

Respect for Elders

For the Teacher

Value to Develop : Respect for Elders

Respect for elders is a fundamental value in our cultures and societies.

LIFE SKILLS

- ❑ **Empathy:** Encourage individuals to put themselves in the shoes of their elders, trying to understand their perspectives, feelings, and challenges.
- ❑ **Patience:** Elders may have different communication styles or take more time to complete tasks. Teaching patience can help individuals understand and accommodate these differences.
- ❑ **Politeness:** Emphasis the importance of using polite language and showing good manners when interacting with elders, such as saying “please” and “thank you.” Apologise to your elders whenever needed.

THE STORY : The Wisdom of the Whispering Trees

Once upon a time, in a small village **nestled amidst** lush green hills, there lived a young boy named Raj. Raj was a bright and curious child who loved to explore the forest that **bordered** his village. He was known for his quick wit and clever ideas, but he **lacked** something very important: respect for his elders.

In the heart of the village stood a **massive** banyan tree, believed to be hundreds of years old. It was said that the tree had witnessed the entire history of the village and had the wisdom of ages. Under its vast, branches, the village elders would gather to discuss important matters, solve disputes, and share their knowledge with the younger generations.



One sunny morning, as Raj ventured into the forest, he came across the **magnificent** banyan tree. He saw a group of elders sitting in its shade, their faces **etched** with lines of experience and wisdom. However, instead of approaching them with respect, Raj decided to have some fun at their expense. He climbed up the tree and pretended to be a wise old man, making funny **gestures** and **mocking** their serious discussions.

The elders, who had always been patient and kind, noticed Raj's disrespectful behaviour. They realised that it was time to teach him an important lesson about respecting his elders. One of the oldest and wisest among them, Grandfather Arjun, called out to Raj, "Young man, why do you mock us? We gather here to share the wisdom that comes with age and experience. It is essential to show respect to those who have walked the path before you."



Raj was taken aback by Grandfather Arjun's words. He climbed down from the tree and approached the elders with a humble heart. He realised the error of his ways and apologised sincerely. "I'm sorry for my **disrespectful** behaviour," he said. "I didn't understand the importance of respecting my elders. Please forgive me."



Grandfather Arjun smiled warmly and said, "Apologies accepted, Raj. Remember, respecting your elders is not just about showing good manners; it's about **recognising** the valuable knowledge they hold. We are like these old trees, deeply rooted in the history of our village. By respecting us, you can tap into the wisdom that can guide you through life's challenges."

From that day forward, Raj became a changed young boy. He spent more time with the village elders, listening to their stories, learning from their experiences, and **seeking** their guidance. As he grew older, Raj's respect for his parents, teachers, and elders in the community deepened, and he became known for his wisdom and **humility**.

Moral of the story: Respecting your parents, teachers, and elders in the family and community.

Let's Do the Exercise

Learning New Words

- nestled** : protected and comfortable position
- amidst** : in the middle of
- bordered** : to be on the border of an area
- lacked** : not enough of something
- massive** : very big

- magnificent** : extremely impressive and attractive
etched : shape or feeling that can be seen clearly
gestures : movement of the hand, head, etc
mocking : to laugh at somebody/something in an unkind way
disrespectful : lack of respect
recognising : to know about something again
seeking : to try to find or get something
humility : the quality of not thinking that you are better than other people
possess : to have as an attribute

Understanding the Chapter

1. Answer the following questions.

(i) How old was the banyan tree?

(ii) What did Raj see when he ventured into the forest?

(iii) Who was the oldest and wisest among the elders?

(iv) What did Arjun tell Raj?

(v) What is the moral of the story?

2. State if the sentences are true or false.

(i) Raj was known for his quick wit and clever ideas.

(ii) Raj climbed up the tree and pretended to be a wise old man, making funny gestures and mocking their serious discussions.

(iii) The elders, who had always been patient and kind, noticed Raj's disrespectful behaviour.

(iv) Raj did not apologise to the elders.

Now I Know

Logical Thinking

3. A young person observes their friend making disrespectful comments about an elderly person they've just met. The young person believes in respecting elders. They have three options:

Option 1: They confront their friend about their disrespectful behaviour, potentially causing an argument.

Option 2: They say nothing, avoiding conflict with their friend but allowing the disrespectful behaviour to continue.

Option 3: They privately approach the elderly person afterward, expressing their respect and apologizing for their friend's behaviour.

Which option do you think demonstrates the most effective way to respect elders, and why?

Doing It Right

Logical Thinking

4. "Is it respectful to correct or intervene when witnessing disrespect towards elders, or should one prioritise maintaining peace and choose silence?"

Activity

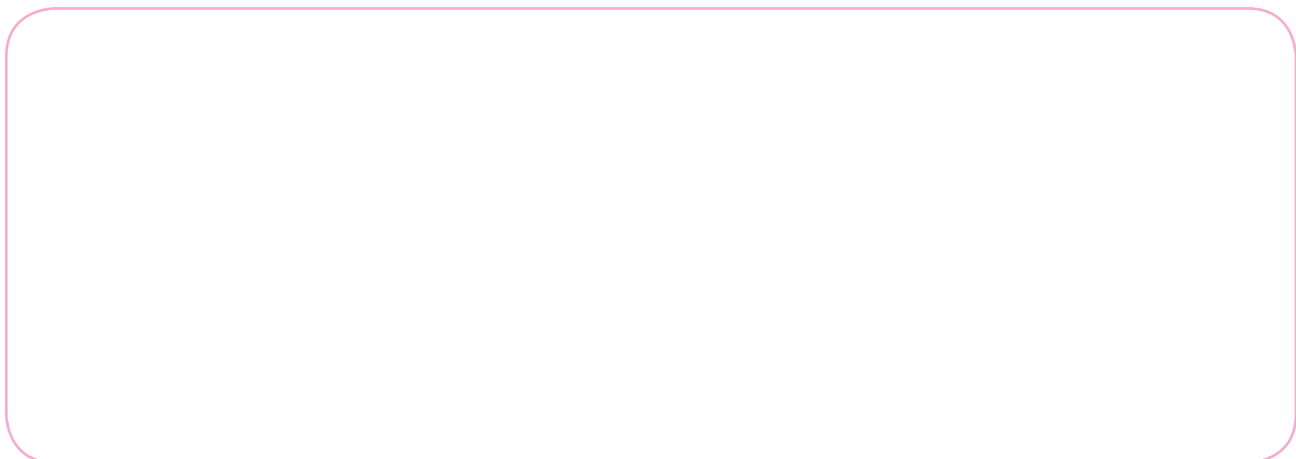
Experiential Learning

5. Take the students to an old age house. Ask them to meet and greet the elders there. Make groups of 4 to 5 students and ask each group to talk to one elder and try to get some experiences and stories from him/her and note them in your notebooks. Share some of them in the class.

Fun Time

Creative Skills

6. Draw a tree and paste the pictures of your grandparents—maternal and paternal.



Kindness and Empathy

For the Teacher

Value to Develop : Kindness and Empathy

Kindness and empathy are essential life skills that contribute to building strong relationships, fostering a positive environment, and making the world a better place.

LIFE SKILLS

- ❑ **Active Listening:** Pay close attention when someone is speaking to understand their thoughts, feelings, and needs. Avoid interrupting and show that you value their perspective.
- ❑ **Self-Awareness:** Understand your own emotions, triggers, and biases. This self-awareness can help you better manage your reactions and responses to others.
- ❑ **Compassion:** Develop a sense of compassion for the suffering and challenges that others face. Show empathy by expressing care and concern for their well-being.

THE STORY : The Magic Scarf of Empathy

In a bustling neighbourhood in the heart of India, there lived a young girl named Meera. Meera was a bright and **cheerful** girl who always had a smile on her face. She attended the local school and had many friends in her class, including her best friend, Riya.

One sunny morning, as Meera and Riya were walking to school, they noticed a new girl named Lila standing alone near the school gate. Lila looked lost and lonely, and her clothes were old and **tattered**. Meera could sense that something was not right, and she felt a deep pang of **empathy** in her heart.

Meera turned to Riya and said, “Riya, let’s go and talk to Lila. She seems like she could use a friend.”

Riya hesitated for a moment but then agreed. They approached Lila with warm smiles and introduced themselves. Lila, though initially shy, soon began to open up. She had recently moved to the neighbourhood and didn’t know anyone. She felt like an outsider and was worried about making friends.



Meera and Riya listened attentively to Lila's story, and their empathy grew stronger. They realised that Lila had no warm clothes for the coming winter, and her family was struggling financially. Without a second thought, Meera took off her favourite scarf, a bright, colourful one her grandmother had gifted her, and gave it to Lila.

"Lila," Meera said, "I want you to have this scarf. It's my favourite, and it'll keep you warm during the winter."

Lila was touched by Meera's kindness and felt a warm glow of gratitude. She accepted the scarf with tears in her eyes. Riya also chipped in and offered to introduce Lila to their other friends. Before long, Lila had a circle of friends who welcomed her with open arms.

Word of Meera's and Riya's kindness spread through the school, and soon, other students began showing acts of kindness and empathy as well. Some shared their snacks, others helped classmates with their studies, and a few organised a donation drive for those in need.



As the days turned into weeks, the entire school became a more compassionate and empathetic place. The students realised the importance of being kind and helpful to their friends, classmates, and people in need. They understood that a small act of kindness could make a big difference in someone's life.

Meera's scarf, which she had lovingly given to Lila, became a symbol of empathy in the school. Whenever someone wore it, they were reminded of the power of kindness and the magic of empathy.



Moral of the story: Kindness and empathy can change the world around us.

Let's Do the Exercise

Learning New Words

- cheerful** : happy
tattered : old and torn
empathy : capacity to understand and feel other feelings

Understanding the Chapter

1. Answer the following questions.

(i) Who was Meera's best friend?

(ii) Who is Lila?

(iii) How do classmates behave with Lila?

(iv) How can we describe an act of kindness?

(v) How did Meera teach the importance of kindness to her classmates?

2. Fill in the blanks.

(i) One sunny _____, as Meera and Riya were walking to school.

(ii) Meera's scarf, which she had lovingly given to Lila, became a symbol of _____.

(iii) In a bustling _____ in the heart of India, there lived a young girl named Meera.

(iv) Meera and Riya listened _____ to Lila's story.

(v) Word of Meera's and Riya's kindness spread through the _____.

Now I Know

Logical Thinking

3. Why is it important to build positive relationships with others? Can you provide an example of a situation where showing empathy can make a difference in someone's life?

Doing It Right

Analytical Thinking

4. "How can you show empathy towards a friend who is feeling sad or upset? Provide at least two specific actions you can take to make your friend feel better."

Activity

Experiential Learning

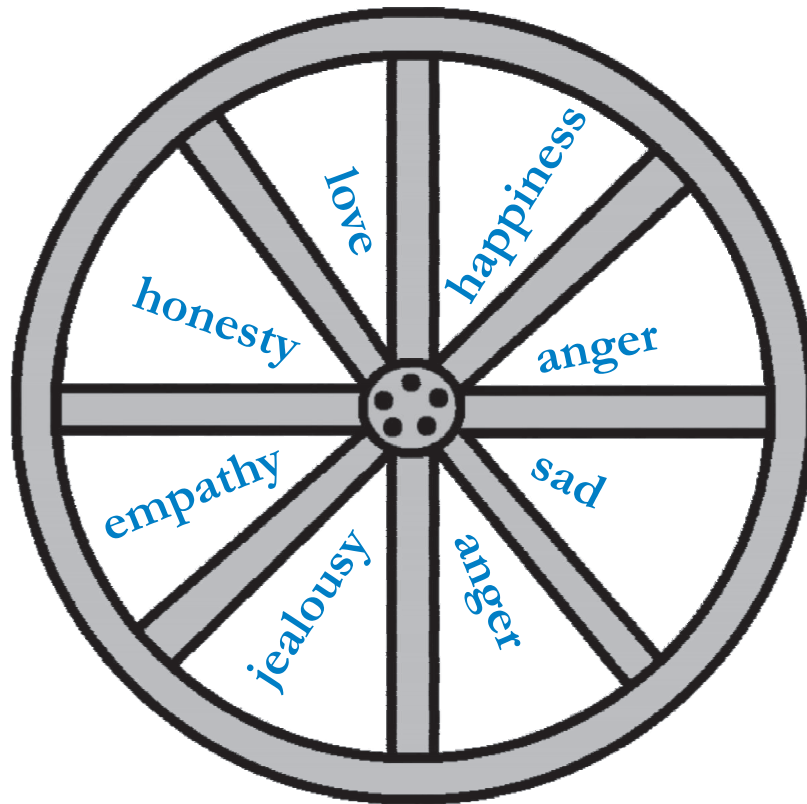
5. Distribute the paper chits among learners. Ask each of them to write one good or kind deed they have done for them. Now collect the chits and paste the chits like a chain. Show the 'Good Deed Chain' to them.

Fun Time

Creative Skills

6. Colour the good feelings red and the bad feelings yellow on the wheel.

Empathy Wheel

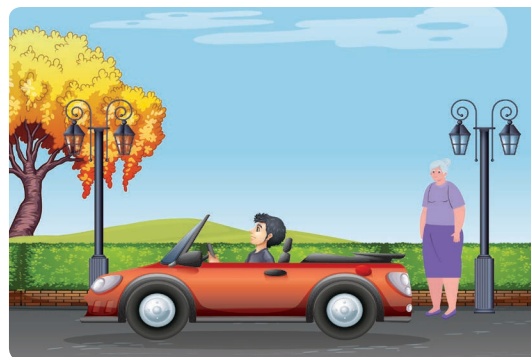


He could see how terrified she was and attempted to reassure her by saying, "I'm here to help you; don't worry." "My name is Bryan Anderson".

He had to go beneath the car since the tyre was flat. He got muddy and bruised his hands while replacing the tyre.

She questioned how much she owed him for his help when the work was completed. Bryan gave a warm grin. "If you truly want to repay me, the next time you see someone who needs help, offer that person the help they require," he stated. "And keep me in mind."

The lady went to a tiny cafe the same evening. That location appeared to be filthy. Then she noticed a waitress cleaning her damp hair with a towel. She was about eight months pregnant. Despite having spent the entire day on her feet, the waitress had a nice, pleasant grin.



The lady was perplexed as to how someone with so little could be so generous to a stranger. Then she thought about Bryan.

The lady had completed her dinner and handed over \$100 cash. The waitress left to get change and returned to find the lady had vanished. "You don't owe me anything," she wrote on the napkin. "Someone previously aided me, and now I'm helping you. Do not let this chain of love end with

you if you truly want to repay me." Under the napkin, the waitress discovered four more \$100 dollars.

The waitress arrived home earlier that night. She was pondering the lady and the money she had left behind. She was perplexed as to how the lady knew how much she and her husband required it, especially now that the baby was on the way. She knew her husband was concerned about it, so she was relieved to be able to give him the good news. "Now everything will be OK. Bryan Anderson,

I adore you," she kissed him and said.



Artist-
waitress ane husband ko rs deti hai wo
dono khush ho jatey hai

Moral of the story: We should always help somebody who is in need.

Let's Do the Exercise

Learning New Words

Bruised : having a bruise

Grin : a broad smile

Understanding the Chapter

1. Answer the following questions.

(i) Why should we help someone?

(ii) How can you help someone?

(iii) How did the man help the old lady?

(iv) What did the man ask the old lady to do?

(v) How did the lady help the waitress?

2. Fill in the blanks.

(i) So he got out of his Pontiac and parked it beside her _____.

(ii) He had to go beneath the car since the _____ was flat.

(iii) The lady went to a tiny _____ the same evening.

(iv) The lady had completed her dinner and handed over \$_____ cash.

(v) The moral of the story is that we should always help somebody who is in _____.

Now I Know

Logical Thinking

3. List the feelings you experience after helping others.

Doing It Right

Logical Thinking

4. Mention the ways you can help in the following situations:

(i)



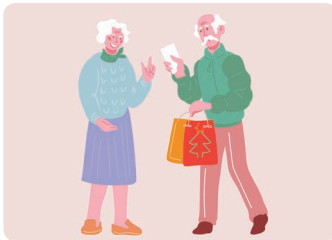
(ii)



(iii)



(iv)



Activity

Experimental Skills

5. Take the learners for a round in the school and ask them to help if they see somebody such as gardener, cleaner, etc.

6. Help the lady reach her house.

