



ASHA MODERN SCHOOL

**A
BETTER
YOU**

Part-A : Life Skills & Value Education

Part-B : Health & Physical Education

CLASS-VI

(SESSION 2026-2027)

Part-A

LIFE SKILLS

&

VALUE

EDUCATION

COMPILED BY: NIDHI BHATEJA

तमसा मा ज्योतिर्गमय

CONTENTS

TERM-1

UNIT-1 <i>The Power of Positivity</i>	4
UNIT-2 <i>Forgiveness Shows Strength</i>	8
UNIT-3 <i>Empathy: Treat Others The Way You Want To Be Treated</i>	13
UNIT- 4 <i>Joy Of Giving</i>	16

TERM-2

UNIT-5 <i>Body Shaming</i>	21
UNIT-6 <i>Bullying</i>	25
UNIT-7 <i>Teaching Life Skills Through Meditation</i>	28
UNIT-8 <i>Adaptability</i>	31

तमसा मा ज्योतिर्गमय

UNIT-1

THE POWER OF POSITIVITY

"If you think you'll lose, you're lost,
For out in the world we find,
Success begins with a person's will,
It's all in the state of mind."

What is Positivity?

Positivity means choosing hopeful thoughts and actions even during tough times, like a difficult homework or a fight with a friend, rather than feeling defeated. It transforms problems into opportunities by focusing on solutions, strengths, and kindness, helping students stay strong and happy. Unlike negativity, which increases worry, positivity boosts energy, focus, and friendships in the classroom.

"Change your thoughts and you change the world." - NORMAN VINCENT PEALE



ACTIVITY 1

Each student is required to make a colourful drawing. After completing the drawing, they will exchange it with the student sitting next to them. Then each student will write down feedback (positive as well as negative) about the drawing they have received from their classmates, without talking to each other. After this task has been done, the teacher should randomly ask students to stand up and read out the feedback they have written.

KEY LEARNING

- Most students will point out more negatives: This is because we always tend to focus more on the negative aspect of things, rather than the positive.
- If we train our minds to do it, we can see positives everywhere: If we become conscious of
- focussing too much on the negatives, and instead try to look for the good in every situation and person, we will be able to become positive thinkers with time.
- It is important to change the overall outlook towards life: A person cannot suddenly become positive about life and its situations. It is a mindset that needs to be developed slowly and applied to everyday situations.

BUILDING UNDERSTANDING

Human beings are ruled by emotions. If a good thing happens, such as getting a surprise gift, we become happy and excited. On the other hand, if something bad happens, such as scoring poor marks on a test, we become sad and disappointed. However, these changing emotions make us the person we are a mixture of happiness, sadness, anger and so on.

Let's try and answer the following questions by taking a closer look at our own lives:



THINK & REFLECT

- Have you ever faced disappointment?
- How did it make you feel?
- What did you do to cope with it and get back to feeling happy again?

Since emotions keep changing, we have the choice to pay more attention to our positive emotions than the negative ones. Some people are positive by nature. Even if they find themselves in a tough situation, they keep smiling and remain hopeful. Some people, on the other hand, tend to get easily frustrated and start thinking negatively too soon. It is important to remember that emotions keep changing. No single emotion stays forever.

We also have the power to convert negativity into positivity. Isn't that wonderful! We must always choose positivity over negativity.

EMOTIONAL HEALTH AND THE POWER OF POSITIVITY

In the same way that we take care of our body by bathing, grooming and wearing smart clothes, we also need to take care of our mind and emotions. A person who is emotionally healthy is likely to be happier, more hopeful, balanced and positive in life.

Emotional health refers to one's ability to accept and manage feelings through challenges and change.

An emotionally healthy person is one who accepts all emotions as natural, and understands that emotions can be controlled. This person is better at getting the most out of being positive.

WHAT DO POSITIVE THOUGHTS SOUND LIKE?

Excited: I am going to the zoo today! I am going to have so much fun.

Confident: I have studied a lot for this test. I am going to score well.

Content: I had so much fun at the party today. I love my friends.

Enthusiastic: I want to be a better player, so I am going to practice harder.

Grateful: My parents take such good care of me. I want to make them happy.

Loving: It's my sister's birthday tomorrow. I want to surprise her with a party.

WHAT DO NEGATIVE THOUGHTS SOUND LIKE?

Jealous: All the teachers like Aryan. They don't appreciate my work as much.

Upset: I am never able to live up to the expectations of my parents.

Rejected: I wish my friends included me in their plans. They seem to have more fun without me.

Frustrated: No matter how much I practice, someone else gets selected to play for the school.

Dismayed: I always give gifts to my friends but they never remember my birthday.

THINK POINT

Notice that most or all of negative thoughts have never/no/don't/without in them. How do you think they can be converted into positive thoughts?

Positive thinking makes us feel less stressed, allows us to enjoy better physical and emotional health, develop better coping skills and live longer. In fact, positive thinking has the power to make us rise from your deepest fears so that you can gather the courage to attain your highest hopes. People who can change their lives by thinking positively about things are called positive thinkers. Such people do not get scared of challenges and remain strong and determined. They see their struggles as opportunities to get better and learn new things.



तमसा मा ज्योतिर्गमय

UNIT -2

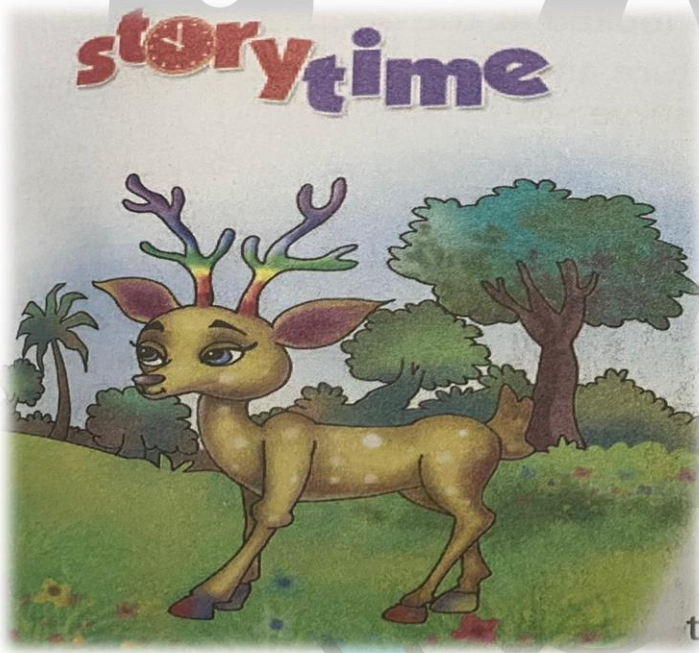
FORGIVENESS SHOWS STRENGTH

"Without forgiveness there is no future... if you can forgive you can move on and even help the person you are forgiving to become a better person"

Forgiveness is the process of letting go of negative emotions, such as anger, resentment, and bitterness, towards oneself or others, often in response to a perceived hurt, injustice, or wrongdoing.

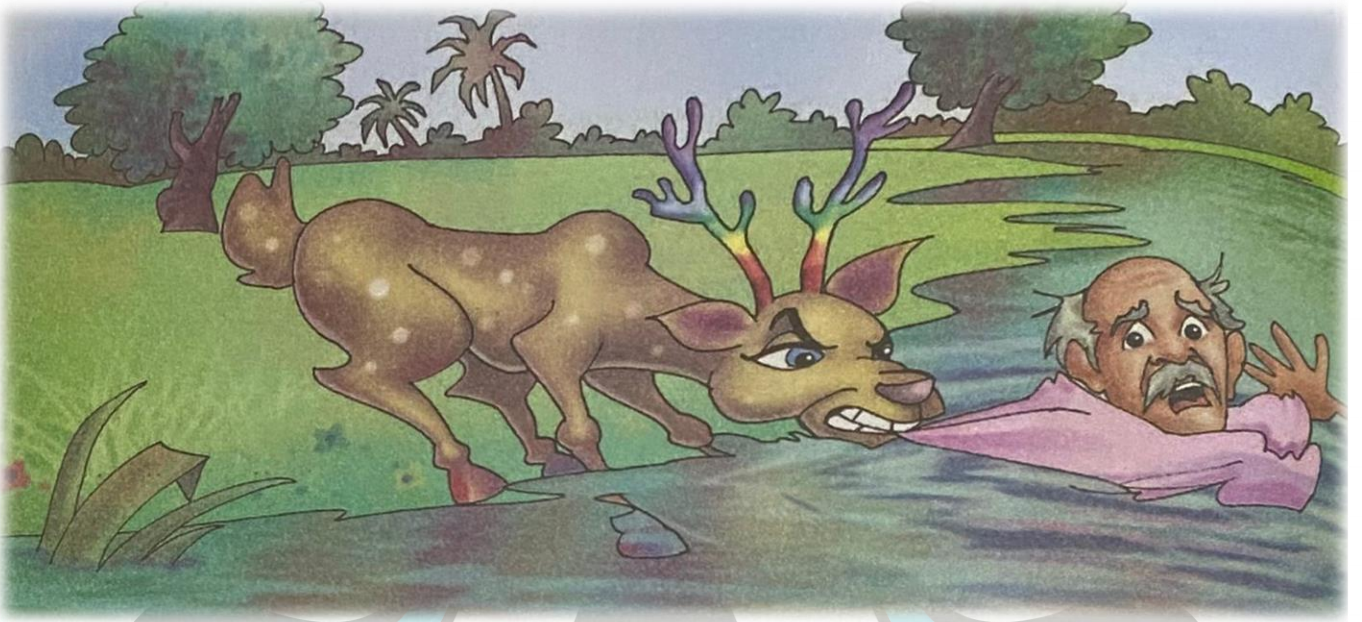
The Golden Deer

Once there lived a very beautiful deer in a jungle.



He had golden fur that shone like a bright yellow sun. His horns and hooves had the colour of a rainbow and shone like precious gem stones. His eyes were as blue as sapphire. His appearance could enchant any person. The deer knew that his dazzling appearance made him easily vulnerable, as any man who would see him, would desire to have his beautiful hide on his walls. So, to protect himself from the eyes of human beings, he mostly lived in the thickest parts of the forest.

One day, the golden deer heard the cries of a man, "Help, help, save me!" He saw a man being carried away in the strong rapids of the river, quickly the deer leaped into the river. He grasped the man by his clothes with his jaws and dragged him back to the safety of the banks.



The deer warmed him with his fur, until the man regained enough strength.

"You put your life in danger to save mine. I can't be grateful to you enough," said the man to the golden deer. He was bedazzled as he looked at the deer.

The man added next, "You are a magnificent creature and so is your heart. Please allow me to repay you in some way. Tell me how can I serve you?"

I only wish you to make one promise to me. Never tell any human about me. If they knew of my existence, they would come to hunt me for my skin," said the deer.

"I promise to keep this secret," said the man. Then he greeted goodbye and set on his journey.

Back in his town, people were absorbed in the mood of celebrations on the eve of the Queen's birthday. At the palace, the king asked his queen, "My sweet, what do you wish for on this birthday? Gems, ornaments, precious clothes, crowns or jewels, what do you want?"

"I don't wish any of these. If you wish to get me a present, bring me the most beautiful deer," replied the queen. The king issued a proclamation to all the hunters in the town:

"Whoever brings the most beautiful deer of the jungles to the King, he will be rewarded with a bag of gold coins and the land."

When the man who had been rescued by the deer heard about it, he was greatly conflicted.

He could not deceive the deer who saved his life. But he himself struggled with the poverty and could not stop imagining how his life would turn for good, if he revealed about the deer.

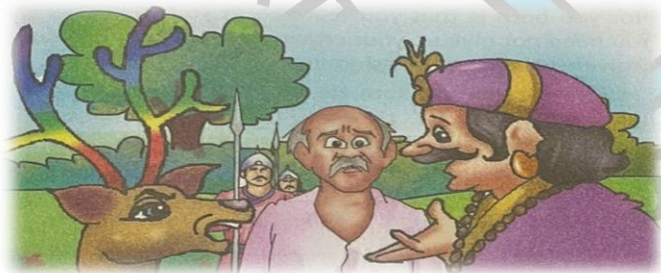
After a long fight in his mind, he at last surrendered to his desire for riches. He went to the king and said, "My King, I know about a golden deer. It is the most beautiful deer of the jungle. I can lead you to it."

The king was very delighted to know this. He gathered some soldiers and set out to find the deer with the man. They reached to the middle of the jungle where the man had met that golden deer. "Your Majesty, this is the point where I had seen that deer. He would be somewhere nearby," told the man to the king.

Suddenly, the King's eyes fell on the deer. The sight of the sparkling deer left the king amazed and he was totally wrapped in the desire of obtaining this beautiful creature.

The deer noticed that he was being found by the humans. His eyes fell on the man whom he had saved. He thought quickly and leaped in the air. In the spur of a moment he was standing in front of the king.

"You're a majestic creature and my queen wishes to have you. Today is her birthday and she wishes for the most beautiful deer. You should come with me. You will be looked after very well at the palace," said the king to the deer.



"Mighty Royal! First I would like to know, how did you come to know about me?" asked the deer.

The king pointed to the man.

"Your majesty, I would like you to know about a wrongdoer here.

And then you decide if I should be taken to your palace," said the golden deer.

"What do you want to say?" asked the king in confusion. The deer explained firmly,

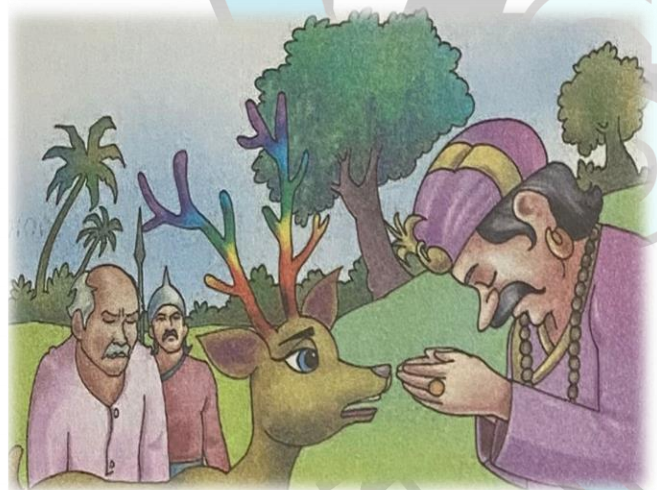
"I saved this man's life and now he brings danger to my life. He even broke his promise to never let anyone know about my existence."

"Is it right? the King demanded answer from the man. The man shook his head in remorse as he said, "Yes."

The king grew angry and fitted an arrow to his bow. Turning to the man, he roared, "Such a low man as yours has no right to live."

The golden deer immediately jumped between the man and the king. "No, My Lord, just stop at once!" he said. "Taking his life is not going to mend his wrongdoings." The king stopped at what the deer said. "Could you really forgive a man who put your life in danger?" the king asked the deer.

"I forgive him," said the deer. "For these jungles are my home and my life is here. If I can allow you to take me to your palace and leave my life here, I can forgive him as well."



The King was moved at the deer's words." I now understand that I was doing nothing different than this man. I am a sinner, to take someone from its home and keep it in my capture. I hope you would forgive me for my sin. I am not a good king.

I shall renounce my throne," said the king with guilt in his voice.

"I forgive you too. I only wish for you both is that you learn from your mistakes and never repeat it," said the deer. "You need not give up your crown to mend your mistakes.

Rather, be a king and preach forgiveness and compassion among all the people." The king thanked the deer and returned to his kingdom. He told the whole story to the queen. From that day on, the King, the Queen and all the people of his kingdom took up the practice of compassion and forgiveness with their whole hearts.

Benefits of forgiving others:

1. Emotional liberation: Forgiveness can free individuals from the burden of negative emotions.
2. Improved relationships: Forgiveness can lead to reconciliation and improved relationships.
3. Physical health benefits: Chronic unforgiveness has been linked to various health problems, such as hypertension and cardiovascular disease.
4. Spiritual growth: Forgiveness can be a catalyst for spiritual growth, self-reflection, and personal transformation.

Conclusion

Forgiveness is a complex, ongoing process that can have numerous benefits for individuals and relationships. While it can be challenging, forgiveness is often a crucial step towards healing, growth, and liberation.

UNIT – 3

EMPATHY: TREAT OTHERS THE WAY YOU WANT TO BE TREATED

Empathy is about stepping into someone else's shoes and trying to feel and perceive things the way they do.



Empathy is the ability to understand and share the feelings experienced by someone else. It's what connects us to our fellow humans. We encounter several situations in our daily life that call for empathy in order to understand others. Some of the ways in which we can show empathy are by:

- practising tolerance
- being by others' side during their times of need
- making eye contact
- being a good listener
- paraphrasing others' feelings

Practising tolerance: Tolerance means allowing others to be themselves and accepting them as they are. We should not try to change others but instead, allow them to express their opinions and appreciate their points of view, even if we do not always agree with them. For instance, if your sibling wants to have a particular food that you do not like, you can show tolerance by letting that food to be cooked instead of fighting over it. Similarly, if you are discussing a particular issue with your friends and one of them has an opinion different from yours, you could allow for the disagreement to remain without holding a grudge against that person.

Being by others' side during their times of need: Empathy can be expressed by being physically present near your close ones in their times of need. Gestures such as holding their hands or putting an arm around their shoulders when they are feeling down can reassure them.

Making eye contact: Making eye contact also helps establish an emotional connection with another person. For example, if your friend does not get selected in the audition for an important role in the school play, you can convey that you understand how he/she feels by looking at your friend in the eye as an expression of reassurance.



Being a good listener: Listening without interrupting communicates that

- we are genuinely interested in what the other person is saying.
- we care for the person and respect his/her feelings.
- we accept what the person is saying without making any judgments.

Active listening can be communicated by gestures such as nodding or through eye contact.

Paraphrasing others' feelings: Paraphrasing means expressing the meaning of what we hear using different, and in most cases, fewer words. Paraphrasing helps you mirror the other person's feelings. For example, if someone says, 'I am down in the dumps with these exam results', then we can paraphrase it as, 'I understand that you are upset about it'; or if someone says, 'I wish I could slam the door on his face', then we could say, 'You seem to be quite angry'. Such paraphrasing helps convey to the other person that we understand what they are experiencing or feeling.

Learning empathy makes us better human beings. It helps us emotionally connect with other human beings. When we are sad or hurt and someone just listens to us or is by our side saying, 'I understand what you are going through', makes us feel much better. Similarly, understanding and respecting others' feelings and showing our care by being by their side during their times of emotional crisis also helps us feel good. Thus, empathy generates happiness around us through a ripple effect.

UNIT – 4

JOY OF GIVING

Charity is an act of giving money, food, help, etc., to people who are in need. Charity or help can be given in three different ways.

1. CHARITY IN THE MODE OF GOODNESS

Gifts given out of duty at a proper time and place, to a worthy person, and without expectation of return is considered to be charity in the mode of goodness.

2. CHARITY IN THE MODE OF PASSION

Charity performed with the expectation of some return, or in a grudging mood, or under some obligation, for e.g., at the insistence of a superior, is said to be charity in the mode of passion.



Charity for cow protection and care is in the mode of goodness



Charity performed with a desire to become very rich is in the mode of passion

3. CHARITY IN THE MODE OF IGNORANCE

Charity performed at an impure place, at an improper time, to unworthy persons, or without proper attention and respect is said to be in the mode of ignorance. Charity that is given in places where people indulge in intoxication, illicit relationships, or gambling is also considered to be in the mode of darkness (ignorance). This charity does not benefit anyone, and to give charity to such persons is to simply commit violence against them, for the gift only encourages their harmful activities.

STORY: THE GLASSMAKER AND THE SAINT

Once a businessman came to meet a saintly person. The saint asked the businessman what he did for a living, to which he replied that he manufactured and dealt in glass. The saint asked him where the glass came from. The businessman replied that glass came from silica, and on being asked where the silica came from, he replied that silica came from sand. The saint then asked the businessman where the sand came from.

"The beach!" came the businessman's reply. Thereupon, the saint asked who had made the beach. The businessman finally had to admit that it was God who had made the beach. The saint said to the businessman, "You are a big thief!" The businessman was bewildered but humbly requested the saint to please help him understand why he was a thief. The saint explained that a person who took something from someone without (acknowledging and) repaying them was a thief.

Therefore, we should not remain thieves; whatever we do, whatever we eat should be done as an offering to God.

ART OF GIVING

Let us learn the art of giving-



Rivers do not drink their own water, nor do trees eat their own fruit, nor do rain clouds eat the grains nourished by them. The wealth of the noble is used solely for the benefit of others.

1. WHEN SHOULD ONE GIVE?

We should give now or as soon as we get a chance to do so. We should try to understand the urgency of the person in need and help at once. If

we do not extend our help at the right time, our help may not be of any use. For example, if a friend asks you for a spare pencil during an exam and you do not help at once, is there any use giving her the pencil later?



2. HOW SHOULD ONE GIVE?

- We should give in an intelligent way.

A saying goes, "Do not give a man a basket of fish. Teach him how to fish." This means that we should give in such a way that we enable people to look after themselves rather than have them come back to us again and again.

- We should give with humility; don't give with a grudging heart.

Any gift offered with humility is a true gift. Whatever we give, be it our time, money, effort, love, or just a smile, must be given with humility. Otherwise, it is just a show of power and only makes the receiver feel humiliated, not happy.

Don't give reluctantly or in response to pressure "For God loves a person who gives cheerfully."

3. WHOM TO GIVE?

We should be careful in selecting whom you are going to help!

In the Vedic literature, charity given to a person engaged in the service of God is the best welfare activity. For example, Charity given to educate people about the science of God by distributing copies of the Bhagavad Gita, Bible, Quran or books like "Values of Life" is very much required in today's society.

4. WHAT TO GIVE?

It is not only money that can be given. You can share your knowledge, wisdom, and talents, or give a flower, some of your time, some of your possessions or even your beautiful smile! You can give anything but you must give with your heart! Even God accepts our offerings when made with true love and devotion.



If one offers Me with love and devotion a leaf, a flower, fruit or water, I will accept it.

Honour God with everything you own; give Him the first and the best.

5. HOW MUCH TO GIVE?

We should give as much as we can.

Give freely and become more wealthy; be stingy and lose everything. The generous will prosper; those who refresh others will themselves be refreshed.

6. WHAT SHOULD ONE FEEL AFTER GIVING?

- Give and then forget.

Sometimes, people give and then keep on boasting about their own generosity for a long time! The receiver does not like to hear repeatedly about the help they received. Often times, the helpful action is forgotten and the only thing that is remembered with

bitterness is that the person talked about it at all the time. The best thing to do is to give and then get on with life, without thinking or talking about it.

- Give and never regret giving.

Blessed are those who can give without remembering and receive without forgetting.



7. WHAT SHOULD ONE ALWAYS REMEMBER WHILE GIVING?

- Nothing belongs to us; everything belongs to God.
- God is the Supreme Enjoyer.
- God is the owner and provider of everything.
- God is our Supreme Father and we are all His children. We please our Supreme Father when we help and cooperate with each other.

Chant the holy names of God in order to express your love and gratitude towards Him, the ultimate and the greatest giver.



Holy scriptures say that "Money does not stay in one place. It passes from one hand to another. Ultimately no one can enjoy money, and it remains the property of the Supreme Personality of Godhead."

UNIT - 5

BODY SHAMING

- **Meaning**

Humiliating others on their physical appearance in front of them or others is called body shaming. Body shaming is also known as Name-Calling.

For example - Telling a person that he is too fat - as fat as a hippo, too skinny



- as skinny as grass, or his legs are too thin - as thin as a matchstick.

- **What are people body shamed for?**

People are often body shamed for various medical conditions like obesity, cleft lip, crooked teeth, crooked eyes, vitiligo, albinism, strabismus and more.

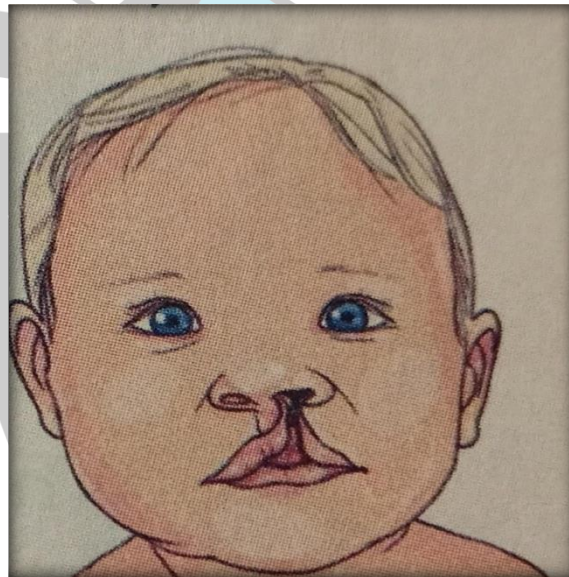
- **Understanding a few terms**

- 1. Albinism**

Humans, animals and even plants can have albinism, a condition that gives people a kind of pale appearance. It is noncontagious, incurable and an inherited medical condition by birth (congenital).

- 2. Cleft lip/palate**

They are birth defects that occur when a baby's lip or mouth do not form properly during evolution. They can be treated with surgery.



- 3. Vitiligo**

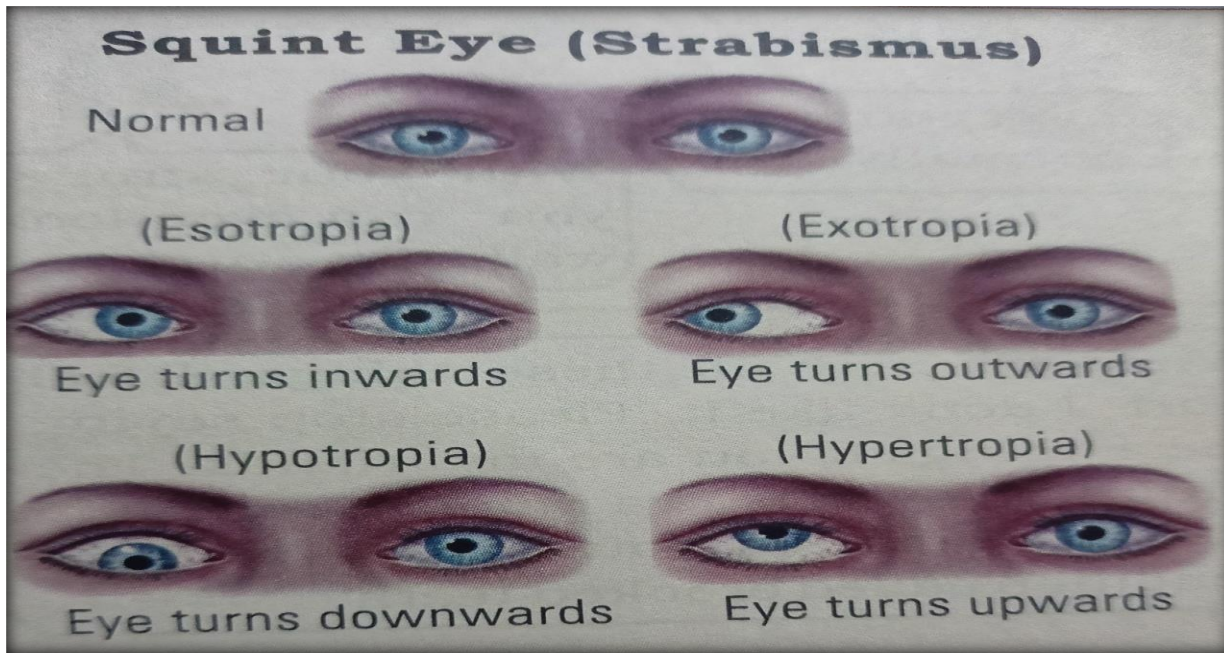
A disease that causes the loss of skin colour in blotches. Vitiligo occurs when pigment-producing cells die or stop functioning. It can affect people of any age, gender or ethnicity.



of

तमसा मा ज्योतिर्गम

4. Strabismus



Disorder in which the eyes don't look in exactly the same direction at the same time. Causes of strabismus can include nerve injury or dysfunction of the muscles controlling the eye.

- **How is body-shaming manifested?**

Body-shaming manifests in many ways:

1) Criticizing your own appearance

Criticizing your own appearance through a judgment or comparison to another person.

For example- "I'm so ugly compared to her." "Look at how broad my shoulders are."

2) Criticizing another's appearance in front of them.

For example- "With those thighs, you're never going to find a proper outfit."

3) Criticizing another's appearance without their knowledge.

For example- "Did you see what she's wearing today? Not flattering." "At least you don't look like her!"

Body shaming often leads to comparison and shame, and perpetuates the idea that people should be judged mainly for their physical features.

- **How can body-shaming affect a person?**

Body shaming can negatively affect a person in many ways. Body shaming may lead to:

- a. Low self-esteem
- b. Eating disorders
- c. Anxiety
- d. Depression
- e. Body image disturbance
- f. Body dysmorphic disorder

- **How do we challenge body shaming?**

- 1) Practice identifying why you are upset about a situation.
- 2) Identify who in your life is body-positive.
- 3) Find something (or things!) you LIKE about your body.
- 4) Body Positivity is Important.
- 5) Acceptance: Stop Hiding.
- 6) Self-Love: Be Kind to Yourself.

तमसा मा ज्योतिर्गमय

UNIT - 6

BULLYING

- **Meaning**

Bullying is when a person keeps doing or saying something on purpose to make someone else feel hurt, sad or embarrassed.

Someone who bullies others is called a bully.



- **Four kinds of bullying**

1. **Physical bullying** is easy to see. Someone is being physically harmed and we know for sure that it is wrong.

For example- Hitting, slapping, pushing, pinching, punching, pulling hair, kicking, poking, making someone trip, breaking someone's things, etc.



2. **Verbal bullying** is when bullies use words to bully people.

For example- Threatening, making harmful comments, using bad words, name-calling and continuously making fun of someone etc.

3. **Social bullying** is not always easy to see while it is happening. It can be more hurtful than physical and verbal bullying. For example- Spreading lies and rumours about someone, telling others not to be friends with them, or keeping them out of games, activities, etc., on purpose.

4. **Cyber bullying** is bullying someone on the Internet or on the phone. For example- Making blank calls or saying rude things on the phone, sending rude messages, making hurtful comments on WhatsApp, Facebook and other social media sites etc.

Bullying someone is a cruel thing to do. It is very hurtful and painful to the person being bullied. If others are bullying someone, you should never join in, even if the bully is your good friend. You should either tell the bully to stop, or stop being friends with the bully.

- **What to do if you are being bullied?**

It is important to know what you can do to be safe if you are being bullied.

1. Try to keep your body language calm and confident while the bully is trying to bully you. Take deep breaths. Use the 7-Step Guide to Safety to be safe. Say "NO!" and ask the bully to stop, or you will tell others about their behaviour. If possible, get away to somewhere safe.
2. Try to always be with someone in places or situations where the bully will try to bully you.
3. Try to talk to the bully, not fight with them.
4. Tell a trusted adult that you are being bullied. If you are nervous about telling, ask a friend to be with you when you tell.
5. If the first person you talk to isn't helpful, tell someone else. Don't give up!

• **What to do if you see someone else being bullied...**

When you see someone being bullied, here's how you can help them:

1. Be a friend - spend time with them so they are not alone. This makes it more difficult for others to bully them.
2. Don't stand quietly and watch them being bullied. Ask the bully to stop, or get help. If you cannot, then go away and inform someone, otherwise the bully may feel encouraged to bully more.
3. Tell an adult who can help make the bullying stop.
4. Tell the person being bullied to tell an adult they trust.

Telling is not the same thing as telling tales or tattling. Tattling is what you do to get someone into trouble. Telling is what you do to get someone out of trouble.

Telling your friends how you feel is a good thing to do. If they care about you, they will stop saying or doing the hurtful thing. If they don't listen to you and continue to say or do the hurtful thing, then they are not being a friend.

तमसा मा ज्योतिर्गमय

UNIT -7

TEACHING LIFE SKILLS THROUGH MEDITATION

Mindful meditation is all about awareness and being in the moment—focusing on your body and surroundings without making any judgments. Everyone will be able to benefit from meditating as a family.

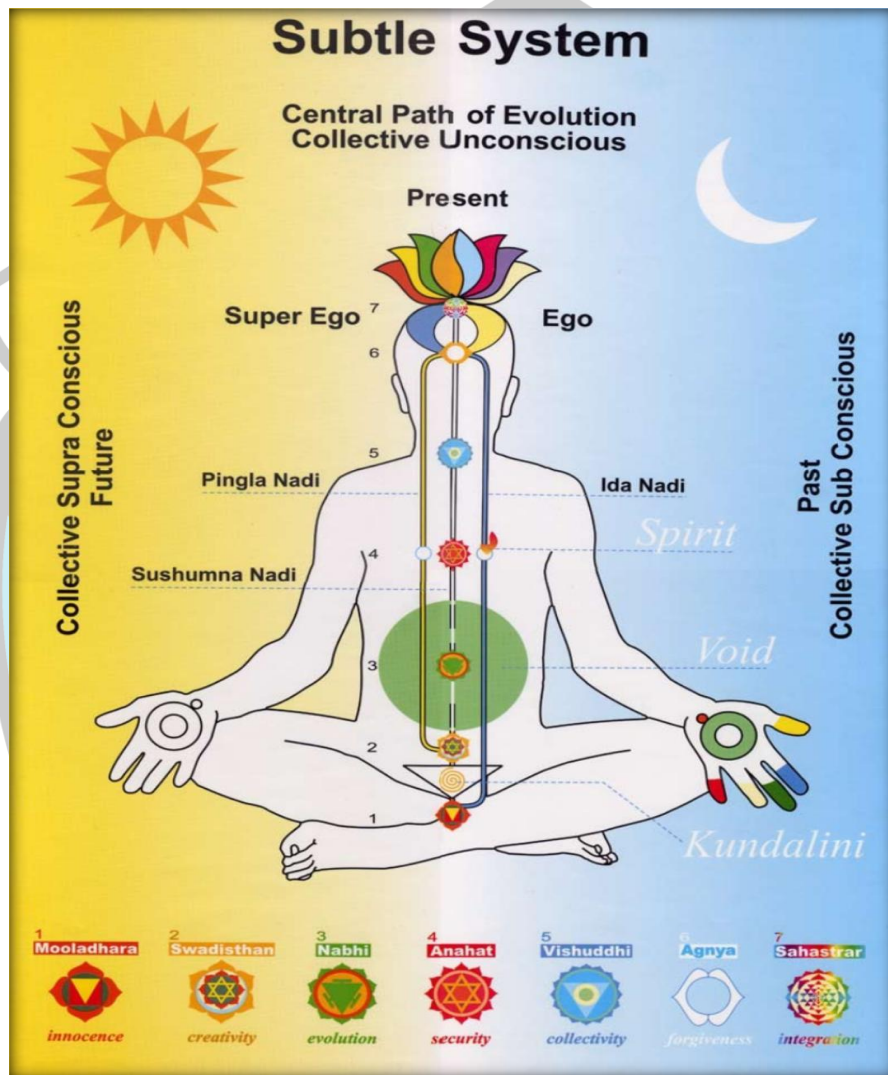
Meanwhile, mindful meditation can be used to teach children how to pay



attention to their surroundings, improve their memory and develop a positive self-concept.

Meditation harnesses the power of the inner energy already within you known as the subtle energy, or Kundalini energy. This inner energy system includes a complete system of energy channels and energy centers, or chakras, of which is associated with specific human characteristics and traits. The energy centres are the accumulators of qualities and traits within us. And the Spirit is our ultimate soul, or root of our existence. It is the ultimate and

deepest level of our identity. It is who we ultimately are as individuals. These key energy system components work in synchronicity to drive every aspect of our well-being — cognitive, emotional, physical and spiritual.



The ten top skills that a regular meditation practice can help you to develop are -

1. Being Present

Being present with ourselves gives us the insight we need to understand our moods and emotions, and even the way these are reflected in the physical signs our body gives us.

2. Learning to consciously relax

The deep breathing and present moment awareness that comes with meditation can help you to relax at will during other times of your life.

3. **Witness your thoughts without judgement.**

The ability to witness your thoughts without judgement means you are no longer controlled by them or any negativity they bring up. This is an incredible benefit of meditation.

4. **Focus and concentration**

When you can focus on an object or on your breath without being distracted you strengthen your ability to concentrate and hold your attention for a period of time.

5. **Intuition**

The simple practice of tuning into yourself regularly deepens this connection and makes it a natural way for you to clarify what you want and which direction to take based on no other authority than your own wisdom.

6. **Mindfulness**

It's the ability to be in the moment and pay attention to whatever is happening in a way in which you are fully aware.

7. **Being open minded**

When you meditate you are practicing non-judgement, learning to simply observe and accept things as they are. This encourages a truly open mind in the rest of your life, helping you to remain an observer of situations rather than someone with limited preconceptions. It can also help you to remain curious, spontaneous and creative.

8. **Listening to your body**

Meditation teaches you to become sensitive to the messages your body sends you.

9. **Listening to your inner child**

Meditation can awaken you to some deep areas within your psyche that need your attention.

10. **Boosting creativity**

Meditation can help you to hone your ability to create and visualize.

Meditation can give you the motivation and courage to think outside of the box, see things in new ways and create with confidence at home or at work.

UNIT -8

ADAPTABILITY

The Chameleon Challenge: Mastering the Art of Adaptability

Imagine a chameleon navigating a rainforest. It blends seamlessly with its surroundings, changing colours to avoid predators and find prey. That's adaptability in action! And just like the chameleon, we humans also need to adapt to thrive in our ever-changing world.



What is adaptability?

Adaptability is the ability to adjust to new situations, challenges, and unexpected twists and turns. It's about being flexible, resourceful, and open to new ideas and approaches. Think of it like having a mental toolbox filled with different strategies you can pull out when things get tough.

Why is adaptability important?

In today's fast-paced world, things change quickly. Jobs evolve, technology leaps forward, and unexpected events can disrupt our plans. Being adaptable helps us to:

- Open to new trends
- Not rigid in thoughts
- Adjusting to situations
- Effective problem solving
- Negotiation skill
- Work under pressure
- Ability to Listen
- Able to communicate
- Acknowledging others view
- Allow expanding
- Fit the culture
- Make or break deal
- More productivity
- Job Requirement
- Highly valued
- Establish alternative solutions
- Make Easy transitions
- Keep calm and confident
- Acquire New Skills
- Diversify your knowledge



1. **Embrace new opportunities:** When we're open to change, we're more likely to see and seize exciting possibilities.
2. **Overcome challenges:** Life throws curveballs, but adaptability helps us roll with the punches and find solutions.
3. **Build resilience:** The more we adapt, the better we bounce back from setbacks and keep moving forward.
4. **Develop a growth mind set:** Adaptability encourages us to learn and grow, embracing challenges as opportunities to improve.

How can we become more adaptable?

Just like any skill, adaptability can be learned and strengthened. Here are some tips:

1. **Challenge your comfort zone:** Step outside your routine and try new things, even if they feel scary at first. The more you stretch yourself, the more comfortable you'll become with being uncomfortable.
2. **Embrace a growth mind set:** Believe that you can learn and grow from any experience, even negative ones. See challenges as opportunities to develop new skills and perspectives.
3. **Stay curious:** Be open to new ideas and information. Ask questions, explore different viewpoints, and keep your mind constantly learning.
4. **Be flexible:** Don't get stuck in your ways. Be willing to adjust your plans and expectations when needed.

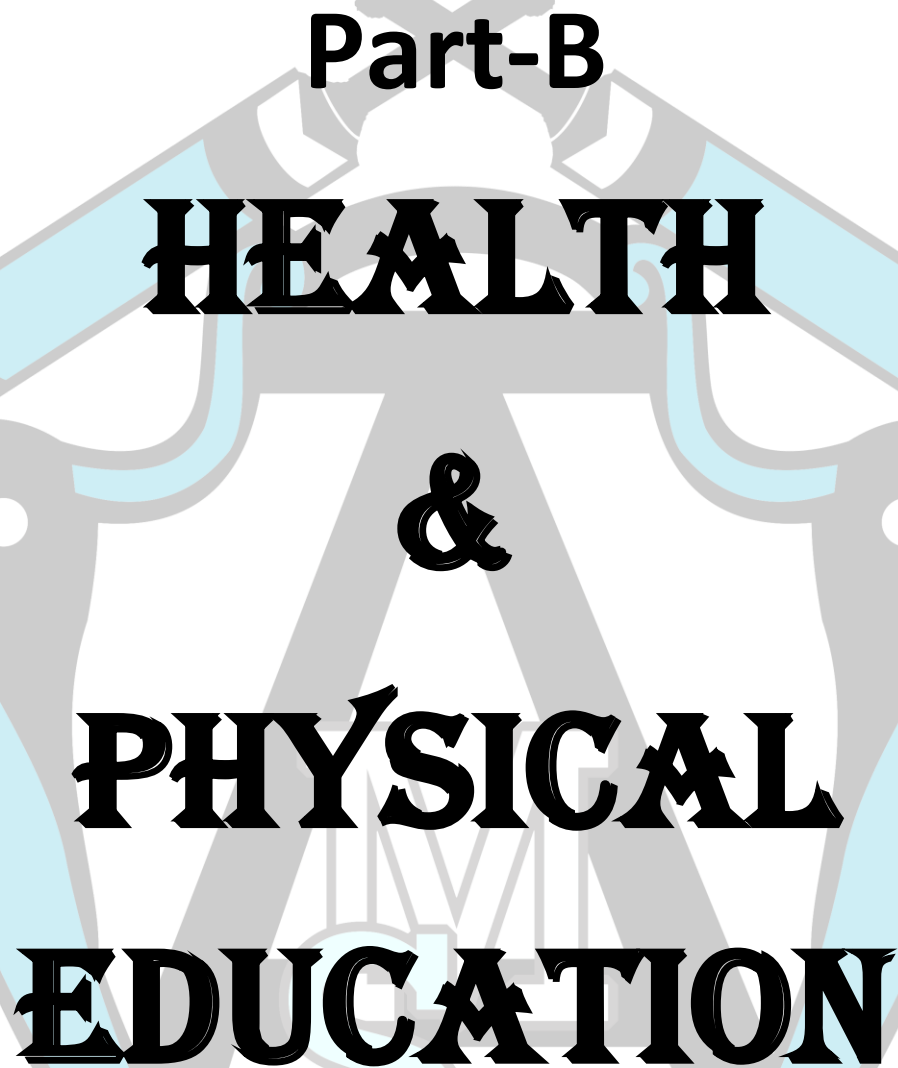
5. Develop positive coping mechanisms: Learn healthy ways to deal with stress and setbacks, so you can bounce back from challenges with a clear head.

Activities to boost your adaptability:

1. Play improvisation games: Improve activities like “Yes, and...” and “Freeze and Frame” are fun ways to think on your feet and adapt to unexpected situations.
2. Solve puzzles and riddles: Challenging your brain with puzzles and riddles can help you improve your problem-solving skills and think creatively.
3. Try new hobbies and activities: Stepping outside your comfort zone and trying new things is a great way to develop new skills and perspectives.
4. Volunteer: Volunteering is a rewarding way to give back to your community and learn new things from others.

Remember, becoming more adaptable is a journey, not a destination. The more you practice, the more comfortable you’ll become with change and the better equipped you’ll be to handle whatever life throws your way. So, go out there, embrace the unknown, and unleash your inner chameleon!

तमसा मा ज्योतिर्गमय



Part-B

HEALTH

&

PHYSICAL

EDUCATION

COMPILED BY: MANOJ SHARMA

CONTENTS

Term – 1

1. Growth and Development
2. Importance of Yoga In Life

Term – 2

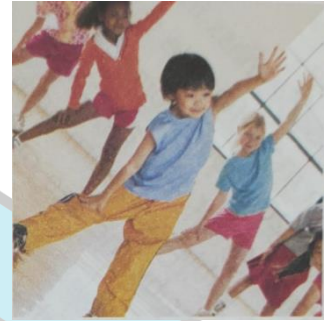
3. Physical Fitness
4. What is well-being?

तमसा मा ज्योतिर्गमय

TERM - 1
UNIT 1: GROWTH AND DEVELOPMENT

- Physical Development
- Psychomotor Development Definition

In the context of the physical development of children, growth refers to the increase in the size of a child, and development refers to the process by which the child develops his or her psychomotor skills.



The period of human growth from birth to adolescence is commonly divided into the following stages:

Infancy: From birth to taking solid food.

Childhood: From talking solid food to the end of brain growth.

Juvenile: From the end of childhood to adolescence.

Adolescence: From the start of growth to reaching puberty.

The height of the average infant increases by 30% by the age of five months. And the height increases by 50% by the age of one year. The height of a five-year-old usually doubles relative to that at birth. The limbs and arms grow faster than the trunk, so that body proportions undergo marked variation as an infant grows into an adolescent. Different body systems grow and develop at different rates. For example, if infants grow in height as quickly as they do in weight, the average one-year-old would be approximately 5 ft. (1.5m) tall. Thus, weight increases faster than height and an average infant doubles his birth weight by the age of five months. and triples it by the age of one year. At two years of age, the weight is usually four times the weight at birth.

Physical Development

During the growth period, all major body systems also mature. The major changes occur in the following systems:

Skeletal system: At birth, there is very little bone mass in the infant body, the bones are softer and much more flexible than in the adult. The adult skeleton consists of 206 bones joined to ligaments and tendons. It provides support for the attached muscles and the soft tissues of the body. Babies are

born with 270 soft bones that eventually fuse together by the age of 20 into the 206 hard, adult bones.

Lymphatic system: The lymphatic system has several functions. It acts as the body's defense mechanism by producing white blood cells and specialized cells (antibodies) that destroy foreign organisms that cause disease. It grows at a constant and rapid rate throughout childhood, reaching maturity just before puberty.

Central nervous system (CNS): The CNS consists of the brain, the cranial nerves, and the spinal cord. It develops mostly during the first years of life. Although brain cell formation is almost complete before birth, brain maturation continues after birth. The brain of the newborn is not yet fully developed. But brain development up to age one is more rapid and extensive than was previously, realized. At birth, the brain of the infant is 25% of the adult size. At the age of one year, the brain has grown to 75% of its adult size and to 80% by age three, reaching 90% by age seven. The influence of the early environment on brain development is crucial. Infants exposed to good nutrition, toys, and playmates have better brain function at age 12 than those raised in a less stimulating environment.

Psychomotor Development

During the first year of life, a baby goes through a series of crucial stages to develop physical coordination. This development usually proceeds from head to toe. For example, the visual system reaches maturity earlier than do the legs. First, the infant develops control of the head, then of the trunk (sitting up), then of the body (standing), and, finally, of the legs (walking). The head and trunk of the body develop before the arms and legs, and infants learn to control their neck muscles before they learn to direct their limbs. This development of physical coordination is also referred to as motor development and it occurs together with cognitive development, meaning the development of processes such as knowing, learning, thinking, and judging.

The stages of motor development in children are as follows:

First year: The baby develops good head balance and can see objects directly in his line of vision. He learns how to reach for objects and how to transfer them from one hand to the other. Sitting occurs at six months of age. Between nine and 10 months, the infant is able to pull himself to standing and takes his first steps. By the age of eight to 24 months, the baby can perform a variety of tasks such as opening a small box, making marks with a pencil, and correctly inserting squares and circles in a form board. He is able to seat himself in small chair, he can point at objects of interest, and can feed himself with a spoon.

Second year: At 24-36 months, the child can turn the pages of a book, scribble with a pencil and complete a form with pieces that are more complex than circles or squares. He can kick a ball and walk and run fairly well, with a good sense of balance. Toilet training can be started.

Third year: The child can now draw circles, squares, and crosses. He can build 10-block towers and imitate the building of trains and bridges. He is also achieving toilet independence. Hand movements are well coordinated and he can stand on one foot.

Fourth year: At that age, a child can stand heel to toe for a good 15 seconds with his eyes closed. He can perform the finger-to-nose test very well, also with eyes closed. He can jump in place on both feet.

Fifth year: The child can balance on tiptoe for a 10-second period, he can hop on one foot, and can part his lips and clench his teeth.

Sixth year: The child can balance on one foot for a 10-second period; he can hit a target with a ball from 5 ft (1.5 m), and jumps over a rope 8 of inch (20 cm) high.

Seventh year: He can now balance on tiptoes for a 10-second period, bend at the hips sideways, and walk a straight line, heel-to-toe for a distance of 6 ft. (1.8 m).

Eighth year: The child can maintain a crouched position on tiptoes for a 10-second period, with arms extended and eyes closed. He is able to touch the

fingertips of one hand with his thumb, starting with the little finger and repeating in reverse order.

The development of motor skills in the child goes hand in hand with the development of cognitive skills, a process called **cognitive development**.

Cognitive development can be divided into four stages:

Sensorimotor stage: At this stage, infants discover their environment using a combination of sensory impressions (sight, smell, hearing, taste and touch) and motor activities.

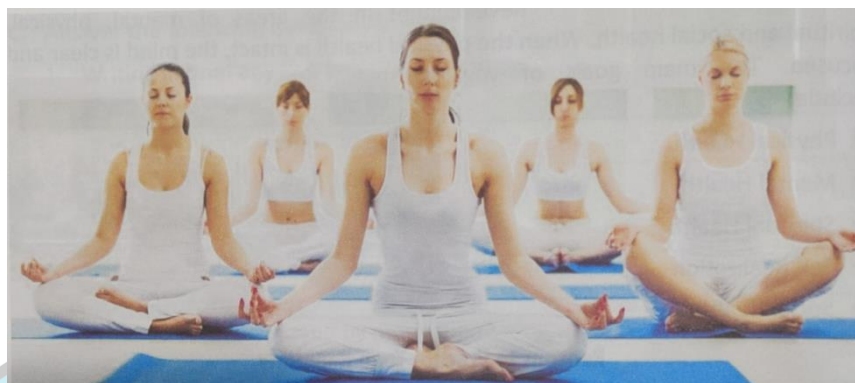
Preoperational stage: At this stage, children are not able to use information in rational and logical ways; rather they use images and symbols. They learn how to associate cause and effect and to represent something with something else. Speech development begins.

Concrete operational stage: At this stage, children understand elementary logical principles that apply to concrete external objects. They learn to sort things into categories, reverse the direction of their thinking and think about two concepts (such as length and width) simultaneously.

Formal operational stage: This stage is reached at adolescence. The individual can think in the abstract and speculate about probabilities and possibilities as well as reflect on their own thinking activities. The simultaneous development of motor skills and cognitive skills is commonly referred to as psychomotor development and it occurs with the maturation of the central nervous system (CNS).

तमसा मा ज्योतिर्गमय

UNIT 2: IMPORTANCE OF YOGA IN LIFE



Benefits of Yoga

Yoga is a practice that works on eight levels of development in the areas of mental, physical, spiritual and social health. When the physical health is intact, the mind is clear and focused. The main goals of yoga include:

- ❖ Physical Health
- ❖ Mental Health
- ❖ Spiritual Health
- ❖ Self-Realization
- ❖ Social Health

Reasons to Practice Yoga Regularly

Yoga is an art which connects our body, mind and soul together and makes us strong and peaceful. Yoga is necessary because it keeps us fit, helps burst stress and maintains our overall health. A healthy mind can concentrate well and do everything.

Yoga is important because by practising Yoga you are being benefited on the following points:

Inner Peace: Yoga helps achieve inner peace and fight against stress and other problems. Yoga increases the peace level in an individual and makes him become more joyful resulting in more confidence.

Healthy: A healthy person can achieve and do more work than an unhealthy person. Life nowadays is very stressful and there is lot of pollution around us.

This is a cause of numerous health issues. Just 10-20 minutes of yoga each day can help regain your health. Better health means better life.

Activeness: People nowadays feel lazy, tired or sleepy. Due to which they miss out most of the fun in life and are not able to complete their work correctly. Being active keeps you aware of the things happening around you and also helps you complete your work more efficiently and quickly. And one way to achieve this is by practising yoga regularly.

Flexibility: People nowadays suffer from joint pains, face difficulties while bending or touching their toes. Regular practice of yoga helps in relieving these pains. The effect can be seen in few days of practicing.

Increase Blood Flow: Yoga helps make your heart healthy and makes it work more efficiently by increasing blood flow in your body and veins. It helps in keeping your body oxygenated.

Power to Concentrate: Yoga helps your body to calm down and relax which means there is less stress and one can concentrate and focus quickly on his work. That is why children and teenagers are encouraged to do yoga because it helps them concentrate better on their studies.

Conclusion

Thus, yoga is a miracle and once followed, it will guide you the whole life. 20-30 minutes of Yoga per day can change your life in the long run by promoting a balance between physical, mental and spiritual health.

TERM - 2
UNIT 3: PHYSICAL FITNESS

Components of Physical Fitness:

Running

Everyone knows that running is a great way to get into shape, but it also can benefit almost every part of the person's body. Following are the benefits of running.



1. **Running Improves Health:** Running is actually a great way to increase overall level of health. Research shows that running can lower the chances of heart diseases and diabetes.
2. **It Prevents Diseases:** It helps in preventing many diseases like cancer, stroke and high blood pressure.
3. **It helps in losing Weight:** Running is one of the best forms of exercise for losing or maintaining a consistent weight. It is a leading way to burn off extra calories and that it is the second most effective exercise in terms of calories burned per minute, following only after cross country skiing.
4. **Running Boosts Confidence:** Not all of the benefits of running are physical. Running can provide noticeable boost in one's confidence and self-esteem.
5. **It Relieves Stress:** Stress can actually cause a number of health and mood problems. It can also diminish appetite and sleep quality. Running forces the boost human body to exert excess energy and hormones. Running also helps to reduce chances of developing tension headaches.
6. **Running has the Power to Eliminate Depression:** Running is an excellent solution to eliminate depression.

Running is incredibly beneficial to the body, mind and spirit. Even short runs can leave a person feel more energized, more focused and better able to enjoy all that life has to offer.

Cardio-respiratory endurance

Cardio-respiratory endurance is the ability of the heart and lungs to provide the working muscles with oxygenated blood for a prolonged period of time. Poor CRE will result in the player becoming breathless more quickly and unable to keep up with play or maintain a high skill level. Decision making will also be affected and longer rest periods will be needed to aid recovery.

Strength

Strength is the maximal force that a muscle can exert as it contracts. Strength can be further divided into static (the muscles contract and hold one position), dynamic (the muscles move contracting and extending) and explosive strength or power (the muscle contraction happens at high speed).

Muscular endurance

Muscular endurance is the ability of a muscle or a group of muscles to perform repeated contractions for extended periods of time without tiring. If the muscles tire, due to poor muscular endurance, then the performer will be unable to make effective use of the muscles. A swimmer requires muscular endurance in the upper body to be able to consistently use the arms for the duration of the race.

Flexibility

Flexibility is the range of movement possible at a joint. It helps performers to stretch and reach further. It is also known as suppleness.



Speed

Speed allows the whole body to move quickly. For instance in sprinting, or part of the body may move quickly, e.g. in throwing a cricket ball.

Power

Power is a combination of using strength and speed at the same time. Activities that involve jumping require power in the legs.

Agility

Agility is the ability to change the position of the body quickly, precisely and with control. This uses a combination of speed and flexibility. This helps team players dodge their opponents or turn to track back in defence.

Balance

Balance is the ability to retain the Centre of gravity above the base of support when stationary (static balance) or moving (dynamic balance). This helps gymnasts maintain their position and prevents players from falling over at speed. Muscles work together to keep the body in a balanced position.

Timing

Timing is the ability to apply an action or movement at an exact moment and with the correct emphasis. It helps long jumpers take off at the board.

Coordination

Coordination is the ability to move two or more body parts together, in a smooth and fluent action.

Reaction time

Reaction time is the time between the presentation of a stimulus and the onset of a movement. This helps swimmers to make a fast start.

Mental preparation (or mental rehearsal)

This is when a performer thinks about and visualises a successful performance before they carry it out.

Concentration

Concentration is the ability to stay focused on and be fully aware of what is going on around you.

Confidence

Confidence is having a positive frame of mind, in which you feel that you can perform successfully. For example, in football, you feel confident when you could control the ball with one touch, dribble past the defender and strike the ball at goal on target.

Motivation

Motivation is the internal feelings and/or external encouragement by coach/spectators, which make you want to do well.

Relaxation: Relaxation is the ability to free the mind from tension and anxiety when under pressure.

तमसा मा ज्योतिर्गमय

UNIT 4: WHAT IS WELL-BEING?

Learning Objectives:

- Understand the concept of well-being and its different dimensions.
- Recognize how Physical Education (PE) supports overall well-being.
- Identify the importance of taking care of your physical, mental, social, emotional, and digital well-being.
- Learn ways to improve your well-being through healthy choices.

What is Well-Being?

Well-being means feeling good in different dimensions of our lives. Imagine well-being as an apple with different slices. Each slice represents an important part of our lives that helps us feel happy and healthy. If all the slices are balanced, the apple tastes, feels and looks great! Even if one slice is missing or not right, it affects the whole apple.

Let us take a closer look at these slices of our holistic well-being:

1. **Physical Well-Being:** It is all about keeping our bodies healthy and strong. It includes eating nutritious foods, exercising regularly, and getting enough sleep.



Did you know that kids aged 6-17 should get at least 1 hour of physical activity every day? That is like playing a sport, riding a bike, or dancing for an hour!

Why It Matters?: Regular exercise keeps our hearts, muscles, and bones strong. It makes us feel energetic and happy. For example, did you know that physical activity can help you sleep better at night?



2. **Mental Well-Being:** It is about how we think and understand things. It includes being able to solve problems, focus on tasks, and handle challenges.

Studies show that people who practice activities like puzzles or brain games can improve their problem-solving skills. It is like giving your brain a workout!

Why It Matters?: When our minds are healthy, we can think clearly, make good decisions, and feel confident about ourselves.
Mental Well-Being

3. **Social Well-Being:** It is about having good relationships with friends, family, and other people. It is important to feel connected and supported by those around us.

Research shows that having friends and spending time with family can make you feel happier and less stressed.



Why It Matters?: Being connected to others helps us feel like we belong and supports our emotional health.

Social Well-Being

4. **Emotional Well-Being:** It involves understanding and managing our feelings and emotions. It is about feeling happy, calm, and positive, even when things get tough.



Emotional Wellbeing

Did you know that smiling makes you feel happier? It is true! When you smile your brain releases chemicals that help improve your mood.

Why It Matters?: Managing our emotions helps us handle stress and enjoy life more. It is really important to talk about how we feel with trusted friends or adults.

Emotional Well-Being

5. **Digital Well-Being:** It is about using technology in a healthy way. It is important to balance screen time with other activities and be safe online.

Spending too much time on screens can make us feel tired or stressed. Experts recommend taking a break from screens every hour and spending more time doing physical activities.



Why It Matters?: Using technology wisely helps us stay healthy and makes sure we do not miss on other fun activities and important face-to-face interactions.

Digital Well-Being

Importance of Well-Being

Well-being is super important because it helps us feel our best in every part of our lives. When we take care of our physical, mental, social, emotional, and digital well-being, we can:

- **Be Healthier:** Regular exercise and good nutrition keep our bodies in top shape.
- **Think Better:** A healthy mind helps us solve problems and stay focused.
- **Enjoy Friendships:** Good social connections make us feel supported and happy.

- **Handle Emotions:** Understanding our feelings helps us stay positive and resilient.
- **Use Technology Wisely:** Balancing screen time keeps us engaged in other fun and important activities.

