

# UTKARSH

## My Book of English Language Learning Activities Class 8



स्वाध्यायान्मा प्रमदः

State Council of Educational Research and Training  
Varun Marg, Defence Colony, New Delhi-110024

**Utkarsh**—My Book of English Language Learning Activities - Class 8

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**MESSAGE**

The Government of Delhi has been putting up various efforts to provide universal access to quality education to the children studying in the schools of the Directorate of Education, Delhi. We have implemented many programs to ensure equitable and inclusive education in our schools.

The corona virus pandemic has affected the school education immensely in the last two years. Due to the closure of the schools, the students were confined to their homes. We introduced and managed online learning successfully. The teachers were constantly connected with the students through online classes and kept assessing their progress. But during this time, children who had continuously been in difficult circumstances could not join online classes, lagged behind and a great need was felt to connect them to the mainstream school education.

Taking these aspects into account, to encourage children for learning and to ensure their active participation in learning, 'Utkarsh' book series has been created with the joint effort of State Council of Educational Research and Training, New Delhi and Samagra Shiksha to bridge the gap in education.

This series contains activities based on practical learning which will enable the students to read, write, and perform basic numerical operations and to develop basic competencies in school subjects. The books in this series will also act as an effective medium for their physical, cognitive, social, emotional, moral and cultural development.

The books are based on the concept of play-based, multi-dimensional and discovery-based learning for Hindi, English, Social Science, Science, Urdu, Punjabi, and Mathematics books of activities have been designed for Classes 6 to 8 (Middle Level). Social Science, Science and Mathematics books have been created in both Hindi and English language for achievement of better learning outcomes. Students will learn about human sensitivities, group work, mutual cooperation, courtesy through play and activities and will be able to imbibe these qualities in them to become ideal citizens. It is hoped that a new educational revolution will be ushered in through these books. Students will develop conceptual understanding and the tendencies of creative and logical thinking. Based on empirical pedagogy, these books incorporate diversity of local contexts, multilingualism and respect for the local environment.

I am sure that these books will provide a strong foundation to the students for equitable and inclusive education, and will prove to be a milestone in the world of education.

  
(MANISH SISODIA)

**H. RAJESH PRASAD  
IAS**



सत्यमेव जयते

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### MESSAGE

Recent times have been extremely challenging for people all over the world. Now, after two formidable years of corona times, we are again moving towards normal life.

In the field of education in Delhi, though various successful efforts were made to keep students engaged in learning through online teaching, worksheets and online assessment for the last two years, but due to the lack of face-to-face mode of teaching- learning process or a direct contact and communication with students or due to some family and financial reasons there was a gap in the process of learning.

Keeping this new scenario in mind, 'Utkarsh' book series has been prepared under the Learning Enrichment Program to rise up from the challenge of this learning gap. There are many activity sheets in these books which have been developed on the basis of context specific learning outcomes. Activities have been designed around the social context of learning, taking into account the culture, multilingualism, and environment of the students. These activities are designed according to the emotional and intellectual level of the students so as to ensure active participation of the students in the learning process.

We aim to initiate the all-round development of the students through our efforts.

We hope that the students will become active participants in the process of knowledge creation through these activities.

With best wishes,

(H. Rajesh Prasad)



**MESSAGE**

**“It is said that when the going gets tough, the tough get going.”**

COVID Pandemic was one such trying time. Although as country, India, tried to deal with this time in a multipronged manner, we are still trying to rise above its negative effects in various aspects of life.

Education sector also saw its negative impact especially in school education. So it has become extremely important to bridge the gap of expected learning outcomes and the current status of learning outcomes. To achieve the goal of providing high quality education to all students we have developed ‘Utkarsh’ series. These books have been created for students of classes 6 to 8 and have interesting activities which will develop curiosity, zeal to search, experience and create various opportunities for dialogue, which in turn will provide them a strong foundation for all aspects of life.

In the changing situations it is really important for students to master 21<sup>st</sup> century skills along with ethics, rationality, empathy and sensitivity so that in future they move towards an enriched life ahead. The ‘Utkarsh’ series books written on subjects of Mathematics, Science, Hindi, English, Social Science, Urdu and Punjabi will develop the creative abilities of the students and they will be able to connect to their environment and establish coordination.

These books have been designed keeping in view the goal of multidisciplinary and holistic education, in which ample opportunities for learning have been provided. Self-instructional activities like colourful pictures, songs, poems, puzzles, stories, cartoons, posters, games, puppets will attract the attention of the students and motivate them for self-assessment and will further pave the way for effective learning.

I firmly believe that learning difficulties of the students will be catered to and desired learning outcomes will be achieved through the ‘Utkarsh’ series. These books will prove to be an effective medium in the attainment of desired goals and will contribute directly to build an inclusive, egalitarian and just society.

With best wishes.

**(HIMANSHU GUPTA)**

**Rajanish Singh**  
Director



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**MESSAGE**

Dear students,

The last two years have been challenging due to the COVID pandemic for all of us. This pandemic impacted nearly every dimension of life, be it health, employment, economy or livelihood of human life. Even the education sector has not been left untouched by it because of the closure of schools. It not only affected the teaching-learning process, it also had a formidable impact on the possibilities of learning for students, limiting the opportunities of peer learning and directs guidance of teachers. Although online classes helped to maintain the continuity of the teaching-learning process but there were numerous challenges related to the accessibility of online education for students studying in the government schools of Delhi.

This context led to the development of the 'Utkarsh' series to cater to the new learning needs of the students. This series is a compendium of the worksheets which aim to provide opportunities to the students for self-learning. These worksheets are child-centered and activity-based and they reflect regional, social and cultural domains of the students. These worksheets help the students to explore their environment as a learning resource, as they have many activities that require them to interact with and learn from family members, neighbours, community members, locality and nature.

I am hopeful that this initiative of State Council of Educational Research and Training would play a significant role in inspiring the students of classes 6 to 8 to take ownership of their learning process and to provide the opportunity of accessing quality education.

With best wishes,

(Rajanish Singh)



**Dr. Nahar Singh**  
Joint Director

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### Message

It is said that the trying times test out mettle the best. The corona period brought many challenges for us, but these challenges also changed our perspective and inspired us to adopt patience, indomitable courage and self-reliance. During the lockdown for some time, school education could not be done smoothly, due to which the learning process of the children was hampered. In this context, it is important to ask whether children studying online at home are able to acquire knowledge, skills and competencies according to their prescribed class and development level? In the present context, it is relevant that meaningful efforts should be made in the direction of reducing this gap of learning.

To bridge this gap in the level of learning, special course material, in the form of **Utkarsh** series, has been created for students with the combined effort of State Council of Educational Research and Training, New Delhi and Samagra Shiksha. This text material is interesting, responsive, informative and engaging for students. I am hopeful that it will be effective for self-development and will provide students the required competencies. These activities are designed to engage students in observation, critical thinking, creative thinking, questioning, problem- solving, effective communication, decision making, empathy and contemporary problems using play- based, story-based, art integrated and child- centered learning methods.

With best wishes for the bright future of our students.

  
(Dr. Nahar Singh)

## For Students

It gives us a great pleasure in sharing this self-learning material - Utkarsh – My Book of English Language Learning Activities with you.

As students, you must have realized by now, the need and importance of being able to read and write well – with confidence and comfort. These abilities are important, not only for doing well in school but for life. Learning and discovering are life-long processes and we hope that this self-learning material helps you on your journey to build your language and literacy skills.

### Self-Access learning material

This self-learning material has been designed to help you understand language and literacy in everyday life. It deals with the language we need and how we use reading and writing in different situations to share our needs, thoughts and ideas.

### Themes and support

The worksheets of this book are based on 6 major themes –

- People around me
- Spaces around me
- Food and Celebrations
- Games and sports
- Media Resources and
- Popular Culture and Trends

The sheets have been designed to help you in learning English through discussion, exploration and using the information and knowledge around you. There are some pages given at the end of each theme. These are theme related dictionary pages. They will help you to attempt the worksheets - they have words, meanings, usage and pictures related to the worksheets of the theme.

### Take your time

The activities and exercises are presented as worksheets under different themes. You may choose to work on any worksheet under any theme that you like. Take your time. Read the worksheet carefully, think about what the instructions are and what you need to do.

### Ask for help

Identify and choose people around you (it can be one person or different people for different worksheets) with whom you can discuss the activities and exercises. The person can be a teacher, a friend, a parent, an elder sister or brother or a neighbour. Discuss the questions you have in mind, what you think, what you feel, what you experience, is a great way to learn language and improve your reading and writing.

### Learn when you can

You may not be able to complete the entire worksheet in one go. That is alright. You can come back to it later when you feel more confident and you know more. You may also come back to a finished worksheet after sometime and see if you would like to re-do it with different thoughts and ideas and information.

### Have fun

Finally, do not forget to enjoy yourself while working on these worksheets, activities and exercises. We hope they give you plenty of ideas about what you can do and how you can work on building your reading and writing abilities. Language is all around us, waiting to be discovered and there are so many exciting things to learn about and learn from.

We hope you have a lot of fun with this self-learning material and reach higher and higher towards excellence – 'Utkarsh' while doing so.

**Best wishes!**

## विद्यार्थियों के लिए

आपको यह पुस्तक 'Utkarsh - My Book of English Language Learning Activities' देते हुए बहुत हमें खुशी हो रही है। आप सभी विद्यार्थी हैं, और आप सभी जानते हैं कि विद्यार्थी जीवन में आत्मविश्वास और सहजता के साथ पढ़ने और लिखने का क्या महत्व है। आत्मविश्वास और सहजता के साथ पढ़ने लिखने की क्षमता न केवल विद्यार्थी जीवन में जरूरी है बल्कि हमारे आने वाले जीवन के हर पड़ाव के लिए जरूरी है। जिज्ञासु होकर खोज करना और सीखते रहना जीवन भर चलने वाली प्रक्रिया है और हम आशा करते हैं कि ये किताबें आपको अंग्रेजी भाषा में साक्षर और कुशल होने में आपकी मदद करेगी।

### स्व-शिक्षण सामग्री

ये किताबें आपको अंग्रेजी भाषा के रोजमर्रा इस्तेमाल से परिचित कराएंगी। इनमें हमने यह समझाने की कोशिश की है कि आप ये सीख पाएँ कि हम दैनिक जीवन में अंग्रेजी भाषा का लिखने और पढ़ने के लिए कैसे और कितना इस्तेमाल करते हैं। मुख्य रूप से आप समझ पाएँगे कि हम अपनी आवश्यकताओं व विचारों को अंग्रेजी भाषा में कैसे साझा करें।

### थीम्स और सहायक-सामग्री

आपकी वर्कशीट 6 थीम्स में बाँटी गयी है। ये थीम्स हैं :

- People around me - पीपल अराउंड मी
- Spaces around me - स्पेसेस अराउंड मी
- Food and Celebrations - फूड एंड सेलेब्रेशन्स
- Games and sports - गेम्स एंड स्पोर्ट्स
- Media Resources - मीडिया रिसोर्सेज
- Popular Culture and Trends - पॉपुलरकल्चर एंड ट्रेंड्स

इन वर्कशीट्स को करते समय आप डिस्कशन, अपने आस-पास के सामान्य ज्ञान और जानकारीयों के प्रयोग से अंग्रेजी सीख पाएँगे। हर थीम के अंत में हमने उस थीम से जुड़ा शब्दकोष भी दिया है। यह सामान्य शब्द-कोश नहीं है। यह शब्दकोष आपको केवल शब्दार्थ नहीं देगा बल्कि उन शब्दों से जुड़े चित्र और उनका सामान्य जीवन में कैसे प्रयोग होता है, उसका उद्घरण भी देगा। थीम से जुड़े होने के कारण, आप यह भी समझ पाएँगे कि उस शब्द का जीवन में हम किन परिस्थितियों या किन जगह पर प्रयोग कर सकते हैं।

### जितना चाहें समय लें

यह सभी थीम्स एक क्रम में हैं, साथ ही सभी वर्कशीट्स को भी एक क्रम में लगाया गया है। यह क्रम केवल भाषा की कठिनाई ही नहीं बल्कि थीम्स में आने वाले विभिन्न विषयों की कठिनाई को ध्यान में रख कर भी बनाया गया है। फिर भी यदि आप किसी थीम या वर्कशीट को अपनी रुचि अनुसार पहले या बाद में करना चाहें तो कर सकते हैं। हर एक वर्कशीट को ध्यान से पढ़ें, सोचें और समझें की दी गई गतिविधि में आपको क्या करने के लिए कहा गया है।

### मदद जरूर लें

यदि समझ न आये तो मदद लेने में हिचकिचाएँ नहीं और वर्कशीट को पूरा करने के लिए उचित समय लें।

अपने आस-पास के लोगों में से उन्हें चुनें (अलग-अलग वर्कशीट के लिए एक व्यक्ति या अलग-अलग लोग हो सकते हैं) जिनके साथ आप गतिविधियों और अभ्यासों पर चर्चा कर सकते हैं। यह व्यक्ति शिक्षक, मित्र, माता-पिता, बड़ी बहन या भाई या पड़ोसी हो सकता है। अपने मन में आने वाले प्रश्नों पर उनके साथ चर्चा करें, साझा करें कि आप क्या सोचते हैं, आप क्या महसूस करते हैं, क्या अनुभव करते हैं। ऐसा करना भाषा सीखने और अपने पढ़ने-लिखने में सुधार करने का एक शानदार तरीका है।

### जब चाहें तब सीखें

ऐसा हो सकता है वर्कशीट करते समय आपको लगे कि आप अभी उसे पूरा नहीं कर पा रहे। कोई बात नहीं। आप समय लें, बातचीत करें, मदद लें और जब भी सहज महसूस करें उस वर्कशीट पर वापिस आएँ और उसे पूरा करें। ऐसा भी हो सकता है कि वर्कशीट पूरा हो जाने के कुछ समय या कुछ दिन बाद आप उसे दोबारा देखें तो आपको लगे कि उसमें बदलाव की जरूरत है। अपनी नई जानकारी और समझ से आप वर्कशीट दोबारा भी कर सकते हैं।

### मस्ती भी-अंग्रेजी भी

वर्कशीट, गतिविधि, अभ्यास करते समय एक चीज का ख्याल जरूर रखें- मस्ती और मजा करने का। जब आप वर्कशीट्स करेंगे तो आपको बहुत से ऐसे अवसर मिलेंगे।

हम आशा करते हैं की इन थीम्स को करते समय आप भाषा के रोजमर्रा के इस्तेमाल पर नए विचार जोड़ पाएँगे जो आपको अंग्रेजी भाषा में लिखने-पढ़ने को बेहतर करने में मदद करेगा। भाषा हमेशा हमारे आस-पास होती ही है। जिस परिवेश में हम रहते हैं, भाषा उस परिवेश का एक अभिन्न अंग होती है। हमारे पास ऐसे बहुत मौके होते हैं, जिन्हें इस्तेमाल कर हम भाषा सीख सकते हैं और बहुत सी चीजें हम भाषा के माध्यम से सीख सकते हैं।

आशा करते हैं कि आपको अंग्रेजी सीखने में मजा आएगा और आप आगे बढ़ते हुए उत्कर्ष पाएँगे।

शुभकामनाओं सहित।

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## Learning Outcomes

After completing the activities of this book, I will be able to-

1. Engage with authentic reading material.
2. Acquire varied range of vocabulary.
3. Build comprehension using visual support.
4. Build comprehension using vocabulary support provided in themes.
5. Read text with comprehension, locate details and sequence of information.
6. Understand increased complexity of sentences structures according to themes.
7. Identify blend sounds.
8. Write short sentences to express myself.
9. Write short paragraphs using visual and vocabulary support.
10. Build comprehension by exploring information available in the surroundings.
11. Explore process writing stages from the worksheets.
12. Seek help to comprehend target language.
13. Express awareness of social and environmental issues.
14. Identify and use nouns in written language.
15. Identify and use different forms of verbs appropriately.
16. Identify and use present, past and future tense

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## All about me

My favourite dress

My favourite Cartoon

My favourite dance

My best friends

**THIS BOOK**  
belongs to

My favourite book

Name .....

Class .....

Address .....

My favourite Show/Movie

My favourite hobby / sports

My favourite person

## Worksheet-1

### People Around Me

You have been asked by your teacher to apply for the Science Olympiad. Fill the application form given below.

#### APPLICATION FOR JUNIOR SCIENCE SCHOLARSHIP

International Junior Science Forum

UNICEF-Delhi

2021



open science

Paste your  
photograph

Name	
Father's name	
Mother's name	
Address (Home)	
Class	
Name and address of school	
Phone number (home)	
Phone number (school)	
Write two reasons why you should be chosen to apply for Junior Science Scholarship	1.  2.

## Worksheet-2

### People Around Me

Hi, I am Nisha. My routine during the lockdown changed completely as compared to the one when I used to go to school everyday.

During the lockdown, I used to wake up at 8 am. Then I helped my mother in the kitchen. I attended online classes from 9am to 10am. After the class, I helped my mother with other chores.



After lunch around 2 pm or 3 pm, we used to sleep for sometime. In the evening, I completed my worksheet. I also talked to my friends

in the neighbourhood. We cooked dinner and, ate it around 8 pm. After that I listened to the radio or watched videos on the phone with my sisters. We slept at 10 pm.



Before the lockdown, I used to wake up at 6 am everyday. I would get ready, have a cup of tea with paratha and reach school by 7 am. I would attend all the classes and reach back home at 1.30 pm. I used to help my mother with

lunch. We would eat it and then take rest for an hour. I would wake up by 5pm and, finish my homework. At 6 pm, I would go out with my mother to buy vegetables or other things. I would stop at a nearby park and play for a while with friends. I would study for some time, and then have dinner. I slept at 10 pm.

Compare and write down how your routine changed during the lockdown from what it was before. Use the phrases 'whereas', 'but', 'however' to show comparison between the two routines.

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## Worksheet-3

### People Around Me

Given below is a story shared by Joginder. Complete it by filling up the blanks, taking help from the help box.

One day my 1. \_\_\_\_\_ were at work. I went to the market with my 2. \_\_\_\_\_. He bought me colours, pencils and a new sketchbook. When we came back home. I showed it to my 3. \_\_\_\_\_ and 4. \_\_\_\_\_. Then I went to play with my 5. \_\_\_\_\_. When I came back home my 6. \_\_\_\_\_ was playing with my colours and sketchbook. I got angry. But my 7. \_\_\_\_\_ told me that we should always share things with our 8. \_\_\_\_\_.

1. 	2. 
3. 	4. 
5. 	6. 
7. 	8. 

#### HELP BOX

sister	cousins	grandmother	grandfather	parents
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## Worksheet-4

### People Around Me

Look at the pictures given in the table. Here are a few activities that family members do together.



Write about the activities which you do with your family members, taking help from the table. An example has been given below :

1. I play with my parents
2. I
3. I
4. I
5. I
6. I

Notice the actions you do in the activities given above. These words which show some action are known as 'verbs'.

## Worksheet-5

### People Around Me

Look at the picture given below.



It is a picture of Mahesh's wedding. He is Ritu's uncle. He is 8 years younger than her father. Ritu's grandmother is very happy. Ritu's father is sitting with Ritu's younger sister Nupur. She is 3 years old. A priest is performing a ritual. All of Ritu's other uncles and aunts are present at the wedding. Everyone seems happy and pleased.

Task 1 - Circle the correct answer:

1. Ritu is attending the wedding of her \_\_\_\_\_.  
a. uncle b. grandfather c. priest
2. Ritu has one younger \_\_\_\_\_.  
a. brother b. sister
3. Ritu's \_\_\_\_\_ is very happy  
a. father b. mother c. grandmother
4. Weddings are \_\_\_\_\_ occasions.  
a. sad b. happy c. angry

Task 2 - Write a few sentences about the last wedding you attended.

You can include - (Whose wedding was it? Who all were there? Which ceremony did you enjoy the most? What did you eat? What did you wear? Any other point.)

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## Worksheet-6

### People Around Me

Look at the pictures below. Read about things Krishnan does with his friends.

I **play** with my friends



I **watch T.V** with my friends



I **talk** to my friends



I **study** with my friends



I **fly kites** with my friends



Task 1 - Write any ten activities you do with your friends. For example, I go to school with my friends.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

## Worksheet-7

### People Around Me

Have you heard the word "Survey"? It is done to gather information. Do a survey among your friends to find out words that will describe them. Locate the information you need and complete the survey table. The first one has been done as an example for you.

Name of your friends	height (tall/short/medium)	hair (long/ short/ medium)	eye color (black/ brown/ blue)	activities that you do together
Farah	tall	long hair	black eyes	read comics

The words that describe the qualities of a person/place or things are called Adjectives.

Who is your best friend from the list prepared by you? Share your best friend's likes and dislikes.

\_\_\_\_\_ is my best friend \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Draw or paste your best friend's picture in space provided below :








## Worksheet-8

### People Around Me

Since March 2020, we all have seen difficult times during the Covid-19 Pandemic. A lot of people helped each other.

1. I helped my brother by taking him to hospital when he was ill.
2. I helped my friend Reena by taking food for her when she was suffering from Covid.
3. I helped my nephew by helping him with his online classes.

 <p>Family</p>	 <p>Friends</p>	 <p>Cousins</p>
 <p>Classmate</p>	 <p>Neighbours</p>	

In the space given below share how you may have helped people around you.

1. I helped my \_\_\_\_\_ (someone from your family) by \_\_\_\_\_.
2. I helped \_\_\_\_\_ (friends) by \_\_\_\_\_.
3. I helped \_\_\_\_\_ (relative) by \_\_\_\_\_.
4. I helped \_\_\_\_\_ (neighbour) by \_\_\_\_\_.
5. I helped \_\_\_\_\_ (classmate) by \_\_\_\_\_.

## Worksheet-9

### People Around Me

This is our Gratitude sheet. We are going to think about people who help us in our day to day lives and thank them.



Who are you thankful to? Write a few lines about that person showing gratitude towards him/her.

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Draw/paste picture of the person you have described in the above lines.

A large, empty rectangular box with a thin black border, intended for a student to draw or paste a picture of the person they are grateful to.

## Worksheet-10

### People Around Me

On 15th August, a function was organised to celebrate Independence day. Our community leaders decided to give gifts to some people as mentioned in the table below. They were given gifts to show our respect and gratitude towards them. Write down the duties they perform. You can also take help from the box provided.

People who help us	Help Box	Duties performed by them
Plumber		
Sweepers		
Traffic Police		
Doctor		
Policewoman		
Postman		

How do you want to help your community?

Write down in the space given below :

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Draw or paste the picture of any community helper in the box given below:



## Reflections

1. I enjoyed doing \_\_\_\_\_

2. I feel confident in \_\_\_\_\_

3. I can do better in \_\_\_\_\_

4. I need help in \_\_\_\_\_





5. I want to learn more about \_\_\_\_\_

*I feel*



## Sight Words

### People Around Me

Sight Word	Sentence
Asked आस्कड (पूछा)	Mary <b>asked</b> about Shama. 
Apply अप्लाय (आवदेन करना)	You can <b>apply</b> for this exam. 
Olympiad ओलंपियाड (स्कूली बच्चों की एक प्रकार की प्रतियोगी परीक्षा जो सभी विषयों में ली जाती है)	We can apply for science <b>Olympiad</b> . 
Indian Space Research Organization इंडियन स्पेस रिसर्च ऑर्गेनाइजेशन (भारत का राष्ट्रीय अंतरिक्ष संस्थान)	<b>Indian Space research organization</b> launches a rocket in space. 

Scholarship  
स्कॉलरशिप  
(छात्रवृत्ति)

Mary had received a **scholarship** of ₹ 10,000.



Application  
एप्लीकेशन

Rohit is writing an **application** to his teacher



Routine  
रूटीन  
(रोज़ का काम)






Make exercise a part of your daily **routine**.



Compared  
कमपेर्ड  
(तुलना करना)

She **compared** her height with his brother.



<p>Rituals रिचुअल्स (रीत)</p>	<p>Standing during national anthem is our national <b>ritual</b>.</p> 
<p>Priest प्रीस्ट (पादरी / पंडित)</p>	<p><b>Priest</b> is performing a ritual at the wedding.</p> 
<p>Organised ऑर्गेनाइज्ड (आयोजित किया गया)</p>	<p>A meeting was <b>organised</b>.</p> 
<p>Leader लीडर (नेता)</p>	<p>Sheela is the <b>leader</b> of her school cricket team.</p> 
<p>Community कम्युनिटी (समुदाय / एक जगह मिल जुल कर रहने वाले लोग)</p>	<p>Every one lives together in our <b>community</b>.</p> 

Plumber  
प्लम्बर  
(जो नल ठीक करे)

Rahul's father is a **plumber**.



Pandemic  
पैंडेमिक  
(महामारी)

COVID 19 is a **pandemic**.



Gratitude  
ग्रेटिट्यूड  
(धन्यवाद देना)

We should express **gratitude** towards our community helpers.



Survey  
सर्वे  
(जानकारी लेने के लिए लोगों से मिलना  
या उनके घर जाना)

Gurmeet is doing **survey** to complete her school project.



## Support

### People Around Me

## Support Worksheet-1

Word meanings :

Visit	देखने जाना / सैर करने जाना
Reason	कारण

## Support Worksheet-2

Verbs in the present and past tense

PRESENT TENSE	PAST TENSE
Wake	Woke
Help	Helped
Attend	Attended
Sleep	Slept
Do	Did
Talk	Talked
Cook	Cooked
Eat	Ate
listen	Listened
Watch	Watched

**Note :** We use would /used to for past tense.

**Notice:** I would + present form of verb.

I would wake up at 5 AM.

### Support Worksheet-3

The words below are **VERBS**- words showing action

Play	खेलना
Pray	प्रार्थना करना
Eat	खाना
Shop	खरीदारी करना
Cook	पकाना
Wash	धोना
Clean	सफाई करना
Help	मदद करना

### Support Worksheet-4

Verbs in the past tense

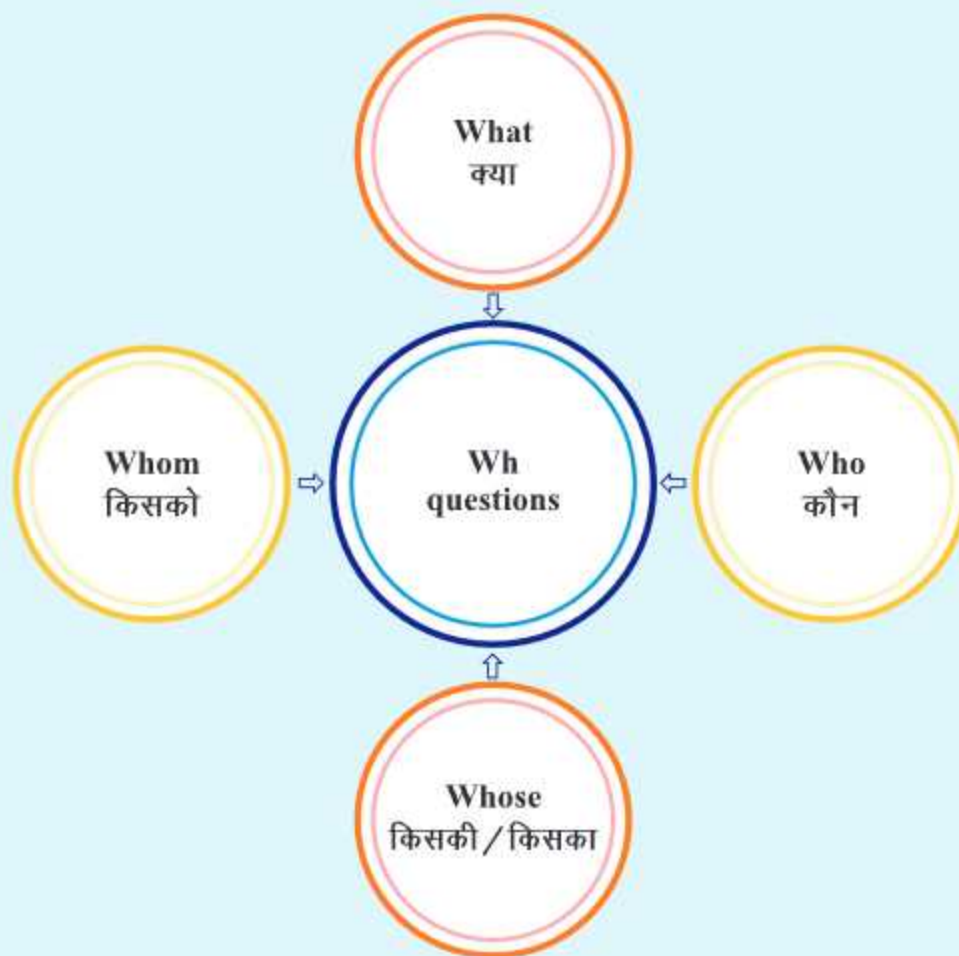
PRESENT	PAST
Go	Went
Come	Came
Bring	Brought
Get	Got
Show	Showed
Tell	Told

## Support Worksheet-5

### Wedding

Use of three degrees of adjectives.

I	II	III
Big	Bigger	Biggest
Happy	Happier	Happiest
Young	Younger	Youngest
Old	Older	Oldest
Beautiful	More Beautiful	Most Beautiful



## Support Worksheet-6

You may take help of tables of verbs from WS 2 and WS 4

## Support Worksheet-7

The words that describe the qualities of a person/ place or things are called Adjectives.  
(विशेषण)

**Example-** Farah is a tall girl who has long hair and black eyes. She reads comics.

## Support Worksheet-8

Helped - मदद करी थी

Look at the sentences in the worksheets .

I helped (relation) by verb+ing .....

Try to follow the pattern to complete the sentences.

वाक्यों को इस प्रकार से पूरा करने का प्रयास करें

## Support Worksheet-9

Gratitude: कृतज्ञता

Farmer: किसान

Sweeper: सफाई कर्मचारी

I am thankful to (person) because.....

मैं (इस व्यक्ति) के प्रति कृतज्ञ हूँ क्योंकि....

## Support Worksheet-10

हमारे सहायक – इनके कार्य

Example

Cobbler - mends shoes

मोची – जूते मरम्मत करता है।

## Worksheet-1

### Spaces Around Me

Green	Grow	Ground
Group	Graze	Grass

Look at the picture.



This is Grass. The grass is green. The ground is full of grass. The green grass grows more in the rainy season. Do you see grass around your house?

\_\_\_\_\_ (Yes/No), I \_\_\_\_\_ (do/do not) see grass around my house.

Where do you see green grass?

I see green grass in the \_\_\_\_\_. (Park/Playground/Fields)

## Worksheet-2

### Spaces Around Me

Green	Grow	Ground
Group	Graze	Grass

Look at this poster and fill in the missing letters.



Do you have plants at home?

\_\_\_\_\_ (Yes/No), I \_\_\_\_\_ (do/do not) have plants at home.

## Worksheet-3

### Spaces Around Me

Grass grows in the green fields. The ground gets covered in grass when it rains. Some cows come there to graze. Cows like to graze on the green grass in fields and grounds.



#### What if these cows talked...

Two cows Gaura and Ganga were grazing in the ground and talking.

Gaura: The weather is good.

Ganga: Yes, it is because it rained three days ago.

Gaura: Rainy season is my favourite.

Ganga: Why?

Gaura: The grass on the ground becomes green and fresh.

Ganga: Let us stop talking while we eat and enjoy our food.

#### Answer these questions taking hints from the dialogues:

1. What were the cows doing in the ground?

Ans. They were \_\_\_\_\_ and \_\_\_\_\_.

2. How was the weather?

Ans. The weather was \_\_\_\_\_.

3. Why was the weather good?

Ans. The weather was good because it \_\_\_\_\_ three days ago.

4. Why was the rainy season Gaura's favourite?

Ans. Rainy season was Gaura's favourite because \_\_\_\_\_ grass on \_\_\_\_\_ the \_\_\_\_\_ is \_\_\_\_\_ and \_\_\_\_\_.

## Worksheet-4

### Spaces Around Me

Saumya is wearing a satin dress. She has come to the play ground. Today is 'TREE PLANTATION' day. She will water the plants. The plant will grow as a tree.



Read the sentences again and pay attention to sound 'gr'

What is Saumya wearing?

She is wearing a \_\_\_\_\_ dress.

Where is she today?

\_\_\_\_\_ in the play \_\_\_\_\_.

What is she watering?

She \_\_\_\_\_ a \_\_\_\_\_ (colour) plant.

How will the plant become a tree?

It will \_\_\_\_\_ into a green tree.

Van Mahotsav (Tree plantation) is being celebrated in your school. Write a few sentences about it. Use the words given in the help box.

Saplings School Students planted Watered pots ground soil seeds

Today is Tree Plantation Drive in \_\_\_\_\_.

All \_\_\_\_\_ have brought \_\_\_\_\_.

They dig some \_\_\_\_\_ and plant them in the \_\_\_\_\_.

Some students put \_\_\_\_\_ in \_\_\_\_\_.

These \_\_\_\_\_ seeds will grow into saplings, then plants and then big trees.

They have to be \_\_\_\_\_ regularly.

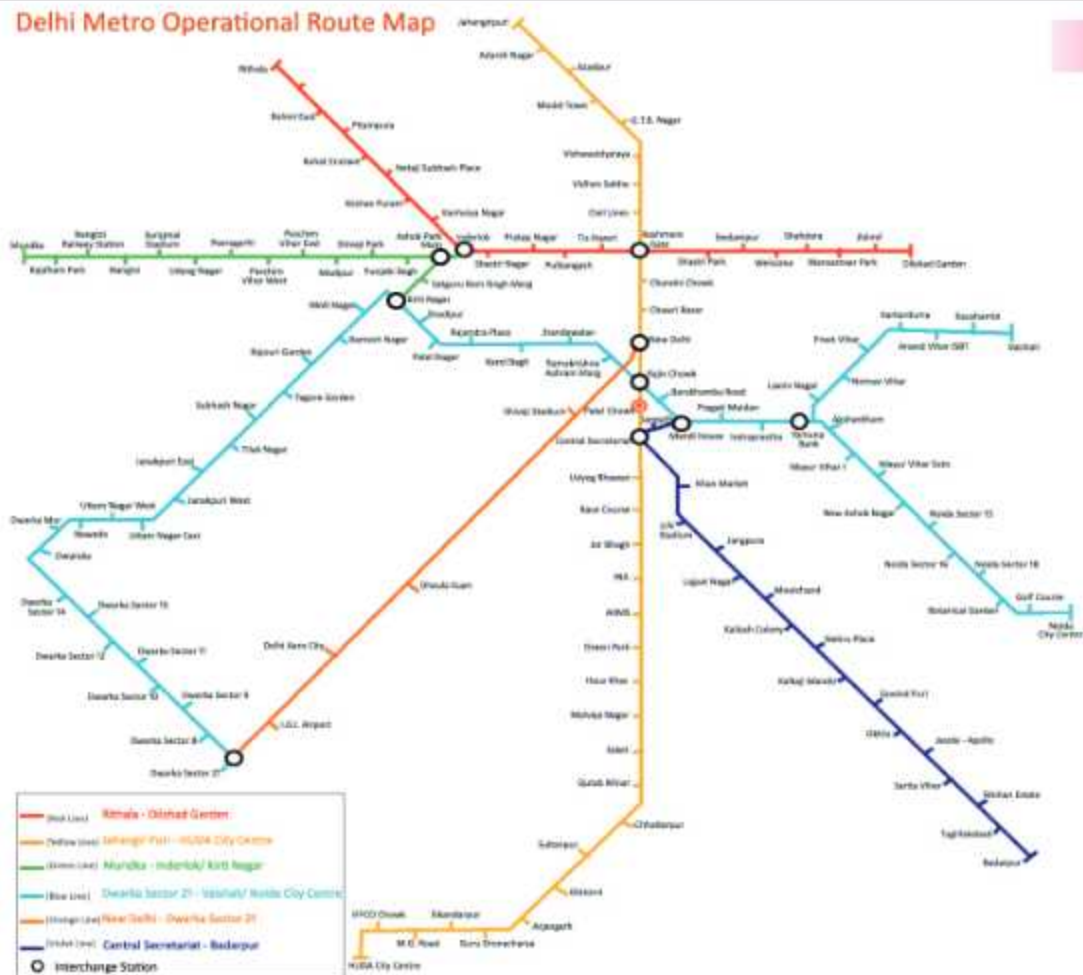
Write a slogan on 'Van Mahotsav'

## Worksheet-5

## Spaces Around Me

Pen-friend	Route	Track
Travel	Traveller	Map

### Delhi Metro Operational Route Map



## MAP-1

## Delhi Metro Route Map



The dotted route is under construction.

Compare the two maps.

From where to where does the **red line** go in Map-1?

It starts from \_\_\_\_\_ and ends at \_\_\_\_\_.

Where does the **red line** start and end in Map-2?

It \_\_\_\_\_ from Rithala and \_\_\_\_\_ at \_\_\_\_\_.

**Read the paragraph given below:**

A boy named Sarthak visits Delhi. He has come from Bhopal to his uncle's house in Keshav Puram, Delhi. He is a traveller who likes to travel by trains. He decides to use Delhi Metro to visit his pen-friend Trisha, who lives in Shahdara. Trisha says that her house is 2 kilometers away from the Welcome Metro Station. She also says that Sarthak needs to take the **Red-Line** route. Now, Sarthak wants to travel from **Keshav Puram to Welcome**.

**Now complete the information:**

1. Sarthak is a traveller who likes to \_\_\_\_\_.
2. He decides to \_\_\_\_\_ Delhi \_\_\_\_\_ to visit \_\_\_\_\_ Trisha.
3. Where does Trisha live?

\_\_\_\_\_.

4. How many stations will Sarthak cross in between? (Use the Metro Map)

\_\_\_\_\_

5. Trisha's home is 2 kms away from the \_\_\_\_\_ Metro station.

6. What mode of transport can he use after he gets off the Metro train?




He can use \_\_\_\_\_ (an autorickshaw, an e-rickshaw, a shuttle bus).

## Worksheet-6

### Spaces Around Me

Pregnant	Elderly	Impairment
Guessed	Symbols	Manners

Sarthak was sitting in the Metro Train. He saw some symbols above the seats. He guessed the meaning of the symbols. He put them in a list. Check if he is right about the symbols and their meanings. Write **right** or **wrong**.

	Person with physical impairment
	Elderly Person
	Pregnant Woman

When we travel by Delhi Metro, we see these symbols. We need to follow them in the Metro. Some symbols are given below. What do they mean?



Do not \_\_\_\_\_ (litter/spit) here.



Do \_\_\_\_\_ (stand/smoke) here.



\_\_\_\_\_ (take seat/take pictures).



\_\_\_\_\_ (smoke/litter) \_\_\_\_\_.

Add some on your own.

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## Worksheet-7

### Spaces Around Me

Directions	East	West
North	South	

Look carefully at the map given below north

Delhi Metro Operational Route Map



**Trisha sent the Delhi Metro Map to Sarthak. He was excited to see so many routes. All different colours. Sarthak asks Trisha some questions. He wants to know directions to her house using the map. Trisha explains the routes to him.**

The red line is to the \_\_\_\_\_ (direction) of the Blue line.

You will have to travel from the West towards \_\_\_\_\_ (direction).

Write directions for your house from the nearest Metro station.

1. My house is to the west of the Metro Station.

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

Write any other observations about the map.

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## Worksheet-8

### Spaces Around Me

School-Complex	Social distancing	CAB
Precautions	Appropriate	Behaviour

Look at the poster.



These are some precautions to stay safe. Fill the gaps using words from the poster.  
We should clean our hands often.

We should cough or sneeze in our bent elbow- not \_\_\_\_\_.

We \_\_\_\_\_ avoid touching our eyes, nose and \_\_\_\_\_.

\_\_\_\_\_ close contact with someone who is sick.  
\_\_\_\_\_ should \_\_\_\_\_ and \_\_\_\_\_ frequently touched objects and surfaces.



COVID



APPROPRIATE



BEHAVIOUR

When you come to school, what are some precautions that you should take?

What CAB should you take care of in school?

We should \_\_\_\_\_.

We should \_\_\_\_\_.

\_\_\_\_\_.

\_\_\_\_\_.

## Worksheet-9

### Spaces Around Me

Bhavya, Sabir, Harpreet and Julia are friends. Last year they all attended school online. Now, the school is opening for students. They are eager to come to school. The school has sent a hand-washing instructional poster on class WhatsApp group.



Harpreet does not have smart phone at home. So, he asks Julia to explain the step-by-step way to wash hands properly. Julia gives instructions to her.

#### Complete the instructions:

First, rub palm to \_\_\_\_\_.

Second, rub the right palm on the back of \_\_\_\_\_ palm.

Third, \_\_\_\_\_ to \_\_\_\_\_ fingers interlaced.

\_\_\_\_\_, Interlocking fingers and opposite palms.

\_\_\_\_\_, rotational rubbing of right \_\_\_\_\_.

Sixth, rotational rubbing backwards and \_\_\_\_\_.

Bhavya reminds Sabir to maintain proper social distance of at least six feet. School-complex is ready with all safety measures. But, they have to take care of their safety also. They should follow CAB. Give three steps that they need to take as soon as they enter school. Using the above given structure-First, Second and Third. You can refer to the poster on page 33.

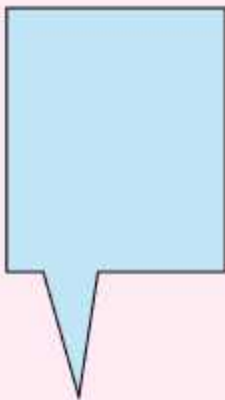
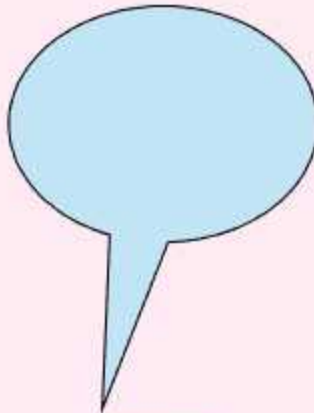
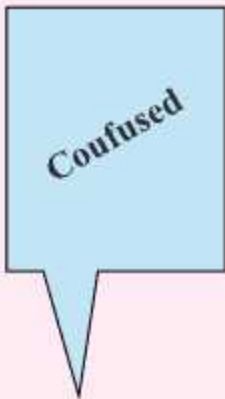
1. \_\_\_\_\_.
2. \_\_\_\_\_.
3. \_\_\_\_\_.

## Worksheet-10

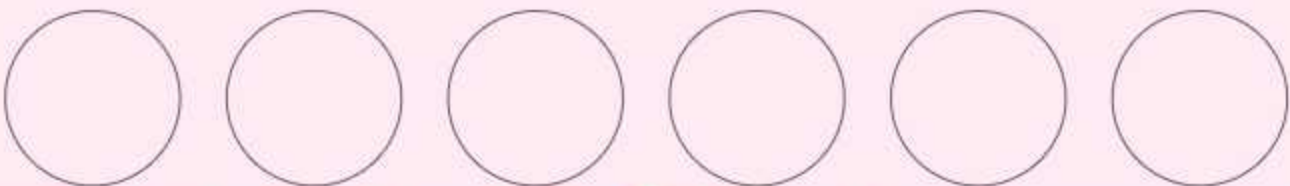
### Spaces Around Me

The school has opened after so long. Teachers are so happy to see students back. Harpreet is also happy to meet her friends. Now, Bhavya, Sabir, Julia, Trisha, Saumya and Harpreet are together after so long. Everyone is excited and glad.

**Write some words about how you feel and what you missed about school.**



**You can also draw emoticons to show your feelings.**



**Write a few lines describing your first day at school.**

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Describe any interesting story or incident shared by your friend.

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## Reflections

1. I enjoyed doing \_\_\_\_\_

2. I feel confident in \_\_\_\_\_

3. I can do better in \_\_\_\_\_

4. I need help in \_\_\_\_\_





5. I want to learn more about \_\_\_\_\_






*I feel*




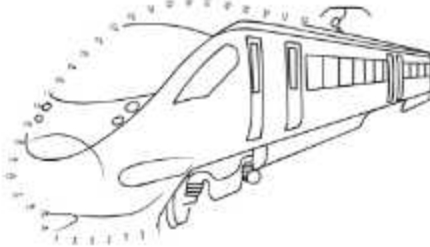







## Sight Words

### Spaces Around Me

Sight Word	Sentence
<p>Graze</p> <p>ग्रेज़</p> <p>(जानवरों का घास चरना)</p>	<p>Cows like to <b>graze</b> on the green grass.</p> 
<p>Season</p> <p>सीज़न</p> <p>(ऋतु)</p>	<p>Rani likes Rainy <b>Season</b>.</p> 
<p>Growing</p> <p>ग्रोइंग</p> <p>(बढ़ने वाला)</p>	<p>Plants are <b>growing</b> fast.</p> 
<p>Covered</p> <p>कवर्ड</p> <p>(ढका हुआ)</p>	<p>Fields are <b>covered</b> with green grass.</p> 

<p>Weather वेदर (मौसम)</p>	<p>The <b>weather</b> is pleasant.</p> 
<p>Plantation प्लांटेशन (पौधे लगाना)</p>	<p>Today, there is tree <b>plantation</b> in our school.</p> 
<p>Watering वाटरिंग (पानी देना, सिंचाई करना)</p>	<p>Jasmeet is <b>watering</b> the plants.</p> 
<p>Become बिकम (बनना, हो जाना)</p>	<p>Plant will <b>become</b> a tree.</p> 
<p>Saplings सैपलिंग्स (छोटा-सा पौधा)</p>	<p>Seeds grow into <b>saplings</b>.</p> 

Route रूट (रास्ता)	Sarthak needs to take Red line metro <b>route</b> . 
Traveller ट्रैवलर (यात्री)	Metro train is full of <b>travellers</b> . 
Elderly एल्डर्ली (बजुर्ग)	We should offer our seat to the <b>elderly</b> . 
About अबाउट (बारे में)	This worksheet is <b>about</b> metro train. 
Litter लिटर (कूड़ा-कर्कट)	Throwing <b>litter</b> is not allowed in metro train. 

<p>Appropriate ऐप्रोप्रीएट (उपयुक्त)</p>	<p>Shama is following COVID <b>Appropriate</b> Behaviour (CAB) in her class.</p> 
<p>Precaution प्रिक्कॉशन (ऐहतियात)</p>	<p>Julia is taking <b>precautions</b> to protect herself from COVID.</p> 
<p>Frequent फ्रीक्वेंट (बार-बार)</p>	<p>We can fight COVID by <b>frequent</b> hand washing.</p> 
<p>Inter locking इंटर लॉकिंग (एक साथ जोड़ना)</p>	<p><b>Inter locking</b> of fingers is important while washing hands.</p> 

## Support

### Spaces Around Me

### Support Worksheet-1

Spaces around me का अर्थ है मेरे आस पास की जगहें।

I. हम इंग्लिश में 'is' का प्रयोग ज्यादातर 'है' की तरह करते हैं।

Example मेरा नाम इम्तियाज़ है। My name is Imtiaz.

मेरी कमीज़ सफ़ेद है। My shirt is white.

II. इन शब्दों IN, ON, AROUND & OF को चित्रों के माध्यम से समझिये।



IN



ON



around

1. IN इन

The girl is sitting in the box.

2. ON ऑन

The ball is on the box.

3. AROUND अराउंड

The balls are around the box.

4. OF ऑफ़ (हिंदी में जिस प्रकार का, के, की का उपयोग होता है।)

This bag is made of cloth.

5. FROM ..... TO फ्रॉम ..... टू (..... से ..... तक)

Example : This train goes from Delhi to Goa.

यह ट्रेन दिल्ली से गोवा तक जाती है।

This shop opens from 11 am to 8pm.

यह दुकान सुबह 11 बजे से रात 8 बजे तक खुलती है।

## Support Worksheet-2

The use of Do in questions: प्रश्न पूछते समय DO का प्रयोग।

क्या? जिस का उत्तर हाँ या ना में दिया जाता है।

Example : Do you eat bread everyday? क्या आप रोज़ ब्रैड खाते हो?

इस का उत्तर हाँ (Yes) या ना (No), कुछ भी हो सकता है।

अगर पूछा जाए:

क्या तुम स्कूल जाते हो? Do you go to school?

तो आप कह सकते हैं :

1. हाँ, मैं स्कूल जाती हूँ ।
1. Yes, I go to school.
2. नहीं, मैं स्कूल नहीं जाती ।
2. No, I do not go to school.

## Support Worksheet-3

These words are used as question words.

इन शब्दों को प्रश्न पूछने के लिए प्रयोग करते हैं ।

How many कितने

How much कितना



There are mainly four types of seasons :

Summer

गर्मी

Winter

सर्दी

Autumn

पतझड़

Rainy

बरसात

### Support Worksheet-4

इंग्लिश में किसी क्रिया शब्द के साथ ing - इंग का प्रयोग अपने सामने या आस पास हो रही घटनाओं को बताने के लिए किया जाता है।

Example :

1. My sister is wearing a T-shirt (wear + ing)

1. मेरी बहन ने टी शर्ट पहनी हुई है।

2. She is playing in the ground. (play+ing)

2. वह ग्राउंड में खेल रही है।

When we want to refer to the future, we use shall/will.

जब हम आने वाली घटना या भविष्य के बारे में बात करते हैं, तो इंग्लिश में will/shall का प्रयोग करते हैं।

Example : The cook will bake a cake tomorrow.

She will bake a carrot cake.

### Support Worksheet-5

Pen friend    पेन-फ्रेंड

Route        रूट

Track        ट्रैक

Travel        ट्रैवल

Traveller    ट्रैवलर

Map          मैप

हम इंग्लिश में To+ first form of verb (क्रिया) का प्रयोग 'के लिए' / 'करना' के अर्थ में भी करते हैं।

To + first form of verb

Example to take, to use, to help

1. Dinesh takes a walk every day to keep fit.  
दिनेश स्वस्थ रहने के लिए रोज़ पैदल चलता है।
2. Shabnam likes to use water colours in her paintings  
शबनम अपनी पेंटिंग्स में वाटर कलर्स का प्रयोग करना पसंद करती है।
3. Nancy is going to help the children with Science.  
नैन्सी बच्चों को विज्ञान सिखाने में मदद करेगी।

### Support Worksheet-6

SYMBOLS सिम्बल्स—चिन्ह

आपने ऐसे Symbols कई स्थानों पर देखे होंगे।



दिव्यांगजन  
Differently abled



गर्भवती महिला  
Pregnant woman



बुजुर्ग  
Senior citizen



धूम्रपान निषेध  
No smoking



कचरा फैलाना मना है  
Do not Litter



थूकना मना है  
Do not spit

## Support Worksheet-7

### FOUR DIRECTIONS - चार दिशाएँ

पूर्व	—	East
पश्चिम	—	West
उत्तर	—	North
दक्षिण	—	South

### Words to help give directions - रास्ता बताने में मदद देने वाले शब्द

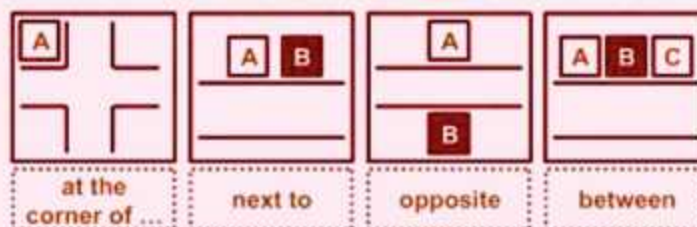
Left	—	बाएं
Right	—	दाएं
Near	—	पास
Along	—	साथ—साथ
Across	—	पार कर के
Straight	—	सीधा
Turn	—	मुड़कर

## Giving Directions

### VERBS

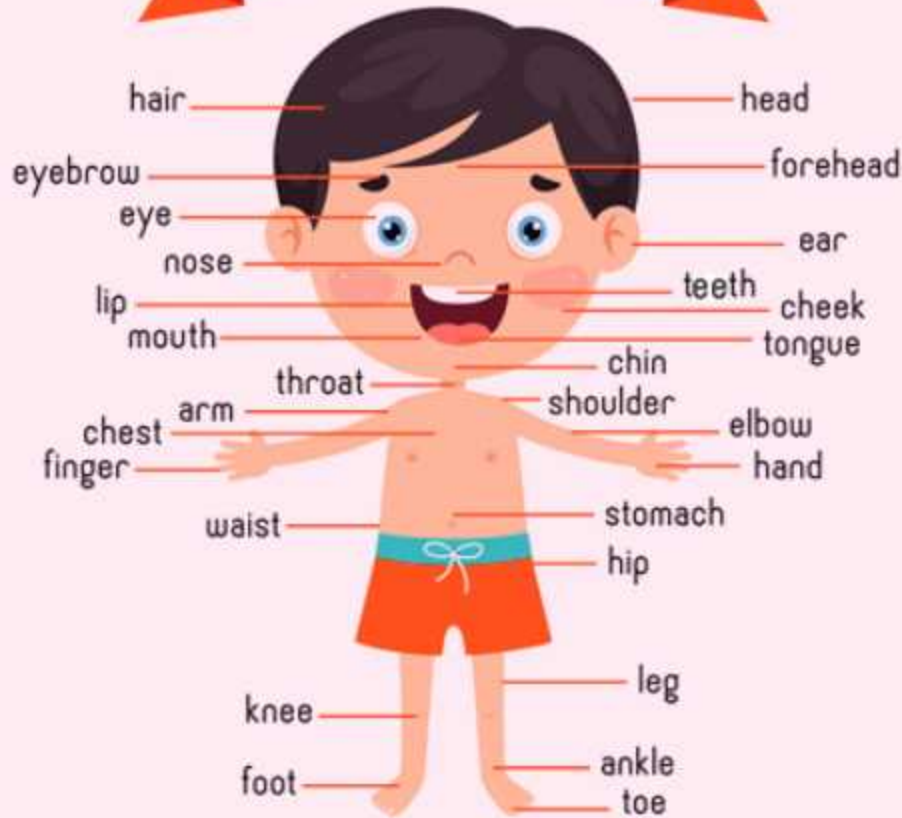


### PREPOSITIONS OF PLACE



## Support Worksheet-8

### BODY PARTS



1. School - Complex	2. Social distancing	3. CAB
4. Precautions	5. Appropriate	6. Behaviour

1. विद्यालय क्षेत्र
2. सामाजिक दूरी
3. COVID उपयुक्त व्यवहार
4. एहतियात
5. उपयुक्त
6. व्यवहार

### Some verbs that will be useful:

- Clean साफ़ करना
- Cough खाँसना
- Sneeze छींकना
- Avoid बचना
- Touch छूना

### Should

जब कोई सलाह देनी हो तो हम हिंदी में कहते हैं .....ऐसा करना चाहिए  
इंग्लिश में should का प्रयोग करते हैं ।

Should is used in sentences to give advice or suggestions.

Should का प्रयोग 'करना चाहिए' के अर्थ में किया जाता है ।

Example: We should save water. हमें पानी बचाना चाहिए ।

We should not waste water. हमें पानी बर्बाद नहीं करना चाहिए ।

## Support Worksheet-9

### Word meanings

wash hands	-	हाथ धोना
rub	-	रगड़ना
maintain	-	बनाये रखना
follow	-	पालन करना
frequently	-	बार बार
properly	-	अच्छी तरह से

### Some useful words

1. सामाजिक दूरी	-	social distancing
2. COVID उपयुक्त व्यवहार	-	CAB
3. एहतियात	-	precautions
4. उपयुक्त	-	appropriate
5. व्यवहार	-	behaviour

## Support Worksheet-10

### Words and phrases that may be useful:

Meeting friend	-	दोस्तों से मिलना
Meeting teachers	-	टीचर्स से मिलना
Being together	-	साथ रहना / होना
Happy	-	खुश
Delighted	-	प्रसन्न
Glad	-	प्रसन्न
Excited	-	रोमांचित / जोश

## Worksheet-1

### THEME 2 - FOOD and Celebrations



#### Task 1

Gurmeet wanted a cup of tea with her breakfast. She decided to make it herself and noted down all the steps. However, as she was about to start, her elder sister stopped her. She told her that the steps are not in order.

1. Add half a cup of milk and bring it to boil for 3 minutes.
2. Add a small tea-spoon of sugar.
3. Add crushed ginger.
4. Take half a cup of water in a pan and boil.
5. Add a tea-spoon of tea-leaves.
6. Strain the tea in a cup and serve.

Gurmeet's sister helped her to prepare a cup of tea step by step. Write the correct order of steps in the space given in the table.



1



2



3



4



5



6



## Task 2

How do you prepare a cup of tea at your home? Is there any special ingredient that is used? Share your recipe in the space given below:

Step 1 \_\_\_\_\_

Step 2 \_\_\_\_\_

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### NOTICE !

In the tea recipe there are words with a blend sound 'st'. When two alphabets are joined together to give one sound they are called blend sounds. See the words 'start', 'strain', 'step'.

Few other words beginning from 'st' are star, station, style, stem, stick, strain, start, stop etc.

Can you think of other words which begin with 'st' sound?

1.

2.

3.

4.

## Worksheet-2



### Task 1

#### THEME 2 - FOOD and Celebrations

Ankur finished his breakfast at 7.30 AM. At 11 AM, he felt hungry again. He thought of having a samosa as a snack. His mother suggested that he should eat a healthy snack.

Ankur: "What should I eat? What will be healthy and easy to get?"

His mother pointed towards the fruit basket kept in the kitchen. She suggested Ankur to prepare a fruit salad. Ankur looked at fresh apples, bananas, guavas, oranges, and pomegranate. He decided to make the salad.

Can you name a few other fruits which you eat or might have seen?

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To make the salad, Ankur cut one apple into slices, sliced a full banana, cut half a guava into round slices, and took a few segments of orange. He added some lemon juice, pomegranate seeds, salt and chat masala. He tossed the salad. He and his mother ate it and had a lot of fun.





## Task 2

How do you make your fruit salad? Share your process in the space given below. You can also add a picture or drawing of your salad.

I slice \_\_\_\_\_.

I cut \_\_\_\_\_ into small pieces.

I slice \_\_\_\_\_.

I peel \_\_\_\_\_.

I divide \_\_\_\_\_ into segments.

I put all the cut, sliced and segmented fruits in to a \_\_\_\_\_.

Then I add

\_\_\_\_\_  
\_\_\_\_\_.

Then I toss it.

## Worksheet-3



### Task 1

### THEME 2 - FOOD and Celebrations

Shiva, Gurmeet, Lehar and Sania are in the same class and section. They are best friends. They study and play together. But they like to eat different food items for lunch.

1. Shiva likes to have dosa, curd rice or vada for lunch.
2. Gurmeet likes to have vegetables, chapati, some curd and a salad for lunch.
3. Lehar likes to have curry and rice for lunch.
4. Sania enjoys street snacks like samosa and tikki as her lunch.





## Task 2

What foods do you eat for lunch? You can also draw or paste their pictures.

I like to eat.....		
	Write	Draw/paste
1. Everyday		
2. On my birthday		
3 During festivals		
4 When I am unwell		



## Task 3

There are times when we do not have our lunch. Has it ever happened to you? Why were you unable to have lunch? What you could have done?

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## Worksheet-4



### Task 1

#### THEME 2 - FOOD and Celebrations

Aleena is recovering from viral infection. Doctor has advised her to eat healthy food for quick recovery.

Aleena's brother made the following list.

<p>Protein - Eggs, Meat, Paneer Fish</p>	<p>Pulses - proteins</p>	<p>Burger and chips- Fat and carbohydrates</p>
<p>Juices- Vitamins</p>	<p>Chaat- Fat and carbohydrates</p>	<p>Fresh vegetables- Vitamins and Minerals</p>
<p>Milk- All nutrients</p>	<p>Fresh Fruits- Vitamins and minerals</p>	



## Task 2

Which food items should Aleena choose to eat from the list given in task 1 and why?  
The first one has been done as an example.

Foods Aleena should choose to eat :	Aleena should eat this food <u>because</u> : (we use the word ' <u>because</u> ' to explain reason of our choice)
Fruits	Aleena should eat fruits because they provide the body with vitamins and fibres.



### Task 3

Talk to ten people. Find out what they think, one should eat when one is sick. Make a tabular record and finally share your views about it.

S. No.	Name of the person spoken to	Food items they suggested one should eat when one is sick

#### Conclusion

Based on what everyone shared, I think when one is ill one should eat

1. \_\_\_\_\_ because \_\_\_\_\_
2. \_\_\_\_\_ because \_\_\_\_\_
3. \_\_\_\_\_ because \_\_\_\_\_
4. \_\_\_\_\_ because \_\_\_\_\_
5. \_\_\_\_\_ because \_\_\_\_\_

## Worksheet-5

### THEME 2 - FOOD and Celebrations

Look at the poster given below.



### Task 1

Let us complete the following information:

1. This poster is on \_\_\_\_\_.
2. This poster has been prepared by \_\_\_\_\_.
3. Vegetarian and non-vegetarian food should be kept \_\_\_\_\_.
4. We should clean \_\_\_\_\_ by \_\_\_\_\_.
5. The most important food safety measure according to you is \_\_\_\_\_.



## Task 2

On the basis of your understanding of the poster, explain that we need to spread awareness about food safety during COVID-19 because \_\_\_\_\_

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## Task 3

In the space given below please create a poster to spread food safety among your classmates. Once you create the poster, click a picture and share it with your classmates on WhatsApp or through any other electronic mode.

## Worksheet-6

### THEME 2 - FOOD and Celebrations

Before the spread of global pandemic most of you had school lunch in the classroom or school ground. You used to sit and eat with your friends.



Since April 2020, this has changed. You have not been to school. But do you remember, what you did during the mid-day meal time at your school?



## Task 1

Task 1. Please share your experience of having lunch with your friends in school.

(How did you feel when you ate with your friends and do you miss it? What was on the menu for each day? Where did you eat your lunch? Any other point you may want to include.)

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What did you talk about while having lunch with your friends?

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## Task2

Imagine if you were given freedom to plan a menu for mid-day meal when you go back to school. How will you plan a menu for the six days ? Consider your choices while keeping in mind nutrition needed by the body for healthy growth and development.

For example, look at what Seema wants to have in her menu for Monday

Food - boiled egg/ paneer with butter toast and one fruit, because it is healthy and provides good nutrition.

MY MID-DAY MEAL MENU		
Week Day	Food Items / Dishes	Reason for including



### Task3

Has your diet/ food habits changed since you started staying at home?

Can you share how your eating habits have changed?

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Do you cook now? Have you tried cooking anything new? Write about it.

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## Worksheet-7

### THEME 2 - FOOD and Celebrations

Gurjot is very happy. She celebrated Lohri with her family and neighbours yesterday. She also brought popcorn, chikki, rewari, til laddu etc for her friends. She also shared a few pictures of Lohri celebrations.



“[Lohri Celebrations](#)” by [slyronit](#) is licensed under [CC BY-NC-ND 2.0](#)

When her friends asked her about Lohri, Gurjot shared that Lohri is celebrated as the beginning of the harvest winter festivals. Fire is lit and offerings made to thank the lord for a good harvest. It also signals a shift in weather in northern India as the longest night passes in celebration. It is a festival celebrated with great enthusiasm in the states of Punjab, Haryana and Delhi. People offer popcorn, jaggery and few other sweets to fire. They congratulate each other, laugh, sing, dance, eat and make merry. In India different states celebrate different harvest festivals.



### Task1

In the table given below, names of the festivals are given. Find out which states they belong to and which special food items are associated with them.

S.No.	State	Harvest festival	Special food items
1	Punjab	Lohri	Popcorn, rewari, til laddu, jaggery, gajak
2		Makar Sankranti	
3		Bihu	
4		Pongal	
5		Gudi Padwa	

## Worksheet-8

### THEME 2 - FOOD and Celebrations

A survey was conducted in urban households to understand how they reduce food wastage. This survey was conducted after a leading newspaper showed that Indians waste a lot of food everyday.

← → ↺ 📄 [indianexpress.com/article/opinion/columns/food-waste-index-report-india-coronavirus-hunder-index-726196](https://indianexpress.com/article/opinion/columns/food-waste-index-report-india-coronavirus-hunder-index-726196)



**The Indian EXPRESS**

Home India World Cities Opinion IPL 2021 Entertainment Lifestyle Tech

There is also a significant amount of food waste generated in our homes. As per the Food Waste Index Report 2021, a staggering 50 kg of food is thrown away per person every year in Indian homes. This excess food waste usually ends up in landfills, creating potent greenhouse gases which have dire environmental implications. Meanwhile, we continue to be greenwashed into amassing more “organic” and “sustainable” products than we really need.

This has been a problem for decades, and is worsening with time. It was only when the **COVID-19** pandemic came along in 2020 that many of us began taking note.

Based on the survey, researchers found that a lot of households actually use leftovers to convert them into delicious dishes which can be used as part of meals or snacks. 70% of the households reported that the dishes which are usually leftover are, rice, roti, dal, and vegetable curry in north India.

50% of the household reported that they use leftover rice and dal to make breakfast. The most popular dishes made with these leftovers are parathas or pakoras.

In southern India, sambhar, idlis, vadas and rice are left over. 80% of the households reported that they use leftover idlis to make fried or masala idlis to be eaten as a snack.

However, 20% households also reported that they give away the leftovers to the needy. Around 10 % of all households reported that they throw away the leftover food.



## Task1

Answer the questions given below:

Q1. What food item is usually a leftover in your house?

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Q2. Have you ever thrown food away?

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Q3. Have you or anyone in your house used leftover food to make a new dish from it?  
What was it?

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## Task2

Conduct a survey among your friends and neighbours. Find out what do they do with their leftovers.  
Talk to 10 people.

S.No.	Name	Leftover	New dish they make with leftovers



Name of the Dish - \_\_\_\_\_

Step 2 \_\_\_\_\_

Step 3 \_\_\_\_\_

Step 4 \_\_\_\_\_

Step 5 \_\_\_\_\_

Step 6 \_\_\_\_\_

Step 7 \_\_\_\_\_

Any other step \_\_\_\_\_

[illegible]

## Worksheet-9

### THEME 2 - FOOD and Celebrations

Let us read a conversation between Shiva and Ankur.

**Ankur** : Shiva , I attended the Mango festival this year. I had so much fun.

**Shiva** : I know of mango season. But what is the Mango festival?

**Ankur** : Oh! Don't you know? It is one of the most popular food festivals in India. It has over 500 types of mangoes which one can see and taste. I tasted around fifteen types of mangoes.

**Shiva** : Oh my god, wow... you tasted fifteen types of mangoes. And, there are 500 types.

**Ankur** : Yes, I had so much fun. My mother had taken me there. Both of us ate so many mangoes.

**Shiva** : Wow! Ankur, but what is this food festival? I have never heard of it.

**Ankur** : Let me show you some pictures first. Then I will share what it is.

This is a picture from north-eastern festival with special food-festival of all the north-eastern states.



This is from the famous Mango festival held in Delhi every year.

Shiva : Wow, are there other festivals as well?

Ankur : Yes, a lot of food festivals are organised in Delhi around festival times. Most of the food festivals have one common theme which is food at the centre. It could be regional food, healthy food, or just mangoes. All states come together to showcase their most popular and enjoyed food items. These festivals are organised in a way that they are not very expensive .

Shiva : This is amazing. I will also visit a food festival as and when I can. Do let me know if you are going to one.



### Task 1

Write what you understand about the Mango festival?

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Would you like to go to a food festival? Which type of food would you like to taste?

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Have you tasted food from a region different from yours? If yes, which dishes and from which region? If not, then which regional food would you like to taste? Why?

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## Worksheet-10

### THEME 2 - FOOD and Celebrations

Celebrations and food go hand in hand. You have to plan a surprise birthday party for your best friend best friend/family member. In this worksheet make the entire plan in detail.

A few hints are provided to you to decide what all you would need to do.



Write the detailed plan in the space given below:

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## Task2

You can also think of another way to celebrate birthdays, if you do not want to plan a birthday party. What will this way of celebration look like?

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Ask your grandparents, how did they celebrate their birthday when they were of your age. Write about it.

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## Reflections

1. I enjoyed doing \_\_\_\_\_

2. I feel confident in \_\_\_\_\_

3. I can do better in \_\_\_\_\_

4. I need help in \_\_\_\_\_

5. I want to learn more about \_\_\_\_\_





*I feel*











## Sight Words



### Food and Celebration

Sight Word	Sentence
<b>Crushed</b> क्रशड (कुचला हुआ)	Please add <b>crushed</b> Ginger to the tea. 
<b>Serve</b> सर्व (खाना परोसना)	Reena <b>served</b> dinner to her family. 
<b>Strain</b> स्ट्रेन (निचोड़ना, छानना)	<b>Strain</b> the tea in a cup and serve. 

<p><b>Prepare</b>          प्रिपेयर          (तैयार करना,          तैयार होना)</p>	<p>Sahil <b>prepared</b> a fruit chaat.</p> 
<p><b>Chunks</b>          चंक्स (टुकड़े)</p>	<p>Take a guava and cut it into <b>chunks</b>.</p> 
<p><b>Segment</b>          सेगमेंट          (हिस्सा, फॉक)</p>	<p>Take an orange and divide it into <b>segments</b>.</p> 
<p><b>Pinch</b>          पिंच          (चुटकी)</p>	<p>Add a <b>pinch</b> of salt to the salad.</p> 

<p><b>Process</b> प्रॉसेस (तैयार करना)</p>	<p>There are many steps in the <b>process</b> of making tea.</p> 
<p><b>Sliced</b> स्लाइस्ड (कटा हुआ)</p>	<p>Ankur <b>sliced</b> the mangoes.</p> 
<p><b>Toss</b> टॉस (हिलाना, उछालना, पटकना)</p>	<p>I <b>toss</b> all sliced and segmented fruits together.</p> 
<p><b>Recovery</b> रिकवरी (अच्छा होना, फिर से फिर से सही हालत में आ जाना)</p>	<p>Healthy food is important for <b>recovery</b> after viral fever.</p> 

<p><b>Researchers</b> रिसर्चर्स (शोधकर्ता / जो प्रयोग करके किसी चीज़ की खोज करते हैं)</p>	<p><b>Researchers</b> are working on health related issues.</p> 
<p><b>Households</b> हाउसहोल्ड्स (घरेलू)</p>	<p>A survey was conducted in urban <b>households</b>.</p> 
<p><b>Urban</b> अर्बन (शहरी)</p>	<p>Neetu lives in an <b>urban</b> area.</p> 
<p><b>Leading newspaper</b> लीडिंग न्यूज़पेपर (प्रसिद्ध अख़बार / नामी अख़बार)</p>	<p>My name is published in a <b>leading newspaper</b>.</p> 

<p><b>Jaggery</b> जैगरी (गुड़)</p>	<p><b>Jaggery</b> is good for health</p> 
<p><b>Offerings</b> ऑफरिंग्स (चढ़ावा)</p>	<p><b>Offerings</b> are made to the fire on Lohri</p> 
<p><b>Measure</b> मैज़र (नापन / मापन)</p>	<p><b>Measure</b> and add one teaspoon of sugar to the tea</p> 

## Support Worksheet-1

### Food and Celebration

#### KITCHEN ITEMS रसोई में काम आने वाले चीजे



#### रसोई में प्रयोग होने वाली कुछ और चीजें

##### TEA LEAVES (टी लीव्स) चाय-पत्ती



##### SUGAR (शुगर) चीनी



RICE (राइस) चावल



PULSES (पल्सेज) दालें



SPICES (स्पाइसिज)

## Some actions in the kitchen रसोई में होने वाली कुछ क्रियाएं

Making tea चाय बनाना  
BOIL यानि उबलना / उबालना



BOILING WATER



BOILING MILK



POURING (पोरिंग)



STRAINING (स्ट्रेनिंग)

### PREPARING TEA

चाय बनाने की विधि

वर्कशीट के ANNEXURE में दिए गए शब्दों / चित्रों / चार्ट्स को ध्यान से पढ़ें और चाय बनाने की विधि को वर्कशीट में दिए गए चित्रों से मिलाने की कोशिश करें।

यहाँ पर ऐड Add का अर्थ है डालो।

Word sounds

St से स्ट की आवाज़ आती है।

कुछ शब्द जैसे

study स्टडी यानी पढ़ना

student स्टूडेंट यानी विद्यार्थी

star स्टार यानि तारा

ये सब st स्ट आवाज़ से शुरू होते हैं।

st अगर शब्द के आखिरी में आये तो भी आवाज़ स्ट की आएगी।

जैसे

Past पास्ट

Last लास्ट

Rest रेस्ट आदि।



The  
ART OF  
Preparing  
TEA

## Support Worksheet-2

### खाना पकाने में काम आने वाली क्रियाएँ

MELT यानि पिघलना / पिघलाना



MELTING OF ICE



MELTING OF BUTTER



CUTTING (कटिंग)



MAKING SLICES (मेकिंग स्लाइसिज़)



CHOPPING (चॉपिंग)



PEELING (पीलिंग)



GRATING (ग्रेटिंग)



CRUSHING (क्रशिंग)



WASHING (वॉशिंग)

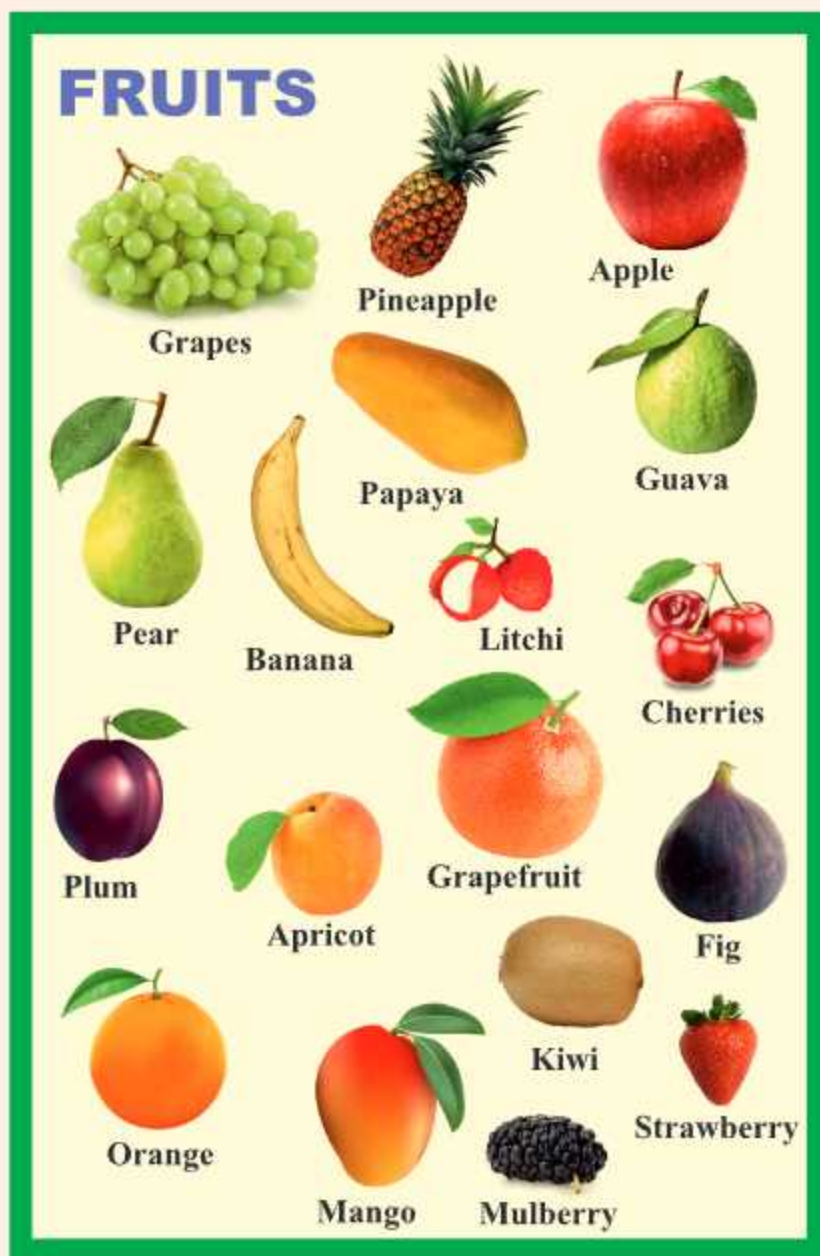


TOSSING (टेंसिंग)



FRYING (फ्राइंग)

# फ्रूट चाट बनाने में काम आने वाले कुछ शब्द



SEGMENT  
OF ORANGE



FRUIT CHUNKS



PINCH OF SALT



GARNISH

## Support Worksheet-3

### MY FAVOURITES (मेरी पसंद)

I like to eat/ drink..... इन्हें खाना / पीना मुझे अच्छा लगता है।

My favourite food (मेरा पसंदीदा खाना)



Rajma Chawal



Pasta

My favourite fruit (मेरा पसंदीदा फल)



Apple



Mango

My favourite vegetable (मेरी पसंदीदा सब्जी)



POTATO



SPINACH

My favourite drink (मेरा पसंदीदा पेय)



FRUIT JUICE



TEA

### DIFFERENT KINDS OF SWEETS



### EVERYDAY FOOD



### SOME EXAMPLES OF SNACKS



## Support Worksheet-4

**HEALTHY FOOD** (हैल्थी फूड) – सेहत के लिए फायदेमंद

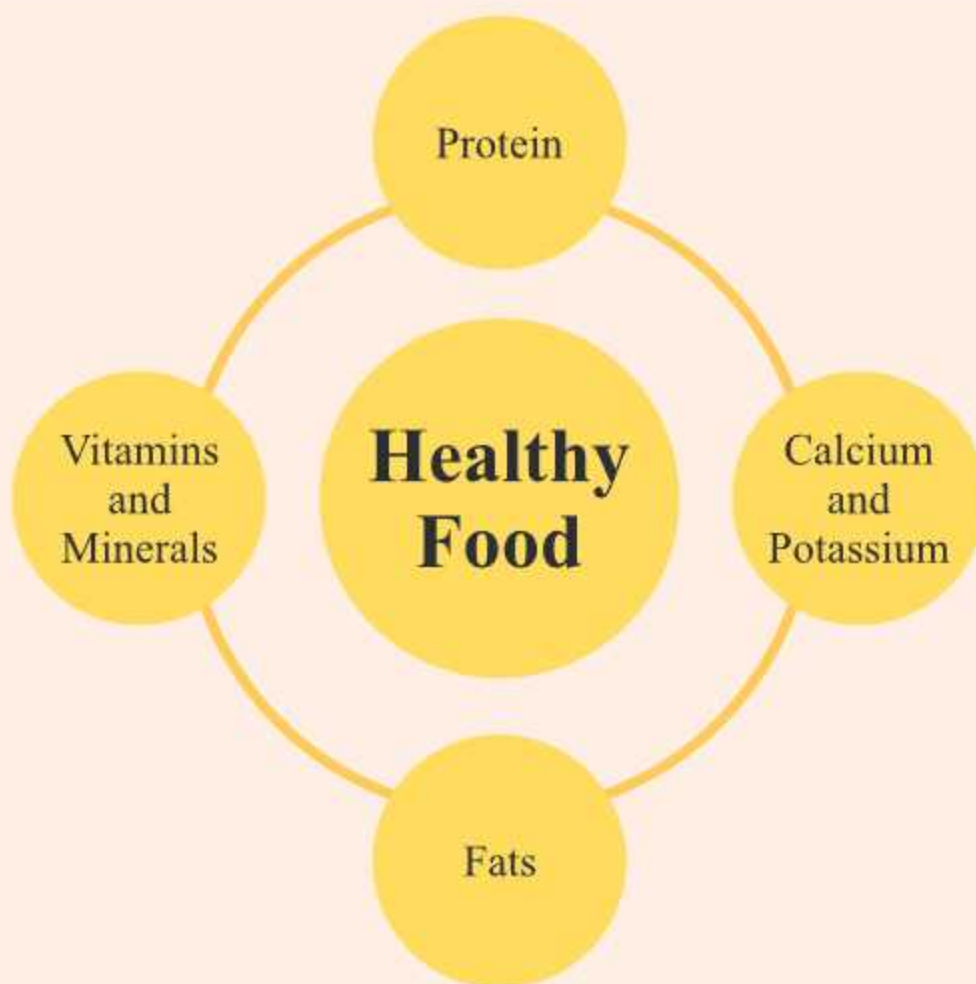
**JUNK FOOD** (जंक फूड) – सेहत के लिए नुकसानदेह

दालों, अंडे, मांस और मछली में प्रोटीन (PROTEIN) होता है।

दूध में— कैल्शियम (CALCIUM), वसा (FATS) और प्रोटीन (PROTEIN) होता है।

फल सब्जियों में— विटामिन (VITAMINS) और फाइबर (FIBRE) होता है।

जूस में—विटामिन सी (VITAMIN C) और पोटैशियम (POTASSIUM) होता है।



## Worksheet-1

### Media Resources

Bipasha is a 10-year-old girl. She lives in Delhi. She sees the following things regularly around her.



1. Name the things you identify in the given picture?  
Ans. I see a \_\_\_\_\_.
2. Do you remember stories in which birds and animals carried messages? Can you think of a song where a bird carries a message? (Hint: Ask your elders about such a song)  
Ans. \_\_\_\_\_.
3. Can you think of ways and means of how messages are shared nowadays?  
Ans. \_\_\_\_\_.
4. How do you share messages with your friends and family?  
Ans. \_\_\_\_\_.

Now-a-days, when we want to communicate, we either email a person or send an SMS/WhatsApp message. Everything happens at the click of a mouse or by pressing a few buttons.

The ways in which we communicate with others, or receive or share information from one person to another are called **Means of Communication**.

## Worksheet-2

### Media Resources

Did you know?

	The first <b>newspaper</b> was published in 1703 in Austria.
	The <b>radio</b> was invented in 1890 by an Italian named Marconi.
	<b>Television</b> was invented by J.L. Baird in 1920.
	Martin Cooper made the first call on <b>mobile phone</b> on April 3, 1973.
	YouTube is the most searched app on <b>Google</b> .
	<b>WhatsApp</b> is the most banned app across the world. It is banned in 12 countries.

How do you use the means of communication given above?

- I use WhatsApp to \_\_\_\_\_.
- I read \_\_\_\_\_ for the latest news.
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Worksheet-3

### Media Resources



Newspaper



Radio



Computer/Laptop



Facebook



Notice



Television



Letters



Pamphlets



Pamphlets



WhatsApp



Magazine



Book



Telephone



Newspaper



YouTube








Look at the pictures given and write the names of things that you:

Read on a paper	Listen or watch	Cannot use without Internet

## Worksheet-4

### Media Resources

Look at the pictures in column A and write their uses in column B. Notice the sentence structure and hints provided .

Column A	Column B
	..... brings daily news to us
	I use ..... to .....
	We can use Google to ..... .....
	During COVID, I ..... on Whatsapp.
	Kishan Uncle uses ..... to make bills at his Grocery shop.
	I watch ..... on television every morning.
	..... listen to ..... on radio.

## Worksheet-5

### Media Resources

**Have you heard about the word social media?**

**Have you ever used it?**

A place where you share your thoughts, ideas, work or information on virtual media (online media) or communities is called **SOCIAL MEDIA**.

Example: Facebook, You Tube, Instagram, WhatsApp, etc.



Do you use any of these social media apps? (yes/no)

Does anyone in your family use these apps? (yes/no)

Ask your family and friends which app do they use or would want to use and why?

I use \_\_\_\_\_ to \_\_\_\_\_.

My mother uses \_\_\_\_\_ to \_\_\_\_\_.

My brother uses \_\_\_\_\_ to \_\_\_\_\_.

My sister \_\_\_\_\_.

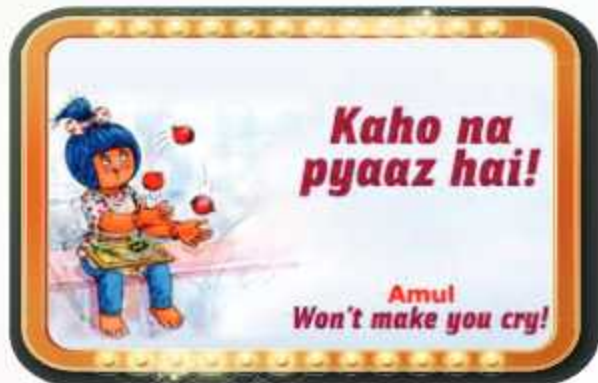
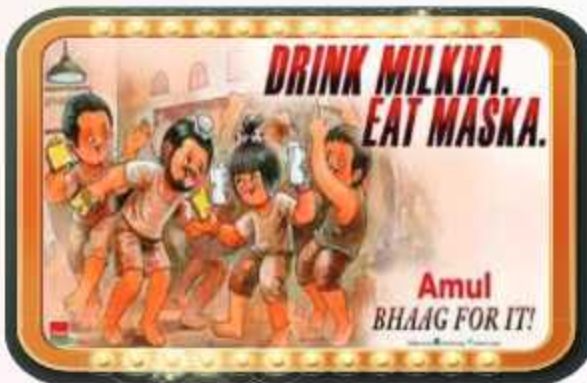
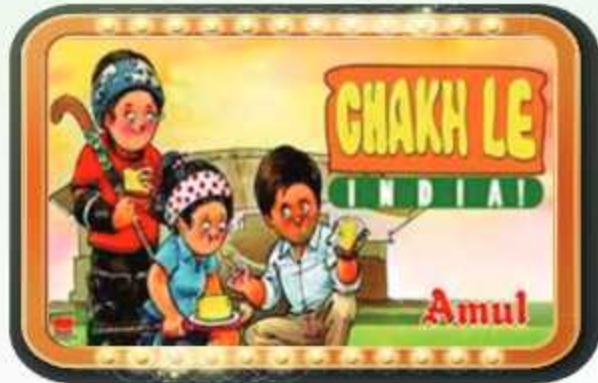
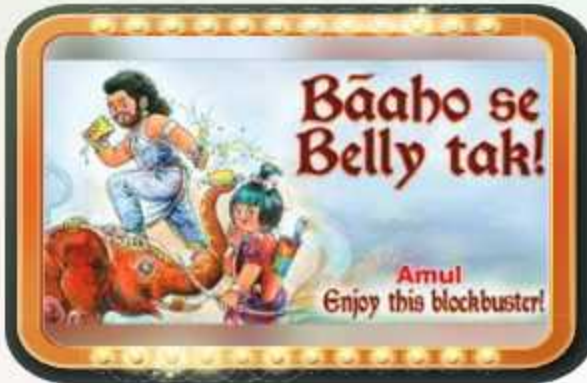
My father \_\_\_\_\_.

My neighbour \_\_\_\_\_.

## Worksheet-6

### Media Resources

Look at these funny Amul advertisements (ads) based on Hindi movies.



1. Can you name / identify any of these movies?
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
  - d. \_\_\_\_\_
2. Have you seen any such funny ads around you?  
\_\_\_\_\_
3. Where do you see ads frequently?  
\_\_\_\_\_



## Worksheet-7

### Media Resources

Do you know 210,00,00,000, (Two hundred and ten crore) people in India watch TV?

Do you watch TV? (Yes/No)

Why do you watch TV?

\_\_\_\_\_

Which is your favourite show on TV?

\_\_\_\_\_

**The television mainly does four things.**

<b>entertain</b>		<b>educate</b>
<b>influence</b>		<b>inform</b>

Which shows do you watch to meet these purposes?

I watch \_\_\_\_\_ to entertain myself.

I watch \_\_\_\_\_.

\_\_\_\_\_.

\_\_\_\_\_.

## Worksheet-8

### Media Resources

WhatsApp is used to send messages, voice messages, make calls and video calls.

Given below is an example of WhatsApp Messages shared between two friends - Sanjana and Khushi. Let us read their conversation and try to attempt the questions given below -



Who are the two people talking?

\_\_\_\_\_.

What is Sanjana doing?

\_\_\_\_\_.

What is Khushi doing?

\_\_\_\_\_.

What is Sanjana planning for tomorrow?

\_\_\_\_\_.

What is Khushi planning for tomorrow?

\_\_\_\_\_.

Who is feeling bored and why?

\_\_\_\_\_.



When a verb indicates that the action is happening now and would continue it is called **Present Continuous** tense. Example: Sanjana and Khushi are **talking** on WhatsApp. They are **discussing their** plans for tomorrow.

Underline all the verbs in present continuous form (-ing form) in the above answers.

## Worksheet-9

### Media Resources



**Question:** *How often do you watch YouTube videos?*

- **WRITING PRACTICE:** *"Write about an interesting video you saw on YouTube. How many views did it get? Did you like it? Write about what happened in the video."*

Use the words from the help box to write about an interesting video that you saw on YouTube.

commented	liked	shared	subscribed	searched	disliked
-----------	-------	--------	------------	----------	----------

I watched \_\_\_\_\_ video on YouTube recently. It was about \_\_\_\_\_.

I really \_\_\_\_\_ the video because \_\_\_\_\_.

It was a nice video still many people had \_\_\_\_\_.

the video. I \_\_\_\_\_ the video with my friends so that they also watch it.

\_\_\_\_\_ on the video and also \_\_\_\_\_ to the YouTube channel.

I \_\_\_\_\_ for more such videos.

When a verb indicates that something has already happened it is called **Simple Past tense**. Example: I **watched** a movie. I **played** with my friends. I **messaged** my friend.

## Worksheet-10

### Media Resources


**Do you think you are cyber safe when you use apps like WhatsApp, Facebook, etc.? Let's take a survey to find out.**

**Read the following questions and choose the suitable option:**

1. Should we share our personal details on internet with a stranger?  
a. Yes                      b. No                      c. Don't know                      d. May be
2. Should we share our pictures and locations with strangers?  
a. Yes                      b. No                      c. Don't know                      d. May be
3. Choose any 2 things that we must not share with a stranger /online user profile.  
a. Name of a pet  
b. School name and timings  
c. Favourite food  
d. Address or travel details.
4. Choose any 2 official things we share with our school teachers.  
a. Date of Birth  
b. New vehicle purchase  
c. Parents phone number  
d. Favourite clothes
5. With whom can we share our important personal/private information? (any2)  
a. Unknown profile  
b. New neighbours  
c. Principal and Teachers  
d. Parents

6. Why should we not give our personal information to strangers online?
  - a. To avoid getting harmed by stalking, harassed or kidnapped.
  - b. They might not be interested in that information.
  - c. They are not our friends.
  - d. Don't know.
7. Can we share our ID, password and account login details with friends or strangers?
  - a. Yes, there is no problem in sharing ID, password and details.
  - b. No, it can be dangerous for us.
  - c. Yes, but only if they share their details with us.
  - d. Only if they insist.
8. Should our online time be limited and fixed as required?
  - a. Yes, it's a must to avoid addiction and save from harmful effects.
  - b. No, there is no need and no harm in unlimited online usage.
  - c. Yes, but only during exams.
  - d. Yes, but only when our parents ask us.
9. Where can we download apps from?
  - a. Trusted links
  - b. Any link
  - c. Links received by unknown people
  - d. Anywhere from the internet
10. Should we carry our pin numbers and passwords in our wallets or bags?
  - a. Yes
  - b. No
11. What can make our password strong?
  - a. Date of Birth
  - b. Name
  - c. Counting
  - d. Special words like @, !, #, etc.
12. Should we click on any link?
  - a. Yes
  - b. No



























Now read the A, B, C, D of cyber safety and check how many questions you got right?  
Give yourself one mark for each correct question and see how cyber safe you are!



Information Security  
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www.isea.gov.in


# ABCs of Information Security Awareness

For more details visit:  
**www.  
InfoSec  
awareness.in**


<p><b>A</b> </p> <p><b>Always properly log out after completion of online transactions</b></p>	<p><b>B</b> </p> <p><b>Be careful what you click</b></p>
<p><b>C</b> </p> <p><b>Clear cookies and delete browsing history at the end of session and stay safe</b></p>	<p><b>D</b> </p> <p><b>Do not carry your PIN number in wallets better to memorize your PIN</b></p>
<p><b>E</b> </p> <p><b>Enlighten yourself on Cyber Security measures</b></p>	<p><b>F</b> </p> <p><b>Following basic rules of social networking can prevent damaging your online relationships</b></p>
<p><b>G</b> </p> <p><b>Giving out your personal information online is not advisable</b></p>	<p><b>H</b> </p> <p><b>Help yourself to maintain a positive online presence</b></p>
<p><b>I</b> </p> <p><b>Install Anti-Virus Protection</b></p>	<p><b>J</b> </p> <p><b>Join hands to stop spreading fake news</b></p>
<p><b>K</b> </p> <p><b>Keep software up to date</b></p>	<p><b>L</b> </p> <p><b>Lock your devices when not in use</b></p>
<p><b>M</b> </p> <p><b>Monitor your accounts for any suspicious activity</b></p>	<p><b>N</b> </p> <p><b>Never believe on forward messages, check source and URL</b></p>
<p><b>O</b> </p> <p><b>Only install apps and software from trusted sources</b></p>	<p><b>P</b> </p> <p><b>Pay extra attention when using public Wi-Fi</b></p>
<p><b>Q</b> </p> <p><b>Quarantine all unused apps</b></p>	<p><b>R</b> </p> <p><b>Respect the privacy of others</b></p>
<p><b>S</b> </p> <p><b>Scan any file downloaded from internet before opening/using/installing</b></p>	<p><b>T</b> </p> <p><b>Turn on Automatic Updates for your operating system</b></p>
<p><b>U</b> </p> <p><b>Use strong passwords with personal acronym</b></p>	<p><b>V</b> </p> <p><b>Verify with whom you are interacting online</b></p>
<p><b>W</b> </p> <p><b>Watch out for online scams</b></p>	<p><b>X</b> </p> <p><b>XTRA precaution for your online financial transactions</b></p>
<p><b>Y</b> </p> <p><b>Your priority on cyber security makes you cyber aware citizen</b></p>	<p><b>Z</b> </p> <p><b>Zero participation in dark web</b></p>

Programme by : Ministry of Electronics & Information Technology(MeIT), Govt. of India


Supported by : Ministry of Home Affairs (MHA), Govt. of India




http://cert-in.org.in/  
www.cyberswachhtakendra.gov.in



**Cyber Safe GIRL**



**DSCI**



**END NOW**

For more details / queries on Cyber Security  
Call us on our Toll free No.  
**1800 425 6235**

Implemented by  
**सी डैक CDAC**

Cyber Safety Score: \_\_\_\_ / 12

## Worksheet-11

### Media Resources

Using the information from the last worksheet, complete this letter written to a friend, sharing with her/him how she/he can stay cyber safe and why it is important.

\_\_\_\_\_ (Address)  
\_\_\_\_\_  
\_\_\_\_\_

Date: \_\_\_\_\_

Dear \_\_\_\_\_

\_\_\_\_\_ ? I am fine. How are your online classes going? My classes are \_\_\_\_\_. I am writing this letter to talk about \_\_\_\_\_. Do you know how important it is to be safe online? There are so many strangers! We should be careful of them. We should not share \_\_\_\_\_ and \_\_\_\_\_ with them. We should always \_\_\_\_\_ once our work is complete. We should use \_\_\_\_\_ for our passwords. We should \_\_\_\_\_ apps from \_\_\_\_\_ only. We should be careful while using \_\_\_\_\_ Wi-Fi.

Also, these days we spend a lot of time online. This can harm our \_\_\_\_\_. We should spend time in doing other things like \_\_\_\_\_. I hope you will follow my suggestions. Hope to hear from you soon.

Take care  
Yours lovingly  
\_\_\_\_\_

## Reflections

1. I enjoyed doing \_\_\_\_\_

2. I feel confident in \_\_\_\_\_

3. I can do better in \_\_\_\_\_

4. I need help in \_\_\_\_\_





5. I want to learn more about \_\_\_\_\_






*I feel*








## Sight Words






### Media Resources

Sight Word	Sentence
<p>Carries कैरीज (किया जाता है / उठाया जाता है)</p>	<p>He <b>carries</b> his bag to the school.</p> 
<p>Means मींस (साधन)</p>	<p>Meera is pasting the <b>means</b> of communication in her notebook.</p> 
<p>Messages मैसेजेस (संदेश)</p>	<p>Ritu's phone is full <b>messages</b>.</p> 
<p>Communicate कम्युनिकेट (बताना / पहुंचाना)</p>	<p>She needs to <b>communicate</b> what she wants.</p> 

<p>Click क्लिक (मोबाइल/कंप्यूटर के बटन उंगली से दबाना)</p>	<p>Every thing is just a <b>click</b> away now.</p> 
<p>Email ईमेल (इलेक्ट्रॉनिक मेल/कंप्यूटर और इंटरनेट द्वारा भेजा गया संदेश)</p>	<p>We all should know how to send an <b>Email</b>.</p> 
<p>Published पब्लिशड (प्रकाशित/अखबार या किताबा में छपा हुआ)</p>	<p>Seema's report is <b>published</b> in newspaper.</p> 
<p>Invented इंवेंटेड (खोजा गया)</p>	<p>Radio was <b>invented</b> by Marconi.</p> 
<p>Banned बैंड (रोक लगाया हुआ/प्रतिबंधित)</p>	<p>Smoking is <b>banned</b> at public places</p> 

<p>Pamphlet पैम्फलेट (पर्चा / किताब)</p>	<p>She is reading a <b>pamphlet</b>.</p> 
<p>Brochure ब्रोशर (छोटी सी पुस्तक)</p>	<p>The information about this item is in the <b>brochure</b>.</p> 
<p>Digital डिजिटल</p>	<p>She has a <b>digital</b> watch.</p> 
<p>Virtual वर्चुअल (काल्पनिक)</p>	<p>Whatsaap is a part of <b>virtual</b> world.</p> 
<p>Identify आइडेंटिफाई (पहचानना)</p>	<p>You can <b>identify</b> your mistakes.</p> 

<p>Frequently फ्रीक्वेंटली (बार-बार)</p>	<p>We watch some ads on TV <b>frequently</b>.</p> 
<p>Insists इंसिस्ट (ज़ोर देना)</p>	<p>We should not share our passwords even if someone <b>insists</b>.</p> 
<p>Favourite फेवरेट (मनपसंद)</p>	<p>Ms Rama is Kamla's <b>favourite</b> teacher.</p> 
<p>Entertains एंटरटेन (मनोरंजन)</p>	<p>The TV <b>entertains</b> us.</p> 
<p>Influence इनफ्लुएंस (प्रभाव/असरप ड़ना)</p>	<p>Media has <b>influence</b> on our lives.</p> 

<p>Commented कॉमेंटेड (अपनी राय रखना)</p>	<p>'That was a good class', Arzoo <b>commented</b>.</p> 
<p>Indicates इंडिकेट्स (संकेत देना/इशारा करना)</p>	<p>The map <b>indicates</b> where Delhi is.</p> 
<p>Cyber साइबर (कम्प्यूटर से संबंधित)</p>	<p><b>Cyber</b> crimes are increasing day by day.</p> 
<p>Stalking स्टॉकिंग (जासूसी करना/किसी की आज्ञा लिए बिना उसके बारे में जानकारी प्राप्त करना)</p>	<p><b>Stalking</b> someone is a crime.</p> 
<p>Harassed हैरेस्ड (परेशान करना)</p>	<p>Many people are <b>harrassed</b> online by stalkers.</p> 

## Support

### Media Resources

## Support Worksheet-1

Means of communication (मीन्स ऑफ़ कम्युनिकेशन) यानि संचार के माध्यम— हम जिन की मदद से अपनी बात अथवा समाचार दूसरों तक पहुँचाते हैं।

### Word meanings:

Nowadays :	नाउ अ डेज़	आजकल
Carries:	कैरीज़	लेकर जाना

## Support Worksheet-2

### Word meanings:

Published	पब्लिशड	प्रकाशन हुआ
Invented	इनवेंटेड	आविष्कार हुआ

## Support Worksheet-3

जन—जन तक जानकारी पहुँचाने के लिए मास मीडिया का प्रयोग किया जाता है। यहाँ आपने उन चीज़ों के नाम टेबल में लिखने हैं, जिनका प्रयोग पढ़ने, सुनने या देखने और जो इंटरनेट के बिना संभव नहीं हो सकता।

## Support Worksheet-4

सोशल मीडिया से आप अपनी बातें, जानकारी, रोज़—मर्रा के किस्से कहानी, खबरें, हंसी मज़ाक इत्यादि अपने मित्रों के साथ साझा करते हैं।

### Support Worksheet-5

#### Word meanings :

Identify	पहचान करना
Interesting	दिलचस्प
Frequently	बार-बार

### Support Worksheet-6

#### Word meanings :

Favourite	पसंदीदा
Entertain	मनोरंजन
Educate	शिक्षा देना
Influence	प्रभावित करना
Inform	जानकारी देना
Purpose	प्रयोजन

### Support Worksheet-7

Present continuous tense : पहचान : helping verb (am/is/are) + verb + ing

जब कोई कार्य हो रहा है – यह दर्शाना हो तो Present continuous tense का प्रयोग होता है।

जैसे इस बात चीत में,

Sanjana and Khushi are talking.

संजना और खुशी बात कर रहे हैं।

## Support Worksheet-8

### VERBS – ACTION WORDS IN THE PAST TENSE

PRESENT TENSE	PAST TENSE
CREATE	CREATED
SHARE	SHARED
MAKE	MADE
INFORM	INFORMED
DROP	DROPPED
USE	USED
FIND	FOUND
WIN	WON
UPLOAD	UPLOADED
COMMENT	COMMENTED
LIKE	LIKED
SHARE	SHARED
SUBSCRIBE	SUBSCRIBED
SEARCH	SEARCHED
DISLIKE	DISLIKED
WATCH	WATCHED
MESSAGE	MESSAGED

## Support Worksheet-9

### Word meanings:

May be	शायद
Don't know	पता नहीं
Stranger	अजनबी
Dangerous	खतरे से भरा
Harmful	नुकसानदेह
Trusted	भरोसेमंद
Addiction	व्यसन
Unknown	अजनबी

## Worksheet-1

### Sports and Games

Bhavya, Sabir, Julia, Trisha, Saumya and Harpreet are meeting each other after so long. Everyone is excited and glad. They are on the school campus. They want to go to the play-ground and use the badminton court. But, teachers ask them to stay in the class. They get a break of only twenty minutes to have some food. This break is also used to visit washrooms and fill water bottles. Teachers stay in the class so that all students follow CAB (Covid Appropriate Behaviours).

While sitting in the class all students try to see outside the windows. The play-ground is empty, no kids are playing there. They start talk to each other with their masks on. They talk about games and sports they played there before the pandemic. What do you think they talked about?

We played football.

We \_\_\_\_\_ Badminton.

\_\_\_\_\_.

We \_\_\_\_\_.

We played hop-sotch.

We \_\_\_\_\_.

\_\_\_\_\_.

\_\_\_\_\_.

We \_\_\_\_\_.

We \_\_\_\_\_ Chess in the classroom.

We \_\_\_\_\_ in the \_\_\_\_\_.



## Worksheet-2

### Sports and Games

We see some games which are played outside in the fields and playgrounds. Some are played inside the classrooms, homes and covered halls. The games that are played outside are called **OUTDOOR** games. The games that are played inside are called **INDOOR** games.

It is not possible for Bhavya, Sabir, Julia, Trisha, Saumya and Harpreet to go outside in the playground. The teacher asks them to choose some **INDOOR** games to play in the class. Help them to find these in the **WORD PUZZLE** given below.

Scrabble	Chess	Carrom-board	Ludo	Pictionary
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A	B	D	S	G	R	C	H	E	S	S	F	R	T	V	G	S	D
G	V	H	U	T	Y	F	H	T	E	U	J	N	P	M	K	I	L
H	D	X	C	B	S	Y	J	H	M	N	D	J	N	F	A	R	U
E	G	V	Y	T	C	G	Q	E	S	R	T	D	C	F	Z	K	U
B	G	H	J	K	R	R	T	H	V	F	S	W	A	D	W	S	E
W	P	D	H	K	A	R	T	R	R	H	E	T	R	V	E	G	D
D	O	O	B	Y	B	F	G	Q	D	I	C	I	R	R	W	B	V
E	L	I	N	U	B	D	M	W	N	O	F	U	O	G	E	P	S
R	D	N	K	R	L	U	D	O	M	U	V	H	M	J	W	O	A
R	F	V	L	X	E	E	J	E	Y	R	B	G	B	U	S	L	E
T	T	G	O	A	D	L	I	V	E	G	H	E	O	T	E	I	F
G	Y	B	R	X	V	P	I	C	T	I	O	N	A	R	Y	U	S
K	H	G	E	W	S	E	K	B	R	J	G	K	R	I	F	R	R
L	N	F	R	D	A	O	P	C	N	M	H	J	D	L	T	G	T

**Which INDOOR game would you like to play in the classroom? You can also write about the game that you played at home with your family during LOCKDOWN.**

I like \_\_\_\_\_ (name of the game). I play it with my \_\_\_\_\_ (friends / sister / brother / parents / grand-parents). \_\_\_\_\_ (Number) players can play the game.

**Write three steps to play that game.**

Firstly, \_\_\_\_\_.

Secondly, \_\_\_\_\_.

Thirdly, \_\_\_\_\_.

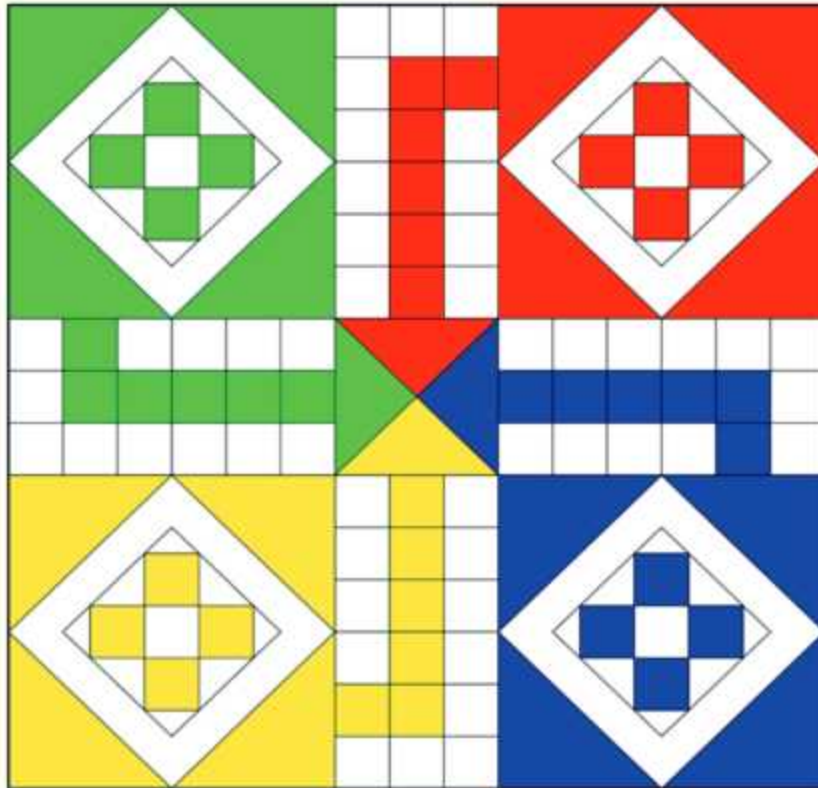
**Now, talk to your grand parents/parents about the indoor games they used to play in their childhood. Write about these games in few words.**

1. ....
2. ....
3. ....
4. ....
5. ....
6. ....

## Worksheet-3

### Sports and Games

Look at the game given below. It is a BOARD GAME, which means it is played on a board and needs a DICE to play it. You can use it to play with your friends.



Write some sentences about the game. You can use the format that you learnt in Worksheet-2

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On the way back home, Sabir and Harpreet decide to stop at the cricket-ground. They see some boys and girls playing there. They join them, but are reminded to wear the mask at all times by Trisha. Trisha has come there with her pen-friend Saarthak. They decide on some rules for playing cricket. They note down the rules on a paper. Check if the statements are TRUE or FALSE about playing CRICKET which is an OUTDOOR game.



1.	Cricket is played between two teams.	
2.	Each team is made up of eleven players.	
3.	Each team will take turns in batting and fielding/bowling.	
4.	The fielding team must get 10 batsmen out.	
5.	The aim of the game is to score as many runs as possible before the fielding team takes 10 wickets.	
6.	The team with the most runs wins.	

**Cricket is a Team Game. Name some more games that are played in TEAMS.**

_____	_____
_____	_____
_____	_____

**Think about any team game you like and write its rules below. You can use the format as used for CRICKET above.**

_____
_____
_____
_____
_____

## Worksheet-4

### Sports and Games

Sarthak stays in Bhopal. There is a big stadium near his school. The stadium is used by students to play many sports. Some play TEAM SPORTS and some play INDIVIDUAL SPORTS. Look at the pictures given below and identify which ones are INDIVIDUAL SPORTS.



#### Writing prompt

An individual sport is a sport that can be played by one person. Do you have a favourite sport? Is it a team or individual sport? How many players can play it? What are some of its basic rules?

Answer these questions using your knowledge from the worksheets done before. You have to write a short paragraph of about 30-40 words.

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## Worksheet-5

### Sports and Games

Trisha, Harpreet, Sabir and Saumya tell Sarthak that they have a stadium in one of the neighbourhood government schools. They go there when Inter-school competitions take place. Trisha says she is in the school KHO-KHO Team. Harpreet says that she plays Badminton doubles with Julia. Sabir and Bhavya are part of the Athletics team, both of them throw Javelin. Saumya competes in the para-games and plays Table-Tennis. They all agree that these competitions are good for their well-being and health.

There is a table given below. Make a smiley in front of the values that we can learn from sports.

Value/Benefit	Smiley/ Sad face
1. Team-work	
2. Competition	
3. Equality	
4. Inclusion	
5. Discipline	
6. Leadership	
7. Well-being	

**Write a small paragraph about the benefits of sports and games.**

Sports help to \_\_\_\_\_. They  
are good for \_\_\_\_\_. I learnt that  
\_\_\_\_\_ from sports. My health \_\_\_\_\_.  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_.

## Worksheet-6

### Sports and Games

Given below are some pictures. Identify the person and the sport/game they play. Match the correct combination using the hints given below. One example has been done for you.

1. 	(I) Neeraj Chopra	A. Javelin throw
2. 	(ii) Avani Lekhara	B. Javelin throw
3. 	(iii) Mary Kom	C. Badminton

5.



(iv) Neeraj Chopra

D. Rifle shooting

6.



(v) Krishna Nagar

E. Lawn tennis

## Worksheet-7

### Sports and Games

Many sports and games competitions are held at National and International level. Recently OLYMPICS were held in Tokyo, Japan. After that Paralympics were also held. Our country has won many medals. We have many sportspersons who have won medals for their country. Winning medals for your country is also a form of PATRIOTISM.

All these sports people have qualities. Like- Confidence, Risk-taking, Hard-work, Practice, Healthy lifestyle and many more. Write about a sports person that you like in about 30-40 words.

My favourite sports person is \_\_\_\_\_. He/ She plays \_\_\_\_\_. He/ She is very \_\_\_\_\_, \_\_\_\_\_ - and \_\_\_\_\_ (qualities). \_\_\_\_\_.

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## Worksheet-8

### Sports and Games

The Tokyo Olympics featured some new sports: **3x3 Basketball, Skateboarding, Sport Climbing, Surfing and Karate**. Sports like Surfing, Skiing, Climbing and Mountain Biking are called **ADVENTURE SPORTS**. Adventure sports are high-risk and need special equipment. Look at the pictures carefully and read about the sport.



**Skiing is done on snow-covered mountains.**



**Surfing is done on sea-waves.**



**Paragliding is done in sky using special equipment.**



**Scuba-diving is done under-water.**



Sky-diving is done in the open sky.

Here is a K-W-L chart. Write about any one of these adventure sports.

What you KNOW?	What you WANT TO KNOW?	What you LEARNT about it?

Now write a few lines about adventure sports.

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## Worksheet-9

### Sports and Games

Saumya, Bhavya, Harpreet, Sabir and Trisha have now learnt a lot about sports, games and adventure. They discussed a lot about it. Now, they want to have a SPORTS DAY in their school. With CAB in mind they have to plan things carefully. Given below is an example and format of a NOTICE. Look at it carefully.

#### *Example*

##### NOTICE

**Aryan Public School**

**International Basketball Competition**

**International Basketball Competition  
will be held in school as per details below :**

**Venue : Basketball Court**

**Date : 10-12-2021**

**Time : 10am till 2pm**

**Interested teams please contact the  
undersigned at APS by 5-12-2021 Sports  
Secretary ssaps@gmail.com**

#### *Format for Notice*

##### NOTICE

**Name of School**

**Event**

**Which sports event?**

**Where (venue)?**

**When (Date and day)?**

**Who can participate?**

**Last date to register**

**Whom to contact?**

**Create a NOTICE for Sports Day at your school using the above format**

## Worksheet-10

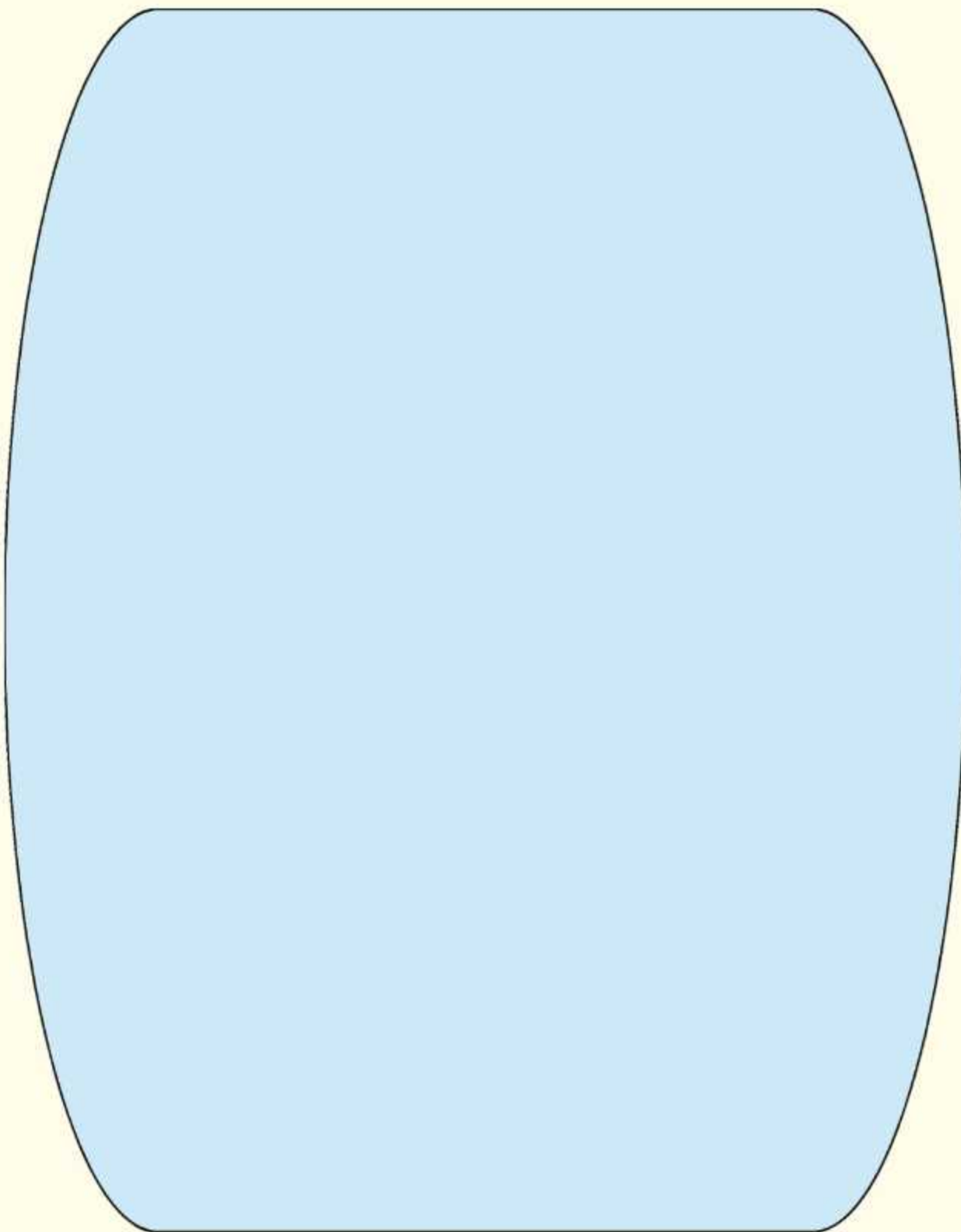
### Sports and Games

After the SPORTS DAY all these friends decide the next event. An AWARENESS DRIVE about SPORTS and ITS BENEFITS. For this they decided to make some banners with slogans. Two are written as examples for you. Create two on your own.

SPORTS ARE THE BEST EXERCISE, PARTICIPATE AND BE WISE

ADVENTURE AND SPORTS ARE OF MANY SORTS

Using slogans and pictures design a POSTER for 'HEALTH AND FITNESS  
AWARENESS DRIVE'



## Reflections

1. I enjoyed doing \_\_\_\_\_

2. I feel confident in \_\_\_\_\_

3. I can do better in \_\_\_\_\_

4. I need help in \_\_\_\_\_

5. I want to learn more about \_\_\_\_\_


































































*I feel*



## Sight Words

See the Picture-Say the Word

### Sports and Games

Sight Word	Sentence																					
Glad ग्लैड (खुश)	Shama is <b>glad</b> to meet Reena.																					
																						
Scrabble स्क़्रैबल (शब्द बनाने वाला एक खेल)	I like to play <b>scrabble</b> .																					
																						
Pictionary पिक्शनरी (चित्रों वाला शब्दकोश)	My teacher gave me a <b>pictionary</b> .																					
	<table><tr><td>Gg  Glass</td><td>Hh  Hen</td><td>Ii  Ice-cream</td><td>Jj  Jam</td><td>Kk  Key</td><td>Ll  Lamp</td><td>Mm  Mango</td></tr><tr><td> Giraf</td><td> House</td><td> Ink</td><td> Juice</td><td> Kite</td><td> Lemon</td><td> Moon</td></tr><tr><td> Guava</td><td> Hat</td><td> Ice-candy</td><td> Jar</td><td> Kiwifruit</td><td> Lion</td><td> Mushroom</td></tr></table>	Gg  Glass	Hh  Hen	Ii  Ice-cream	Jj  Jam	Kk  Key	Ll  Lamp	Mm  Mango	 Giraf	 House	 Ink	 Juice	 Kite	 Lemon	 Moon	 Guava	 Hat	 Ice-candy	 Jar	 Kiwifruit	 Lion	 Mushroom
Gg  Glass	Hh  Hen	Ii  Ice-cream	Jj  Jam	Kk  Key	Ll  Lamp	Mm  Mango																
 Giraf	 House	 Ink	 Juice	 Kite	 Lemon	 Moon																
 Guava	 Hat	 Ice-candy	 Jar	 Kiwifruit	 Lion	 Mushroom																

<p>Dice डाइस (पासा)</p>	<p>Roll the <b>dice</b> on ludo board.</p> 
<p>Reminded रिमाइंडेड (याद दिलाना)</p>	<p>He <b>reminded</b> me about the test.</p> 
<p>Pen friend पेन फ्रेंड (पत्र मित्र)</p>	<p>Neeta is writing a letter to her <b>pen friend</b>.</p> 
<p>Athletics एथलेटिक्स (खेल कूद)</p>	<p>He is very good in <b>athletics</b>.</p> 
<p>Para-Games पैरा गेम्स</p>	<p>Deepa Malik is the star of <b>para games</b>.</p> 

<p>Javelin जैवलिन (भाला)</p>	<p>Neeraj Chopra won gold medal in <b>javelin</b> throw during olympics.</p> 
<p>Equality इक्वालिटी (बराबरी)</p>	<p>They are fighting for the <b>equality</b> of women.</p> 
<p>Disrespect डिस रेस्पेक्ट</p>	<p>We should not show <b>disrespect</b> for anyone.</p> 
<p>Patriotism पैट्रियोटिज्म (देश प्रेम)</p>	<p>Bhagat Singh showed true <b>patriotism</b> for the country.</p> 
<p>Lawn tennis लॉन टेनिस (बड़े मैदान में खेला जाने वाला टैनिस् का खेल)</p>	<p>Mahesh Bhupathi is a famous <b>Lawn Tennis</b> player.</p> 

<p>Confidence कॉन्फिडेंस (विश्वास)</p>	<p>He has self <b>confidence</b> to go on stage,</p> 
<p>Risk-taking रिस्क टेकिंग (जोखिम उठाना)</p>	<p><b>Risk taking</b> is important for growth.</p> 
<p>Skateboard स्केटबोर्ड (एक प्रकार का खेल जिसमें तख्ता उपयोग किया जाता है)</p>	<p>She is <b>skateboarding</b> on a flat surface.</p> 
<p>Surfing सर्फिंग (एक तख्ते की सहायता से लहरों पर सवार होने वाला एक खेल)</p>	<p>He is <b>surfing</b> on sea waves.</p> 
<p>Skiing स्कीइंग (बर्फ पर खेला जाने वाला एक खेल)</p>	<p>He is ready for <b>skiing</b> on snowy mountains.</p> 

<p>Equipment क्वपमेंट्स (उपकरण)</p>	<p>My school has a lot of sports <b>equipment</b>.</p> 
<p>Mountain Biking माउंटेन बाइकिंग पहाड़ों पर खेला जाने वाला एक खेल</p>	<p><b>Mountain Biking</b> is an adventure activity.</p> 
<p>Paragliding पैराग्लाइडिंग (एक तरह का खेल जिसमें पैराशूट इस्तेमाल किया जाता है)</p>	<p>We need parachute for <b>paragliding</b>.</p> 
<p>Scuba-diving स्कूबा डाइविंग (समुद्र में होते लगाना)</p>	<p>She saw beautiful sea animals while <b>scuba diving</b>.</p> 
<p>Slogans स्तोगंस (नारे)</p>	<p>Many <b>slogans</b> are written on our school walls.</p>  <p><b>"पढ़ेगा भारत तभी तो बढ़ेगा भारत।"</b></p>

## Support

### Sports and Games

## Support Worksheet-1

Use of simple past tense

Present	Past
Play	Played
Talk	Talked
Jump	Jumped
Climb	Climbed
Throw	Threw
Share	Shared
Run	Ran

## Support Worksheet-2

Word meanings:

Indoor games

घर के अंदर खेले जाने वाले

Outdoor games

घर के बाहर खेले जाने वाले

Three steps

तीन कदम

## Support Worksheet-3

Word meanings:

Board

तख्ता

Dice

पासा

### Support Worksheet-4

Rules: नियम

किसी भी टीम में खेले जाने वाले खेल के नियम लिखें जैसे क्रिकेट के नियम वर्कशीट में दिए गए हैं।

### Support Worksheet-5

Individual sport एकल खेल

कौन से खेल एकल खेले जाते हैं?

आपका पसंदीदा एकल खेल कौन सा है ?

### Support Worksheet-6

- |    |             |   |                        |
|----|-------------|---|------------------------|
| 1. | Team-work   | - | टीम में खेलने की भावना |
| 2. | Competition | - | प्रतिस्पर्धा           |
| 3. | Equality    | - | समानता                 |
| 4. | Inclusion   | - | समावेश                 |
| 5. | Disrespect  | - | अनादर                  |
| 6. | Discipline  | - | अनुशासन                |
| 7. | Leadership  | - | नेतृत्व                |
| 8. | Well-being  | - | सलामती                 |

## Support Worksheet-7

### Word meanings :

Confidence	आत्मविश्वास
Risk-taking	जोखिम उठाना
Hard-work	मेहनत करना
Practice	अभ्यास करना
Healthy lifestyle	स्वस्थ जीवन शैली

## Support Worksheet-8

### Adventure sports

Adventure sports:	साहसिक खेल
High risk:	भारी जोखिम
Special equipment :	खास उपकरण

## Support Worksheet-9

### Notice Writing

नोटिस लिखने के लिए ज़रूरी जानकारी

कौन सा खेल ?

कहाँ हो रहा है ?

कब हो रहा है ?

कौन कौन भाग ले सकता है?

आखिरी तिथि ?

किस से जानकारी लें?

## Support Worksheet-10

Slogans and posters for awareness on sports

खेलों के लाभ पर पोस्टर अथवा स्लोगन बनायें।

## Worksheet-1

### Popular Culture and Trends

This is a poster made by Jashvendra Singh of class X, Kendriya Vidyalaya Koliwada. The poster shows COVID Appropriate Behaviour (COD)



Jashvendra Singh 10<sup>th</sup> A



Let us write, what the poster shows.

- I wash my hands for 20 seconds.
- I avoid unnecessary travel.
- I avoid \_\_\_\_\_.
- I stay \_\_\_\_\_.
- I do not \_\_\_\_\_.
- I use a \_\_\_\_\_ when I can't use soap.
- I wear a \_\_\_\_\_ when I go out.

## Worksheet-2

### Popular Culture and Trends

Picture A



Picture B



The following sentences described the two pictures given above.  
Read the sentences.

This is a girl.

She *is wearing* a black jacket.

This is a boy.

She *is wearing* a mask called **domino mask**.

He *is wearing* a striped T-shirt.

He *is standing* in a park.

She *is standing* in a room.

He *is wearing* a **surgical mask**.



Actors in movies, plays or videos wear **Domino Masks**.

Doctors wear **Surgical Masks**.



Do you wear a mask when you go out? (Yes/ No)

When a verb indicates that the action is happening now and would continue, it is called **Present Continuous** tense. Example: The girl is wearing a domino mask and the boy is wearing a surgical mask.

**Q.** Which mask do you wear?

**A.** I wear a \_\_\_\_\_.

**Q.** Why do you wear this mask?

**A.** I wear this mask to \_\_\_\_\_.

1. Protect myself from corona

2. To look stylish

3. To be an actor

4. To be a doctor.

With the help of sentences above, write the differences between the two pictures in the table given below:

Picture A	Picture B
♦ _____	♦ _____
♦ _____	♦ _____
♦ _____	♦ _____
♦ _____	♦ _____

## Worksheet-3

### Popular Culture and Trends



Draw or paste a pictures of you doing your favourite activities like dancing, singing, sleeping, eating, etc.



Now, write your experience in the space given below.

- a. I am \_\_\_\_\_ in the above picture.
- b. I am \_\_\_\_\_ in a \_\_\_\_\_.
- c. \_\_\_\_\_.
- d. \_\_\_\_\_.
- e. \_\_\_\_\_.

## Worksheet-4

### Popular Culture and Trends

Do you know India is a home to a rich culture of traditional dance forms? Artists perform stories from *Ramayana*, *Mahabharata*, *Tamil Epics* and various tribal stories. In dances they wear various kinds of masks.

Look at different masks given below and match them with their names. Use the highlighted words to find the mask.



Mask



Dance Form and State



*Dnyaneshwar Kurhade*

**Saraikela Chhau Jharkhand**  
(सरायकेला छऊ झारखंड)

Dancers wear simple, human-looking masks to perform different stories.



*Dnyaneshwar Kurhade*

**Mukha Bhaona Assam**  
(मुखभौना असम)

Mask has **multiple faces with one big face**. It has movable eyes and lips.



*Dnyaneshwar Kurhade*

### Therukoothu, Tamil Nadu (थेरूकुथ तमिलनाडु)

Artists show stories from the Ramayana, Mahabharata, and Tamil epics. Mask looks like **Ravana**, **Meghnath**, **Kumbhkaran** etc.



*Dnyaneshwar Kurhade*

### Samana Kunitha (सोमानाकुनिथा कर्नाटक)

Dancers wear big red sandalwood (चंदन) masks. It has **sharp teeth**, **big noses**, and **big, curly moustaches** (मूंछें).

**Source:** <http://www.natgeotraveller.in/illustrated-7-masked-dances-you-can-watch-in-india/>

Is there any mask that you liked from the above pictures? Do you know any other masks that you have seen around? Try and find out about more such masks from your family members, friends and neighbours and write about them.



**Write the answer in the space given below:**

- I know about \_\_\_\_\_.
- It is made up of \_\_\_\_\_.
- It is of \_\_\_\_\_ colour.
- Artists or actors wear it during \_\_\_\_\_.

## Worksheet-5

### Popular Culture and Trends

We all have explored different ways to greet each other to follow COVID Appropriate Behaviour.

Here are a few new ways to greet.

Look at the picture and share how you greet people around you.

## HANDSHAKE ALTERNATIVES

**Hand wave**



**Hand across chest**



**"Footshake"**



**Elbow bump**



**Head bow**



**Namaste**



Friends  
Brother/Sister

Elders  
Classmates

Soldiers  
Team-Mates

Best Friends  
Teachers



Write your experience in the space given below.

- a. I will wave to my \_\_\_\_\_.
- b. I will foot bump with my \_\_\_\_\_.
- c. I will salute the \_\_\_\_\_ of my country.
- d. I will do \_\_\_\_\_ to my elders.
- e. I will elbow bump with my \_\_\_\_\_.
- f. I will bow down to my \_\_\_\_\_.
- g. I will give thumbs up to my \_\_\_\_\_.
- h. I will put my hand to my heart for \_\_\_\_\_.

When a verb talks about things that have not happened yet and would happen in the future it is called **simple future** tense.

We read about alternatives to handshake greeting. Now think and write about alternatives to the following :

- i. .... is an alternative to face-to-face class.
- ii. .... is an alternative to playing/exercising in open spaces.

## Worksheet-6

### Popular Culture and Trends



Priya has not gone to school for the last two years because of corona. She did a lot of things at home like cooking, reading, watching TV etc. Write five things that you did during the corona lockdown. You can use the help box.

Cooked	read books	watched
went to my village	danced	sang songs
Played	slept	helped my parents
Spent time with my grandparents	studied	went for a walk

- a. \_\_\_\_\_.
- b. \_\_\_\_\_.
- c. \_\_\_\_\_.
- d. \_\_\_\_\_.
- e. \_\_\_\_\_.
- f. \_\_\_\_\_.
- g. \_\_\_\_\_.
- h. \_\_\_\_\_.
- i. \_\_\_\_\_.
- j. \_\_\_\_\_.

When a verb talks about things that happened or existed before now it is called **simple past** tense.

## Worksheet-7

### Popular Culture and Trends

Priya has not gone to school for two years now. She studies in online classes. She misses her friends and school.



**Online Classes**



**Offline Classes**

Do you like online classes? Do you not like online classes? Do you miss offline classes? Do you miss your friends and school?



**Write your experience in the space given below.**

- I liked \_\_\_\_\_.
- I didn't like \_\_\_\_\_.
- I missed \_\_\_\_\_.
- I wanted \_\_\_\_\_.
- I didn't miss \_\_\_\_\_.
- I didn't want \_\_\_\_\_.
- \_\_\_\_\_.
- \_\_\_\_\_.

## Worksheet-8

### Popular Culture and Trends

Scooby-Doo is Priya's favourite cartoon. It is a talking dog who solves murder mysteries.

Look at the two pictures of Scooby-Doo given below. A few things are different in the second picture. Write these things in the space given below. You can use the help box given below.



Picture 1



Picture 2



Write the differences that you have found in the space given below.

- A. \_\_\_\_\_
- B. \_\_\_\_\_
- C. \_\_\_\_\_
- D. \_\_\_\_\_
- E. \_\_\_\_\_
- F. \_\_\_\_\_
- G. \_\_\_\_\_



### Help Box

Binoculars are blue in color.

The swim tube is of a different color.

The Beach mat has different lines.

The whistle is missing.

Palm leaves are missing.

Scooby's eyes are of a different color.

Scooby's sunglasses are not on his head.

There is no hair on Scooby's underarms.

Scooby's collar is of a different color.

Scooby is not wearing a life jacket.

A screw is missing on Scooby's chair.

Scooby's chair is of a different color.

The tube holder is white in color.

## Worksheet-9

### Popular Culture and Trends

Priya loves watching TV. This is Priya's favourite TV show. She has some questions related to the show. Can you help her find the answers from the poster?



Write your response in the space given below.

- The name of the show is \_\_\_\_\_.
- Priya can watch this show on \_\_\_\_\_ channel.
- She can watch this from \_\_\_\_\_ (date) at \_\_\_\_\_ (time) from \_\_\_\_\_ to \_\_\_\_\_ (days).
- It is a story of \_\_\_\_\_ family (main characters).
- They live in \_\_\_\_\_ society.

**Do you enjoy watching TV shows? Which is your favorite TV show?**  
**Write the name of the show and other information just like Priya.**



**Write your response in the space given below.**

- a. My favourite TV show/ cartoon is \_\_\_\_\_.
- b. I watch it on \_\_\_\_\_ channel.
- c. I watch it at \_\_\_\_\_ from \_\_\_\_\_ to \_\_\_\_\_.
- d. It is a story of \_\_\_\_\_.
- e. It is about \_\_\_\_\_.

**Write about the favourite TV show of your family member.**

- a. ....
- b. ....
- c. ....
- d. ....
- e. ....
- f. ....
- g. ....
- h. ....

## Worksheet-10

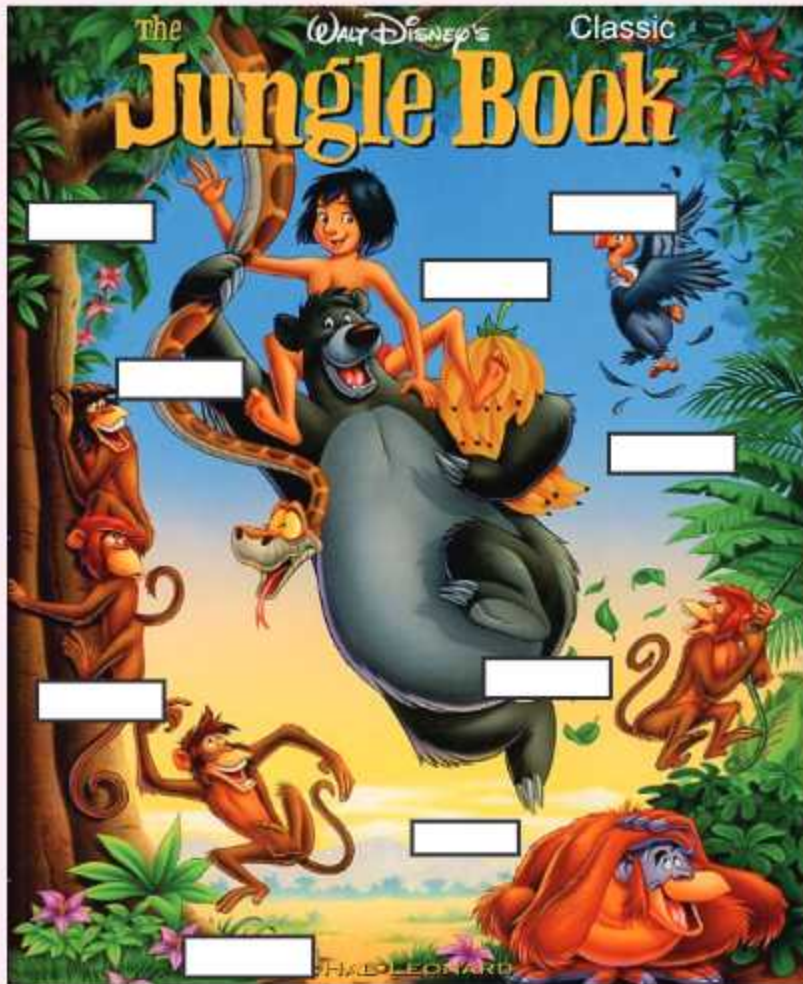
### Popular Culture and Trends

The Jungle Book is a story written by Rudyard Kipling. It is about a boy named Mowgli. He lives in a jungle with different animals.

Look at the poster given below, write the names of the things and characters you see. Observe what they are doing and frame simple sentences.



**For Example:** a. I see a scene of a forest.  
b. I see a blue sky.



1. Mowgli, the boy
2. Baloo the bear
3. Laila the chimpanzee
4. Kaa the python snake
5. Flowers
6. Bananas
7. Tree trunk
8. Bandar-log, the monkeys
9. Kite the vulture



Write the sentences in the space given below. You can use the words from the help box.

- a. I see \_\_\_\_\_ sitting on Baloo's neck.
- b. I see Kaa the python \_\_\_\_\_ from a tree branch.
- c. I see \_\_\_\_\_.
- d. \_\_\_\_\_.
- e. \_\_\_\_\_.
- f. \_\_\_\_\_.
- g. \_\_\_\_\_.
- h. \_\_\_\_\_.
- i. \_\_\_\_\_.

Climbing the tree  
Laughing

holding a bunch of bananas  
dancing

flying

## Worksheet-11

### Popular Culture and Trends

Meet Rohit and Divya. Both of them study in class VIII. They are best friends. Here they talk about their likes and dislikes. Look at the pictures given below and complete the blanks.



Rohit

YouTube TikTok f



Divya



Likes



Dislikes



Rohit	Divya
Likes	Likes
Dislikes	Dislikes

Note : When we write likes & dislikes of two people in a sentence form or to compare them, we use words like ‘whereas’, ‘but’, ‘both’, ‘on the other hand’ etc.

**For Example :**

1. I like ice-cream but my brother does not.
2. Both Rahul and Seema want to visit Qutub Minar.

Now read Rohit’s & Divya’s likes & dislikes from the table & write them in the form of a paragraph. Use the words such as ‘where as’, ‘but’, ‘both’ in your paragraph.

.....

.....

.....

.....

.....

.....

.....

## Worksheet-12

### Popular Culture and Trends

In the last worksheet you met Rohit and his best friend Divya. Let's know about your best friend and you.

#### YOUR LIKES & DISLIKES

Likes

Dislikes

#### YOUR BEST FRIEND'S LIKES & DISLIKES

Likes

Dislikes

Name: \_\_\_\_\_

Name: \_\_\_\_\_



Now, write about you and your friend's likes & dislikes.  
Use the words given in the help box.

- I like to \_\_\_\_\_. He/ She does not like to \_\_\_\_\_.
- He/She \_\_\_\_\_, I do not \_\_\_\_\_.
- \_\_\_\_\_.
- \_\_\_\_\_.
- \_\_\_\_\_.
- \_\_\_\_\_.
- \_\_\_\_\_.
- \_\_\_\_\_.

Watch movies  
sing  
reels

eat  
dance  
video games

listen  
draw

play video games  
cook

play games  
youtube videos

## Worksheet-13

### Popular Culture and Trends

Let's look at India's victory at the 2020 Olympics in Tokyo. Following are the players who won medals this year. Look at the pictures and answer the questions.



**Mirabai Chanu,**  
Silver medal in weightlifting.



**The Men's Hockey Team,**  
Bronze medal.



**Lovlina Borgohain,**  
Bronze medal in Women's  
Welterweight Boxing.



**PV Sindhu,**  
Bronze medal in Women's  
Single badminton.



**Ravi Kumar Dahiya,**  
Silver medal in Men's Wrestling.



**Bajrang Punia,**  
Bronze medal in Men's  
Freestyle Wrestling.



**Neeraj Chopra,**  
Gold medal in Men's Javelin Throw.



**Write your response in the space given below.**

- a. Who won a bronze medal in Men's Freestyle Wrestling?  
\_\_\_\_\_.
- b. Which medal was won by Ravi Kumar Dahiya?  
\_\_\_\_\_.
- c. Who won a bronze medal in badminton?  
\_\_\_\_\_.
- d. Which medal was won by Lovlina Borgohain for Welterweight Boxing?  
\_\_\_\_\_.
- e. Which medal was won by the Indian Men's Hockey team?  
\_\_\_\_\_.
- f. Who won a silver medal in weightlifting?  
\_\_\_\_\_.
- g. Who won a gold medal in javelin throw?  
\_\_\_\_\_.

**Note :** All the questions that have been asked begin with question words such as 'who', 'which', 'why', 'where', etc. These are called Interrogatives.  
All the answers to such questions which are information rich or are in statement form are called declarative sentences.

## Worksheet-14

### Popular Culture and Trends

Let's look at India's win at the 2020 Paralympics in Tokyo. Following are the players who won medals this year. Based on the worksheet 13 frame questions for the answers given below.



**Sumit Antil,**  
Gold medal in Javelin Throw.



**Avani Lekhara,**  
Gold medal in Shooting.



**Devendra Jhajharia,**  
Silver medal in Javelin Throw.



**Yogesh Kathuniya,**  
Silver medal in Discus Throw.



**Nishad Kumar,**  
Silver medal, High Jump.



**Sundar Singh,**  
Silver medal in Javelin Throw.



**Bhavaniben Patel,**  
Silver medal in Women's Single Table Tennis.



Frame questions for the following answers:

- a. \_\_\_\_\_  
Nishad Kumar won a silver medal in High Jump.
- b. \_\_\_\_\_  
The gold medal was won by Avani Lekhara in Shooting.
- c. \_\_\_\_\_  
Bhavaniben Patel won a silver medal in the Women's Single Table Tennis.
- d. \_\_\_\_\_  
The silver medal was won by Devendra Jhajharia in the Javelin Throw.
- e. \_\_\_\_\_  
Sundar Singh won silver medal in Javelin Throw.
- f. \_\_\_\_\_  
The gold medal was won by Sumit Antil the Javelin Throw.
- g. \_\_\_\_\_  
Yogesh Kathuniya won silver medal in Discus Throw.

## Reflections

1. I enjoyed doing \_\_\_\_\_

2. I feel confident in \_\_\_\_\_

3. I can do better in \_\_\_\_\_

4. I need help in \_\_\_\_\_


5. I want to learn more about \_\_\_\_\_


*I feel*









## Sight Words



### Popular Culture and Trends

Sight Word	Sentence
<p><b>Surgical Mask</b>  सर्जिकल मास्क  (डॉक्टरों द्वारा सर्जरी  या इलाज करते हुए  कीटाणुओं को रोकने  के लिए लगाया जाने  वाला मास्क)</p>	<p>Doctor is wearing <b>a surgical mask</b>.</p> 
<p><b>Non Surgical Mask</b>  नॉन सर्जिकल मास्क  (ऐसा मास्क जो सर्जिकल  मास्क की तुलना में  बीमारियों को फैलने से थोड़ा  कम बचाता है, ये कपड़े का  बना हुआ हो सकता है)</p>	<p><b>Non surgical masks</b> can be made with clothes.</p> 
<p><b>Epic</b>  एपिक  (वीर कथा)</p>	<p>Mahabharat is an <b>epic</b>.</p> 

<p>Domino Mask डॉमिनो मास्क (डांस करते हुए पहना जाने वाला नकाब)</p>	<p>She is wearing a <b>domino mask</b>.</p> 
<p>Tribal ट्राइबल (कबिलाई, जनजातीय)</p>	<p>Chattisgarh is a <b>tribal</b> area.</p> 
<p>Describe डिस्क्राइब (किसी वस्तु या घटना के बारे में बताना)</p>	<p><b>Describe</b> beauty of this scene.</p> 
<p>Observe ऑब्ज़र्व (ध्यान से देखना और सुनना)</p>	<p>You can <b>observe</b> a change in the colour of water.</p> 

<p>Task टास्क (दिया गया काम)</p>	<p>She has completed her <b>task</b>.</p> 
<p>Denotes डिनोट्स (दर्शाना)</p>	<p>Yellow skin and eyes <b>denotes</b> liver problem.</p> 
<p>Represent रिप्रेजेंट (फिर से प्रस्तुत करना / नए रूप में प्रस्तुत करना)</p>	<p>I will <b>represent</b> my team for the science project.</p> 

<p>Compare कंपेयर (तुलना करना)</p>	<p>Compare these two flowers.</p> 
<p>Contrast कॉन्ट्रास्ट (दो चीजों के बीच अन्तर कर पाना)</p>	<p>Write about the <b>contrast</b> between a bird and a non living thing.</p> 
<p>Movable मूवेबल (जिसे हिलाया डुलाया या खिसकाया जा सकता है)</p>	<p>This cooler is kept on a <b>movable stand</b>.</p> 

<p>Binoculars बायनोक्यूलरर्स (दूरबीन)</p>	<p>He is watching birds with his <b>binoculars</b>.</p> 
<p>Whistle व्हिसल (सीटी)</p>	<p>Man is blowing a <b>whistle</b>.</p> 

## Support

### Popular Culture and Trends

## Support Worksheet-1

### Word meanings:

Avoid	न करना
Maintain	बनाये रखना
Stay	ठहरना
Use	इस्तमाल करना
Wear	पहनना

## Support Worksheet-2

Surgical masks are worn by medical staff-

सर्जिकल फेस मास्क स्वास्थ्य अधिकारी एवं कर्मचारियों द्वारा पहना जाता है।

Non surgical masks/ cloth masks are worn by everyone-

नॉन सर्जिकल अथवा कपड़े के बने मास्क सभी लोग पहनते हैं।

Domino mask - ऐसा नकाब ताकि कोई पहचान न सके।

डोमिनो मास्क अक्सर फिल्मों में या पार्टियों में पहने जाते हैं।

Present Continuous Tense

Present Continuous : ( Helping verb + verb + ing )

जब कोई कार्य लगातार या अभी हो रहा हो तो Present Continuous Tense का प्रयोग किया जाता है।

Example :

Ashok is talking.

अशोक बात कर रहा है।

The sun is shining.

सूरज चमक रहा है।



### Support Worksheet-3

Use of present continuous tense

I am	+	verb	+	ing
I am	+	dance	+	ing

I am dancing.

### Support Worksheet-4

तरह-तरह के मास्कों के बारे में पढ़िए, ये किस चीज़ से बनाये जाते हैं, इन्हें कौन पहनता है और कब पहनता है?



### Support Worksheet-5

COVID से बचने के लिए कई सावधानियाँ बरतनी आवश्यक हैं। इसके लिए अब से हम सब एक दूसरे से मिलने पर हाथ मिलाने के बजाय कुछ नए तरीकों का प्रयोग करेंगे।

Future Tense

I will	+	first form of verb
--------	---	--------------------

I will wave my hand.

## Support Worksheet-6

Cooked	पकाया था
read books	किताबें पढ़ीं थीं
watched games	खेल खेले थे
went to my village	अपने गांव गया था
danced	नाचा था
sang songs	गाने गाये थे
Played	खेला था
helped my parents	माता पिता की मदद की थी
learnt about conserving water	पानी के संरक्षण के बारे में सीखा था
studied	पढ़ाई की थी
went for a walk	चला / चली थी
watched sports	खेल देखे थे

All verbs are in the past tense.

## Support Worksheet-7

Online and offline classes

ऑनलाइन और ऑफलाइन क्लासेज में आपको कौन सी पसंद हैं?


ऑफलाइन क्लासेज में आपको क्या अच्छा लगा, क्या अच्छा नहीं लगा?

## Support Worksheet-8

पोस्टर में दिए गए टीवी शो के बारे में लिखिए। पोस्टर की मदद से जानकारी रिक्त स्थानों में भरिये।  
अपने पसंदीदा टीवी शो के बारे में लिखिए।



## Support Worksheet-9

I see.....

मुझे ..... दिखता है।

## Support Worksheet-10

Simple present tense – use of does/ does not

I exercise daily in the park.

My brother exercises daily with me.

He does not go to the gym.

Note: Use of 's' at the end of exercises.

We use first form of verb and add an s to it if using with third person singular e.g. He/ she/ it.

Present Tense में Singular एक वचन में आये noun/ pronoun He/ She/ It के साथ VERB की पहली फॉर्म में S जोड़ते हैं।

## Support Worksheet-11

Affirmative and negative sentences

I like to eat biscuits.

Manu does not like to eat biscuits.

पहला वाक्य affirmative है।

दूसरे में not आया है इसलिए वह एक negative वाक्य है।

## Support Worksheet-12

- Who** - कौन? व्यक्ति के लिए प्रयोग होता है।  
**Which** - कौन-सा? वस्तु के लिए प्रयोग होता है।

## Support Worksheet-13

Interrogative Sentences (प्रश्नवाचक वाक्य)

Who won the bronze medal ?

Bajrang won the bronze medal.

Look Carefully- Just replacing the who/ which with the noun word makes a simple sentence.

कांस्य पदक किसने जीता?

बजरंग ने कांस्य पदक जीता।

Which medal was won by Sundar Singh?

सुन्दर सिंह ने कौन सा पदक जीता ?

Silver medal was won by Sundar Singh.

सुन्दर सिंह ने रजत पदक जीता।

