass. The pitch is controlled by the length of the air column inside the instrument.





Title: _____

Percussion instruments are used to keep rhythm in music. They produce sound when struck. This includes the tabla, the mridang, the dholak etc. These instruments play a crucial role in rhythm sections of various music styles, providing the backbone of the beat and adding texture and dynamics to the music.

LANGUAGE FUNCTION

Study the details and complete the table:

	Is Radha typing an e-mail?	No	No, she is not.
	Is Neha preparing food?	Yes	Yes, she is.

	Are the students doing homework?		Yes, they are.
	Is John playing hockey?		No, he is not.
	Is Muskan buying vegetables?	No	
	Is Ali driving a red car?	Yes	
		Yes	Yes, they are.
		No	No, he is not.

Read the dialogue. Make pairs and enact it:

Anant : Hi! Mustak, are you going to the library?

Mustak : Yes, I am going to the library. Do you want to join me?

Anant : Yes, I want to join you. But will we return before 7 pm.?

Mustak : Of course, we will return before 7 pm. Let's go.

Anant : Ok. (They are walking) Did you read today's newspaper?

Mustak : No, I did not read it. Let's go and read it there.



Study the pictures and answer the questions:

Examples: Is he playing on a guitar?

Yes, he is playing on a guitar.

Are the players playing badminton?

No, they are not. They are playing chess.





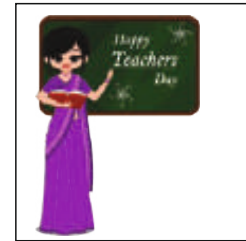
1. Is he sitting on a sofa?



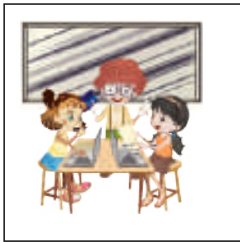
2. Is she reading a book?



3. Are the passengers travelling by a train?



4. Is she a nurse?



5. Are they doing exercise on the ground?

Read, enact and complete the table:

Riya : Dad, who will come to my birthday party?

Mr. Rana : Our family and friends. What do you want for the party?

Riya : I want balloons and games. Where should we set up them?

Mr. Rana : We'll set up in the living room.

Riya : When will the party start?

Mr. Rana : It will start at 4 pm. How many balloons do you want?

Riya : Hmmm, I want twenty-five balloons.

Questions	Answers
Who will come to Riya's birthday party?	Riya's family and her friends.

Fill in the blanks using the most appropriate options:

1. _____ is cutting vegetables for curry? (When/Who)
2. _____ fingers do you have? (How many/Where)
3. _____ is your school bag? (Who/Where)
4. _____ do you go to school? (When/What)
5. _____ are you going to read tomorrow? (What/How many)



Study the pictures and answer the questions:

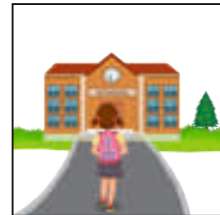
Examples: Who is he?

He is Dr. Ankit.



1. What is the occupation of Mr. Imran?

2. Where is Julie going?



3. When does Sheetal take dinner?

4. How many cars are there?



Find and write the most appropriate action words for the pictures:

1. a. stay
b. come
c. hug
d. touch



2. a. wear
b. cook
c. come
d. drink



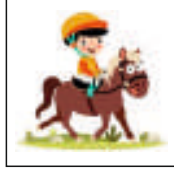
3. a. wash
b. sell
c. read
d. paint



4. a. do
b. come
c. read
d. keep



5. a. ride
b. shine
c. play
d. work



Circle the odd one:

- | | | | |
|-----------|------------|---------|--------|
| 1. nurse | party | dentist | farmer |
| 2. cook | prepare | take | table |
| 3. mother | father | rabbit | child |
| 4. small | large | tall | man |
| 5. carpet | dishwasher | lamp | zoo |



Match the parts of the words and write them down:

A	B	A	B
living	robe	down	machine
bath	room	dish	cloth
arm	room	wash	stairs
bed	board	washing	washer
cup	room	table	basin
ward	chair	up	stairs

ACTIVITY

Let's Play - The Fixed Answer Game:

શિક્ષક વર્ગમાંથી એક વિદ્યાર્થીને વર્ગ સમક્ષ બોલાવી કોઈ એક શબ્દ ધારવા કહેશે. વર્ગના વિદ્યાર્થીઓ નીચે મુજબનાં પ્રશ્નો પૂછશે. વિદ્યાર્થી પોતે ધારેલા શબ્દને જ જવાબ તરીકે બોલશે.

Class : What is your name?

Student : An apple (ધારેલ શબ્દ)

Class : Who is your class teacher?

Student : An apple.

આ રીતે શિક્ષક પ્રશ્નમાં વિવિધતા લાવવા અને વર્ગના તમામ વિદ્યાર્થીઓને પ્રશ્ન પૂછવા પ્રોત્સાહિત કરશે.

SPEAKING

Study the picture and answer the questions:

(શિક્ષક પોતાના વર્ગના વિદ્યાર્થીઓને બે ભાગમાં વિભાજિત કરશે. A ગ્રૂપ પહેલું ચિત્ર બતાવીને પ્રશ્નો પૂછશે અને ગ્રૂપ B જવાબ આપશે. ત્યારબાદ B ગ્રૂપ બીજું ચિત્ર બતાવીને પ્રશ્નો પૂછશે અને A ગ્રૂપ જવાબ આપશે. આમ, ચિત્રમાં દર્શાવેલ ગ્રૂપ મુજબ વારાફરતી પ્રશ્નો પૂછશે.)

Example:

1. How many children are there in the picture?
2. What are they doing?
3. Who is riding a bicycle?
4. What are Sonal and Pinky doing?
5. Is Ravi flying a kite?

For teacher



Group - A



Group - B



Speak the following sentences as fast as you can:

1. She sells seashells by the seashore.
2. I scream, you scream, we all scream for ice cream.
3. I saw the sun shining in the sky.
4. Red bus, blue bus.
5. Thin sticks, thick bricks.
6. She sees cheese.
7. Truly rural.
8. Riya makes round roti.
9. Tina takes two toys.
10. Monu meets Mina on Monday.

DO IT YOURSELF



Make a list of things you can do:

Example:

1. I can write fast.
2. I can speak Urdu.
3. I can play Chess.