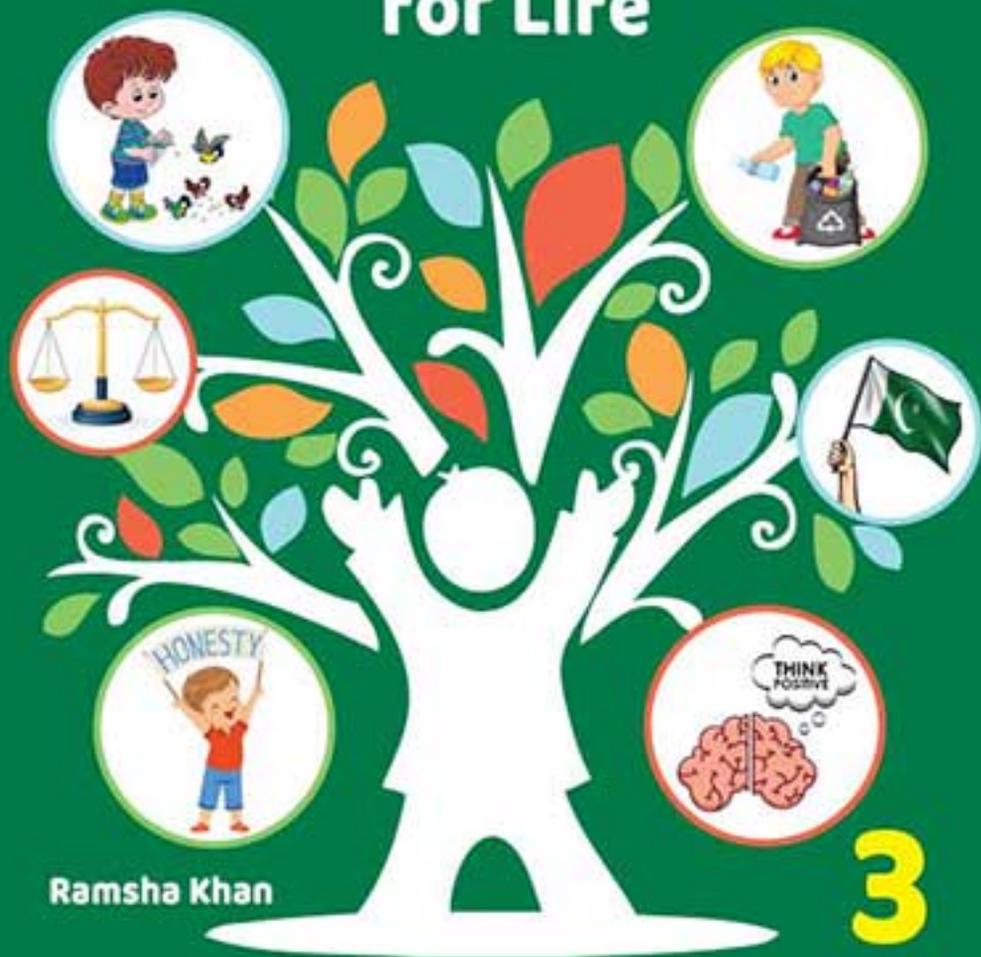




ETHICAL VALUES

for Life



Ramsha Khan

3



Things that I Love!



List down the things that you love the most, in different parts of your heart.

My favourite colour is _____.

My favourite animal is _____.

My favourite food is _____.

I love to study the _____ subject.

I am closest to _____ in my family.

_____ is my closest friend.

I love to play _____.

I love to wear _____.

When I Grow Up...



Take two minutes and think about who you want to be when you grow up. Find out what they do and write down in three sentences below.

1. _____

2. _____

3. _____

Draw a picture of your future self and colour it.

"I am going to be a

when I grow up."

SELF-CONTROL

Self-Control is very important for moral behaviour. **Self-Control** helps build all other positive traits. As you grow older, you learn to control how you behave and interact with others. When you have **Self-Control**, you think twice before reacting. You make sure your actions are going to have a good effect on others.

For example, when you're angry at someone, you should not react instantly and say something wrong to them. Instead, you should pause and think about the situation first, then share your feelings with them in a polite manner.

What is Self-Control?



To have Self-Control
is to stop for a
moment

to think

What
should
I do?



and make the right choice.



I should yell out my answer before the teacher finishes talking and be the first to talk.



I should wait until the teacher finishes talking, raise my hand and wait until I am called on to speak.

Which is the better choice?



Let's read a story about Self-Control!

Words are like Feathers

This story is about a woman who couldn't seem to control her tongue. Often she would say things about others that were not true or were hurtful to them. She wanted to overcome her problem, so she went to a learned scholar for help.

He gave her a simple task and asked her to return after she was finished. The woman went home, took her pillow and went outside. She tore open the pillow and emptied all the feathers in the wind. When she was done she went back to meet the scholar.

The scholar gave her another assignment, "Go back outside and collect all the feathers." The woman was shocked and said that such a thing would not be possible. The scholar agreed with her.

"Our words are like those feathers. Once they are released, we can never get them back. Be careful of

your words **BEFORE** releasing them!" explained the scholar to the woman.

-Anonymous



What does the phrase "words are like feathers" really mean? Discuss with your teacher and write down in a few sentences.





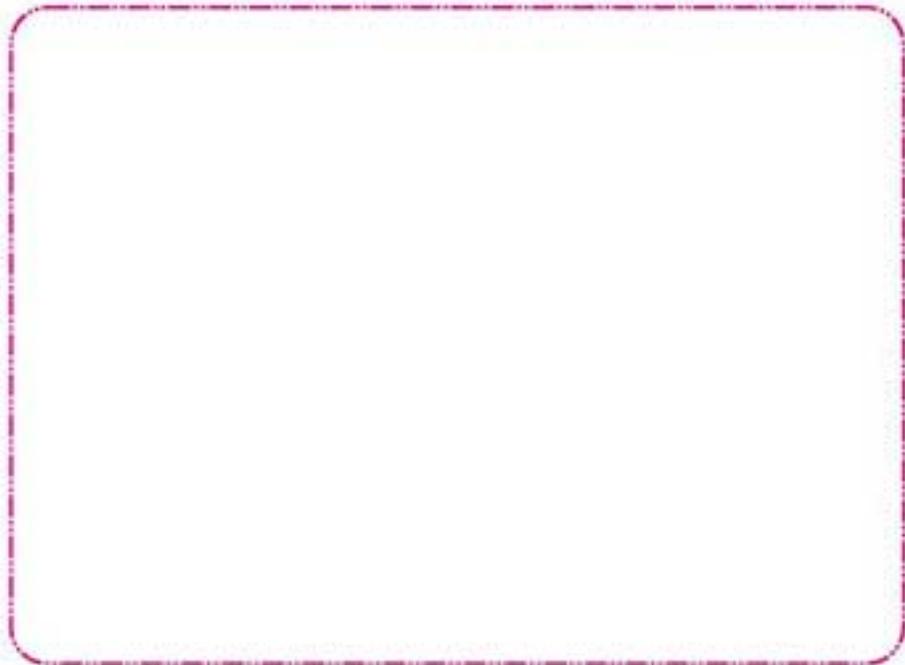
*Self-Control means to be in-charge
of your feelings, thoughts,
words and actions.*

-Anonymous

What do you understand by the statement written above? Discuss with your teacher and find out.



Draw a picture in the box below to show a situation where you had to control your words or actions to stop something bad from happening.



Calm down Yoga



Let's take 10 minutes to practise these 'calm down' yoga exercises.

A



I am strong

Use your strength as if you are trying to catch tricky waves



C



I am kind

Stretch high as if you are touching the sky and spread kindness all around



T



I am brave

Be brave and fearless as if you are flying down the ski run



V



I am friendly

Stretch like a friendly dog wagging its tail



T



I am wise

Be like a wise owl perched on a tree branch



T

Y

In one sentence, describe how you felt after these exercises.

About the Series

Ethical Values for Life for levels 1 through 5 has been specially designed with the aim to present ethical and moral values that develop a child's character. Through this set of books, students will gain experience of ethical reasoning and critical thinking. It is hoped that the students will not only acquire the knowledge of ethics, but they will also learn the skills to practice moderation in every aspect of life. The pedagogical elements are framed to develop the knowledge, values and attitude necessary to become a better and responsible person. The topics covered in this series will help to develop important aspects such as; sense of self, generosity and integrity, civic sense and contentment in life.



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