10 LIFE SKILLS

B7F315

LISTENING

Recite and enjoy:

Now

If you have hard work to do, do it now.
Today the skies are clear and blue,
Tomorrow clouds may come in view,
Yesterday is not for you;
Do it now.

If you have a song to sing, sing it now.
Let the notes of gladness ring
Clear as song of bird in spring,
Let every day some music bring;
Sing it now.

If you have kind words to say, say them now.
Tomorrow may not come your way,
Do a kindness while you may,
Loved ones will not always stay;
Say them now.

If you have a smile to show, show it now.
Make hearts happy, roses grow,
Let the friends around you know
The love you feel before they go;
Show it now.

- Charles R. Skinner

PRACTICE

A. Match 'A' with 'B':

A	B	Answer
1. hard work	a. to sing	1. _____
2. song	b. to show	2. _____
3. kind words	c. to do	3. _____
4. a smile	d. to say	4. _____

B. Unscramble the letters:

Example: nikd - kind

1. ytado - t_____y
2. emisl - s_____e
3. iekdssnn - k_____s
4. evyer - e_____y

C. Make words using the last letter of the previous word:

Example: ring: great team mirror

1. work - _____ _____ _____
2. spring - _____ _____ _____
3. music - _____ _____ _____
4. clear - _____ _____ _____
5. show - _____ _____ _____

Listen to the story:

The Phone Trap

Standard 7 students Smita, Rahul, and Renuka always played together after school. One day, Smita got a new smartphone. Games, videos, messages -everything in it. "Let's play together on the phone!" she said. And all started using the smartphone.

Within some days their old outdoor fun started disappearing. Smita had headaches, Rahul forgot homework and Renuka stopped playing football after a week.

Their teacher noticed. "Screens are useful, but too much is harmful," she warned kindly. The three looked at each other and decided that Something had to change.

That evening, Smita got a message from an unknown number: "Click this link to win a free smartwatch!" Smita thought to click. But then she remembered the

teacher's digital safety rule: "THINK before you CLICK."

She showed the message to Renuka and Rahul. Rahul said, "This looks fake." Renuka added, "Links like this can steal data." They deleted it together.

The next day, they made a new rule: Use smartphone in elder's presence for education only and at least one hour for outdoor activities. But what to do outside? No ideas. Then Renuka said, "Let's create our own games!" They used chalk, stones, and old bottles to make: A bowling game, A jumping grid and A treasure trail. They enjoyed and laughed more than they had in weeks.

A new student, Toral, watched them play. She was very shy. Rahul called out, "Come join us!" Toral smiled and said, "I don't know about your game." Smita explained patiently. Renuka demonstrated. Soon Toral was enjoying with them.

One week later, their teacher asked, "How do you feel after reducing screen time?"

Smita said, "My headaches are gone."

Rahul said, "I finish homework faster."

Renuka said, "We made new games… and a new friend!"

Toral added softly, "I feel included."

The teacher smiled and said, "This is learning - healthy, safe, creative, and kind."

PRACTICE

A. Choose the most appropriate options:

1. Why did the children decide to reduce their screen time? ( )

   a. They got bored of the phone.

   b. They wanted to study more.

   c. They realized too much screen time was harmful.

   d. They had no games to play on phone.

2. What would have happened if Smita clicked the unknown link? ( )

   a. She might win a prize for sure.

   b. The phone could get hacked or data stolen.

   c. She would get more games to play.

   d. It would make the phone faster.

3. Toral joined the group. What does it teach us?

a. We must play with old friends.
b. Friendship grows when we include others.
c. New students should play alone.
d. Screen time is better than outdoor play.

4. Which of the following is a good digital safety habit according to the story?

a. Click on every link you get.
b. Share passwords with friends.
c. Think before clicking unknown links.
d. Play online games for many hours.

B. Answer the questions:

1. How did smartphone affect the children's health and daily life?
2. Which games did the children create?
3. What was the teacher's advice about screen time?
4. How did the students feel after reducing screen time?
5. How much time do you spend on screen every day? How will you replace this screen time with other activities?

READING

Recite and enjoy:

The little boy and the old man



Said the little boy, 'Sometimes I drop my spoon.'
Said the little old man, 'I do that too.'
The little boy whispered, 'I wet my pants.'
'I do that too', laughed the little old man.
Said the little boy, 'I often cry.'
The old man nodded, 'So do I.'
'But worst of all,' said the boy, 'it seems
Grown-ups don't pay attention to me.'
And he felt the warmth of a wrinkled old hand.
'I know what you mean,' said the little old man.

- Sheldon Allan

PRACTICE

A. Write the opposite words:

1. young × _____
2. best × _____
3. always × _____
4. none × _____
5. pick up × _____

B. Pick out lines from the poem and write them:

Little boy : Sometimes I drop my spoon.
Old man : _____
Little boy : _____
Old man : Sometimes I also wet my pants.
Little boy : I often cry.
Old man : _____

Discuss in the class. You may use your mother tongue.

Share a moment when you felt proud of helping someone younger or older.

Read the story:

Three Questions



Once, a king wanted the answers to three questions:

1. What is the right time to do anything?
2. Who are the most important people?
3. What is the most important thing to do?

He thought that if he knew the answers, he would never fail in life. Many learned men came to him with different answers, but none satisfied him. So, he decided to ask a wise hermit who lived in the forest.

The hermit was simple and weak. The hermit was digging the ground. The king went to him in plain clothes and asked his questions. The hermit only listened and kept digging. The king helped him by digging for hours.

Suddenly, a wounded man came running. He had been badly hurt in a fight. The king treated his wound and saved his life. The man later confessed that he had planned to kill the king but now felt grateful to him.

The king returned to the hermit the next day and repeated his questions. The hermit explained:

The right time is *now*, because it is the only moment we have.

The most important people are *those with you at the moment*, because we never know if we will meet them again can not.

The most important thing is to *do good*, because that is why we are here.

The king understood. The answers were simple but full of wisdom. The king found peace by following three wise answers.

UNIT 10

PRACTICE

A. Replace the underlined words with appropriate words from the brackets and rewrite the sentences:

(grateful, simple, wisdom, confessed, injured)

1. The child gave a <u>plain</u> answer in class.

2. After getting help, the old man felt very thankful.
3. The teacher's words were full of knowledge.
4. The boy fell off his bicycle and got hurt.
5. The thief finally admitted his mistake.

B. Arrange the sentences in proper order:

1. A wounded man arrived, and the king treated him. _____
2. The king wanted answers to three questions. 1
3. The hermit finally answered the king's questions. _____
4. The king helped the hermit by digging the ground. _____
5. Many learned men gave different answers. _____
6. The king went to the hermit dressed as a simple man. _____

C. Answer the questions:

1. Why did the king disguise himself in plain clothes?
2. What made the wounded man change his mind about the king?
3. Which quality did the king show by helping the hermit dig?
4. What did the hermit value most: power, riches, or doing good?
5. Which quality made the hermit's answers important?

D. Study the image and answer the questions:



1. What are the 4 C's of 21st century skills?
2. Which skill is not there in the image?
   a. collaboration b. communication
   c. curiosity d. creativity
3. You visit a bank with your parent to open an account. The person at the counter explains everything clearly. Which skill is being used here?
4. What does Critical Thinking mean in the context of 21st century skills?
5. Your father bought new shoes for him. How would you use the box of the shoes to make something useful?

6. Write the most appropriate skill with the given situation:

Situation	Skill
a. thinking deeply to solve a riddle	_____
b. building a robot as a group project	_____
c. designing a poster for saving electricity	_____
d. giving a speech in front of your class	_____

WRITING

Here is a paragraph about various life skills. Choose the most appropriate summary part, tick it and write it: 

Sabarmati Ashram in Ahmedabad is an important historical place closely connected with Mahatma Gandhi. He lived there for many years and led several movements for India's freedom from this Ashram. The peaceful environment of the ashram reflects Gandhiji's simple lifestyle and teachings of truth and non-violence. Today, thousands of visitors come to learn about his life, see his personal items, and understand India's struggle for independence.

a. Sabarmati Ashram teaches about Gandhiji's life and simplicity. It also shows his values of truth, simplicity, and non-violence.	
b. Sabarmati Ashram in Ahmedabad is connected with Mahatma Gandhi and is an important place that shows his life and India's freedom struggle.	
c. Visitors come to see Gandhiji's belongings in the ashram. They see Gandhiji's personal belongings and learn about his work.	

LANGUAGE FUNCTION

A. Tick the correct options:

Example: bat -	( ) bet	(√) bats	( ) bates	
1. lady -	( ) ladys	( ) ladyes	( ) ladies	
2. match -	( ) matches	( ) matchs	( ) matchies	
3. school -	( ) school	( ) schools	( ) schooles	
4. life -	( ) lifes	( ) lifees	( ) lives	
5. potato -	( ) potatos	( ) potatoes	( ) potatoies	

B. Rewrite the paragraph with necessary changes:

Disha **wakes up** early on Monday. She **eats** breakfast with her family. After breakfast, she **goes** to work. Her job **is** very interesting, and she **enjoys** meeting new people. In the evening, she **relaxes** by reading a book.

Start like this…Disha woke up early on Monday.

C. Rewrite the paragraph with necessary changes:

There was a king. His wife was a kind woman. He had two children. His prince loved his mother more. But his princess loved her father more.

Start like this…There was a queen. _____

D. Complete the sentences by arranging jumbled words given in brackets:

Example: Nanjibhai was watching TV, …(the doorbell / rang / when)

Nanjibhai was watching TV, when the doorbell rang.

1. I was reading a book, …(Tanu / me / when / called)
2. The children were playing outside, …(started / it / when / raining)
3. (was /Krunal / for/ the bus/ waiting), …when I arrived.
4. We were cooking dinner, …(came / the guests / when)
5. (was / Raju / studying / hard), …when the exam was near.

E. Study the example and make questions:

Example: Disha is reading a book. (who)

Who is reading a book?

1. Piyush made a puppet. (what)
2. Priyanka goes to the temple daily. (when)
3. Munifa was in Ahmedabad last week. (where)
4. Happy has two brothers. (how many)
5. Kushal went to Patan to meet his friend. (why)

VOCABULARY

A. Match 'A' with 'B':

A	B	Answer
1. empathy	a. ability to bounce back from challenges	1. _____
2. critical thinking	b. ability to work together effectively	2. _____
3. collaboration	c. ability to understand and share feelings	3. _____
4. adaptability	d. ability to analyze information objectively	4. _____
5. resilience	e. ability to adjust to new situations	5. _____

B. Write the meanings from a dictionary and make sentences: 

1. communication - _____
2. creativity - _____
3. analyze - _____
4. creative - _____
5. flexible - _____

C. Use a dictionary or internet and find out which Indian language the word comes from:

Example: karma - Sanskrit

1. sahib - _____
2. chutney - _____
3. verandah - _____
4. areca - _____
5. palanquin - _____
6. guru - _____
7. jungle - _____

ACTIVITY

Let's Play – Musical Chair in a New Way

શિક્ષક વિદ્યાર્થીઓને સંગીત ખુરશીની રમત નવી રીતે રમાડશે. શિક્ષક સૂચના આપશે કે હું music વગાડીશ. જ્યારે music બંધ થાય ત્યારે ખુરશી પર બેસવાને બદલે હું જે વસ્તુ લાવવાની સૂચના આપું તે લઈ આવીને ખુરશી પર બેસવાનું છે. જે વિદ્યાર્થી શિક્ષકે કહેલી વસ્તુ લઈને છેલ્લા આવશે તે રમતમાંથી out ગણાશે. શિક્ષક અલગ અલગ વસ્તુના નામ બોલશે અને રમત આગળ વધારશે.

જેમ કે, Go and bring a pen, Go and bring an eraser, a sharpener, a chalkstick, a notebook etc.)

રમતના અંતે કોઈ એક વિદ્યાર્થી વિજેતા બનશે. આ રમત જૂથમાં પણ રમાડી શકાય.

SPEAKING

A. Read the dialogue. Make pairs and enact it:

Yasin : Hello! Jignesh. Meeting you after long time. I missed you, my friend. How are you?

Jignesh : I'm good. Just a little busy with work. But you look tired. Is everything okay?

Yasin : I am okay. But having a lot of work nowadays. Too many things to do.

Jignesh : I understand, my friend. You are working too much. I think you need some rest. I have an amazing idea.

Yasin : What is it?

Jignesh : Let's go for a picnic. No work, just fun.

Yasin : Wow! That sounds great. I really need a break. Thank you so much, Jignesh.

Jignesh : You're welcome. It will be a fun day. Let's plan it soon. Bye.

Yasin : Bye. See you soon.

B. Is there a person in your life whom you admire for his/her mental and moral qualities? Present a short speech about him/her by using the clues. You can use the title "The Most Unforgettable Person."

Clues -

- name of the person
- look – tall / short, active, strong etc.
- about him / her – helpful, confident, caring, hard – working etc.
- how does he/she inspire you - by guidance, by help, by giving strength etc.
- Why do you admire him / her?

DO IT YOURSELF

Select one of your most favourite characters from the stories of this textbook. Describe that character in your own words or present a mime a role play in the classroom. You can even present a role play.

GLOSSARY

gladness	-	આનંદ, ખુશી
disappearing	-	અદૃશ્ય/ ગાયબ થતું
headaches	-	માથાનો દુખાવો
noticed	-	ધ્યાન આપ્યું
harmful	-	હાનિકારક
unknown	-	અજાણ્યું / અજાણી વ્યક્તિ
fake	-	નકલી
treasure trail	-	ખજાનો શોધવાનો માર્ગ
shy	-	શરમાળ
patiently	-	ધીરજપૂર્વક
demonstrated	-	નિદર્શિત કર્યું
reducing	-	ઘટતું
included	-	સામેલ
creative	-	સર્જનાત્મક
hermit	-	સંન્યાસી
wounded	-	ઈજાગ્રસ્ત
confessed	-	કબુલ્યું
grateful	-	આભારી
empathy	-	અનુકંપા / અન્યની ભાવનાઓને સમજવાની ક્ષમતા
critical thinking	-	તર્કપૂર્ણ વિચાર કરવાની ક્ષમતા
collaboration	-	સહકાર / મળીને કાર્ય કરવાની ક્ષમતા
adaptability	-	અનુરૂપતા / નવી પરિસ્થિતિમાં આદત પાડવાની ક્ષમતા
resilience	-	પુનઃસ્થાપન શક્તિ / મુશ્કેલી પછી પાછા ઉભા થવાની શક્તિ

