



Value Education

Standard
4

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1

Health is Wealth

Hygienic Living

**Time to Link****A. Answer the following questions:**

1. We can stay clean and healthy by maintaining hygiene.
2. It is important to maintain hygiene so that we do not fall sick.
3. We can keep our hands clean by washing our hands between fingers and uptill the elbows.

B. Fill in the blanks by choosing the right words:

1. twice 2. toilet 3. clean 4. mouth, handkerchief 5. nails

**Life Skills**

Which boy is hygienic? Colour the circle below the boy to show. What the other one should do to stay clean and tidy.

**Enrich Yourself**

Mark what you should do Daily (D), Weekly (W), Sometimes (S) or Never (N).

1. Cut hair S 2. Wear clean clothes D

3. Eat without washing hands N 4. Brush teeth D
 5. Wash hair W 6. Cut and trim nails W
 7. Eat healthy food D 8. Feel lazy and not bathe N
 9. Wash face D 10. Sneeze openly N

2

The Iron Lady of India

Leadership

**Time to Link****A. Answer the following questions:**

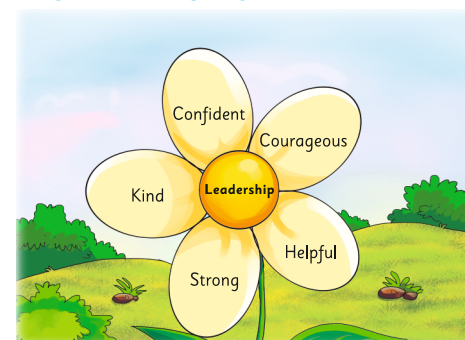
1. Indira Gandhi was the then Prime Minister of India.
2. Bold, confident, strong, courageous, etc., are few qualities of Indira Gandhi.
3. Indira Gandhi inspired the Indian women by teaching them to raise their voices, and stand up their opinions.

B. Say True or False.

1. True 2. True 3. True 4. False 5. True

**Enrich Yourself**

Write down the qualities of a good leader.



3

All Together

National Unity

**Time to Link****A. Answer the following questions:**

- Devika was dressed up in traditional Assamese clothes because Devika's school was celebrating Unity Day and everyone were asked to dress in a traditional style.
- Kashmiri women wear 'pheran'.
- The love and affection for one another makes India special.

B. Match the columns

- | | | | |
|----------------|---|---|--------------------|
| 1. Gujarat | • | • | a. Nine Yard Saree |
| 2. Kerala | • | • | b. Mekhela Sador |
| 3. Maharashtra | • | • | c. Chaniya Choli |
| 4. Punjab | • | • | d. Mundu |
| 5. Assam | • | • | e. Ghaghra kanchli |
| 6. Rajasthan | • | • | f. Salwar Kameez |

4

Keeping India Clean

Common Cause

**Time to Link****A. Answer the following questions:**

- A large community or government trying to work towards a common goal is called a common cause.
- The Government is working towards a common cause of Swachh Bharat Abhiyan.

- The Prime Minister has helped in the common cause by cleaning the river at Varanasi.

B. Say 'True' or 'False'.

- False
- True
- True
- True
- False

**Enrich Yourself**

(To be done by students.)

**Time to Apply****Find one word for the following:**

- The state of being together as a country or a community: **U N I T Y**
- The development towards a greater condition: P **R** O G **R** E S S
- A desired result or achievement: G **O** A L

5

The Mountain Man

Self-Support

**Time to Link****A. Answer the following questions:**

- Dashrath Manjhi wanted to cut through the mountain to make a path for reaching the city easily.
- The problem the people of Atri faced to reach schools and doctors was that they had to travel 75 kilometers.
- Manjhi used a chisel and a hammer to make the road through the mountain.

B. Say 'True' or 'False'.

1. True 2. False 3. True 4. True 5. True



(To be done by students.)



A. Answer the following questions:

1. Sujata was nervous about her dance competition.
2. Being confident was granny's secret mantra.
3. Self-confidence is important as it helps us stay focused and positive.

B. Chose the right answer:

1. Sujata was nervous for her
 - ☒ upcoming dance competition.
 - ☐ exams in school.
2. Granny explained that
 - ☒ once you put in your best effort, you must be self-confident.
 - ☐ you must take tension.
3. Self-confidence means
 - ☐ to be overconfident.
 - ☒ to have faith in one's talent, ability and efforts.

4. Sujata had practiced
 - ☐ her studies.
 - ☒ her dance with expressions for a long time.
5. Sujata learned how to be self-confident by
 - ☒ praying, taking a deep breath and believing that she had put in all her efforts.
 - ☐ teasing others that they weren't good enough.



(To be done by students.)



(To be done by students.)



A. Answer the following questions:

1. Nida did not score well in the test because she couldn't study properly.
2. Nida's mother explained to her about setting a priority by explaining her to focus on the more important tasks in hand.
3. To score well in the test Nida could have done her art project later and studied for the test first.

B. Chose the right answer:

1. Nida came home in a bad mood because
☒ she had not scored well in the test.
☐ she was hungry.
2. Nida's mother asked her to help her with
☐ watering the plants.
☒ cooking in the kitchen.
3. Nida's mother explained to her how to
☒ prioritize her work.
☐ finish her art project.
4. Setting a priority means
☒ doing the more important things first and then the others.
☐ trying to finish all the work at once.
5. When you set priorities then
☒ you can plan and finish your work properly.
☐ you cannot enjoy yourself.



Enrich Yourself

Colour the following tasks in terms of priority. Red – the most important, Blue – medium important and Yellow – low important.

Stay clean and hygienic	Finish your homework	Try to do craft for fun
Keep the room clean	Study for a test in school	Study for an exam which is next month

Clean the book shelf

Help mother in the housework

Go for a movie

8

God is Everywhere

Devotion



Time to Link

A. Answer the following questions:

1. Danika wondered about what did God look like and what could she do for Him.
2. We must respect other people because it gives us internal peace and joy.
3. We all are the children of God.

B. Say True or False:

1. False
2. False
3. True
4. True
5. False



Life Skills

(To be done by students.)



Enrich Yourself

Which of the following pictures shows devotion to God? Why. Tick (✓) to show.



9

The Faithful Friend

Faithfulness



Time to Link

A. Answer the following questions:

1. When the mouse found the lion asleep he ran towards the lion and continued to play close to him.
2. The mouse showed his faithfulness to the lion by helping the lion when he was in need.
3. Helping others, staying by their side and being loyal is faithfulness.

B. Say 'True' or 'False'.

1. True 2. True 3. False 4. True 5. True



Life Skills

(To be done by students.)



Enrich Yourself

Unscramble the letters and write the words related to faithfulness.

- | | | | |
|------------|---------|-------------|----------|
| 1. THIFA | FAITH | 2. VOONITED | DEVOTION |
| 3. YOLLYTA | LOYALTY | 4. HTTUR | TRUTH |
| 5. TTSUR | TRUST | 6. BLAERIL | RELIABLE |

10

A Smart Boy

Initiative



Time to Link

A. Answer the following questions:

1. Using your common sense, thinking quickly and assessing the situation is said to be an initiative.
2. Varun showed his quick thinking and initiative skills by asking the children to not touch the bag and seeking help immediately.
3. The police officer explained to the students that we must be aware and careful and use our common sense, think quickly and assess the situation.

B. Say True or False:

1. False 2. False 3. True 4. True 5. False



Life Skills

(To be done by students.)



Enrich Yourself

1. Will explain to the small children not to speak to strangers.
2. I will call and tell the local animal agency.
3. I will switch them OFF and later made an announcement asking the students to put OFF the lights and fans when they leave the classroom.
4. With the help of other members of the building I will grow some plants.
5. I will inform my school in-charge to get it repaired.