

The Guardian

A Book of Life Skills & Value Education



1. Help The Needy

Now, Let's Do It...

- A.** 1. (c) 2. (b) 3. (b) 4. (a) 5. (c)
- B.** 1. need 2. have, give 3. kindness, 4. quantity
5. materially, compassionate
- C.** 1. (T) 2. (F) 3. (T) 4. (F) 5. (T)
- D.** 1. Charity is an act of kindness that is contagious because our generosity motivates our friends and family to do the same.
2. Charity can strengthen our relationship as it creates a greater impact when we join together with loved ones and even strangers to raise money for a common purpose.
3. Our greatness doesn't lie in what we have but it lies in what we give.
4. We shouldn't waste food because when most of the people in our country go hungry without which food we waste.
5. Arun's parents were Amar and Savitri.
- E.** Do it yourself.
- F.** Do it yourself.
- G.** 2, 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.



2. The Smallest Act

Now, Let's Do It...

- A.** 1. (c) 2. (c) 3. (c) 4. (b) 5. (b)
- B.** 1. impact 2. misunderstood
3. physically, mentally 4. Kindness
5. Kindness
- C.** 1. (T) 2. (F) 3. (T) 4. (F) 5. (T)
- D.** 1. Showing kindness to others does not mean doing something big or life changing.
2. The smallest acts of kindness can have the most impact.

3. Kindness is a quality : being concerned, friendly, considerate, loving and generous towards others in their need.
 4. According to the Bible, “Kindness is doing good, lend and expect nothing in return and your reward will be great.”
 5. For centuries, people recognised the power of kindness.
- E.** Do it yourself.
F. Do it yourself.
G. 1, 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.



3. Have Empathy

Now, Let's Do It...

- A.** 1. (c) 2. (b) 3. (c) 4. (c) 5. (c)
B. 1. through 2. strength
3. benevolent, compassionate 4. understanding
5. hearts, minds
C. 1. (T) 2. (T) 3. (F) 4. (T) 5. (T)
D. 1. Appreciating and being sensitive to the difficulty of others and what they may be experiencing through our expressions of kindness, caring and helpfulness creates greater trust and learning for all.
2. Compassion is a sign of strength.
3. Compassion is a deep feeling of empathy and sympathy for people who suffer.
4. In recent times, we have been reading and hearing many stories of people around the country, suffering as a result of natural calamities.
5. A young boy lived in a small village in Kenya with his stepfamily.
E. Do it yourself. **F.** Do it yourself.
G. 1, 2, 3
H. 1. (b) 2. (c) 3. (d) 4. (a)
I. Do it yourself.
J. Do it yourself.
K. Do it yourself.



4. Moral Character

Now, Let's Do it...

- A. 1. (b) 2. (c) 3. (a) 4. (a) 5. (c)
- B. 1. respected 2. world 3. obligatory
4. Truthfulness, courage, 5. boldness
- C. 1. (F) 2. (T) 3. (F) 4. (T) 5. (T)
- D. 1. Truthfulness, as a value, is directly related to a person's moral character.
2. The quality of truthfulness shines like sunlight forever.
3. Our relationship doesn't grow or become active if you and your companion do not possess the ultimate value called truthfulness.
4. Truthfulness is the main ingredient in a true relationship.
5. There is no merit in being truthful when one is truthful by nature, or rather when one can be nothing else; it is a gift, like poetry or music. But it needs courage to be truthful after carefully considering the matter, unless a kind of pride is involved.
- E. Do it yourself. F. Do it yourself.
- G. 1, 4, 5
- H. 1. (b) 2. (c) 3. (d) 4. (a)
- I. Do it yourself. J. Do it yourself.
- K. Do it yourself.



5. The Fortress

Now, Let's Do it...

- A. 1. (c) 2. (b) 3. (b) 4. (a) 5. (a)
- B. 1. timing 2. familiar 3. eagerly 4. ants 5. patience
- C. 1. (F) 2. (T) 3. (F) 4. (T) 5. (F)
- D. 1. The resourcefulness, calm and empathetic behaviour and self-control of patient people can make them very popular.
2. David G. Allen states that, "Patience is the calm acceptance that things can happen in a different order than the one you have in your mind."
3. We have forgotten to think and even to calculate. We have everything in our mobile phones and most modern applications.
4. When our plans are not according to our desire, we get impatient and curse everyone possible.

5. The monkey used to throw nuts and stones on the buffalo, jump on his back from treetops.

- E. Do it yourself. F. Do it yourself.
G. 2, 3, 4, 5
H. 1. (iv) 2. (i) 3. (ii) 4. (iii)
I. Do it yourself. J. Do it yourself.
K. Do it yourself. L. Do it yourself.



6. Transparent Heart

Now, Let's Do it...

- A. 1. (a) 2. (b) 3. (a) 4. (b) 5. (a)
B. 1. self-interest 2. natural 3. good will
4. mother 5. compassionate
C. 1. (T) 2. (F) 3. (T) 4. (T) 5. (T)
D. 1. Intentions are pure only when they are free of self-interest, egoism, desire, envy, cruelty, spite, greed, malice, lust, trickery and dishonesty.
2. Purity is the value from which all values emerge.
3. Ishwar Chandra Vidyasagar was a compassionate and a generous man.
4. We indulge in evil thoughts and run after ill-gotten wealth to satisfy our greed.
5. We need to have positive brain warming sessions in our inner soul to transform us from impurity to purity.
E. Do it yourself. F. Do it yourself.
G. 1, 3, 4
H. 1. (e) 2. (d) 3. (b) 4. (c) 5. (a)
I. Do it yourself. J. Do it yourself.
K. Do it yourself. L. Do it yourself.



7. Do Not Boast

Now, Let's Do it...

- A. 1. (a) 2. (b) 3. (c) 4. (b) 5. (a)
B. 1. all virtues 2. emerge 3. gong
4. child 5. darkness

- C. 1. (F) 2. (F) 3. (T) 4. (F) 5. (F)
- D. 1. The bestowing of unconditional love has a positive impact on the lives of others.
 2. Love is truly the most powerful force of life as it ignites our emotions, guides us in positive light and brings meaning to our lives.
 3. God sent his only son Jesus Christ to redeem it from its bondage of sin.
 4. Mother Teresa said that, "Darkness cannot drive out darkness : only light can do that. Hate cannot drive out hate : only love can do that."
 5. The white rose get annoyed because of sparrow who went to the garden daily to see the white rose and used to stare at the white rose constantly.
- E. Do it yourself. F. Do it yourself.
- G. 1, 4, 5
- H. 1. (v) 2. (iv) 3. (i) 4. (iii) 5. (ii)
- I. Do it yourself. J. Do it yourself.



8. Listen Well

Now, Let's Do it..

- A. 1. (c) 2. (c) 3. (a) 4. (b) 5. (c)
- B. 1. skill 2. love 3. either, enough 4. improves
 5. productive
- C. 1. (F) 2. (T) 3. (F) 4. (F) 5. (T)
- D. 1. When we listen to someone, it is the most profound act of human respect.
 2. Listening is both a value and a skill.
 3. If we are able to listen others, we can create good rapport with them.
 4. When we listen to our inner self, we can solve many of our problems easily.
 5. We can do miracles, if we are able to give our attention to others, words or advise.
- E. Do it yourself.
- F. Do it yourself.
- G. 3, 4, 5
- H. 1. (iii) 2. (v) 3. (i) 4. (ii) 5. (iv)
- I. Do it yourself. J. Do it yourself.
- K. Do it yourself.



Model Test Paper-I

(Chapters From 1 to 4)

- A.** 1. (a) 2. (c) 3. (b) 4. (c) 5. (c)
- B.** 1. need 2. impact 3. strength 4. understanding
5. boldness
- C.** 1. (T) 2. (T) 3. (F) 4. (T) 5. (T)
- D.** 1. Charity can strengthen our relationship as it creates a greater impact when we join together with loved ones and even strangers to raise many for a common purpose.
2. According to Bible, "Kindness is doing good, lend and expect nothing in return and your reward will be great."
3. In recent times, we have been reading and hearing many stories of people around the country, suffering as a result of natural calamities.
4. A young boy lived in a small village in Kenya with his stepfamily.
5. Our relationship doesn't grow or become active if you and your companion do not possess the ultimate value called truthfulness.



Model Test Paper-II

(Chapters From 5 to 8)

- A.** 1. (c) 2. (a) 3. (a) 4. (a) 5. (b)
- B.** 1. familiar 2. eagerly 3. compassionate 4. darkness
5. improves
- C.** 1. (F) 2. (F) 3. (T) 4. (F) 5. (F)
- D.** 1. The resourcefulness, calm and empathetic behaviour and self-control of patient people can make them very popular.
2. The monkey used to throw nuts and stones on the buffalo, jump on his back from treetops.
3. We need to have positive brain warming sessions in our inner soul to transform us from impurity to purity.
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5. When we listen to our inner self, we can solve many of our problems easily.

