

The Guardian

A Book of **Life Skills & Value Education**



1. The Motivating Force

Now, Let's Do It ...

- A.** 1. (b) 2. (b) 3. (b) 4. (c) 5. (b)
B. 1. Determination 2. Mountaineers 3. Jesse Owens
4. Menial 5. Owens
C. 1. F 2. T 3. T 4. T 5. T
D. 1. Determination is the motivating force of the world.
2. We can overcome any type of obstacles with the help of determination.
3. To succeed in life, we must set definite goals for our selves and work hard to put in the necessary effort.
4. Motivation keeps us going.
5. Determination is the base of all values.
E. Do it yourself. **F.** Do it yourself. **G.** 1, 3, 4, 5
H. 1. (b), 2. (c), 3. (d), 4. (a),
I. Do it yourself **J.** Do it yourself **K.** Do it yourself
L. Do it yourself **M.** Do it yourself **N.** Do it yourself



2. Integrity Par Excellence

Now, Let's Do It ...

- A.** 1. (c) 2. (a) 3. (b) 4. (a) 5. (b)
B. 1. Bible 2. friendship 3. relationship
4. faithful 5. bubbles
C. 1. T 2. F 3. T 4. F 5. T
D. 1. The meaning of faithfulness is being trustworthy, reliable, dependable and taking one's responsibilities seriously.
2. 'Loyalty' is a single word definition of faithfulness.
3. Faithfulness is the grand total of all other values.
4. Recently, during the time of floods and landslides in Kerala, a dog was in the news because of its faithfulness to its owner.
5. If our friendship is not tempered with faithfulness or fidelity, it is not going to last long.
E. Do it yourself. **F.** Do it yourself. **G.** 1, 4, 5
H. 1. (c), 2. (b), 3. (d), 4. (a)
I. Do it yourself **J.** Do it yourself **K.** Do it yourself
L. Do it yourself **M.** Do it yourself



3. The Magnum Opus

Now, Let's Do It ...

- A.** 1. (b) 2. (c) 3. (a) 4. (b) 5. (b)
B. 1. Service 2. Mother Teresa 3. Belgium, Hawaii
4. God 5. Earth
C. 1. T 2. F 3. T 4. F 5. T
D. 1. Service to humanity is service to god.
2. We live in a world driven by wars and violence
3. Service is magnum opus of all other values. Service is being kind to someone in times of his or her great need.
4. Mother Teresa took care of the destitute, the poor, elderly and children who were left in the streets of Kolkata.
5. We are given every thing for our journey, good parents, family, teachers, friends and companions.
E. Do it yourself. **F.** Do it yourself. **G.** 1, 3, 5
H. 1. (b), 2. (c), 3. (d), 4. (a)
I. Do it yourself **J.** Do it yourself **K.** Do it yourself
L. Do it yourself



4. Crack the Shell

Now, Let's Do It ...

- A.** 1. (a) 2. (b) 3. (a) 4. (b) 5. (a)
B. 1. absence 2. Gentleness 3. gentle 4. gift 5. Gentleness
C. 1. T 2. F 3. T 4. F 5. T
D. 1. Gentleness is courage without violence.
2. A person who's able to control his/her word in a self controlled way is a gentle person. It's like the rain pampering the young green plant with hope and new life.
3. According to the Bible, "A gentle answer turns away wrath, but a harsh word stirs up anger."
4. The elephant is a very strong animal, but it can be chained with a tiny rope and made to carry logs of woods.
5. Aaron and Aarav are good friends.
E. Do it yourself **F.** Do it yourself **G.** Do it yourself
H. Do it yourself **I.** Do it yourself **J.** Do it yourself
K. Do it yourself **L.** Do it yourself



5. Personal Change

- A. 1. (c) 2. (c) 3. (c) 4. (c) 5. (a)
B. 1. esteem 2. liabilities 3. tremendous 4. difficult 5. loved
C. 1. T 2. F 3. F 4. T 5. T
D. 1. When a person practises acceptance of another person, the other person feels acknowledged and adequate.
2. When a child joins school, he/she will be very unhappy because it is coming out from the coziness of the home and away from its parents.
3. When we are lost in the world of sorrow and disappointment, we don't experience the power of acceptance in our life.
4. The tears welled in the eyes of narrator at the time when she reads the card handed by the old woman.
5. The old woman had written a letter to narrator because she wanted to say thanks to narrator for the priceless gift : The gift of acceptance.
E. Do it yourself. F. Do it yourself. G. 1, 4, 5
H. 1. (c), 2. (d), 3. (e), 4. (a) 5. (b)
I. Do it yourself. J. Do it yourself. K. Do it yourself.



6. Retraining the Mind

- A. 1. (a) 2. (b) 3. (b) 4. (a) 5. (b)
B. 1. within 2. temporary 3. ambience 4. rhythmically
5. pitch black
C. 1. T 2. T 3. F 4. T 5. F
D. 1. According to John F. Kennedy, "Peace is a daily, a weekly, a monthly process gradually changing opinions, slowly eroding old barriers, quietly building new structures."
2. The peace, which the world gives through its fascinating things, is temporary and fetches us unhappiness in life.
3. The temporary peace fetches us unhappiness in life.
4. The stream runs down slowly, gently and rhythmically. When we sit on its banks observing the gentle movement and inner peace.
5. When the doctor was coming back home of the water, we experience a tremendous stillness after treating the child in the pitch black night, he was robbed by a thief on the way. At the same time the thief was bitten by a cobra. The doctor gave him first aid and took him to the hospital for farther treatment. The thief apologised and decided to be a good person there after.

- E. Do it yourself F. Do it yourself G. 1, 2, 4
H. 1. (d), 2. (c), 3. (a), 4. (b)
I. Do it yourself. J. Do it yourself K. Do it yourself
L. Do it yourself



7. Peace Begets Love

Now, Let's Do It ...

- A. 1. (c) 2.(c) 3.(a) 4.(c) 5. (a)
B. 1. patient 2. violence 3. tolerant 4. Shivam, 5. ugly, poor
C. 1.T 2. F 3. T 4. T 5. T
D. 1. Being tolerant could be described as being patient, having fortitude, having strength for oneself as well as accepting other like yourself.
2. India is famous for tolerant attitude towards one another because we live in a polarised society.
3. Shivam was the most popular boy in school. He was known for his expensive toys.
4. Karan was the life of the party and everybody loved to be with him. Shivam, on the other hand, couldn't stand Karan's clothes and his poor jokes. He even threw away the gift brought by him. After this incident, Shivam named him 'Karan the cheapster.'
5. Many kinds of in tolerant activities have become very common in the society over the years. It's the duty of the youngsters to create a world where there are no such differences.
E. Do it yourself F. Do it yourself G. 1, 3, 5
H. 1. (c), 2. (a), 3. (d), 4. (b)
I. Do it yourslef.
J. Do it yourself K. Do it yourself



8. Dwindling Values

Now, Let's Do It ...

- A. 1. (b) 2. (a) 3. (c) 4. (b) 5. (c)
B. 1. adage 2. Honesty 3. Challenging 4. honest
5. compromise
C. 1. T 2. F 3. T 4. T 5. F

- D.** 1. 'Honesty is the best policy'. It is a popular adage we might have heard in our younger days.
2. An average human being comes across many temptations in life such as temptation to be rich, to cheat someone, to take away someone's property and so on.
3. A natural human tendency is to have desire for other's things.
4. Bhaskar was an auto rickshaw driver. He lived on a pavement with his wife and three children. He was living in utter poverty. Sometimes it was difficult to earn even ₹ 500 per day.
5. Bhaskar's reward was the proposal given by the old lady of helping her in the house with the house hold work, running errands, buying things etc. His family were also given the outhouse to live in.
- E.** Do it yourself **F.** Do it yourself **G.** 1, 2, 4
- H.** 1. (b), 2. (c), 3. (d), 4. (a)
- I.** Do it yourself **J.** Do it yourself **K.** Do it yourself
- L.** Do it yourself.



Model Test Paper-I

- A.** 1. (b) 2. (a) 3. (b) 4. (b) 5. (a)
- B.** 1. menial 2. faithful 3. bubbles 4. God 5. gentle
- C.** 1. T 2. T 3. F 4. F 5. F
- D.** 1. To succeed in life, we must set definite goals for ourselves and work hard to put in the necessary effort.
2. Faithfulness is the grand total of all values.
3. If our friendship is not tempered with faithfulness or fidelity, it is not going to last long.
4. We live in a world driven by wars and violence.
5. A person who's able to control his/her word in a self controlled way is a gentle person. It's like the rain pampering the young green plan with hope and new life.



Model Test Paper-II

- A.** 1. (c) 2. (a) 3. (a) 4. (a)
5. (c)
- B.** 1. tremendous 2. difficult 3. temporary 4. patient
5. honest

C. 1. F 2. T 3. T 4. T 5. F

- D. 1. When a person practices acceptance of another person, the other person feels acknowledge and adequate.
2. The old woman had written a letter to narrator because she wanted to say thanks to narrator for the priceless gift : The gift of acceptance.
3. The stream runs down slowly, gently and rhythmically. When we sit on its banks observing the gentle movement of the water, we experience a tremendous stillness and inner peace.
4. Being tolerant could be described as being patient, having fortitude, having strength for oneself as well as accepting others like yourself.
5. Bhaskar's reward was the proposal given by the old lady of helping her in the house with the household work, running errands, buying things etc. His family were also given the outhouse to live in.

