9 FEEL IT, LIVE IT

P2H4X3

LISTENING

Recite and enjoy:

Feelings



These things make me cheerful -
Sunshine on the sea,
Birthday parties, presents,
And my favourite food with tea.



These things make me sad -
A grey and gloomy day,
Unkind words and unkind looks
When friends just walk away.



These things make me angry -
Pests who pull my hair,
People who break promises,
And times when life's not fair.



These things make me frightened -
Thunderstorms that BOOM!
Crawly bugs and creepy dreams
And shadows round my room.



These things make me calm -
A smile from a friend,
Sleepy bedtime stories
With a very happy end.

PRACTICE

Write appropriate situations from the poem for the following emotions:

Example: cheerful - sunshine, birthday parties, presents, favourite food

1. sad - unkind words, unkind looks, _____
2. angry - pests, _____
3. frightened - thunderstorms, _____
4. calm - smile, _____

Listen to the story:

Sushrut: The Father of Surgery



Sushrut was a bright student of veterinary medicine. His teacher, Shalihotra, once decided to test him.

He asked Sushrut, "What would you require to perform a surgery on a horse?" Sushrut, very quickly listed down all the instruments and the medicines that would be needed. "Three things are missing." Shalihotra said. Confused, Sushrut looked at him.

"I will give you a week to find them." Shalihotra consoled. Curious to find out what those three things were, Sushrut observed his teacher carefully during this time.

Before operating the horse, Shalihotra observed its every body part. Right then Sushrut found the first missing thing! 'A good veterinarian should have an eagle's eye.'

Then Shalihotra treated the animal as if it were his own; balancing science and compassion equally. And lo! Sushrut found his second rule. 'A good veterinarian should have a lion's heart.'

Shalihotra helped the horse recover after the surgery. Sushrut came to know that 'A good veterinarian should have a mother's touch too.'

Later in his life, Sushrut got renowned as the "Father of Surgery" and wrote a book on surgery!

- Dr. Chirantana Mathkari

PRACTICE

A. Answer the questions:

1. Who was Sushrut?
2. What question did Shalihotra ask to test Sushrut?
3. How much time did Shalihotra give Sushrut to find the missing things?
4. How did Sushrut find the missing things? Select the appropriate answer.
   a. By reading several books
   b. By consulting his friends
   c. By observing his teacher carefully and thinking about what he did
   d. By meditating
5. Would you like to become a veterinarian? Give reasons. Share with your friends.

B. Mark √ for the most appropriate options:

(1) An eagle's eye- ☐ far sighted ☐ sharp vision ☐ big eye

(2) A lion's heart- ☐ courage & compassion ☐ big heart ☐ powerful

(3) A mother's touch- ☐ caring ☐ lovely ☐ blessing

C. Write names of your friends, teachers and family members suitable for the following:

as tall as a giraffe, as brave as a lion.

1. _____ as busy as a bee.
2. _____ as faithful as a dog.
3. _____ as useful as a cow.
4. _____ as brave as a lion.

Example : My cousin Golu is as tall as a giraffe.

READING

Recite and enjoy:

Happy Hearts

Happy hearts feel bright and free,
Joyful moments bring energy.

Kind words spoken spread love and light,
Confidence gives strength to fight.
Happy vibes help dreams take flight,
Joy in laughter makes the heart light.

Kindness touches souls so dear,
Confidence boosts courage year by year.

PRACTICE

A. Strike out the inappropriate responses for given expressions:

1. kind words - spread love / increase knowledge / dream more / feel lost
2. joyful moments - makes movements / sad / grief / brings energy
3. kindness - grows fast /touches souls / bring laughter / careless
4. confidence - bring money / boosts courage / fights others / makes fun

B. Choose the most appropriate options:

Example: kind words:	a. I support you.	✓	b. I hate you.	
1. joyful moments:	a. Oh sorry.		b. Let's play.	
2. confidence:	a. I can do it.		b. Please, help me.	
3. happy:	a. I do not like it.		b. It feels so good.	

Read the story:

The Rainbow of Feelings

It was a warm afternoon. Class 7 students gathered in the hall for a special session with their counsellor, Devrajbhai. The children sat quietly, curious about what they were going to learn.



Devrajbhai looked around and smiled. "Today, we will talk about our feelings. Feelings are like colours. Sometimes they are bright, sometimes they are dark. Now, who wants to share about feelings?"

Riya raised her hand first. "Sir, I feel jealous when my friend Aisha gets new crayons or higher marks. My heart feels heavy." Devrajbhai nodded gently. "Jealousy comes when we only look at what others have. Instead, think of your own gifts. Say, I am happy for myself and for my friends. Try clapping for others when they do well."

Next, Arjun spoke, "Sir, I often feel greedy. I always want more toys and the biggest share of snacks." Devrajbhai explained, "Greed is a trick our brain plays. Before asking for anything, pause and say, Do I really need this? Try sharing. Giving also brings joy. Say: I have enough."

Then Nisha stood up slowly. "Sir, I feel inferior. When others do better, I think I am useless." Devrajbhai shook his head kindly. "No child is useless. Everyone is unique. Write one good thing about yourself every day. Celebrate small successes. Instead of comparing, learn from others."

Do you also feel like these students? Think, what do you do in these situations?

Imran added nervously, "Sir, I feel stress before exams. I cannot sleep, and I even get a stomachache." Devrajbhai said, "Stress is your body's way of saying,

'I am worried.' To calm down, take deep breaths, walk in nature, listen to music, or talk to family. You will feel lighter."

Finally, Meena whispered, "Sir, I am shy. I never answer in the class." Devrajbhai smiled warmly. "Shyness is natural. Start with small steps. Speak one line in the class, practice in front of a mirror, join a group game. Slowly, you will grow confident."

He looked at all the children. "Your feelings are not your enemies. They are messages. Thank your feelings, but guide them wisely. Remember, you are stronger than you think."

The children clapped. They felt calmer, like a fresh breeze had touched their hearts. They promised to reset their feelings with gratitude, sharing, and practice.

PRACTICE

A. Who said it?



1. Feelings are like colours.
2. My heart feels heavy.
3. Sir, I feel inferior.
4. I am shy. I never answer in class.
5. Your feelings are not your enemies.

B. Answer the questions:



1. Who is Riya's friend?
2. Why did the children clap at the end?
3. When do you feel stress?
4. Do you need counsellor at school? Why?
5. What would you ask the counsellor?

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

- What do you do when you feel jealous?

C. Read the situations and write your feelings from the bracket:

(lost, proud, sad, excited, satisfied, sorry, tensed, confused)

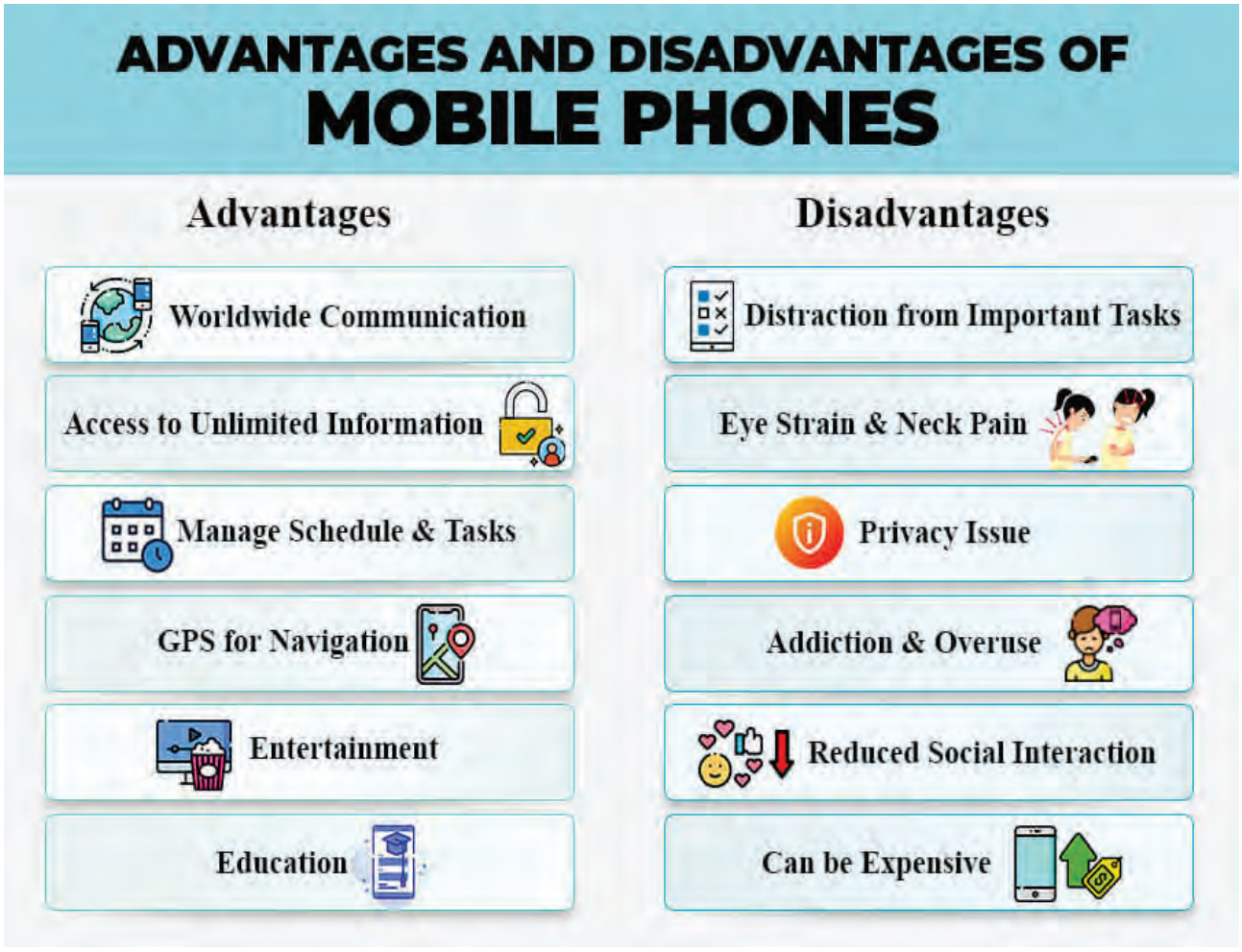
No.	Situations	Feelings
1.	You lost the 100m race.	
2.	You are planning for a picnic trip to Sasan Gir with whole class.	
3.	You missed the bus.	
4.	Everyone appreciated your speech in the morning assembly.	
5.	Your teacher caught you throwing waste.	
6.	You lost the notebook your teacher asked for correction.	
7	You have taken your lunch.	

D. Here is a diary entry about feelings of a class-7 student on his birthday. Similarly, write down your diary entry about feelings of your last summer vacation.

Dear diary,

Today I woke up at 6:00 a.m. I was very excited about my birthday. As the day progressed, I enjoyed the heartfelt wishes by my classmates. I felt blessed when my teachers and principal sir wished me. Although, electricity cut made me sad. Later in the evening, there was a surprise party for me. The party made me feel very happy. I felt lucky that I have such loving and caring friends and family.

E. Study the infograph and answer the questions:



1. Write any two advantages of mobile phone.
2. Which disadvantage is related to our body parts?
3. Write any one advantage and one disadvantage that you experienced?

WRITING

A. Study the report and rewrite:

Independence Day Celebration at Our School — Title

Date: August 15, 2025

Place: Ahmedabad

Our school celebrated Independence Day on August 15th. It was a special event to remember the freedom of our country. — Introduction

The celebration started at 8:00 a.m. The principal hoisted the national flag, and we sang the national anthem. Then, some students gave speeches about the importance of freedom. There were patriotic songs and dances performed by students. After the performances, prizes were given to students who won competitions like essay writing and drawing.

Main Body

The celebration helped us learn more about our country's history and made us feel proud to be citizens.

Conclusion

B. Study the report and underline the answer of the questions:

A Meditation Session

Date: July 16, 2025

Place: Sajjanpur Public School, Navsari

A meditation session was organized for the students of class VI TO VIII on 16 July, 2025. The session took place at the school Auditorium under the 'HAR GHAR DHYAN' by the Yoga teacher of the school. The event aimed to stress and further influence the students to learn and adopt the correct way of life.

All the students were taught the benefits of meditation regarding calm mind, good concentration, better clarity and improved communication. Different postures of meditation were practised by the children to get practical experience.

Towards the end, an open session was also organized to answer the queries of the students.

1. What was the session about?
2. When was the session organized?
3. Where was the session organized?
4. Who participated in the session?
5. Why was the session organized?
6. How was the session beneficial for the students?

C. Answer the questions and write a report on 'Celebration of Sports Day' in your school:



1. What was the celebration about?
2. When was the event organized?
3. Why was the event organized?

4. Where was the event organized?
5. Who participated in the event?
6. Who was the chief guest?
7. How was the event celebrated?

LANGUAGE FUNCTION

Study the examples and make the changes as given: 

(1)

Dhaval **goes** to the market every Sunday. He **buys** fruits and vegetables. He **talks** to the shopkeeper. He **comes** home happily.	Dhaval **went** to the market last Sunday. He **bought** fruits and vegetables. He **talked** to the shopkeeper. He **came** home happily.
Neha **plays** football every day. She **kicks** the ball hard. Her friends **cheer** for her. She **scores** a goal.	Neha _____ football yesterday. She _____ the ball hard. Her friends _____ for her. She _____ a goal.
Shekhar **gets up** at 6.30 a.m. He **brushes** his teeth. He **takes** bath at 7.00 a.m. He **does** yog. He **takes** his breakfast at 8.30 a.m.	Shekhar **got up** at 6.30 a.m._____ _____ _____ _____

(2)

I am a student. **I** love **my** school. **I** play with **my** friends. **I** respect **my** teachers.	**He** is a student. **He** loves **his** school. **He** plays with **his** friends. **He** respects **his** teachers.
You are **my** best friend. **You** always help **me**. **You** play cricket with **me**. **You** share **your** lunch with **me**.	**I** am **your** best friend. _____ always help you. _____ play cricket with _____. I share _____ lunch with you.
Karsanbhai is **a farmer**. **He** works in the field. **He** grows the crops. **He** sells the vegetables in the market yard.	**Karsanbhai and Bholabhai** are **farmers**. _____ _____ _____

(3)

The **king** has a brave son. The **boy** rides a **horse**. The **prince** goes to the forest. The **man** meets **a tiger**.	The **queen** has a brave **daughter**. The **girl** rides **a mare**. The **princess** goes to the forest. The **woman** meets **a tigress**.
The **father** tells a story. The **brother** listens carefully. The **uncle** gives **him** a gift. The **gentleman** smiles at the **boy.**	The **mother** tells a story. The _____ listens carefully. The _____ gives _____ a gift. The _____ smiles at the _____ l.
I have a **brother**. His name is **Arjun**. **He** goes to school with me every morning. **He** likes to eat samosas after school. **He** plays cricket in the ground near our house. **I** love **my** brother.	I have a **sister**. _____ _____ _____ _____ _____

VOCABULARY

A. How will you react/feel in following situations?

(guilty, sympathy, sad, shy, proud, confident, sorry, happy)

Example: You got a surprise gift from your best friend on your birthday.– **Happy**

1. Your friend could not join you in picnic as he could not pay the required fees. _____
2. You lost the race you worked hard for. _____
3. You stood runner up in the quiz competition by a simple mistake. _____
4. Your principal appreciated your yoga skills in front of the school. _____
5. You solved the toughest puzzle first time in class. _____
6. Your class-teacher scolded you for coming late to school. _____
7. Your mother wants you to sing an English poem in front of the guests. _____

B. Search the words that show feelings. Use them in sentences.

Example: Rahul is a proud boy.

s	a	d	w	c	g	y	b	p
h	q	o	k	o	m	j	e	y
y	b	j	a	n	g	e	r	c
n	p	z	e	f	h	a	t	e
e	r	u	y	i	a	l	z	m
s	o	m	c	d	p	o	h	o
s	u	t	v	e	p	u	r	q
y	d	e	u	n	y	s	j	t
k	q	p	r	t	b	y	h	g

ACTIVITY

Let's play the game.

શિક્ષક જુદી-જુદી પરિસ્થિતિઓની chits વિદ્યાર્થીઓને આપશે. શિક્ષક board ઉપર આ પરિસ્થિતિઓને અનુરૂપ યોગ્ય feelingsની યાદી બનાવી સમજૂતી આપશે.

ત્યારબાદ વિદ્યાર્થીઓ વારાફરતી વર્ગ સમક્ષ આવી, પોતાની chitની situation વાંચી સંભળાવશે અને તેમાં તેમને યોગ્ય લાગતી (અનુભવાતી) કોઈ એક feelingને enact કરશે અથવા યોગ્ય feelingનો વાક્યપ્રયોગ કરી બોલશે.

Feelings: proud, sad, tensed, shy, sorry, bad, angry, satisfied, kind, worried, shocked, surprised, great, happy, content, jealous, confident, energetic, lively...

What happens to me? (Situations)	How do I react to them? (Feelings)
I won the district level race competition.	I will feel proud.
I am not chosen as head girl of the school.	
I become teacher for a day.	
I am given a surprise party.	
I missed my train.	
I lost my mobile.	
I am late for school.	
I help my Dadaji fill a bank form.	
I am appreciated by my principal.	
I have a surprise exam.	
I am watching my favourite movie.	
I am scolded for my poor handwriting.	

SPEAKING

A. Complete the table as given in the example and speak in front of the class:

Sr. No.	Area/Category	Like-dislike	Reason
Example:	Animals	I like dogs.	They are faithful.
		I dislike snakes.	They bite.
1	Vegetables		
2	Fruit		
3	Festival		
4	Season		

Speak this with reason.

- I like dogs because they are faithful.
- I dislike snakes because they bite.

B. Read the dialogues. Make pairs and enact them:

1. **In the Gurukul:**

Shalihotra : Sushrut, do you want to learn medicine?
Sushrut : Yes, Guruji. I want to help people and animals.
Shalihotra : Good. Then you must follow some rules.
Sushrut : What is the first rule, Guruji?
Shalihotra : The first rule is: Be kind and honest. Never harm anyone.
Sushrut : Yes, Guruji. I will always be kind.

2. **Learning the Second Rule:**

Sushrut : Guruji, what is the second rule?
Shalihotra : The second rule is: Know the body well. Study the bones, muscles, and nature of living beings.
Sushrut : That means I must understand the whole body before treatment?
Shalihotra : Exactly, Sushrut. Without knowledge, a doctor is blind.
Sushrut : I understand, Guruji. I will learn carefully.

DO IT YOURSELF

A. Visit your school library or search on internet for more information about Aryabhatta.

Write his life-sketch and present in the class. Format for the life-sketch is given below:

Name:		
Birth and Death:		
Birthplace:		
Education/ Schooling:		
Work/ Book/ Achievements:		
Awards/ Titles:		
Life lessons:		



B. Find out the specialist to whom you can go, in case of specific diseases/ problems:

Diseases / Problems	Specialist
You have too much dandruff.	Dermatologist
You have broken your leg in a fall.	
You want to get your x-ray done.	
You want to get blood test done.	
You have a toothache.	
You have skin allergy.	

GLOSSARY

feelings - ભાવનાઓ, લાગણીઓ
cheerful - પ્રસન્ન, ઉત્સાહિત
grey and gloomy- દુઃખમય અને નિરાશાજનક
unkind - નિર્દય
pests - જીવાતો
frightened - ભયભીત
thunderstorms - વાવાઝોડા
crawly bugs - પેટ કે ભાંખડીએ ચાલતા જીવાતો
creepy - ઘૃણાત્મક
surgery - શલ્યચિકિત્સા, શસ્ત્રોપચાર
bright - તેજસ્વી
veterinary - પશુ ચિકિત્સા
veterinarian - પશુ ચિકિત્સક
instruments - ઉપકરણો
confused - મૂંઝાયેલું
consoled - દિલાસો આપ્યો
curious - જિજ્ઞાસુ
compassion - કરુણા
recover - પાછા સ્વસ્થ થવું
kind - માયાળુ
happy vibes - ખુશીનો અહેસાસ
souls - અન્તરાત્માઓ
boosts - જુસ્સો આપવો
courage - હિમ્મત
counsellor - મનોવૈજ્ઞાનિક સલાહકાર
social interaction - સામાજિક વ્યવહાર
inferior - ઉતરતી કક્ષાનું, નીચલા દરજ્જાનું
unique - અનન્ય
nervously - ખચકાટપૂર્વક
stress - તણાવ
whispered - ધીમા સળવળ અવાજમાં બોલી
access - પહોંચ, પ્રવેશ
navigation - દિશાસૂચન / માર્ગનિર્દેશ
distraction - ધ્યાન વિચલન, ખલેલ
eye strain - આંખનો તાણ / તણાવ
mobile addiction - મોબાઇલ ફોનનું વ્યસન
meditation - ધ્યાન
postures - શારીરિક મુદ્રાઓ / સ્થિતિઓ
queries - પ્રશ્નો
appreciated - પ્રશંસા કરી
scolded - ઠપકો આપ્યો