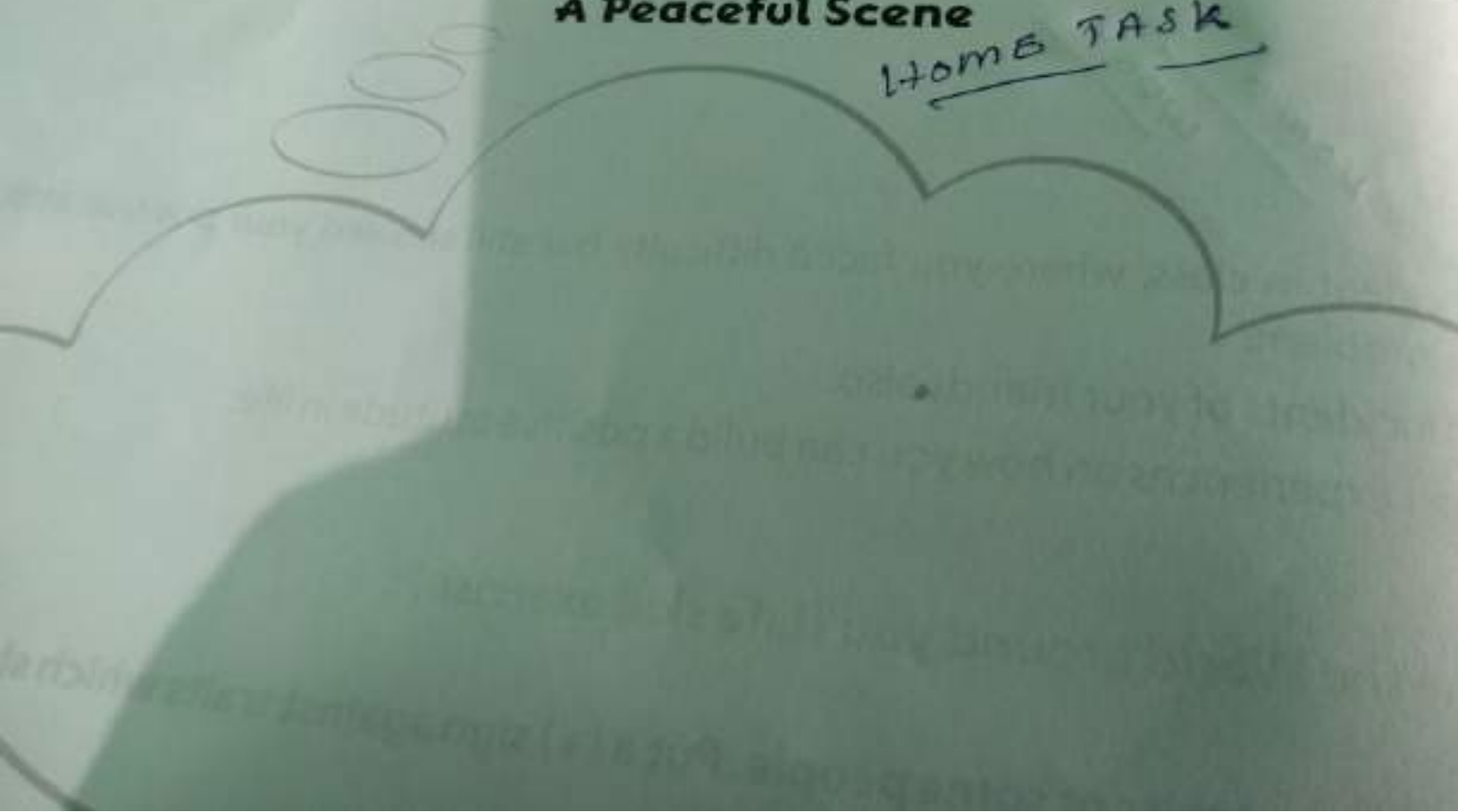


very often, our mind is full of negative thoughts. One way to replace negative thoughts is to have mental pictures of peaceful scenes, such as the light moon on water, the ocean waves washing the sand beaches, stars twinkling on night, etc.

Think of a peaceful scene you could use to prevent negative thoughts from creeping into your mind. Describe that scene below either in words, or through a drawing, or cutting, etc.

A Peaceful Scene

HOME TASK



iii. Write 'T' for true and 'F' for false statements.

1. The daughter saw that on boiling, the carrots had changed into a flavourful crispy dish.
2. On boiling, the coffee beans gave out an unpleasant smell.
3. Like the egg, some people are soft in nature but when faced with difficulty they become insensitive and hard.
4. On boiling, the coffee beans changed the water and created a flavourful, aromatic drink.
5. We should make things work in our favour, through all means - good or bad.

F

F

T

T

F



Know Yourself (Life skill exercise) :

Compare yourself to the carrots, eggs and coffee beans in this story. Which one are you

Home / work

... but still showed your po

II. Answer the following questions.

1. "The carrots went in strong and hard but in boiling water it became soft and weak," does it mean?

It means when the difficulties arises it could not withstand, failed to face the struggles and challenges.

2. "The egg was fragile with a thin outer shell. Inside the boiling water it became hard" does it mean?

Like the egg, some people are soft in nature but when faced with difficulties they become insensitive and hard.

3. Why were the coffee beans unique? When faced with difficulty why should we resist the coffee beans?

They changed the water and created something new. The example of coffee beans gives us a positive attitude to face the challenges and change the problems into an opportunity.



Know your Lesson :

1. Based on the given story, write words in the blank boxes to show how each item went in the boiling water and how they reacted in it.

HOME TASK



something positive.

Making it Simple (Meanings): *Make a sentence with the word given below.*

1. Strained - pour through a sieve to separate the solid matter
2. Mushy - soft, wet and pulpy
3. Inhaled - breathe in
4. Aroma - pleasant smell
5. Fragile - easily broken or damaged
6. Unique - special or unusual
7. Adopting - taking up and practising

6

Life skill

Which One Are You?

(Building a Positive Attitude)

**Road
Ahead...**

How do you handle problems? Do you quit and want to run away from them or do you face them with a positive attitude and change them into opportunities? Read this interesting story...

A young woman went to her mother and told her about the difficulties she was facing in life. She was tired of fighting and struggling in life.

Her mother took her to the kitchen. She filled three pots with water. In the first she placed carrots, in the second she placed eggs and in the last she

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A Peaceful Scene

HOME TASK

A large, hand-drawn cloud-like shape with a scalloped border, serving as a template for a drawing or writing. The drawing is made with dark ink and is positioned below the 'HOME TASK' heading. The cloud has several rounded, overlapping lobes. The entire page is covered in a faint, repeating pattern of a cloud with a scalloped border, similar to the one drawn by hand.

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