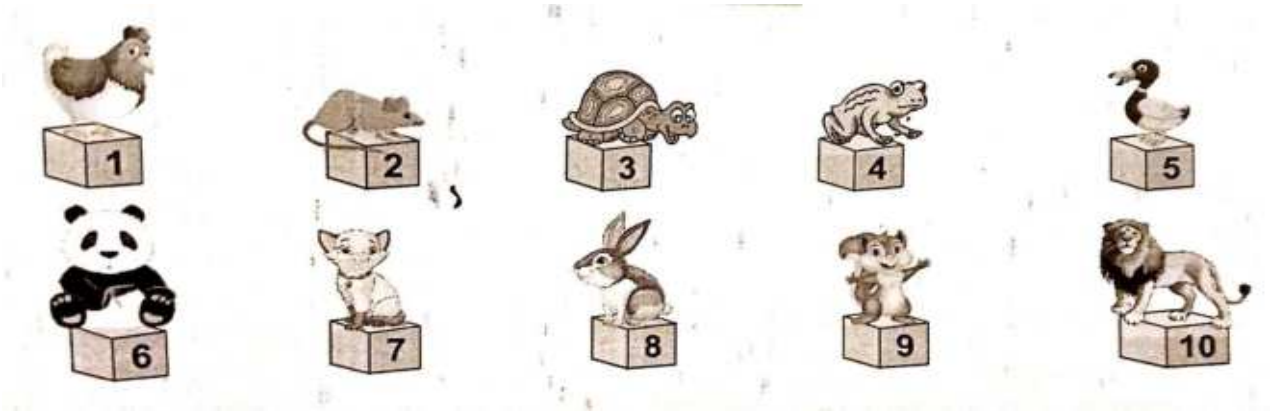
A. Vocabulary

Ordinal Numbers

iii. Fill in the correct ordinal numbers.



- The duck is on the **fifth** box.
- The tortoise is on the **third** box.
- The cat is on the **ninth** box.
- The hen is on the **first** box.
- The mouse is on the **second** box.
- The frog is on the **fourth** box.
- The panda is on the **tenth** box.
- The rabbit is on the **eighth** box.
- The squirrel is on the **seventh** box.
- The lion is on the **sixth** box.

B. Grammar

Question Words

ii. Write questions using these questions words in you notebook. Punctuate them properly.

When= When is the party?

Who= Who helped you find your pencil?

What= What time it is?

Why= Why are you upset?

Where= Where are you going this weekend?

Comma (,)

iv. Put commas where necessary and rewrite the given sentences.

- **No I do not go the zoo.**

No, I do not go to the zoo.

- **Yes we will present our project tomorrow.**

Yes, we will present our project tomorrow**.**

- **Meet my friends Areeba Maheen and Gul.**

Meet my friends Areeba, Maheen and Gul.

- **Thank you have a nice day.**

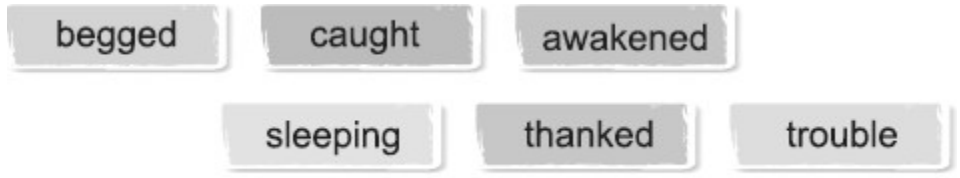
Thank you, have a nice day.

- **Banana apple orange and strawberry are my favourite fruits.**

Banana, apple, orange and strawberry are my favourite fruits.

A. Guided Writing

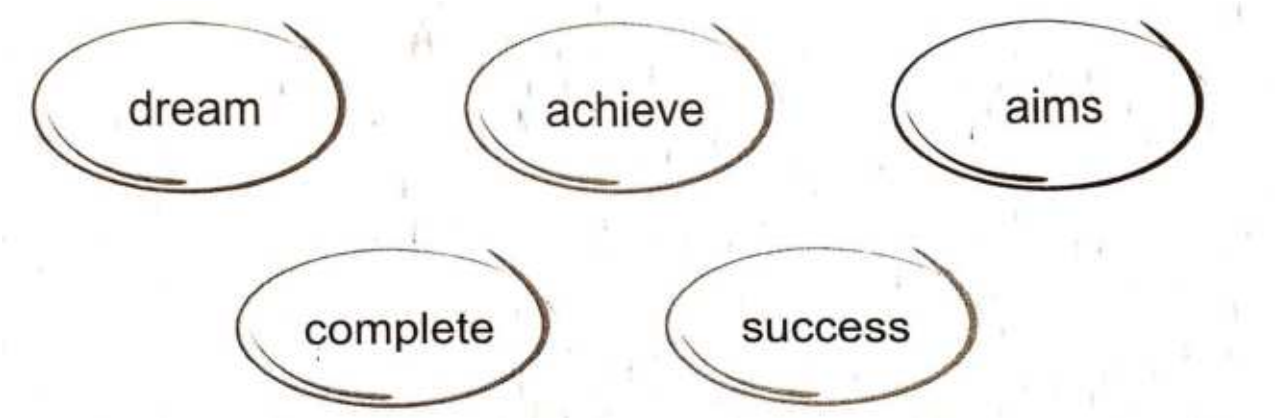
ii. Fill in the story with the help of the word bank.



Once a big lion was sleeping under a tree. A little mouse was running up and down the lion and awakened him from his sleep. The lion became angry so he caught the mouse. The mouse begged for mercy. The lion took pity on him and let him go. After some days, the lion was caught in a hunter's net. He struggled hard to get out of it but failed. The mouse found the lion in trouble. He began to cut the ropes with his sharp teeth. In a few minutes, the lion was free. He thanked the mouse for his help.

B. Creative Writing

Write five sentences on the importance of hard work in your notebook. Use the word bank.



1. Hard work helps us to fulfil our dreams.
2. It helps us to achieve our goals.
3. We can complete our work on time by working hard.
4. We can fulfil our aims.
5. Hard work gives us success.

Unit 12 Red Hen and Her Friends

A. Comprehension Time

i. Answer these questions.

- Where does the little red hen live?

Ans. She lives in a farm.

- How many friends does the little red hen have? Who are they?

Ans. She has two friends: a colourful peacock and a yellow duck.

- Does the little red hen share wheat with her friends? Why?

Ans. Yes, because they all helped her.

- Do you share your things with your friends?

Ans. Yes, I do.

B. Time to Think

Read and fill in the given rebus story.

One day,  **mouse** came out from  **his house** in the  **kitchen** to eat some  **cheese**. He jumped and opened the  **fridge**. The mouse could see  **orange juice** and  **carrots**. But no  **cheese**. He became very sad. Soon, a  **a cat** came by holding a piece of cheese. She gave cheese to the mouse. He took it happily.

Characters of a Story

ii. Read the story again and write the names of the characters.

hen	peacock	duck

iii. Who is your favourite character and why?

I like the yellow duck as she was cute and I like ducks too. She was very helpful.

B. Grammar

Commands

ii. Write three sentences showing commands.

1. Finish your homework.
2. Eat your food quietly.
3. Go take a bath.

Requests

iv. Write three sentences showing requests.

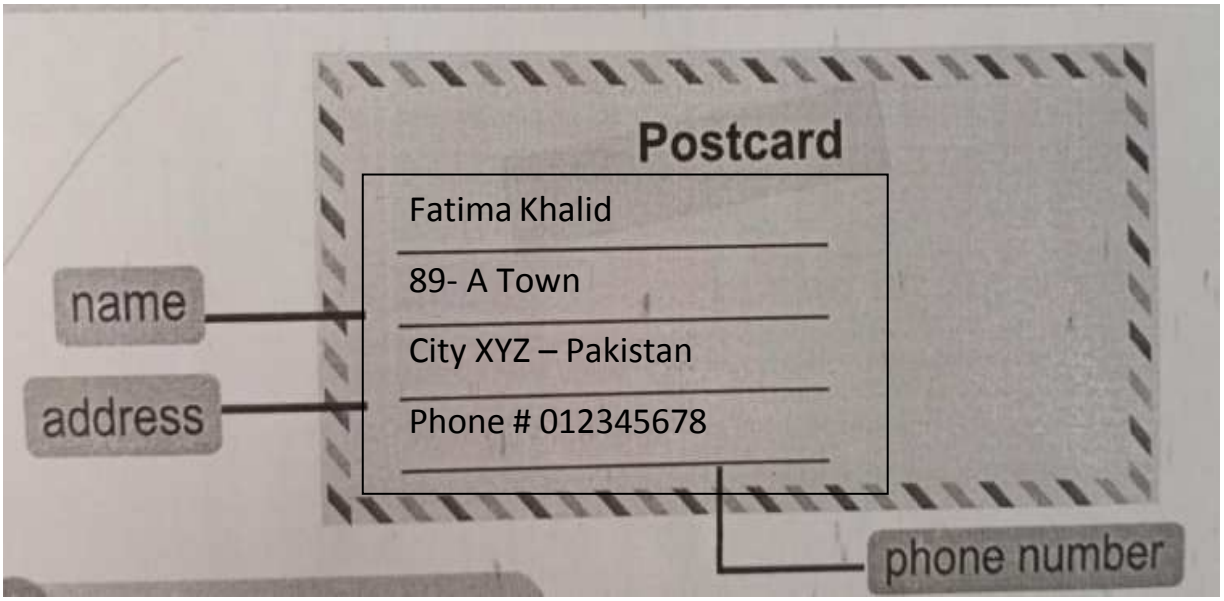
1. Please carry my bag.

2. Would you please help me with my homework?

3. Please help me find my book.

A. Guided Writing

iv. Write the name, address, and phone number on the given postcard below.



B. Creative Writing

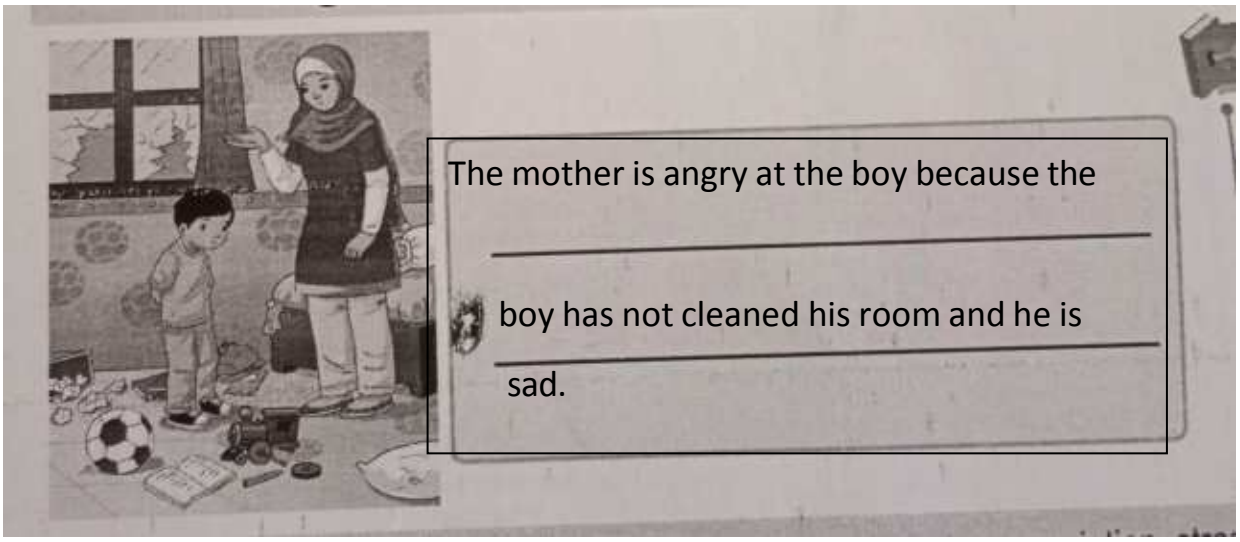
Write a few sentences on 'helping others' in your notebook.

Helping others is a good habit. We should help our friends in school. We should also help our parents at home, like help our mother when she is in the kitchen and help our father when he is doing something. We should help those who need our help. Helping others makes us a good human being.

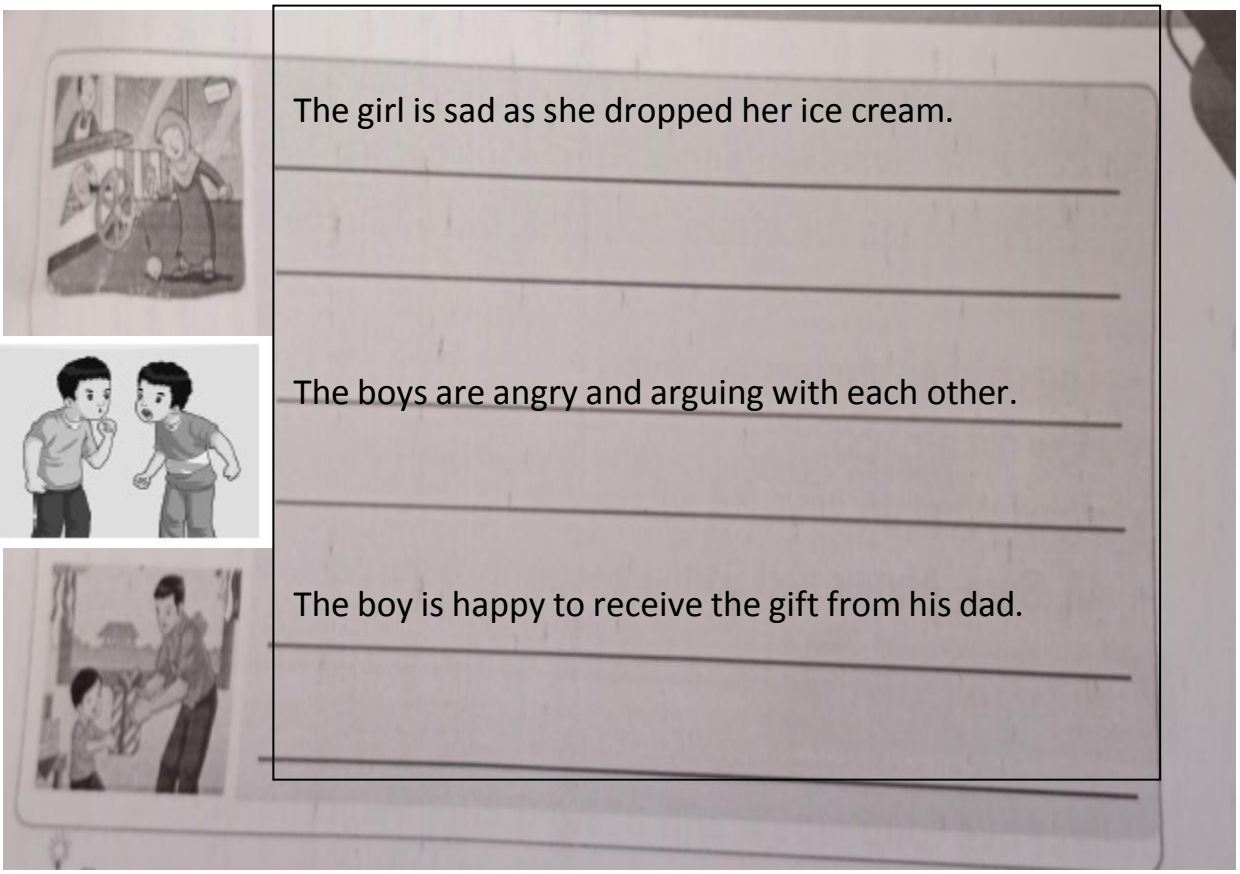
Unit 13 How Old Am I ?

B. Listening and Speaking Practice

Look at the given pictures. Write the expressions the pictures are showing.



The mother is angry at the boy because the _____ boy has not cleaned his room and he is _____ sad.



The girl is sad as she dropped her ice cream.

The boys are angry and arguing with each other.

The boy is happy to receive the gift from his dad.

A. Comprehension Time

i. Write answers to the given questions.

- **Did you like this poem? Explain.**

Ans. Yes, because I learned an important lesson about getting older.

- **What does mother say to the kid in the poem?**

Ans. Mother says that he was old enough to do what big kids do.

- **How do you help your mother at home? Write in a few sentences.**

Ans. I help her in cleaning and in the kitchen. I also help her make the beds and set the table.

ii. Look at the advertisement and answer the following questions.



- **What does the ad tell us about ice cream?**

This ice cream is a strawberry mix.

- **How much does the ice cream cost?**

It costs Rs 25.

Punctuation

iii. Read the given sentences. Circle the capital letters and underline the full stops, commas, question marks and exclamation marks.

(T)he children are playing cricket.

(H)ow old are you?

(W)ow! (W)hat an amazing animal it is.

(A)li, (S)ara, (A)hmer and (S)aima are going to the park.

A. Vocabulary

Rhyming Words

iv. **Write two more words that rhyme with the given words.**

1. say **ray** **pay**

2. find **kind** **bind**

3. room **gloom** **broom**

4. old **gold** **sold**

B. Grammar

Capitalisation and Punctuation

ii. Rewrite the given sentences by adding correct punctuation marks and capital letters.

the children are studying	**The children are studying**.
where are you going	**Where are you going?**
oh what a beautiful sight it is	**Oh! What a beautiful sight it is.**
ali ahmed hamza and ahsan are playing	**Ali, Ahmed, Hamza and Ahsan are playing.**

iii. Write your own questions using question words in your notebook.

What is the colour of your eyes?

Where do you play football?

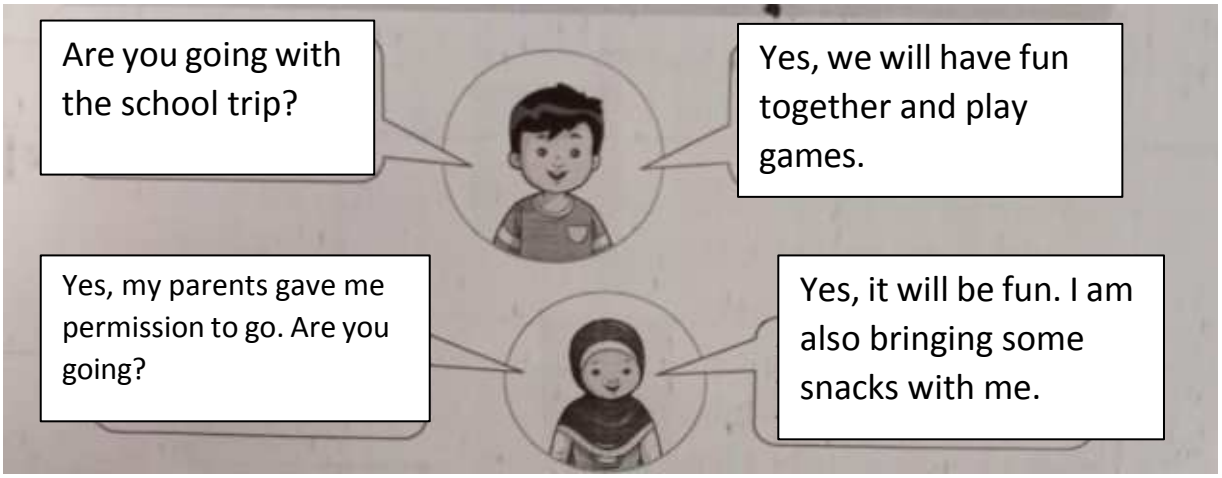
Who are these boys with you?

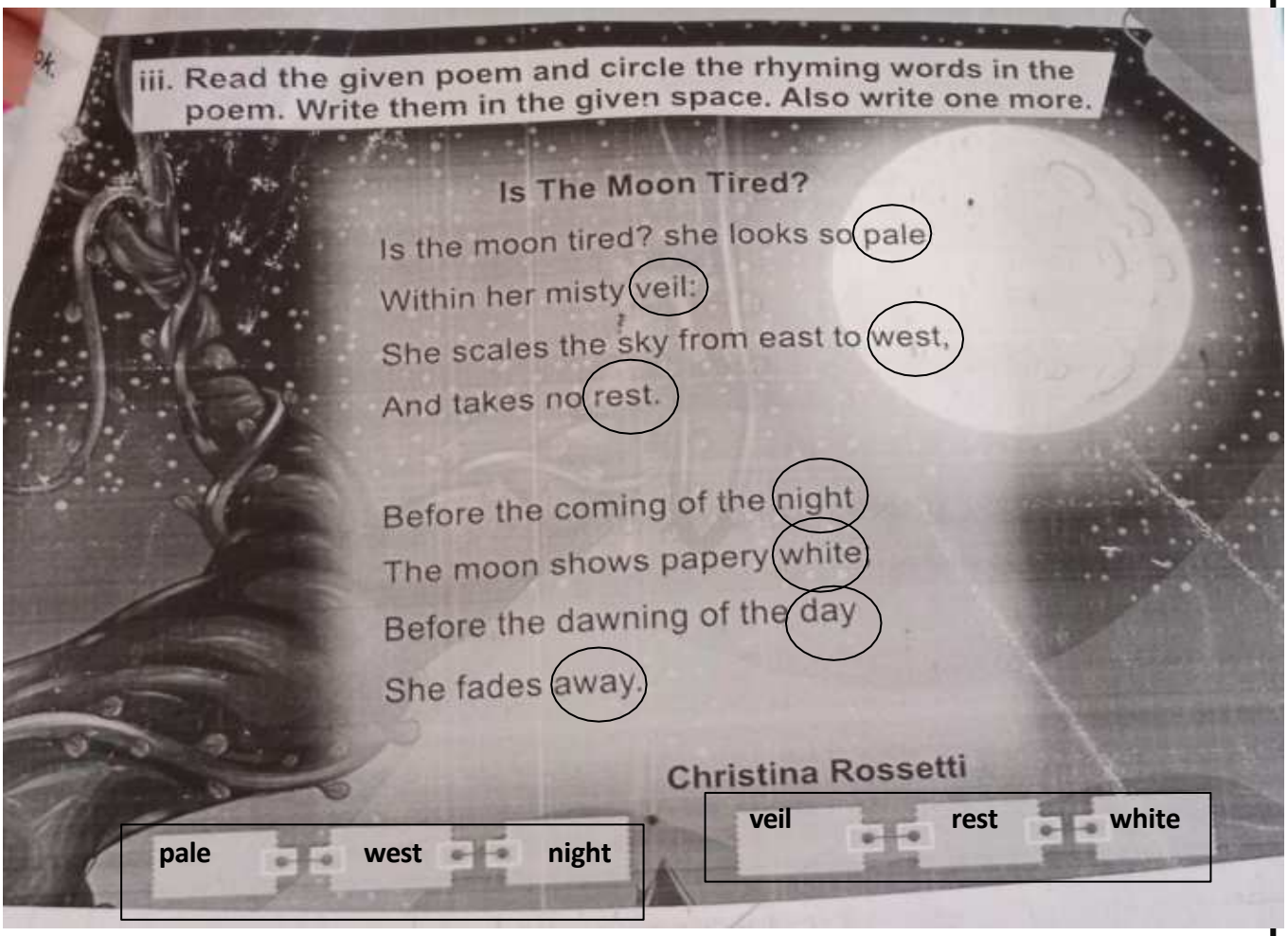
Which cat is yours?

When are you leaving for Karachi?

A. Guided Writing

ii. Write a short dialogue between two friends about a school trip.





B. Creative Writing

Write five sentences about what you want to become when you grow up.

1. I want to be a doctor when I grow up.
2. I want to keep people healthy.
3. I want people to feel better.
4. I will treat poor patients for free.
5. I will be polite to them.

Review 3

1) Oral Communication

i. Write two words with the given sounds.

/s/ sound	/iz/ sound	/z/ sound
rats	prizes	words
books	watches	dreams

ii. Tell what your favourite fruit is. Also share why you like it.

1. My favourite fruit is mango.
2. It is the king of fruits.
3. It tastes sweet.
4. I also like the juice of mangoes.
5. It has yellow and green colour.
6. It is a summer fruit.
7. I like it very much.

2) Reading and Critical Thinking

i. Arrange the given words according to the second letter.

crossing	**cutting**	**children**	**come**	**can**
can	children	come	crossing	cutting

ii. Read the given sentences and circle the punctuation marks and underline the capital letters.

We should save water.

How are you?

Hurrah, we have won the match!

3) Aspects of Language

i. Write the names of directions.

Left	**Right**	**Up**	**Down**

ii. Write three proper nouns.

Quaid-e-Azam	Karachi	Faisal Masjid

iii. Write a command and a request.

Command: Go clean the room.

Request: Would you please pass me a spoon?

4) Writing

Write five sentences about your favourite teacher.

1. My favourite teacher is Miss Sana.
2. She teaches us English.
3. She is very hard-working.
4. She is very polite and kind.
5. She is very regular and punctual.

AFAQ SUN SERIES

Based on Single National Curriculum 2020

KEYBOOK
General Knowledge 2



Lesson 1 Our Country Pakistan

Work It Out

Provinces/areas	Capital city	What people are called	Food
Punjab	Lahore	Punjabi	Korma, Saag Makki Roti, Lasi
Sindh	Karachi	Sindhi	Biryani, Nehari, Kabab
Balochistan	Quetta	Balochi	Sajji, Khaddi, Kdsab and landi
Khyber Pakhtunkhwa	Peshawar	Pashtun	Kabli pilao, Chappli kabab
Gilgit-Baltistan	Gilgit	Gilgiti & Baltis	Chapstoro Marzan
Azad Jammu & Kashmir	Muzafarabad	Kashmiri	Red beans, Shabz chai

A Choose the correct option.

1. Pakistan came into being on

   August 12 August 13 **August 14**

2. A famous festival of Balochistan is the

   Kalam Festival Sibi Festival **Spring Festival**

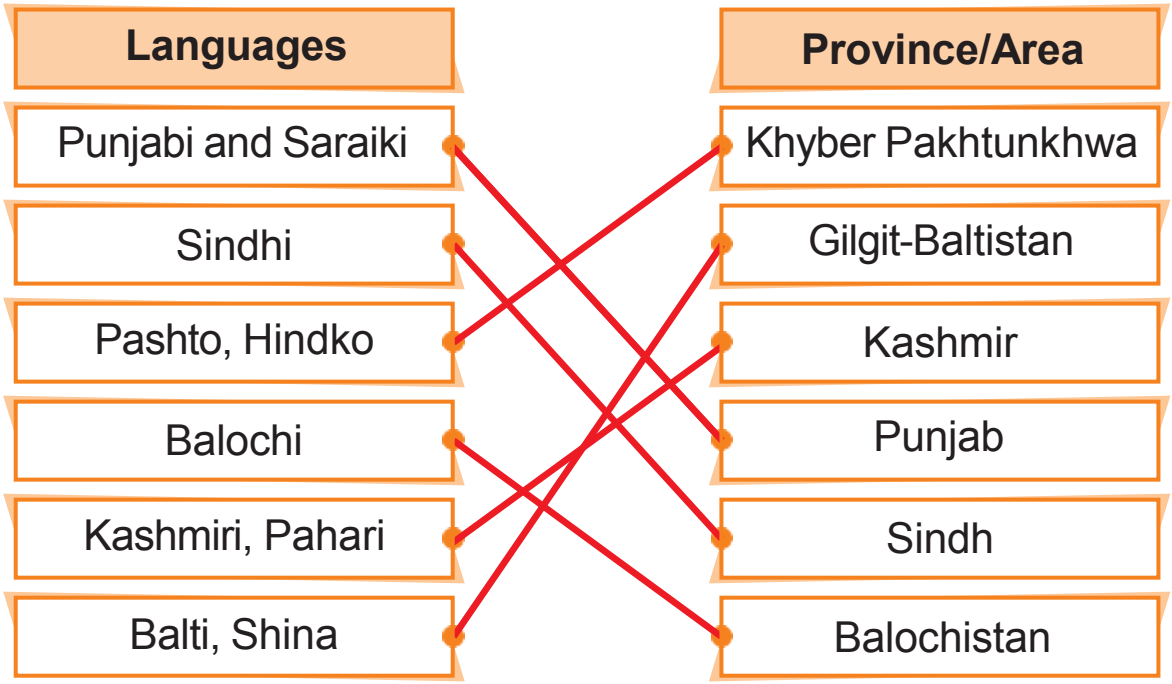
3. In Punjab, women wear a shalwar kameez with

   a dupatta a cap a turban

4. Kashmiri men and women wear a gown called

   the kurta **the pheran** the tehmad

B Match the languages and the provinces or areas.



C Answer these questions.

1. What do Sindhis wear?

For Men: A shalwar kameez, or a sherwani with an ajrak shawl, and a Sindhi cap

For Women: A shalwar kameez, or a kurta pajama, and a dupatta or an ajrak shawl

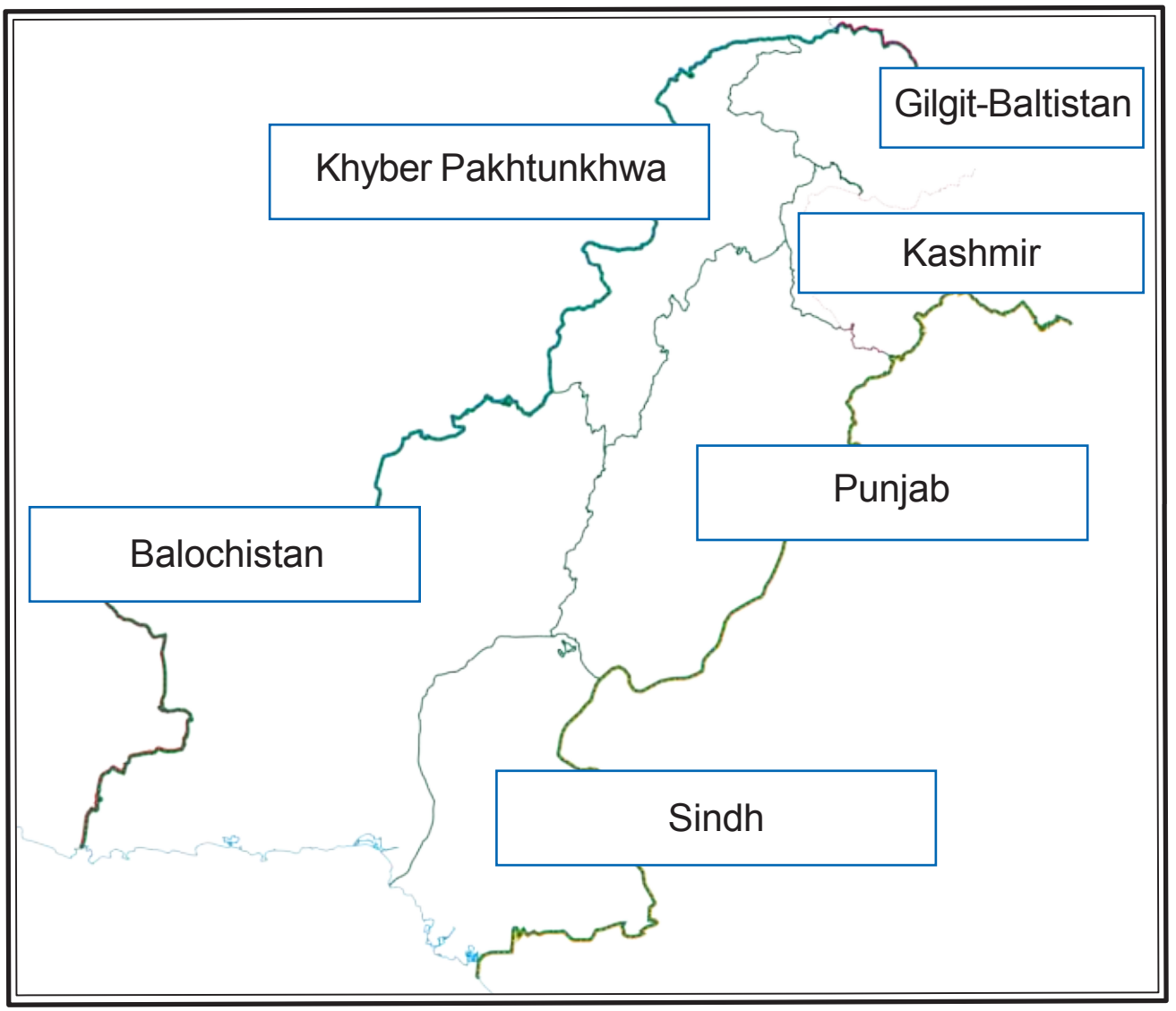
2. How many colours does the Pakistani flag have? Name these colours.

The Pakistani flag have two colors.
Green and White

3. In which province do you live? Write a few features of your province.

1. I live in Punjab
2. Fertile Land
3. Land of five river
4. Most populated province of Pakistan

D **Label the provinces and other areas on the map of Pakistan. Also, colour them differently.**



Lesson 2

Villages and Cities

Work It Out

Where do you live?

_____

Make a list of the things you would like to have in your village/city.

List of facilities		
School	Hospital	Mosqur
Park	Bank	Transport

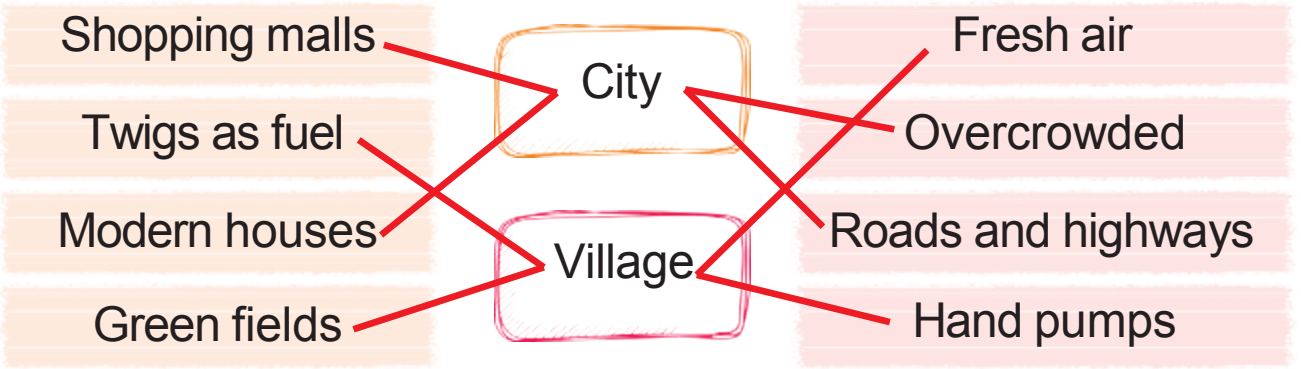
My Tasks

A Fill in the blanks with the word bank.

Word Bank: simple, cities, hard, villages, jobs

1. In Pakistan, people live in villages and cities.
2. In a village, people live a simple life.
3. Villagers spend all their lives working hard .
4. In cities , people live in different types of houses.
5. In cities and villages people do different types of jobs .

B Match either with 'village' or with 'city'.



C Answer these questions.

1. How does Akram spend his days?

He gets up early in the morning. He says his prayers and goes to his farm. First, he feeds cattle. In the daytime, he works in his fields. In the evening, he milks his cows.

2. What does Maria do on a weekend?

she goes to the seaside to have a picnic with her family. Sometimes, she goes to a shopping mall to buy things.

3. Compare village life and city life. Write it in your own words.

Village Life:

1. Traditional life style.
2. People lives in small house made of mud.
3. People work very hard.
4. People lice simple life.
5. Most people earns from agriculture.

City Life:

1. Modern life style.
2. Aces to all facilities.
3. Easy life.
4. Better job opportunities.
5. Better lesi

4. How do villagers spend a healthy life? Explain.

1. Simple life style .
2. Better foods.
3. Better atmosphere.
4. People are friendly.
5. People give ea

Lesson 3

Roles and Responsibilities

Work It Out

Conduct a survey with your neighbours to appreciate their role in the community. Ask them the following questions and fill in the checklist by marking (✓) for 'Yes' or (×) for 'No'.

Checklist			
		Yes	No
1	Do you wash hands before and after meals, and after going to the toilet?	✓	
2	Do you throw rubbish in the bin?	✓	
3	Have you ever planted a tree?	✓	
4	Do you switch off extra lights?	✓	
5	Do you turn off the tap while soaping the dishes?	✓	
6	Do you help others?	✓	
7	Do you follow the traffic rules?	✓	
8	Do you look after others when they are sick?	✓	
9	Do you treat everyone with respect?	✓	
1	Do you keep the walls of your neighbourhood clean?	✓	

Once the data is collected, present it to the class. Take their responses and rate your neighbours.

Average ☐ Good ☐ Excellent ✓

My Tasks

A Fill in the blanks with the word bank.

Word Bank: neat | regularly | government | right

1. It is the duty of a government to look after its people.
2. Every child must have the right to play.
3. Keep your homes, streets and school neat and clean.
4. Go to school regularly and study hard.

B Match each right with its duty.

Rights	Duties
Right to play	Go to school regularly and do homework.
Right to health	Respect and obey your elders.
Right to education	Wash hands before eating, and drink clean water.
Right to be loved	Keep parks and playgrounds neat and clean.

C Answer these questions.

1. What does a government provide for its people?

A government does the following for its people:

Builds and looks after public schools and hospitals
Builds and repairs roads
Looks after public parks and playgrounds
Provides public transport
Makes possible water, gas and electricity supply.
Provides safety and security by maintaining police and armed forces.

2. Observe the children in your surroundings. Do all children have equal rights? Explain briefly.

No all children don't have equal rights. As children from rich families enjoye good food, better education and living facilitiy while children from poor families don't enjoy better life, after they have to work for their simple.

3. Why is it important to carry out our responsibilities? Give a reason.

it is important to carry out our responsibilities to make society a peaceful place tor living.

D Look at the pictures carefully. Write ‘right’ or ‘responsibility’ for each picture.



Right



Respinsibility



Right



Right



Respinsibility



Right

Lesson 4

Religious Festivals in Pakistan

Collect information about a festival and write it below.

Name of the festival: Jashn-e-Baharan

How people celebrate it: Planting Trees

A Answer these questions.

1. Why was Salman happy?

Salman was happy because its eid.

2. How do you help the needy around you on Eid?

hey distribute fitrah, a certain amount given to the poor so they could also celebrate this day happily.

3. Name three cultural festivals celebrated in your country.

1. Jashn-e-Baharan
2. Eid ul fitar
3. Eid ul Azha

4. Compare Eid-ul-Fitr and Eid-ul-Adha. Write two differences between them.

Eid-ul-Fitr:

1. No sacrifice of animals
2. Distribute fitrana

Eid-ul-Adha:

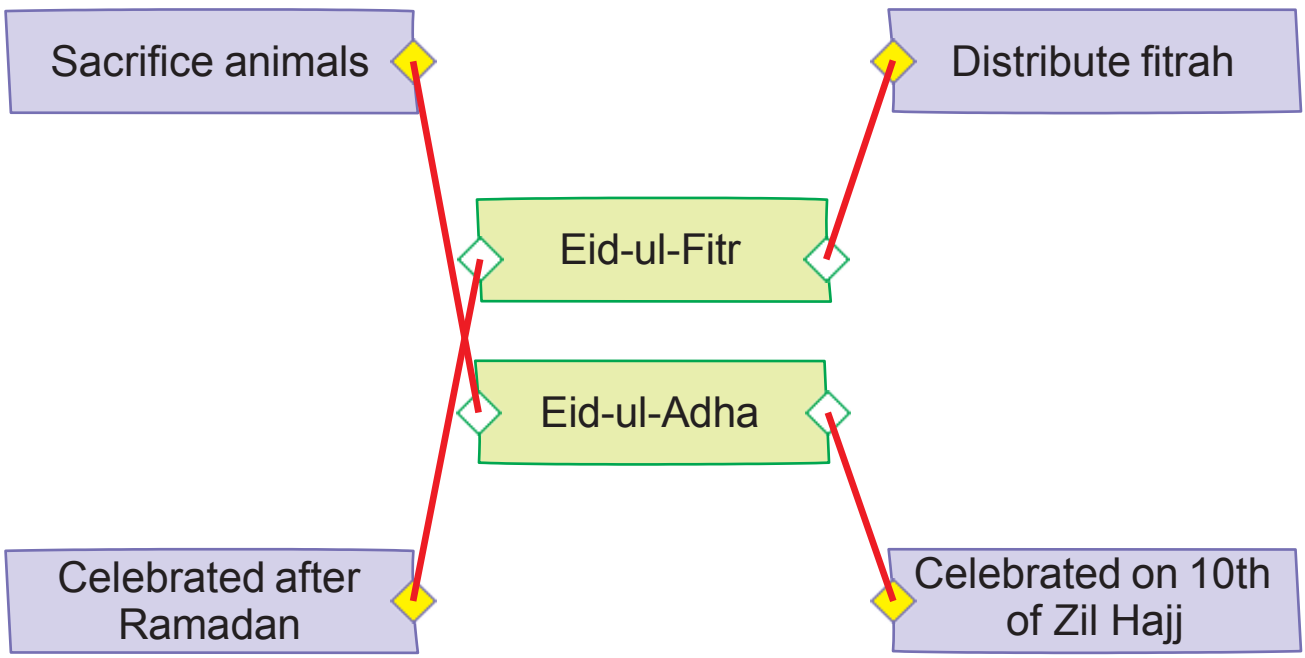
1. Sacrifice of animals
2. Distribute meat

B Fill in the blanks with the word bank.

Word Bank: Christmas | Eid-ul-Adha | sacrifice | poor

1. Fitrah is distributed among the ____poor____.
2. People ____sacrifice____ animals to follow the Sunnah of Prophet Ibrahim (علیہ السلام).
3. On ____Eid-ul-Adha____, we sacrifice goats, sheep, cows or camels.
4. Christians celebrate ____christmas____ on December 25.

C Match either with Eid-ul-Fitr or with Eid-ul-Adha.



Lesson 5 The Natural Environment and Resources

Work It Out

Make a list of any four natural resources that you can use in everyday life. Also write the benefits of each natural resource.

Natural Resource	Benefits
Water	Washing, Cooking, Clening
Air	Breathe
Sun	Light
Plants	Food

Mastas

A Choose the correct option.

1. It is found in nature.

air pen chiar

2. Living things can't live without it.

air car pen

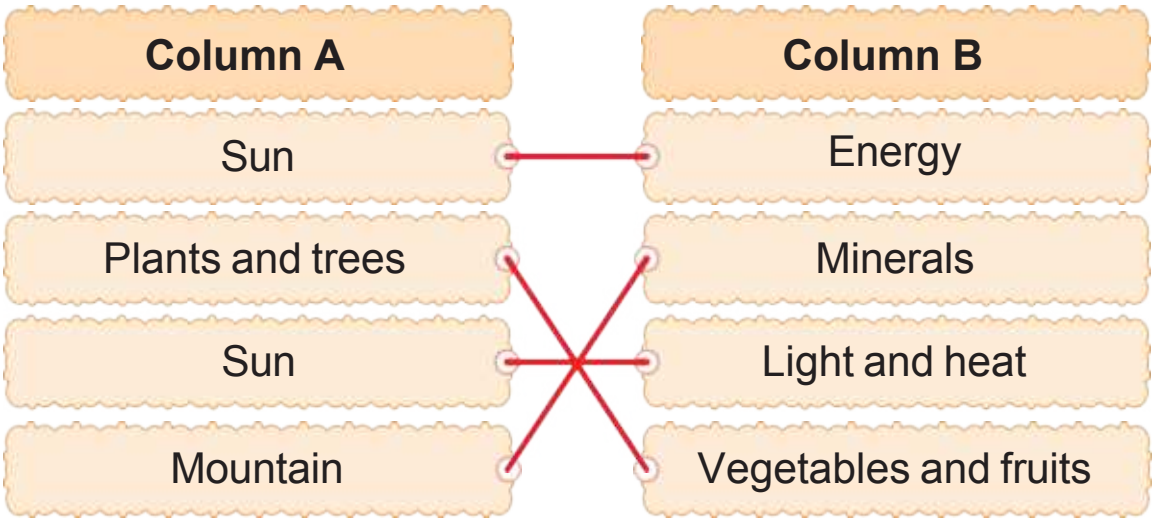
3. We get solar energy from

water the Sun air

4. It is used as a fuel.

water coal air

B What do we get from the given things? Match the columns.



C Answer these questions.

1. What is our environment made up of? Give examples.

Our environment is made up of both living and non-living things.

Birds | Animals | Forest

Soil | Water | Sun

2. How does sunlight benefit us?

The Sun gives us light and heat. Plants prepare their food in sunlight. We can produce electricity from solar energy. It is the energy produced by the Sun.

3. What do you think is the most important natural resource? Explain.

Water:

Without water no life is possible. Why is water so important to life? Most living things are primarily composed of water. The human body, for example, is made up of 70% water. All the chemical

reactions of life, which happen inside the bodies of living things, take place in water. About 96% of the water on Earth is found in oceans, salt lakes and rivers. Less than 1% occurs in the atmosphere and about 3% is found as fresh water on land and inunderground reservoirs (natural storage places). As most of this fresh water is locked up in the polar ice caps and as glaciers, only 0.3% of all fresh water is available for humans to use.

1 Select some natural resources. Discuss and share ways to conserve them.

Water:

We shouldn't waste it.

Air:

We should pollute it

Power:

Use of alternatives sources of power such as solar and wind

Lesson 6

Water

I am water. Use me carefully. I help you with many things. Think and tell how I am helpful to you.

- Drink
- Bath
- Washing
- Growing Plants
- Industry
- Electricity

A Choose the correct option.

1. It is used in drinking, bathing and washing.

   soil air **water**

2. It is not a way to purity water.

   boiling **freezing** filtering

3. Boiling water eliminates

   germs soil particles sand particles

4. Sand particles are removed from water by

   boiling cooking **filtering**

B Write T for a true statement and F for a false statement.

1. Rain is an important source of water. **T**
2. River water is not fit for drinking. **T**
3. Water is only used for washing clothes and dishes. **F**
4. Dirty water can make us sick. **T**

C Answer these questions.

1. Name the natural sources of water.

Oceans, rivers and lakes are natural sources of water. Apart from these, underground water, streams and canals are also natural sources of water.

2. Write two ways to purify water. Also, explain why it is important to clean water.

1. Boiling: Heat water until it bubbles. Then let it cool before drinking.
2. Filtering: Pour water through a special filter to remove dirt and germs.

It's important to clean water because it helps us stay healthy and strong. Dirty water can make us sick, but clean water keeps us safe and happy!

3. What is the importance of water in your life? Write two lines about it.

1. It is used for drinking
2. It is used for cleanning

Lesson 7

Plants

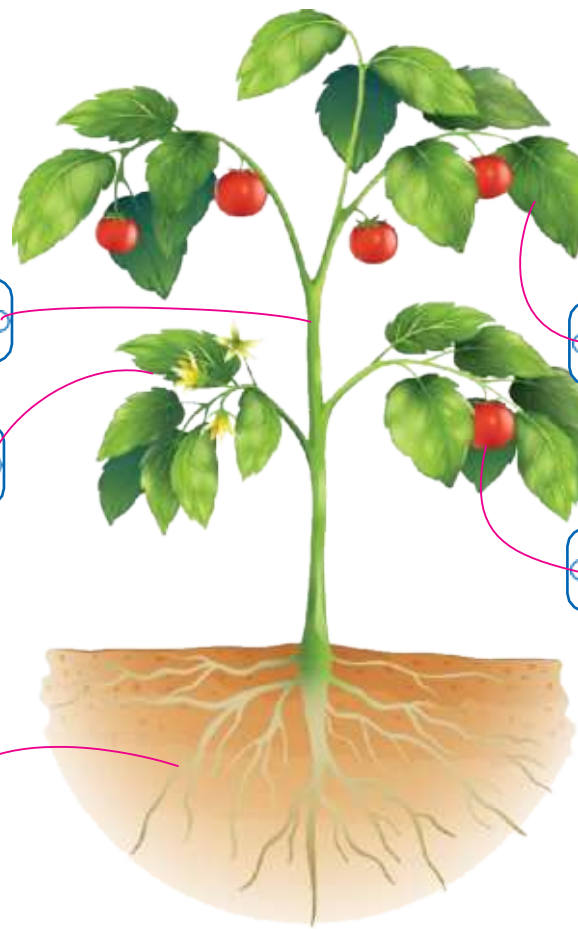
What do we get from plants and trees?

Fruits, Vegetables, Wood

Which part of the plant in the picture do we usually don't see?

Roots

Label the basic parts of a plant and write their functions.



1. Stem
2. Flowers
3. Roots
4. Leaves
5. Fruits

Functions of the different parts of a plant

1. It carries water from roots to leaves & flowers.
2. Flower produce seeds & Fruits.
3. To keep plant firmly fixed in ground.
4. It make food using air, water, & sun light.
5. Fruits are used by living organism as food.

A Choose the correct option.

1. The leaves of a plant make

   food | flowers | seeds

2. Most plants grow from

   roots | leaves | seeds

3. It has many seeds in it.

   Mango | Peach | Papaya

4. It is the basic need of a plant.

   light | pot | roof

5. Roots of a plant usually grow

   within a flower | under the soil | on the stem

B Write T for a true statement and F for a false statement.

1. Carrots and radishes are edible roots. T
2. Flowers grow on flowering plants. F
3. A cedar tree grows edible flowers. F
4. Potatoes and onions grow from seeds. F
5. Plants cause a rise in temperature. F

C Answer these questions.

1. What do plants need to grow?

Plants need water soil, light and air to grow.

2. Some fruits have many seeds and others have a single seed. Can you name a few of both types?

Mangoes, apricots and peaches have only one seed.
Apples, pears, papayas and watermelons have many seeds.

3. Write the importance of plants in our lives.

Importance of plants and trees

Plants and trees are very important to us. There are many uses of plants and trees, such as:

1. Trees provide wood to make furniture and buildings.
2. They provide us with shade.
3. We get fruits, flowers and grains from plants

The role of plants in climatic change

Plants and trees give us fresh air. They help to decrease the temperature. They absorb carbon dioxide from air. They increase the chances of rain in an area.

D Give examples of flowering and non-flowering plants.

Flowering plants	Rose	Sunflower
Non-flowering plants	Pine	Gypres

E Give any two examples of plants that grow from seeds, roots and stems.

Plants that grow from seeds	Plants that grow from roots	Plants that grow from stems
Radish	Carrot	Gardenia
Tomato	Potato	Dahlias

Lesson 8 Animals

Work It Out

List the following as land animals, water animals and birds in the correct columns.

Whale | Lion | Rabbit | Parrot | Horse | Starfish | Eagle | Crow | Fish

Land Animals	Water Animals	Birds

A Choose the correct option.

1. A camel usually lives
   in a desert | on mountains | in a forest
2. Birds have:
   fins | gills | feathers
3. It is different from its parent
   The baby of a cow | The baby of a horse | The baby of a frog
4. A caterpillar is a baby of
   a butterfly | a frog | a lion
5. This animal keeps its baby safe in its pouch.
   Kangaroo | Elephant | Goat

B Write T for a true statement and F for a false statement.

1. Sparrows and pigeons are flying animals. F
2. All baby animals look like their parents. F
3. The baby of a cat is called a calf. F
4. Animals take care of their young ones. T

C Answer these questions.

1. Write two features of land animals.

Most land animals have four legs. Most land animals have hair on their skin.

2. Tell the names of animal babies that look different from their parents.

1. Frog
2. Butterfly

3. How do animals keep their babies safe?

All animals take care of their young ones. They feed them until they are grown-ups. A kangaroo keeps its babies safe in its pouch. Birds keep their babies safe in the nest and feed them.

Lesson 9

Agriculture and Livestock

Write it Out

Write the names of the crops shown below. Also, write the name of one thing that we get from each.

Rice



Rice

Corn



Corn soup

Cotton



Cloth

Wheat



Bread

A Fill in the blanks with the word bank.

Word Bank: food, farmer, clothes, crops

1. Arif's father is a farmer.
2. Wheat is the basic food for people.
3. People process crops to make different products.
4. We make clothes from cotton.

B Write T for a true statement and F for a false statement.

1. Cotton is used to make bread, biscuits and cakes. F
2. Corn is used to make corn soup. T
3. A doctor sows cotton seeds. F
4. Yarn is woven into cotton fabric. T

C Answer these questions.

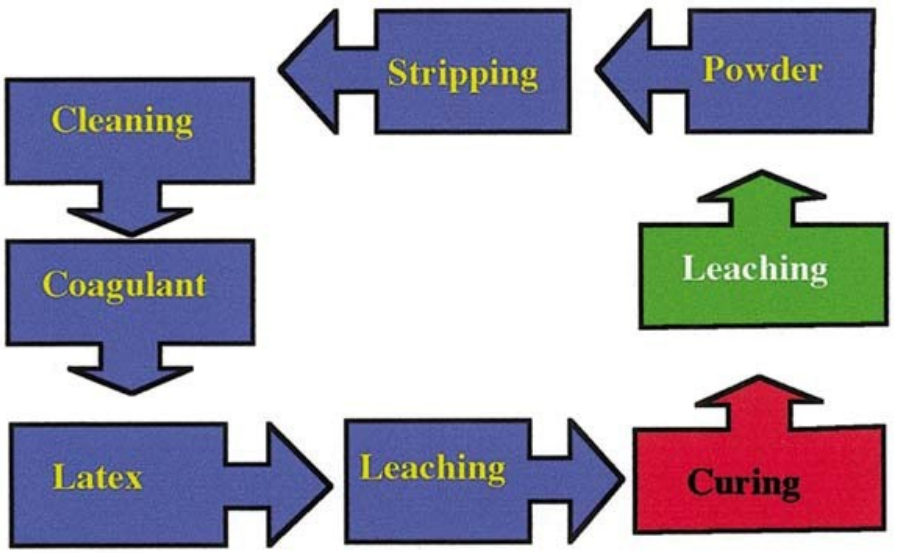
1. List five crops of Pakistan.

1. Wheat 2. Rice 3. Cotton
4. Corn 5. Sugar Cane

2. Name any three things we get from animals.

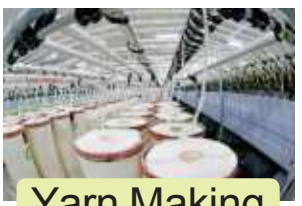
1. Milk 2. Meat 3. Leather

3. Have you ever seen the making of a product? Write about it.



D Label the process of making cloth from cotton.


Cotton


Yarn Making


Yarn Making


Ready to wear garments


Fabric dying and printing

Lesson 10

Conservation of the Earth's Resources

A Choose the correct option.

1. Trees give out

carbon dioxide | **oxygen** | nitrogen

2. Life on Earth would not exist without

juice | tea | water

3. Trees take it out

oxygen | carbon dioxide | clouds

4. Trees provide

iron | plastic | fruits

B Write T for a true statement and F for a false statement.

1. Ayaan promised he would always waste water. **F**
2. Trees are home to many birds. **T**
3. Wood is used to make many things. **T**
4. We should always cut down trees. **F**

C Answer these questions.

1. What problems can we face if we do not save water?

'I won't be able to keep myself clean. Besides, I would be thirsty without water.' Without water, there would be no life on Earth.

2. Why are forests important?

- Trees give out the oxygen we breathe in.
- Many animals and birds live in trees.
- They provide fruits, nuts and seeds.
- They control water run-off and prevent floods.
- Wood from trees is used to make many things, such as paper, matchsticks and furniture.

3. Look around and see how people are wasting water. What ways would you suggest to save water?

1. Check your toilet for leaks.
2 Take shorter showers
3. Install water-saving shower heads or flow restrictors
4. Turn off the water while brushing your teeth
5. Turn off the water while shaving
6. Check faucets and pipes for leaks
7. Use your automatic dishwasher for full loads only
8. Use your automatic washing machine only for full loads only
9. Don't let the faucet run while you clean vegetables
10. If you wash dishes by hand, don't leave the water running for rinsing
11. Check faucets and pipes for leaks
12. Water your lawn only when it needs it
13. Deep-soak your lawn
14. Water during the cool parts of the day
15. Don't water the gutter
16. Plant drought-resistant trees and plants
17. Put a layer of mulch around trees and plants.
18. Use a broom to clean driveways, sidewalks and steps
19. Don't run the hose while washing your car
20. Tell your children not to play with the hose and sprinklers
21. Check for leaks in pipes, hoses faucets and couplings

Lesson 1

Heat and Light

Look at the picture carefully. Who is feeling more heat and who is feeling less of it? Give reasons.

Feeling more heat: Hina

Feeling less heat: Asim

Reason for feeling less heat: Asim is sitting away from heat.

A Choose the correct option.

1. The biggest natural source of heat and light is

   an electric bulb the Moon **the Sun**

2. Plants grow well in

   torchlight candlelight **sunlight**

3. A natural source of light is

   a lamp **a star** an electric bulb

4. Rubbing hands together produces

   heat light cold

B Write T for a true statement and F for a false statement.

1. Heat keeps things warm. T
2. An electric bulb is a natural source of light. F
3. The Sun is a man-made source of light. F
4. Plants need sunlight to grow. T

C Answer these questions.

1. Name two man-made sources of light around you.

1. Electric Bulb
2. Lamp

2. Write three uses of heat and light.

1. Cooking of foods
2. Plants and lights
3. Lights helps us to see thinks

4. If a stove is burning in the kitchen, will you feel the heat in the nearby room? Give reasons for your answer.

2. List natural sources of heat and light.

1. Sun
2. Stars
3. Lighting
3. Fire

3. Observe man-made sources of light around you and write their names.

1. Electric bulb
2. Candle
3. Electric hear
3. Lamp

Lesson 12

Helping Others

List some ways of helping others.

At home	We can help family members.
In the classroom	We can help classmates.
In a village/city	We can help each other.
At the times of any disaster	Provide services & supply of goods

A Choose the correct option.

1. Mirha left on the study table

   a pencil | **a book** | her lunch

2. The teacher asked students to

   fight | **share** | yell

3. Helping others is

   bad | wrong | **good**

4. Mrs Sajid was

   worried | happy | amazed

B Write T for a true statement and F for a false statement.

1. Sharing is caring. T
2. We must share things and help others. T
3. We should never help others. F
4. Mr Sajid was complaining of chest pain. F

C Answer these questions.

1. How will you help your classmate if they forget to bring their lunch?

I will Share lunch.

2. How did Zahid's father help Mrs Sajid?

Zahid's father help Mrs Sajid by taking him to hospital.

3. Suggest some ways to help your friends or siblings.

1) Listen and Don't Panic

The first step to being okay is talking about how you feel, and your friend is going to need someone to listen to when they're ready to open up. You don't need to try to “fix” their problems, just let them know that you care, and that their feelings are important, heard and valid. Remember they need a calm atmosphere to talk to you, so don't panic!

2) Don't Judge Them or Their Issues

It's so important not to judge each other. The fear of judgement can be a big obstacle for someone trying to come forward about how they feel, meaning their feelings and worries could go unheard. Let them know that you support them and that you understand.

3) Be There for Each Other - You're Not Alone

Make sure that your friend knows that they are not alone and they don't have to deal with this on their own. It's important that they understand that there will be people (such as yourself!) that will be there to support them every step of the way. Reassure them that

everyone feels anxious at times but they can get through it and remind them that they've made it through every bad day so far, so they get past this one too.

4) Be Honest

If you're worried about your friend, explain why to them in a straightforward way. Ask them if they've spoken to anyone else about how they're feeling. If you think they need it, or if you're unsure, you could suggest that they look for extra help and support.

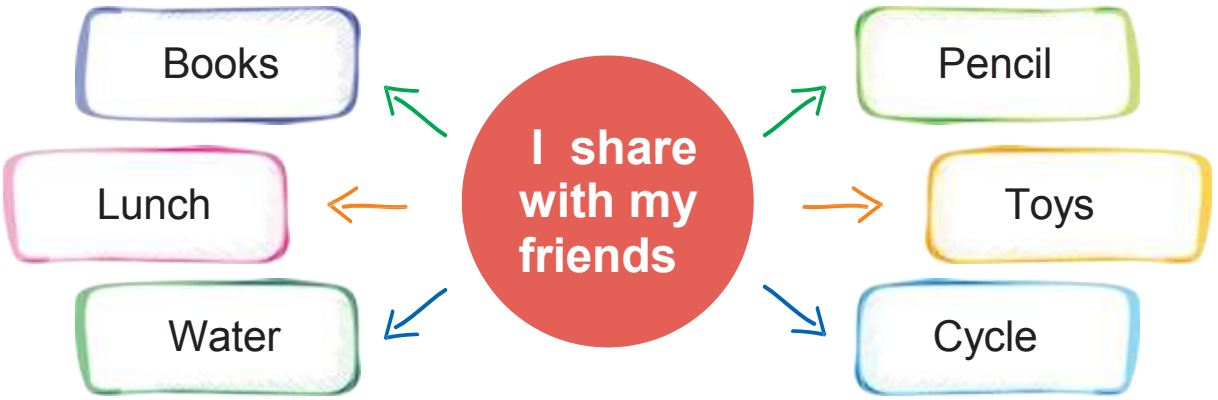
5) Help Your Friend Feel Better

Encourage your friend to do the things that will make them feel better, and remind them of the importance of self-care. Make sure that they are still eating, sleeping and staying hydrated, and encourage other helpful things such as taking time away from social media and writing down how they feel. Do something with them like go for a walk, watch a film, or play a game to help take their mind of things.

6) Don't Keep it a Secret

If you're worried that your friend might hurt themselves or if they are talking about suicide you cannot keep it a secret. Encourage them to speak up about it themselves, but if they don't, you have to find the balance between their privacy and keeping them safe. It can be difficult to do this when you know that they may be angry at first if you tell someone, but you need to remind yourself that they will also be safe and alive, and that they came to you because the wanted help and support.

D List the things that you share with your friends.



Lesson 13

Professions Around US

Write the correct profession under each picture.



Doctors



Judge



Waiter



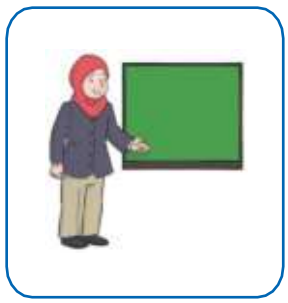
Fire fighter



Pilot



Panter



Teacher



Postman

A Choose the correct option.

1. A person who makes wooden objects is called

   a doctor **a carpenter** a teacher

2. A person who puts out fires is called

   a firefighter an engineer a plumber

3. A person who protects people is called

   a painter a pilot **a police officer**

4. A person who flies aeroplanes is called

   a janitor **a pilot** a cook

B Match the pictures and professions.






engineer

teacher

doctor

farmer

C Answer these questions.

1. List four professions.

1. Teacher 2. Pilot 3. Doctor 4. Police man

2. Describe the job of a police officer.

Police officers help and protect people. They enforce laws and solve crimes.

3. Think of a profession which is not given in the lesson. Write three lines about it.

Army: 1. Army defends country
2. They help people in disanter
3. Army

D Complete the puzzle.











d o c t o r
e n g l n e e r
a
c
h
f a r m e r
l a w y e r

Lesson 14

Respecting Others and Appreciating their Diversity

A Fill in the blanks with the word bank.

Word Bank: disagree, queue, respect, turn

1. We should respect everyone.
2. Abiha waits her turn to answer a question.
3. A queue is a line of people waiting their turn.
4. Do not exchange harsh words if you disagree with someone.

B Write T for a true statement and F for a false statement.

1. All human beings are equal. T
2. Taking turns does not help much. F
3. Waiting in a queue does not save time. F
4. Everyone is unique in their own way. T

C Answer these questions.

1. How should we treat one another?

We should respect everyone.

2. Mention a few ways to show respect for others.

- Greet others with a smile and speak politely.
- Be helpful and kind to others.
- Do not exchange harsh words if you disagree with someone.
- Accept your mistake and say sorry.
- Do not talk negatively about others' cultures and religions.
- Do not make noise in front of a masjid, church and temple.

D Look at the pictures below and write what the children are doing.



Reading



Asking for permising



Making quere



Sharing

Lesson 15

Forgiveness and Forgiving Others

List the ways you can be friends with others.

1. Respecting others

2. Helping others

A Fill in the blanks with the word bank.

Word Bank: forgiving, sorry, unfairly, actions

1. Our words and actions can hurt others.
2. Allah (سُبْحَانَهُ وَتَعَالَى) is the Most forgiving.
3. Saying sorry is a very graceful way of accepting your mistake.
4. If your friend treats you unfairly, you should show a big heart.

B Write T for a true statement and F for a false statement.

1. The boys guide Hasan to his class. F
2. The boys say sorry to Hasan. T
3. Telling a lie is a good thing. F
4. Tell your friend what hurts you. T

C Answer these questions.

1. **How can you keep yourself from hurting others?**

   I act nice and use kind words.

2. **What should you do if someone hurts you?**

   I forgive him.

3. **Suggest some ways to make amends if you hurt someone.**

   Say sorry and give an apology card or gift.

Lesson 16 Being Just and Fair

List the things you can do to be just and fair in your actions.

You must correct yourself if you made as mistake	Never bleave others for you mistakes
Deal with an unfame persoon politely	Tell the person gently that they are not belaving well

A Choose the correct option.

1. Sahar has a beautiful

   toy car | doll's house | bag

2. You should deal with an unfair person

   politely | rudely | angrily

3. Be just and fair with

   friends only | parents only | everyone

4. The best way to deal with an unfair situation is to consult

   a doctor | an elder | a carpenter

B Write T for a true statement and F for a false statement.

1. Sahar broke Aaliyah's doll on purpose. F
2. Aaliyah wanted to take Sahar's doll with her. T
3. When you feel someone is unfair to you, you should get angry. F
4. Do not cheat or tease others. T

C Answer these questions.

1. What does it mean to be just and fair?

Treating others the way you want them to treat you is important to be just and fair.

2. What would you do if your friend is unfair to you?

- I wouldn't get angry
- I will treat him poritely
- I will tell him that he is not believing well
- involve an elaler

3. Discuss the benefits of being a fair person.

Growing in fairness includes learning to treat others with respect and kindness, and growing to appreciate the importance of sharing, fighting for others, and being honest. This requires the ability to place ourselves in others' shoes and feel compassion for other people.

Out of the character traits we focus on in City wise, fairness falls least under the category of 'performance' character and most under the category of 'moral' character. Although the importance of fairness goes beyond this, developing fairness necessarily develops the desire to act towards the greater good of those around us, and contribute to a society that is better to live in.

Fairness and well-being

Interestingly, research shows that growing in fairness and thinking about others leads to higher personal well-being. Being fair-minded helps us develop mutually supportive relationships with those around us. Beginning in infancy, we learn the value of reciprocity, and taking turns in 'serve and response' patterns with our caregivers. This understanding, of relationships being based on both 'giving' and 'getting' or being cared for and caring for the other, is crucial in developing good relationships. Research study confirms what personal experience may suggest, that the number one factor that promotes our happiness and well-being is having good relationships.

Research has also found that showing fairness and being generous is intrinsically rewarding. Children as young as 3 years old understand that sharing can make a person happy. As social animals, our happiness is closely tied to the happiness of the people around us. Being a source of joy for the people around us can also increase our sense of purpose, which is equally important in promoting our well-being