

A Textbook of
**Life Skills Based
Education**

Grade
4

*Let's learn
the skills to live in
a better way*



National Curriculum Council

Ministry of Federal Education and Professional Training



**This book is based on Life Skills Based
Education Standalone Curriculum 2022 and is
being published for a pilot project**

Textbook

Life Skills Based Education

Grade 4



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P R E F A C E

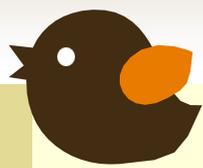
Education is a process for achieving a permanent change in a learner's life. Towards this aim, it is extremely important to target not just cognitive growth but a holistic change in a person's life. In other words, in order to get ready to face the challenges of future, it is extremely necessary to work on skills improvement of the learners.

Towards this end, Life Skill Based Education is aimed at readiness of the learners to face an unseen future. It is designed to facilitate the practice and reinforcement of psychosocial skills in a culturally and developmentally appropriate way. It contributes to the promotion of personal and social development, the prevention of health and social problems, and the protection of human rights. In view of ground realities and emerging challenges for youth, both in and out of school, now Life Skill Based Education (LSBE) has become a priority of government of Pakistan. Accordingly, it has been included in certain National Policies such as Youth Policy, National Education Policy, Population Policy and most recently in the Single National Curriculum.

The Standalone LSBE Curriculum developed by National Curriculum Council (NCC), Ministry of Federal Education and Professional Training- MOEF&PT in partnership with UNFPA and Aiming Change for Tomorrow (ACT). It aims to help young learners learn the basic skills to deal with their problems in an appropriate and responsible manner. With interesting stories and activities, this book helps young learners to understand important themes of health & hygiene, safety & protection, civic engagement, appreciation for diversity, fight against bullying, team building, decision making, conflict management, gender equality, and inclusion.

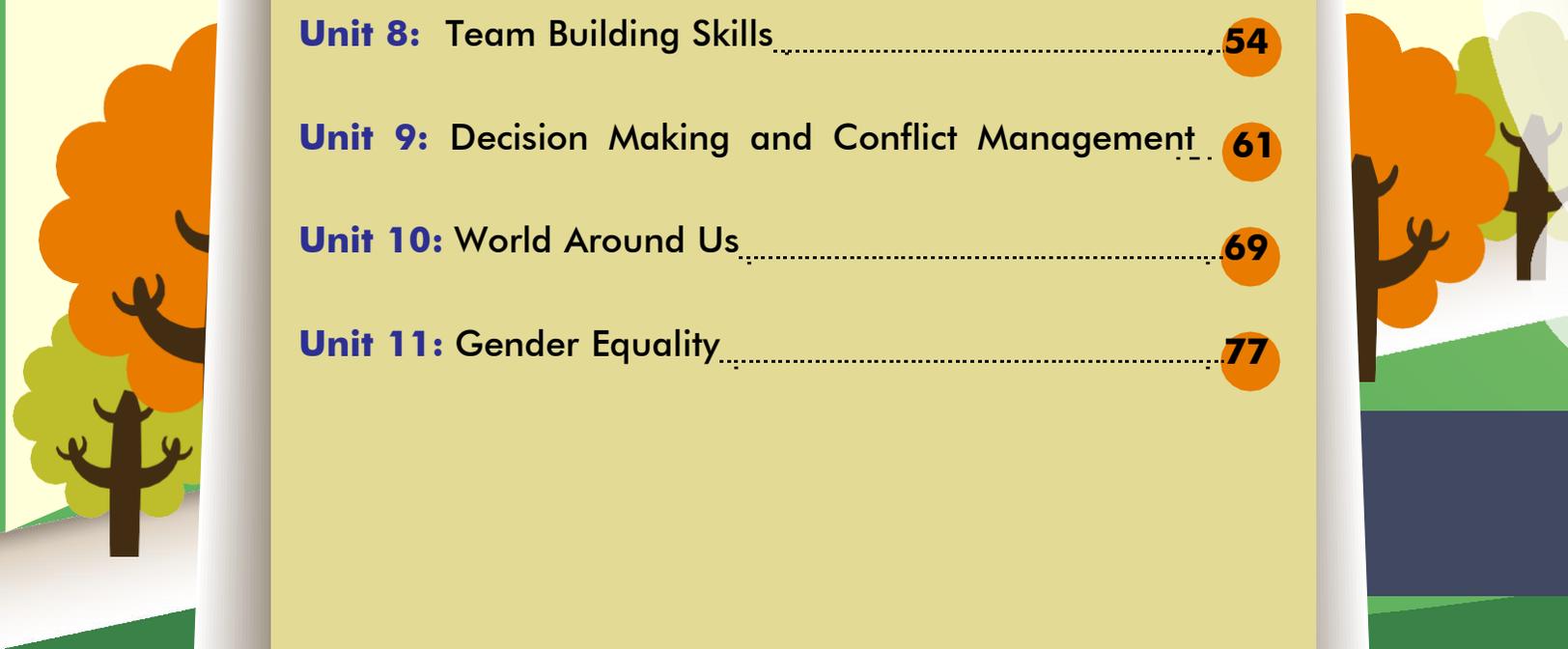
It is hoped that this textbook will become a source of such positive change in the society that will result in a more inclusive, tolerant, and prosperous Pakistan.





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Unit One



All about Me

After completing this unit, you will be able to:

- differentiate between feelings like being sad, happy, angry, excited etc.
- know some healthy activities to cope with big emotions and demonstrate decent behaviour inside and out of class
- understand your own self, abilities and exhibiting self-respect
- adopt high ethical and moral values



Abdullah's Vacation Plan

When his summer vacation started, Abdullah was very excited. He was going to see his grandparents in Quetta. He planned to go on many picnics with his cousins. He was also keen to see his uncles and aunts. Bags were packed and tickets were ready.

In the evening, when his father came back from the office, he looked quiet. Abdullah went to his father and said: "Baba! Are you alright? Is there something wrong?" His father said: "Nothing, my son."

Abdullah thought he should tell his father how quickly he prepared for the trip. He said: "Baba! I packed my clothes, books, and other stuff for Quetta. May I help you in packing your things?"

His father looked at Abdullah, put his hands on his shoulders and said: "Son, I received orders today. I have to go abroad for a training. I'm afraid we won't be able to go to Quetta this year."

Abdullah could not believe what he heard. His happiness and excitement suddenly turned into anger. "What? Am I not going to see grandma this year? I have been waiting for this vacation for months. No! I want to go! I will go even if nobody else comes with me!" Abdullah kept shouting in anger.



Abdullah's mother who was listening to all this conversation quietly, came and sat with Abdullah. She hugged her son and said, "Don't worry Abdullah. It's your father's official assignment. We should understand others' problems. We can go to Quetta next year."

Abdullah listened to her mother silently. He hugged his father and said, "I'm sorry Baba! I got angry and could not control myself. I shouldn't have behaved that way."

Abdullah's father also hugged him and said: "I am proud of you Abdullah. You realized your mistake quickly."

What would be your reaction if you learn that

- your father is in another city, and you will miss him on your birthday?
- you found your lost gadget, toy, or a book?
- your friend misunderstood you and complained to the teacher about you?
- You are going for a picnic with your favourite friends?

Being happy, excited, sad, or angry does not make any of us strange. These are some of our feelings. The important thing is to understand these feelings and learn how to keep them in control.



Sometimes we feel very sad about something. It may be missing our favourite activity, sport, or food. Similarly, sometimes we may be very happy or excited about something we like a lot. It may be due to winning a match or getting a very good score in a test. At times, we may also get angry over something or someone.

All these feelings are part of our life. Let's learn how to control these emotions and act decently in different situations.

Deep Breathing

A few slow and deep breaths can help you relax your mind and body. You can learn to take “bubble breaths.” like this. Breathe in deeply through your nose and then breathe out slowly through your mouth like you’re trying to blow a bubble with a wand.

You can also practice “Smelling the birthday cake.” Breathe in through your nose like you're smelling birthday cake of your favourite flavour. Then, blow the candles on the cake. Do this several times to help you feel better.



Ask For Help

When you are Worried about Something, ask Yourself, “ Who can help me with this?” There may be many people who could help you come out of that situation. For example, a school related issue may be resolved by the help of teacher. For some homework related problem, You may call a friend. In all types of issues, it is important to remember that your parents are the best support you have. Never hide anything from them. Share all your feelings with them



Remember: It is fine to ask for help because you cannot know everything on your own. When you ask help, you will feel stronger and know that you have people who can show you ways if you have any problem.

Read Books or Create Artwork

You may read books, draw, and paint to control your emotions. Keep your favourite books and painting supplies close at hand. Whenever you feel sad, angry or frustrated, you can take out your books or art supplies to help you cope with your emotions.

There may be some other ways of coping with feelings. These include playing games, doing some exercise, jogging, and walking, and most importantly talking to others. Instead of keeping your emotions to yourself, share them with the ones you trust.



Remember: There is no harm in asking for help.

Understanding Myself

Do you know who you are?

- ⊗ My name is _____
 - ⊗ My hometown is _____
 - ⊗ I can speak _____
 - ⊗ My favourite foods are _____
 - ⊗ My favourite colours are _____
 - ⊗ I like _____ and _____ people.
 - ⊗ My favourite sports are _____ and _____.
 - ⊗ I feel afraid of _____.
 - ⊗ I feel sad when _____.
 - ⊗ I feel excited when _____.
 - ⊗ I feel angry when _____.
 - ⊗ I control my emotions by _____.
- Paste your picture here

Check the answers your class fellows have written. A few things may be common in those answers. Do you have a classmate whose answers are exactly the same as yours? Have you just said 'NO'.

It means you are unique. You are not exactly like anyone else. You have your own identity.

It means there is only one 'YOU'. This is why you must respect yourself.

Identity

Your identity is made up several things. It may be shaped by your religious faith or your country of birth, languages you speak, your hobbies, or your unique personality among other aspects.

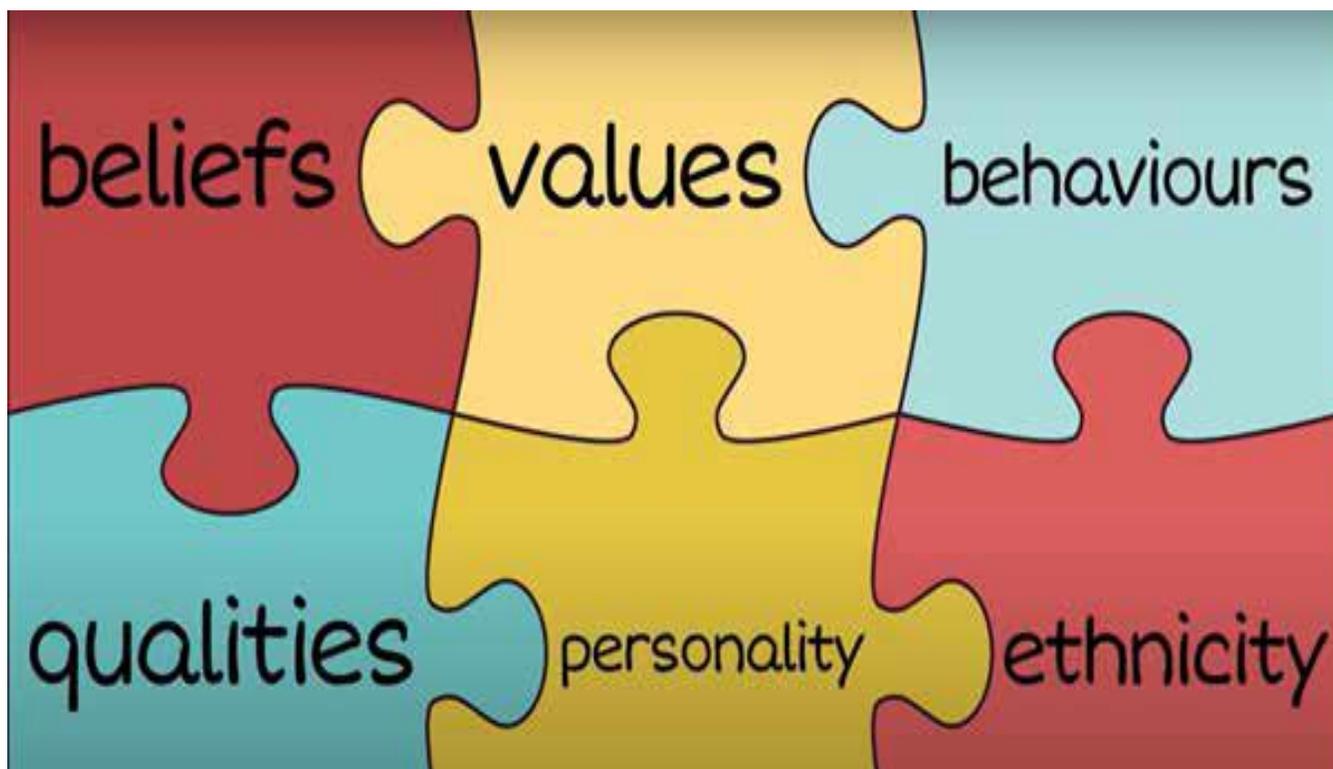
When you have a strong sense of identity, it helps you gain confidence to succeed.

Do you know how you can respect yourself?

Your identity is made up of different things such as:

- who you are,
- what your values are,
- what your behaviour and beliefs are.

Being proud of all these things creates your identity.

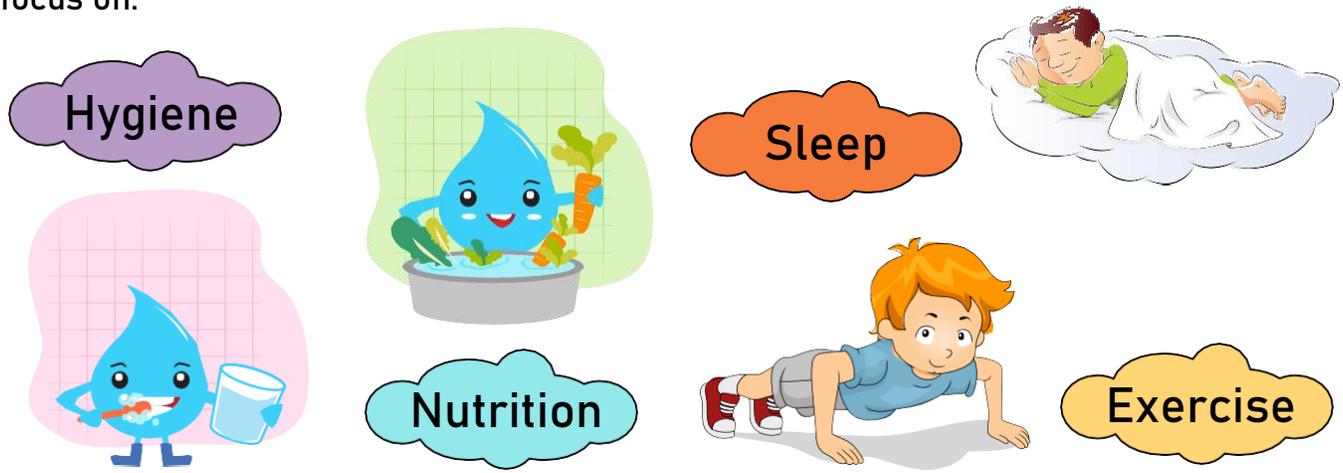


Respecting and Caring Yourself

Now, that you know that you are unique, start caring and respecting yourself. Self-care will make you confident, motivated and a high performing student.

How can we show care and respect for our personality?

This care may be shown by developing and practicing healthy living habits. You need to focus on:



What can you do to focus on these points?

I can focus on hygiene by _____

I can focus on nutrition by eating _____

In order to adopt the habit of exercise I should _____

For better mental health, I should sleep for _____ hours.

What are Your Values?

Values are beliefs that motivate people to act in one way or the other. They serve as a guide for our behaviour. Honesty, humility, compassion, and open-mindedness are some of these values.

Let's discover our individual values.

My top five values in life are:

The form consists of five hexagonal boxes arranged in two rows. The top row has two boxes, and the bottom row has three boxes. Each box is numbered from 1 to 5 in a colored circle at the top. The boxes are: 1 (blue outline), 2 (orange outline), 3 (pink outline), 4 (teal outline), and 5 (red outline). Each box contains four horizontal lines for writing.

With these values, you make many choices in different parts of your life. Different people may have a different value set and we should respect their values.

Talk to your friends and discover which common or different values you have with one another.

How to Adopt Best Moral Values

Some of the desirable moral values for becoming a responsible citizen are honesty, loyalty, respect, self-reliance, self-discipline, patience, kindness, gratitude, forgiveness, personal responsibility, and courtesy. Make a plan to adopt some of these values in our lives.





Unit Two



Health, Hygiene and Wellbeing

After completing this unit, you will be able to:

- keep yourself neat, tidy and cautious about personal hygiene.
- help keeping the classroom tidy.
- understand the importance of physical activity and adopt healthy habits.
- reduce screen time and feel encouraged to develop a healthier habit.



Sara Learns Healthy Habits

Sara is ten years old. She is very popular at school because she is always polite to her teachers and helps out her classmates. She is a very keen and regular student but last month, she had to miss school for several days. When she came back to school, her teacher asked her why she had been absent. She said she had been ill. The family doctor informed her parents that she had gotten ill because of eating unhealthy and unclean food from a street vendor's cart outside her school. The food on the cart is not properly covered and flies are usually buzz around the cart and on the food.

Sara now knows that she has to be careful and even tell her friends to take care of their person hygiene to stay safe from falling sick.



Do you know what personal hygiene is?

Personal hygiene is a collection of habits that we follow to keep ourselves clean and healthy. These habits help us stay clean and avoid becoming sick. These habits include day-to-day activities such as bathing, clipping nails regularly, brushing teeth twice a day, wearing clean clothes, and washing our hands with soap.

Wherever you go, you come in contact with dirt and dust that carry infection causing germs. These germs are everywhere in the environment. Sometimes you put your hands, pencil, or toys in your mouth. The germs may get transferred to your hands and find their way into your body, causing various diseases and infections. We can prevent this by adopting personal hygiene habits.

What will happen?

1. If I don't brush my teeth _____
2. If I eat alot of junk food _____
3. If I clip my nails regularly _____
4. If I do not wear clean clothes _____
5. If I do not wash my hands _____
6. I must wash my hands before _____ and after _____
7. I must also wash my hands after using _____
8. To stay healthy, I should take regular _____
9. Some examples of healthy food are _____
10. Some examples of junk food are _____

Please share your answers with your classmates, now. You will notice that many of your answers are similar. It is because you all know the basics of personal hygiene. All of us want to stay healthy, so we have to know and follow the hygiene rules.



Let's Check

Circle Yes or No in these statements:

- | | | |
|----|---|----------|
| 1. | I keep my body and clothes clean. | Yes / No |
| 2. | I keep my classroom clean. | Yes / No |
| 3. | I do not litter picnic places. | Yes / No |
| 4. | I never throw garbage out of the window of a vehicle. | Yes / No |
| 5. | I put garbage in a garbage bag or basket. | Yes / No |
| 6. | I participate in tree plantation campaigns. | Yes / No |
| 7. | I do not throw garbage in the lakes or rivers. | Yes / No |
| 8. | I keep the picnic spots clean. | Yes / No |

Keeping our Environment Clean

In addition to keeping our bodies and clothes clean, we also have to keep our surroundings clean. This includes keeping our room, home, class, school, streets, country, and the world clean from all kinds of waste materials.

We can keep all these places clean by: _____



Picnic

Students of grade 4 had a picnic last weekend. They had so much fun. They played many games and shared jokes. At lunch time, they had their meal together and ate fruits afterwards. Some students had ice cream.

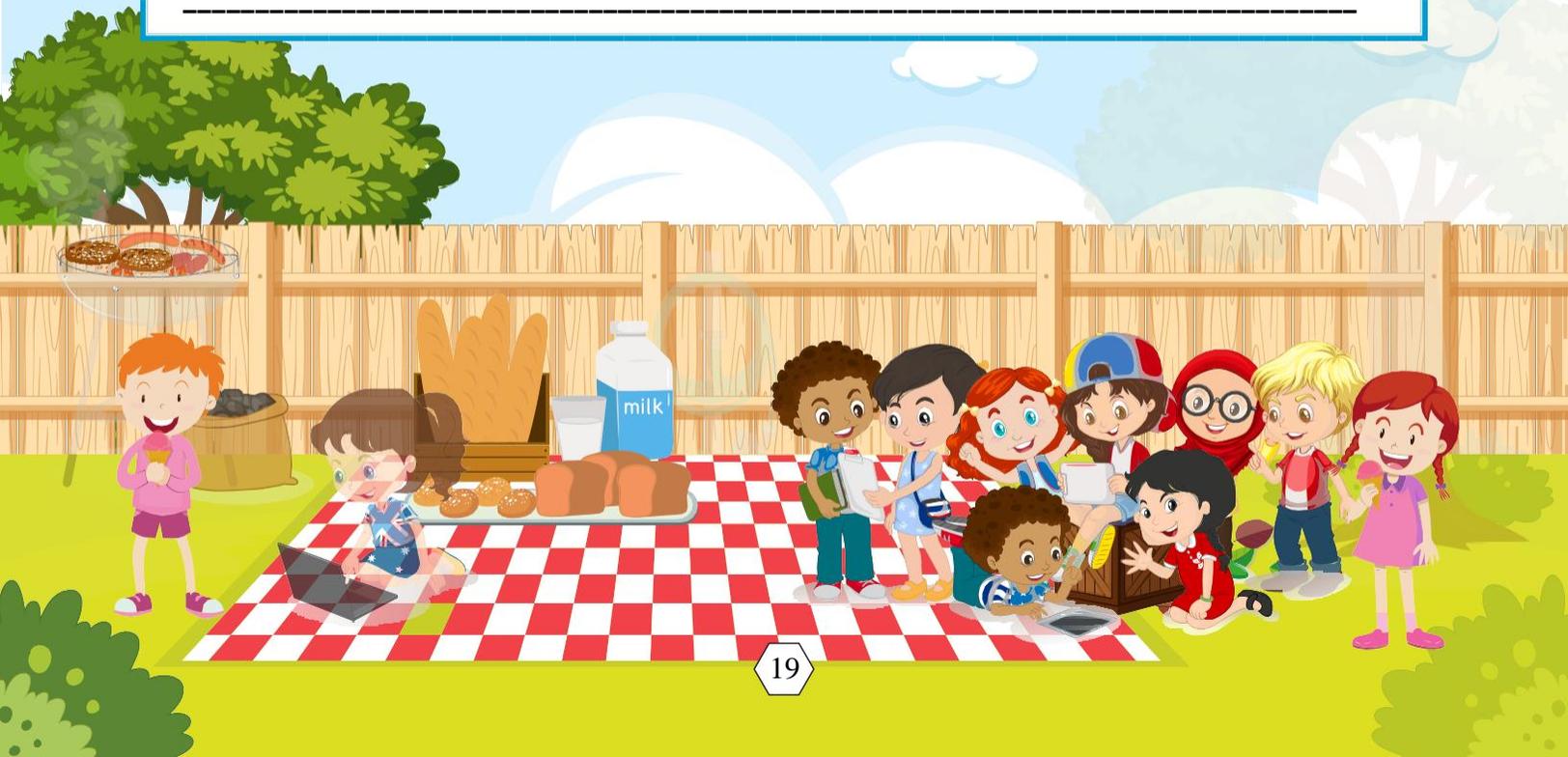
In the afternoon, the school bus arrived to pick them up. The students had to hurry because their parents were waiting for them at the school. The picnic place looked dirty: There were food wrappers and half-eaten food scattered everywhere. The teachers hurriedly called the students to get on the bus.

What do you think?

1. What will happen if the children go back to school without cleaning the picnic spot?

2. What will happen if the children go back to school after cleaning the picnic spot?

3. How can we keep our classroom and school clean?



Healthy Routine

Sami studies in grade 4. He has always been a high-achieving student in his studies but, for the last few weeks, he has not shown much attention in class. When Teacher Shaista was checking everyone's homework, she noticed that Sami's homework was incomplete. She asked him to see her after class.

"Sami, how do you feel these days?" asked the teacher. Sami replied, "I am quite fine, miss."
"Do you



follow a timetable for study and play, Sami?" asked the teacher. Sami could not answer because he was not following the timetable he had prepared last month. He liked playing games on his father's new mobile phone.

Next day, Teacher Shaista spoke to the class about keeping a healthy routine. "You should give some time for physical exercise like jogging, skipping rope or outdoor games. You should not forget about reading books in your free time. Books not only help us have useful knowledge, but also help us learn lessons in life." That day Sami went home and designed a new time tab

Do you have a timetable for your daily routine?

My Daily Routine

Go to school



Go to football practice



Lunch



Play with friends



I spend _____ hours a day on my home work



I spend _____ hours playing



I spend _____ hours reading books



I spend _____ hours watching TV



I spend _____ hours on the computer, mobile or tablet

Screens – Screens - Screens

Our lives are full of screens. Everywhere we see televisions, computers, laptops, tablets, and mobile phones. These devices provide us useful information. They also help us keep up with the digital age. At the same time, telephones help us keep contact with our relatives and friends living in other places.



While these devices may be good if used wisely, they could be dangerous in many ways. Excessive screen time may cause:

- obesity
- sleep problems
- chronic neck and back problems
- anxiety
- poor school results



Have you ever asked your grandparents about their daily routine?

When there were no such devices, how did they spend their free time? Were they meeting and playing with friends? Did they spend more time in reading?

Always remember that exercise is very important for our health. Physical exercise helps us in keeping ourselves fit and safe from different diseases. At the same time reading is an exercise for the brain and helps us to stay mentally fit.

I will reduce my screen time by :

- _____
- _____
- _____
- _____
- _____





Unit Three



Safety and Protection

After completing this unit, you will be able to:

- understand the concept of safe distance and reacting aptly to unwelcoming touch.
- differentiate between 'trusted adults' and strangers.
- know precisely what good touch or bad touch is and what the limits and boundaries of your safety are.
- know whom to approach in case of any negative situation.
- familiarize with your surroundings, memorialize contact details for your parents / siblings and remember your address.
- know emergency numbers of the nearest police station or rescue agencies like 1122 and call for help on your own in case of any emergency.



Are you Safe?

Have you ever seen a tortoise?

Tortoises save themselves from enemies by hiding in their hard shells.

Similarly, plants also react when they see any danger. Some have thorns to save themselves from different threats.

Like animals and plants, we, the human beings, should also learn safety habits.



Seema and Salman

Seema and Salman study in grade 4. They listen to their parents and always act upon their advice. They understand that following the rules helps us keep safe from potential dangers. They know they should always walk on the right side of the road. They know what each traffic light indicates: Vehicles must stop at a red light and move at a green light. They always remind their elders to wear seat belts in cars and helmets on motorcycles.



Staying Away from Dangerous People

Seema and Salman also know about dangerous people. They are aware that there are the people who can try to kidnap and harm them. However, Seema and Salman are strong, smart, sensitive, and safe. This is because they know when and where to say "NO".





Be Strong, Smart, Sensitive, and Safe

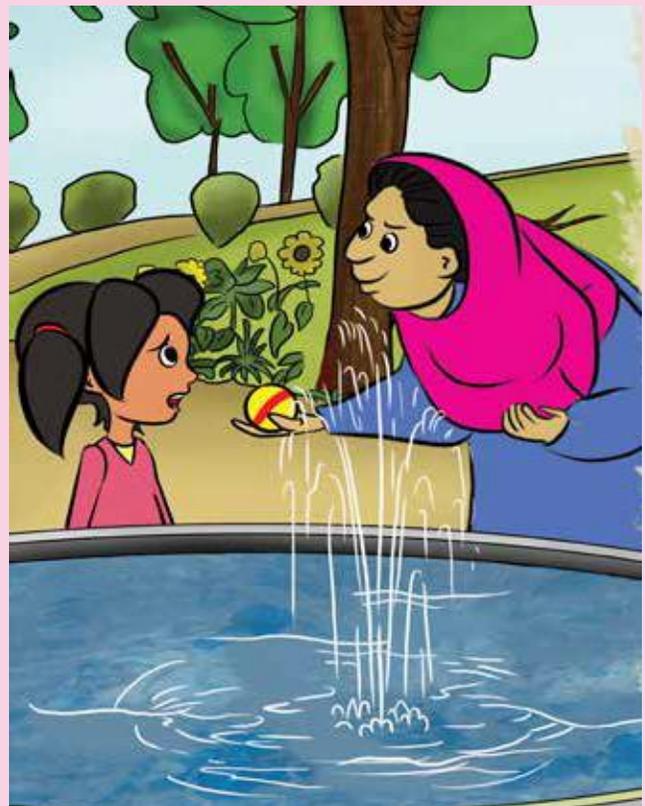
While it is true some adults can be dangerous, it is also true that there are many who are not. You may need people in the market or other public spaces who speak to you politely and do not wish to hurt you.

What's important is how you feel. If you feel uncomfortable in someone's company you should walk away.

Picnic

Every year, Salman and Seema go on a holiday with their parents. They often stay in a hotel or guest house in a mountain resort. One day while on vacation, they went out for a picnic. Their parents were preparing food. Seema was alone, playing with a ball near a fountain. Suddenly, the ball fell into the water. A woman ran and fetched the ball quickly. Seema already knew her because she was staying in the same guest house.

"Let me buy you a bar of chocolate.", she said to Seema.



Seema loves chocolate, so, she was about to go with the woman. However, she suddenly remembered what her mother and father had told her about taking gifts from strangers. She understood it could be a trap and the woman might take her away and harm her.

"No," said Seema, and ran away as fast as she could without looking back.

The woman followed her and tried to grab her by the arm. Seema kicked that woman's leg and shouted "I don't know her" as loud as she could, just like her parents had taught her. The woman hesitated at Seema's screams and instantly ran away.

A man and a woman nearby heard Seema's screams. The man rushed to the police to report the incident while the woman accompanied Seema. Afterwards, they took Seema to her parents who were looking for her. Seema's parents asked the man and the woman to have a meal with them. Seema's parents and Salman were all proud of Seema.

Which Adults are not Dangerous?

It is important for children to know that not all adults are dangerous. Let's find out which ones aren't dangerous.

- A maid who comes to clean the house. She also takes care of the children in their parents' absence.
- There is Uncle Saleem and Aunty Sabra who frequently visit their house and bring them gifts.
- Baba's friend, Mr. Nazir, who occasionally takes them on a picnic with his family.
- Aunty Ayesha who lives in the neighborhood. She invites them and their parents for tea frequently.

These are the people whom your parents know very well. If they ever want to take you with them, they first ask for your parents' permission and always bring you back on time. They never ask you to hide anything from your parents.

Remember! Most adults are not dangerous.

Can you tell who they are in your life?

Good Touch – Bad Touch

How do you feel when your mother, father or grandparents kiss you on the cheek? Or when your father or uncle pats you on the head or shoulder?

Yes, we all feel happy when they do so. Likewise, we like hugs from our grandparents and shaking hands with friends. But remember that there are some touches that are not pleasant. They may make you feel uneasy. Here we will learn about such touches.



Good Touches

These are the touches which make you feel happy and safe. Pats, hugging, or an arm around the shoulder by our near ones can be good touches.

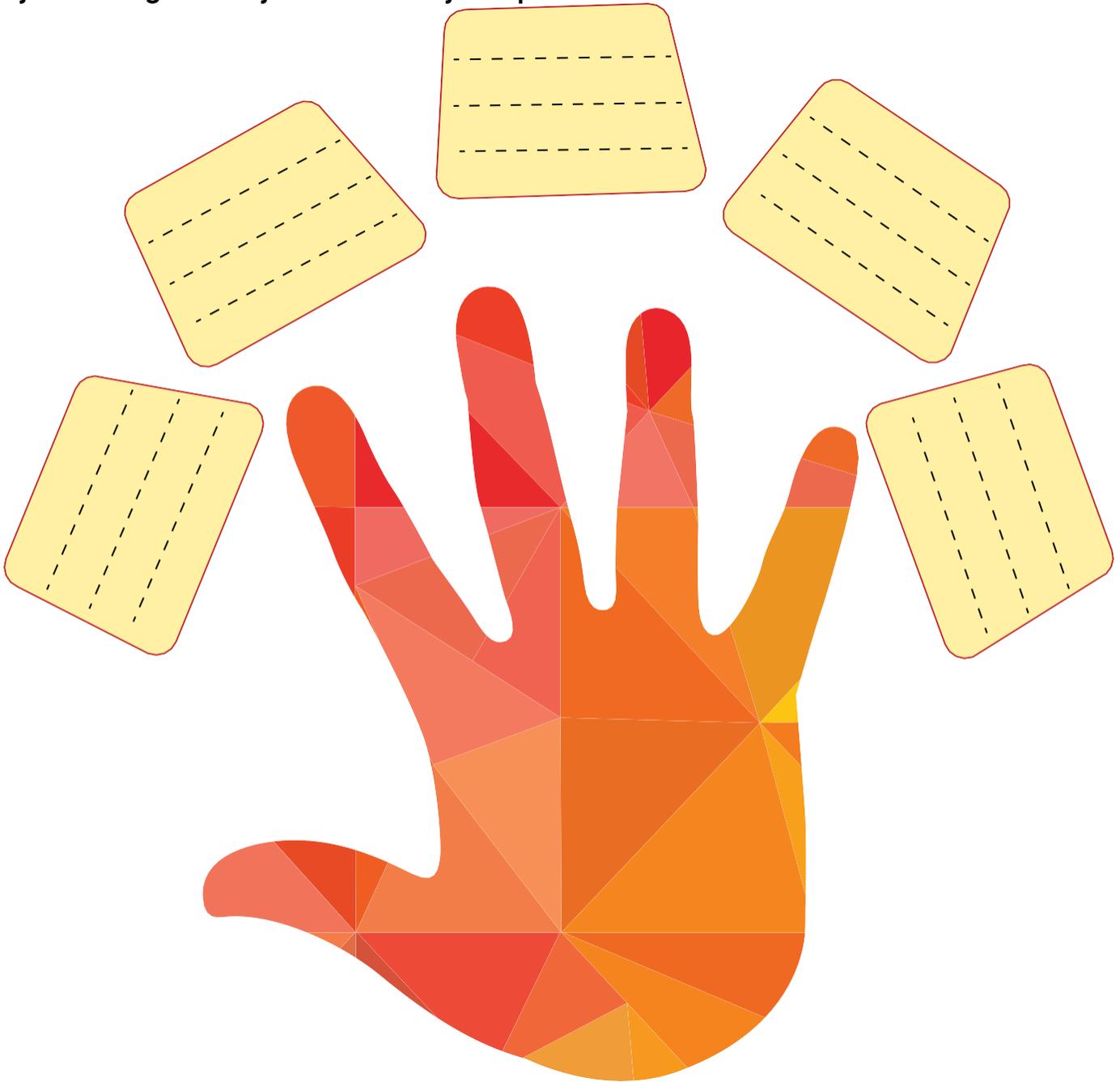
Bad Touches

These are the touches which may injure your body or feelings. Pushing, kicking, hitting, and pinching are examples of such touches. There may also some touches which may not be physically painful but may make you feel uneasy. Even if they are from a familiar person, it is all right for you to say “NO” to such touches.

It is extremely important to share any such incident with your parents, teachers, or elders without any hesitation.-----

A Helping Hand

Write down in the boxes above each finger, the name of five people you can go to if you need any help.



What You Need to Know

As a child, you may come across any danger in your life. There may be different emergency situations. These may include:

- fire incidents
- traffic accidents
- medical emergencies
- swimming accidents
- thefts

In these and similar other situations, you need to seek help. These days, almost every adult has a mobile phone. We need to remember our parents' phone number.

- My father's phone number is
- My home address is
- In case of an emergency, I can contact

You should also know common emergency numbers for the fire brigade, police, and ambulance.

- In case of fire incident, I can contact _____
- In case of a medical emergency, I can contact _____
- In case of fire incident, I can contact _____
- Police emergency contact number is _____

I have the courage to face any problem because

I am smart

I am alert

I am safe





Unit Four



Civic Engagement

After completing this unit, you will be able to:

- understand the concept of civic engagement and its importance.
- adopt critical civic values
- get ready to take up responsibilities as volunteers at school and in communities
- develop a basic understanding about the democratic governance system and the election process
- adopt good behaviour attributes and respect public property and spaces.



Importance of Civic Engagement

Working for the good of others gives us a unique satisfaction. It gives us a sense of belonging and benefit for others. When we help people in difficult situations, we may also expect others to come to our help in our time of need.

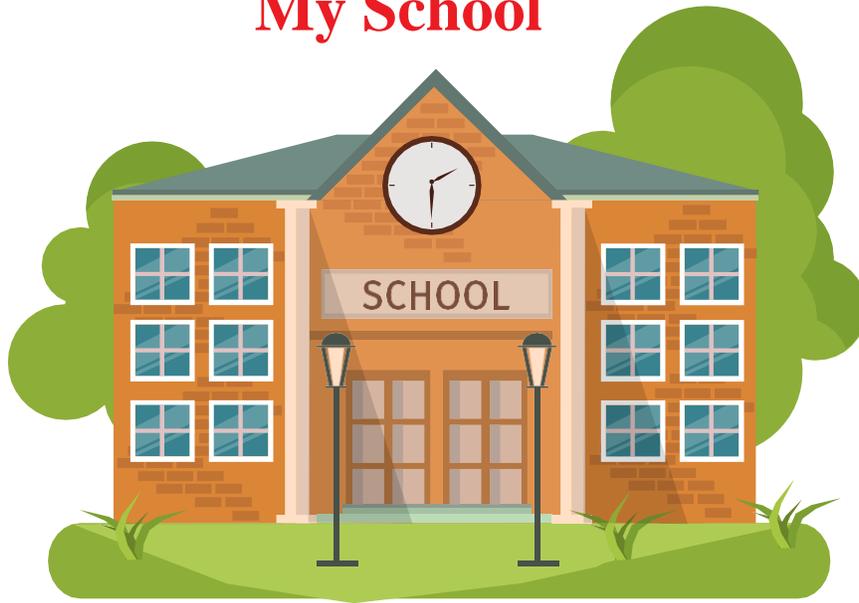
We all should try to become responsible citizens who participate in classroom activities and issues related to our village, town, or city. We should also learn about voting in the elections, volunteering for different causes and joining hands with others to improve our society.



Examples of Civic Values

Civic values include honesty, justice, self-discipline, equality, maintaining cleanliness, appreciating diversity, and showing tolerance etc.

My School



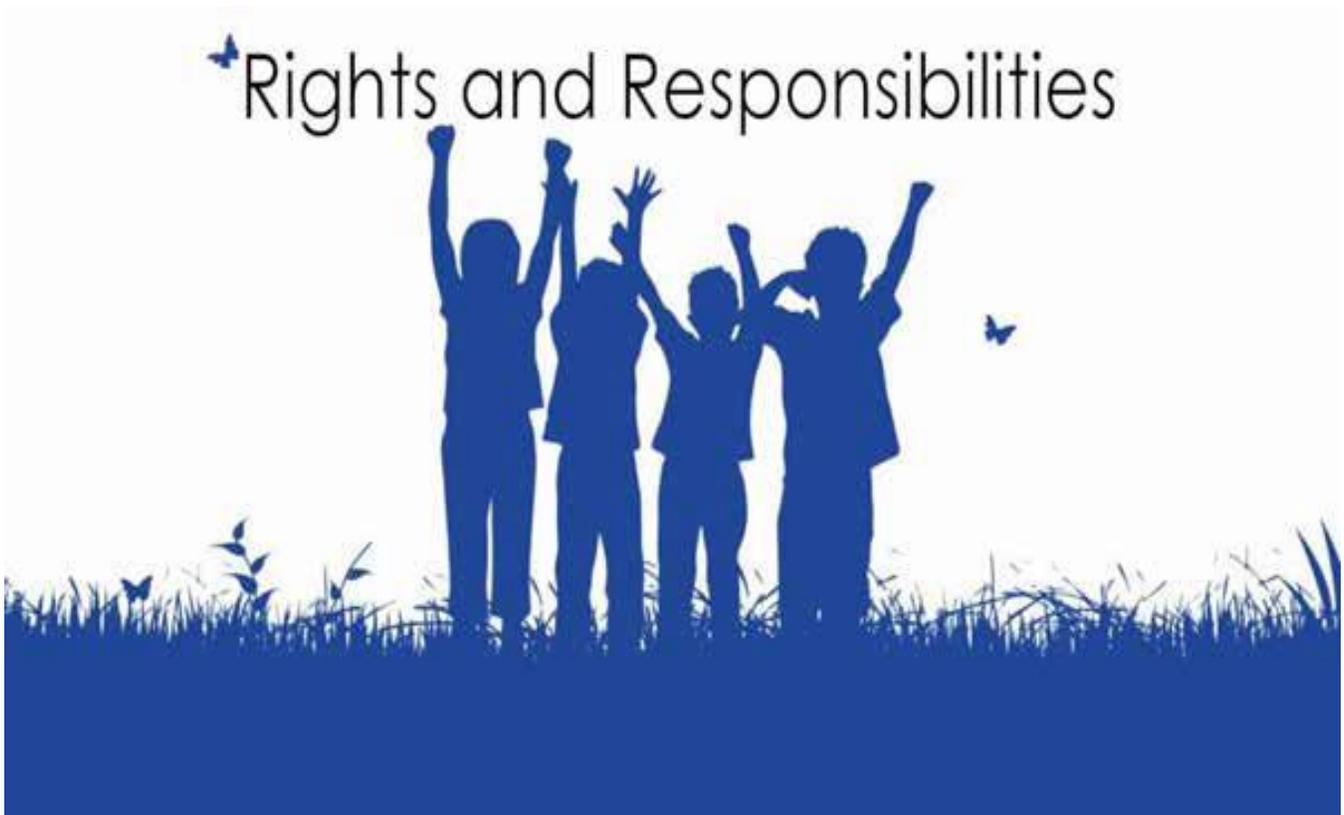
Our school is like our second home. This school must have a history. Collect information from different sources and answer the following questions.

- 
- (i) Complete name of my school is _____
 - (ii) My school started in the year _____
 - (iii) First head of the school was _____
 - (iv) Name of the present head is _____
 - (v) Total rooms in the school _____
 - (vi) Number of teachers _____

Roles and Responsibilities

The Principal, teachers, and other officials of the school have different responsibilities. The principal is responsible for implementing the school rules and regulations. Uplifting the level of the school and keeping close relationships with parents, and other institutions are also included in such responsibilities. A principal is also responsible for the overall discipline in the school.

Teachers too have different responsibilities. Provision of education and guidance to the students, help maintaining discipline of the students, and conducting examinations are a few of these responsibilities. Teachers also treat all students equally and involve them in good conduct.



Do you know what are the responsibilities of the students?

Students' responsibilities include: attending the school regularly, respecting the principal, teachers and other staff, Being good and kind to other's students, and maintaining the school discipline, among other things

Can you share some more responsibilities of the students?

As a student, some of my responsibilities are:

Living Together

We all live together in this world. From the beginning of time, human made settlements, learned to cultivate their food and create their shelter. As people started living together, the human society emerged and with passage of time human civilization were developed.

Let's see which people we need to perform different tasks.



- Houses and buildings are built by _____
- Busses and trucks are driven by _____
- Planes are flown by _____
- Animals are slaughtered by _____
- Clothes are sewed by _____
- Crops are grown by _____
- For a haircut, we go to _____

You noticed that in a society, different tasks are done by different people. Similarly, in a country there are people responsible for different tasks.



Governance



- Prime Minister is the head of the government who makes different decisions for the benefit of the people in consultation with elected members of the cabinet. People vote for their favourite candidate during elections. The winning candidates become members of the national assembly. Later, they elect one of the members of the assembly as the Prime Minister.
- Members of Assembly make different laws. All the affairs of the country are run through these laws.
- Different departments of government like the police, railways, industries, education etc. perform different functions to implement laws. For example, the police is responsible for maintaining law and order in the country.
- Courts make decisions when any conflict arises among the people.
- Army, Navy and Air Force are responsible for the defence of the country.
- Media is responsible for bringing news and information to the people.

Can you name some other departments?

- _____
- _____
- _____
- _____

Responsibilities of a Citizen

Here are some of the responsibilities of the citizens:

- be loyal to the country and defend it when the need arises.
- abide by the rules and regulations of the country.
- remain honest in all matters.
- work towards personal well-being as well as that of the fellow citizens.
- respect the beliefs, opinions, and rights of other citizens.
- remain polite in all circumstances.
- Always learned a helping hand.
- be respectful to the elderly.
- Never damage public property.
- show tolerance as much as possible.
- Take care of the environment.

Can you write some other responsibilities of the citizens?





Unit Five



Establishing and Maintaining Relationships

After completing this unit, you will be able to:

- able to say sorry or thank you to teachers, peers, family etc.
- help peers in need, show empathy toward fellow learners and respect learners from all social backgrounds
- make friends and socialize with peers
- understand whether unequal treatment of people is good or bad and share your feelings in this regard.



Our Family and Friends

Aliya and Amin live in Islamabad with their parents and grandparents. Their father Mr. Saeed works at the post office while their mother is a teacher. They are a happy family. Both Aliya and Amin respect their elders. They also know how to talk to their elders and peers. Their teachers and parents have taught them to always use polite words. If they make any mistake, they do not hesitate to say 'sorry'. Similarly, if someone helps them or do them a favour they say, 'thank you'.

When a friend at school needs a pencil, colors or other supplies, they always share their share their stationary with them. Similarly, when any of their classmates asks for help in understanding something, they are always ready to help.

Students in their school have come from different places. They speak different languages at home and some students follow different religious faiths. Aliya and Amin are respectful and helpful to everyone without any discrimination of their background. **Let's write five good habits of Aliya and Amin.**

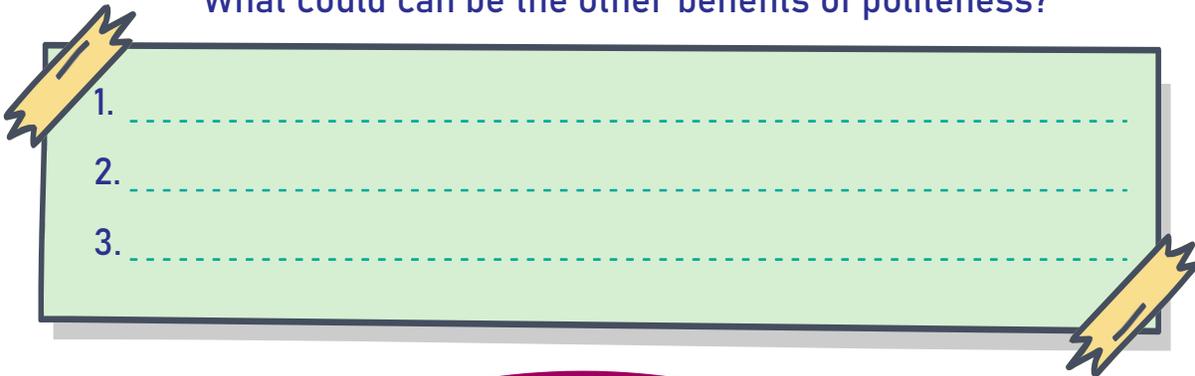
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Benefits of Politeness

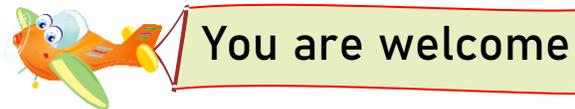
Have you ever noticed that people with good manners have a good relationship with everyone? Their parents, elders, siblings, teachers, and classmates like them because they are polite, friendly, and helpful.

What could can be the other benefits of politeness?

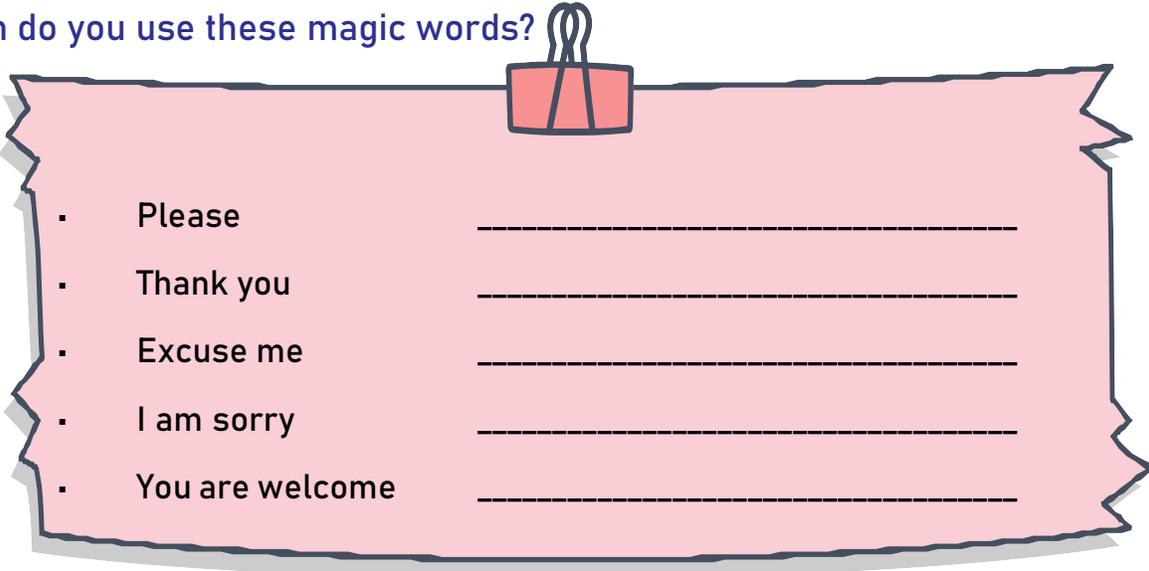


1. _____
2. _____
3. _____

Magic Words



When do you use these magic words?



- Please _____
- Thank you _____
- Excuse me _____
- I am sorry _____
- You are welcome _____

Everyone Deserves Respect

One day when Safdar came back from school, he looked a little confused. When his mother asked him the reason, he replied, "Mama! Should we respect others only because of their social position?"

Mother said, "No, my son! Tell me what happened."

Safdar thought for a while and said, "Today, some of my classmates misbehaved with the school guard. They wanted to buy something from outside the school. When the guard told them that it was not allowed, they misbehaved with him. He looked very upset because of their behaviour".



"I see... So, this is the problem that makes you worried." She patted on Safdar's shoulder and asked him to sit down. "What do you think, why should we respect others?" asked his mother.

"We respect others because we expect them to give us respect in return. Also, our good behavior reflects our family background and our upbringing," Safdar said.

His mother seemed quite pleased with Safdar's reply. "Now you tell me, should we respect others only because of their financial position or job?" she asked.

"I think respect should be unconditional. We need to show respect to everyone; our teachers, school workers, shopkeepers, drivers and most importantly to our family members," Safdar said thoughtfully.

His mother appreciated Safdar for his thoughts and said, "You are absolutely right, Safdar. We should treat people equally without looking at their status."

"I will share these thoughts with my classmates tomorrow." Safdar said. He looked much relieved now.

Let's answer the following questions:

1. What made Safdar upset?

2. Why should we treat everyone equally?



Unit Six



Diversity

After completing this unit, you will be able to:

- know the names of some minority groups in Pakistan
- get yourself familiarized with and distinguish between important cultures in Pakistan
- be sensitive toward other religions and greet minority fellows on their religious festivals
- Be courteous and kind towards different abled people and offer to help them.



What is Diversity?

Have you ever noticed that your classmates may have different hairstyles? They may also have different heights and weights. No two students have the same voice.

Similarly, your classmates speak different languages and their parents have different professions. This difference is called 'diversity'. Diversity is not a weakness. It is a highly desirable quality in any community, society working or learning space.



WE ARE DIFFERENT, WE ARE THE SAME

Let's think together

What would the world look like if everyone had the same face, voice, height and weight?

Yes, world would look very strange because if everything is same, it will not only cause confusion but also take out the joy from our lives.

Similarly, if the weather were to remain throughout the year, you would get bored. The different landscape around the globe and multiple species of animals and planets within nature, all add at to the beauty of our world.

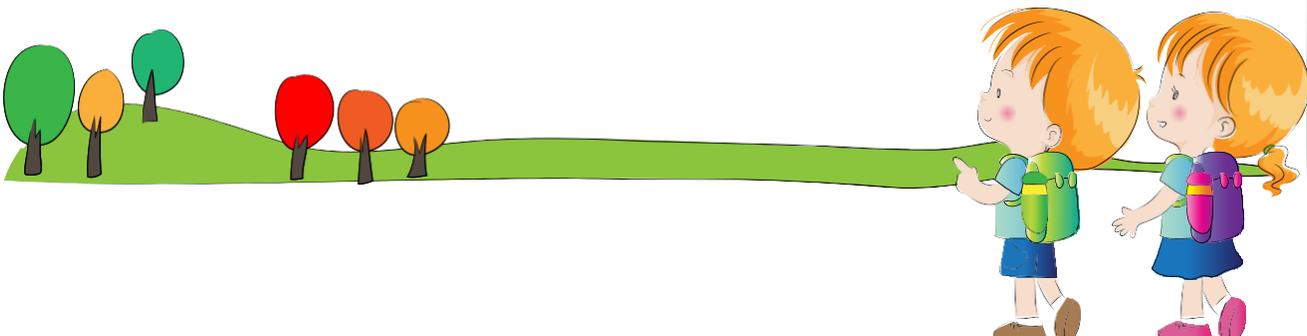
You will be amazed to know that there are more than seven million species of animals found in the world.

Different Languages, Different Abilities, One Human Race

Have you ever thought about the things that make you who you are: the way you look, your name, your religion, your family, and your culture? You may be similar to other people in your school, or you might be different, but we are all welcome and we are all part of a wonderful, diverse world.

Let's fill the following chart for ourselves and then ask your friends these questions to fill their column.

| | Me | My Friend |
|-------------------|-------|-----------|
| Name: | _____ | _____ |
| Birthplace: | _____ | _____ |
| Age: | _____ | _____ |
| Favorite Dress: | _____ | _____ |
| Favorite Food: | _____ | _____ |
| Favorite Subject: | _____ | _____ |
| Favorite Colour: | _____ | _____ |
| Pets | _____ | _____ |
| Siblings | _____ | _____ |



Now check your answers. You must have noticed that there are few things that you and your friend have in common while there are a few thing that you don't have in common.

What does it show?

It shows that despite our differences we can be very good friends. It also tells us that diversity adds beauty to this world.

We all are Pakistani

We are Pakistani children. The word Pakistan means 'land of the pure'. Pakistan has four provinces. People of Pakistan have different cultures and they speak different languages. Punjabi, Sindhi, Pashto, Balochi, Brahvi, Saraiki, Hindko, Kashmiri, Balti, Shena, Burushaski and many other languages are spoken in Pakistan. In different parts of the country, people like different kinds of dishes, they wear different types of clothes and have different festivals or cultural occasions.



Let's search and fill the following table

| Area / Specialty | Punjab | Sindh | Khyber Pakhtunkhwa | Balochistan | Gilgit-Baltistan | Azad Jammu & Kashmir |
|------------------|--------|-------|--------------------|-------------|------------------|----------------------|
| Capital | | | | | | |
| Languages | | | | | | |
| Food | | | | | | |
| Dresses | | | | | | |
| Celebration | | | | | | |

Like different cultures and languages, there are people who follow different religions. While most people in Pakistan are muslims, the country is also home to Christians, Hindus, Sikhs and believers of other minority faiths. Just like Muslims go to masjids, the members of other religious faiths also go to their own places of worship. Just like muslims celebrate Eid, people from other religions also celebrate their religious festivals. We should respect people from other faiths.

Do you know the names of places of worship and religious festivals of other religions?

| Religion | Place of Worship | Religious Festivals |
|--------------|------------------|---------------------|
| Islam | | |
| Christianity | | |
| Hinduism | | |
| Sikhism | | |

Differently-Abled People

As you have read earlier we are all the same and yet different in many ways. Everyone has things that make them different and unique. Sometimes, people's bodies work differently, and that is fine. Some people wear glasses because their eyesight is not as sharp as others who do not need any glasses. There are people who need hearing aids because their ears cannot hear the same as others.



Similarly, there are people who need wheelchairs because they cannot stand on their feet like others.

You may find people who use sign language because they cannot speak like others. Some people are not able to see. All these people are called differently-abled people.

Just like a doctor uses a stethoscope to listen to a patient's heartbeat, or a student uses a computer to do schoolwork, people with disabilities use tools to help them with daily life. These tools are called "Assistive Devices". These include wheelchairs, hearing aids, walkers etc.

We need to remember that differently-abled people are all important citizens of this country and the world. They deserve the same level of respect as others. We have already learnt that we should respect others unconditionally.

While dealing with any differently-abled person, we should remember that:

- People with different abilities are just like us who want friendships.
- People with different abilities have strengths and weaknesses just like others.
- People with different abilities do things differently.
- We need to maintain a positive attitude with them.
- We should ask such people if they need any help or assistance.

How will you treat with persons with disabilities?





Unit Seven



Bullying

After completing this unit, you will be able to:

- develop an understanding of bullying behaviour.
- Identify the warning signs of bullying.
- demonstrate knowledge on preventive measures against bullying.
- Know the steps to take when you see someone being bullied or are confronted by one.
- understand the necessary responses to bullying that can be put into action.



Soha's Glasses

Soha was very happy because her summer vacations had finally begun. She went to stay with her grandmother. One day, her grandmother noticed that Soha was constantly squinting her eye. She took Soha to an eye specialist. After a quick checkup, the doctor told Soha that she will need to wear glasses.

Next day, Soha was taken to an eye specialist who, after the checkup, prescribed her to use glasses. Next day, she started wearing glasses. Soha was feeling uneasy, but the doctor told her to use glasses continuously.

When Soha returned to school after her summer holidays, some girls in her class made fun of her because of her glasses. They kept teasing her and calling her names. A girl came and snatched Soha's glasses.

Soha felt hurt and helpless. She wanted to scream but she could not. One of Soha's classmates saw what happened and asked Soha to come with her. Together, they went to the teacher and explained everything.

The next day, Soha's teacher spoke to the class about the rights and responsibilities of all students. She asked the girls who teased Soha why they behaved in such a way. The girls said they were only having fun and didn't mean any harm.

The teacher asked the girls how they would feel if someone snatched something dear to them. The girls were embarrassed and they promised not to do such a thing next time. They went up to Soha and apologised for their behavior and she accepted their apology with an open heart.

How would you describe what the girls were doing?

They were bullying Soha.

Bullying is when someone teases others. They think they are smarter, stronger or better than them. It is a repeated aggressive behavior which includes making fun of others, making threats, spreading rumors about them, excluding others from a group, and attacking others verbally or physically. Bullying done online is called cyber bullying.



Warning Signs of Bullying

Most students do not share their bullying experience with others because bullying sometimes makes them feel helpless. Sometimes they want to handle the situation on their own. They also fear that others will see them as weak people.

Bullying can be a humiliating experience for children. Children may not want adults to know what is being said about them. They may also fear that adults will blame them for the situation.

People who are bullied need help from others. There are certain signs that may tell us if someone is in trouble and needs our help.

- Isolation
- Avoidance of social gatherings
- Lost belongings
- Decreased self esteem
- Loss of interest in schoolwork
- Feeling sick or faking illness
- Unexplainable injuries

If you see your siblings or peers with any of these warning signs, you may need to help them. Don't ignore the problem.



Have you ever been bullied by someone? How did you tackle the problem?
Please share with your class.

How to Prevent Bullying

To prevent bullying behaviours, you need to take the following steps:

- Always report any bullying to your parents or an adult you trust. Remember that bullying is wrong and should be handled by an adult.
- Do not show anger in case of bullying. Either calmly tell the bully to stop bullying or simply walk away.
- Avoid situations where there are no other students or teachers present.
- When riding the bus, sit near the front.
- In case of any cyber bullying, never hide it from your parents. Share with them everything that disturbs you.



Let's Talk!

- Have you ever felt scared to go to school because you were afraid of being bullied? What did you do to change that?

- Have you ever tried to help someone who is being bullied? What happened?



Unit Eight



Team Building Skills

After completing this unit, you will be able to:

- understand the concept of civic engagement and its importance.
- adopt critical civic values
- get ready to take up responsibilities as volunteers at school and in communities
- develop a basic understanding about the democratic governance system and the election process
- adopt good behaviour attributes and respect public property and spaces.



Together Everyone Achieves More

Teamwork is the key to getting things done

Sharing ideas and listening too.

Working together to see it through.

*You work with me
and I'll work with you.*

When we all work together

We get things done!

And working together is much more fun.



What is the message in this poem?

The main theme of this poem is _____.

What are the benefits of working together?

Working Together

In our life, we face many challenges. Many a times, we need to work together to solve problems and achieve common goals. While performing group activities in schools, or while playing a team sport like cricket, hockey or football, we often need to work together. Have you ever noticed how working together makes our tasks easier? The team members should recognize that the strength in having a team is that every member brings different ideas to solve a problem, reach a goal, or create something new.



Remember

“Coming together is a beginning, keeping together is progress and working together is success.”



Things to remember while working as a team

There are certain things we need to remember while working in a team: Respectful communication, commitment, creativity, clarity of targets and sense of sacrifice.

Respectful Communication

While working in a team, communication should be honest and respectful. Every member of the team should feel relaxed while expressing their thoughts and opinions. They should not feel afraid while sharing suggestions to resolve problems. All the members of the group should be allowed to ask questions for any clarification. While others are speaking, we should listen carefully and value their opinion.

How can you show respect to others?

I can show respect for my team members by _____

Commitment

Members of a team should have a strong sense of commitment towards the common goals. They should take equal responsibility towards all decisions and actions. In case of any difficult situation, everyone should be ready to come forward and play their role.



Clarity of Targets

At the start of any task, targets should be clear in the minds of all team members. It is very important for achieving common goals. This will also save team members from any possible confusion during the task.

Creativity

Creativity and innovation should be encouraged in a team. A problem may be resolved in different ways and different viewpoints should be encouraged. We should not use such comments as, "It's a useless idea". Instead, we should appreciate them.

Sense of Sacrifice

Team spirit discourages selfishness and promotes sense of sacrifice. Whenever the team faces any problem, all the members should come forward to tackle the issue. There is no pushing others in the face of trouble. This spirit of sacrifice strengthens the bond among members of a team.



Remember

Talent wins games, but teamwork wins championships.



How will you respond to unique ideas from your group members?

I will respond by saying _____

How can you demonstrate the spirit of sacrifice in your team?

I can do it by _____

Teambuilding Skills

Teamwork teaches us many skills for success in our practical life. Following are few important team building skills:

Goal Setting

While working in a team, it is important to learn how to set your targets or goals. It is the same as when we go out with our family, we first decide where to go. Similarly, before any project or task, the team members decide their goal. After this, they plan how to reach that common goal.



Communicating

Strong communication among the team members is the greatest key to success. In teamwork, every member needs to contribute towards a common goal. This is not possible if some members of the team have no idea what the other ones are working on. Team members need to communicate the goals, responsibilities, ideas, progress, and results.

Listening

If in a team, everyone is talking and no one is listening, it will just create noise. Listening is one of the greatest team building skills. Lack of listening can only create confusion and frustration. Team members need to be conscious about how much often they talk. They should not interrupt others while they are speaking. Instead, they should wait for their turn. In case of any confusion always ask for clarification. By listening to the ideas of other team members, potential conflicts may be avoided.

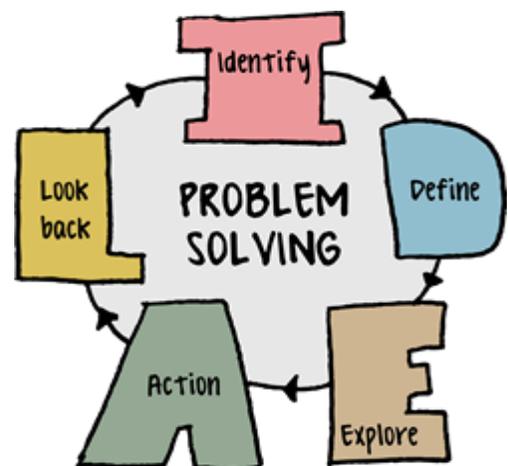


Reflecting

While working in a team, we should be aware of our strengths and weaknesses. If we make a mistake, we should not try to hide and should have courage to own our mistake. Reflecting on our actions and mistakes helps us understand our strengths and weaknesses and enable us to do better.

Problem Solving

Teamwork means using skills of different people to solve problems. Problem-solving is a very important teamwork skill. In a group, problem-solving means discussing issues and possible solutions as a team. When teams work together to tackle challenges, a single person does not have to bear the burden alone. The group members focus on the problem and propose solution. With different ideas from various perspectives, problem-solving becomes easier.



How Will You Help Them?

On the occasion of Eid, you want to help the poor in your neighbourhood? Plan how you will do that. How will you convince your parents and others to be a part of the campaign?





Unit Nine

Decision Making and Conflict Management

After completing this unit, you will be able to:

- develop a basic understanding of the decision-making process and identify its various steps
- understand various types of conflicts
- develop necessary skills to respond to conflicts and work towards resolving a situation



Was it a Good Decision?

One day, Aneela and Naseer got off from school but kept for their father to come pick them up. He was getting very late and the two were beginning to worry. They wondered what to do. They immediately remembered the points they had to follow to make the right decision. Their parents taught them these steps:

1. Repeat the problem aloud.
2. Think about the problem carefully and the possible solutions to it.
3. Consider each solution separately. Evaluate its advantages and disadvantages.
4. Select the most suitable solution and follow it. If it still does not solve the problem, then go to the next option.

They now had two solutions; walk home alone or ask someone from the school office to call their parents.

They realized going home alone would be unsafe. They phoned home from the school office. Soon their mother arrived to pick them up.

What do you think? Did the children make the right decision? What would you do in such a case?

Decision Making

In order to make suitable decisions in different situations, you need to follow certain points. Let's discuss them one by one.

Identify your options

Sometimes on a Sunday evening, you realize that you could not complete the homework assigned for the weekend. Let's think what options you have.

- a) Stay up late and complete the homework.
- b) Wake up early next morning and do the homework before going to school.
- c) Leave the homework as it is and admit to your teacher that you could not complete your work.

What do you think, do you have any other option? What will be your choice?

Steps in Decision Making

These are the steps which help children learn how to identify the problem, gather information, come up with possible solutions to a problem, act and evaluate the outcome. If you follow these steps, you will be able to make better decisions.

1. Identify the Problem

You need to analyze the problem first. You will be required to understand what exactly is the problem and why it should be resolved. You will also find out who will be affected by this problem and how much time do you have to resolve this problem.

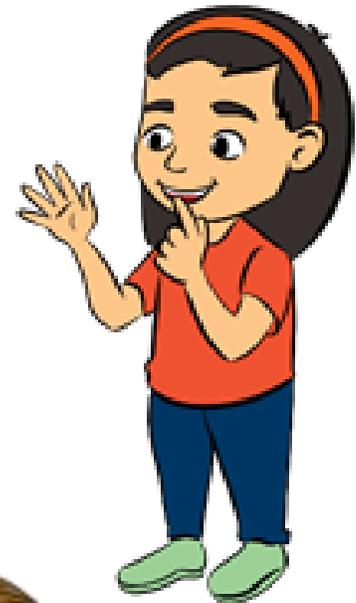


2. Gather Information

Now, when you know about the problem, you need to get more information about it. This may be done by consulting relevant trusted adults or by using books or online resources.

3. Listing Down Possible Solutions

Sometimes, we think that there is only one possible solution to a problem, which is mostly not correct. There might be alternate better solutions too. You should give yourself some time to think about all possible solutions which may even seem illogical in the beginning. After listing down all such solutions, you need to think about consequences of each solution to finalize which solution may be tried. Sometimes, you may feel afraid of making a wrong choice. The solution to this problem is to stop overthinking and make a choice based on your observation.



4. Take Action and Evaluate the Outcome

After making a choice, you are ready to take action and implement the chosen solution. You need to assess whether you need someone help to implement your decisions or whether you can do it on your own.

After implementation, you have to check the outcome if you were able to resolve the problem. Here, the important thing is to see what worked for you and what did not. If your solution did not work, you may go to other options you found in Step 3. In case you find that no solutions from Step 3 is working for you, then go back to Step 2 and gather more information about the problem.





You found a wallet in the school ground and your friends told you to keep it.
What will you do?

You need to study for an examination, but your friends ask you to play a game.
What will you do?

You have a group project. A student, who does not like schoolwork, wants to be in your group. What will you do?



Conflict Management

We all live in a society consisting of our family members, friends, and other people. While living with them, sometimes, we have different ideas about a thing. It may happen at school, home, in the street or in the playground. This difference of opinion may be called “disagreement”. This disagreement sometimes becomes a bigger issue and turns into “conflict”.



Conflict at Home or School

We may disagree with our siblings over little issues, like sharing a favorite shirt or watching a particular TV show. Similarly, at school, sometimes disagreements may arise over sitting on a seat or taking the first turn in a sport.

Few things to remember about disagreements.

- These are part of our life.
- These may occur any time.
- There may be different reasons why it took place.
- These may be resolved through discussion.
- If not resolved in time, they may turn into conflicts.

Stand against Conflicts

- S** *Stop, calm down and keep emotions in control.*
- T** *Tell the problem is. Listen to others too. Focus on facts!*
- A** *Assess alternatives. Think about other options too.*
- N** *Narrow the choices.*
- D** *Decide on the best one that everyone agrees upon.*

How I Resolved a Conflict

Think about a disagreement or a conflict at home, school or playground and answer the following.

1 What was the disagreement?

2. What was its root cause?

3. How did you manage to resolve the issue?

4. How did you feel after its resolution?



Unit Ten



World Around Us

After completing this unit, you will be able to:

- Develop a clear understanding of environmental issues and adopt practices for the conservation of the environment .
- identify various forms of pollution and its effects on our daily lives.
- adopt preventive measures against increased pollution.
- keep our environment clean and teach others to do the same.



A New Vision

Teacher Saima was teaching the class about environment. She was telling them the story of the humankind: "In the beginning, people were nomads who would travel far and wide in search for food. They never stayed in the one place for long time but when then begin to grow their own food and rear animals, they realized they didn't need to move. In time, they started building towns, and cities".

Saif raised his hand and said, "Teacher! I think humans are still living like nomads. They build their town on forest land, cutting all the trees, pollute the rivers and kill the fish and when nothing is left, they move elsewhere.

The teacher asked other students what they thought.

Muskan said, "Saif is right, teacher. Instead of looking after our living places, we keep wasting the Earth's resources until they finish. Only then, we look to move elsewhere."

The class promised to do something about the environment. The next day they learned about ways they could conserve the environment and made a resolve never to do anything that would hurt the environment. Whenever they used any paper, they made sure not to waste it and recycle it when possible.



Do you know what the environment is?

We all live in a house or apartment. We call it home. We all have a much bigger home too! Our beautiful world, the planet earth. Everything surrounding earth in this planet makes up our environment including the air, water, soil, plants and animals.

What would you do if you know your house is in danger or threatened by an approaching flood?

Environmental Changes

Our bigger home, this world, is also facing many problems. These problem cause certain changes in the natural environment. We witness extreme temperatures in summers and winters. News about floods, forest fires, melting glaciers and excessive rains are very common nowadays.

Most environmental changes occur because of people who use the Earth's resources without any concern and only to fulfil their desires. Such negligence puts our natural environment in danger.



Here are some ways how people destroy the environment:

- i) Careless and excessive cutting of trees
- ii) Emission of poisonous gasses from vehicles and chimneys
- iii) Drainage of poisonous water from factories into the rivers
- iv) Use of pesticides on crops
- v) Excessive noise from vehicles and machines



Pollution

Due to human activity, poisonous elements are adding into our environment. This is called pollution.

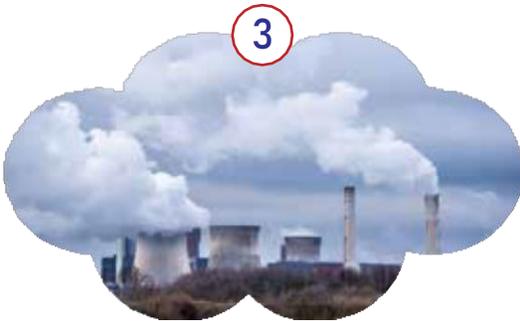
There are four major types of pollution:



Land Pollution



Water Pollution



Air Pollution



Noise Pollution

Environment Conservation

If we want to save our world from complete destruction, we need to take certain steps:

- i. Natural resources should be used considerately.
- ii. Trees should not be cut excessively. If tree cutting is necessary, new plants and trees should be planted.
- iii. Wastewater from factories and houses should be recycled and reused.
- iv. Water, electricity, gas and other resources should be used according to need.
- v. Alternate energy sources like solar energy should be promoted.
- vi. Use of loudspeakers should be avoided as much as possible.



How Can You Save Resources?

| Resource | Ways of Conservation |
|----------|---|
| Water | <ul style="list-style-type: none"> • Taking shorter showers • Checking taps for leakage • Turning off taps while brushing or washing |



Now it is your turn.

| Resource | Ways of Conservation |
|-------------|---|
| Electricity | <ul style="list-style-type: none"> • • • |
| Gas | <ul style="list-style-type: none"> • • • |

Understanding that Less is Better

We need to learn to be happy with what we have, rather than always asking for more. Instead of always buying new items, we should know to repair and reuse stuff.

If we get into the habit of spending and misusing everything we have, we will never care to look after the environment. We should remember that satisfaction comes from within, and a lot of things cannot guarantee happiness.

Keeping Tidy

In order to stay healthy, we need to be careful about our personal hygiene. It comprises various daily activities such as brushing teeth, taking bath, and washing hands with soap.

We daily meet dust and dirt that carry germs. These germs are found everywhere in our environment. They may shift to our hands and when we touch our mouth, nose or eyes, these germs may find their way into our body. The germs may cause various diseases. If we want to prevent ourselves from these infections and diseases, we have to adopt personal hygiene habits.

- Brush your teeth at least twice a day.
- Take regular bath as it will save you from many diseases.
- Keep your nails trimmed. Big nails attract germs quickly.
- Always wash your hands with soap and water, especially, before eating and after using washroom.



- Always wear clean clothes. You may like any specific dress, but it must be clean.
- You need to keep your surroundings clean. These include your room, home, class, school, playground, and streets.
- If you spill or drop something on the carpet, floor or furniture, clean it yourself.
- Never throw any garbage including wrappers of candies, chips etc. out of the car window or in the street. If you cannot find a dustbin nearby, keep those things with you and throw them in the proper place.
- Keep the food and drinking items covered with a lid.



My Hygiene Plan

I will care for following these hygiene rules:

Handwriting practice area with 12 horizontal dashed lines for writing.





Unit Eleven



Gender Equality

After completing this unit, you will be able to:

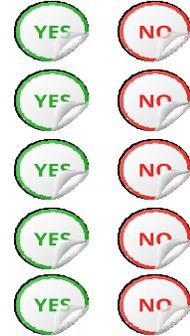
- develop gender sensitive behaviour
- Understand gender equality and learn not to discriminate others based on gender
- Understand gender bias and why it is wrong.



What do you think?

What do you think about the following statements?

- a. Boys are stronger than girls.
- b. Boys like blue colour and girls like pink.
- c. Boys like to play with cars, trucks, while girls like dolls.
- d. Girls talk more than the boys.
- e. Boys are faster than girls.



If all of your answers are 'Yes', please think again about your answers to these statements because your answers are based on assumptions.

We should remember that most assumptions like these are based on faulty observations and not real knowledge. Almost everyone makes such assumptions in different situations. However, mostly they are not correct. We can recognize our mistakes by learning about gender equality, gender bias, and discrimination.

Gender Equality

Equality means considering every person in a society to be equal, irrespective of their caste, color, profession, status, and gender.

When in a society, all the men and women are treated similarly, it is called gender equality. Nations that provide equal rights and opportunities of health, education, and other necessities of life to its citizens.

Women in Pakistan contribute to the prosperity and progress of the country just the way men do. They provide outstanding services in almost all fields of life. We see teachers, doctors, engineers, artists, politicians, sportspersons, police officers, soldiers, and businesswomen.



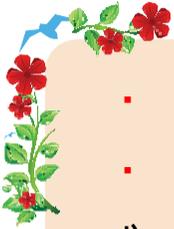
Who has the right to these?

| | | | |
|--------------------|------|-------|------|
| • Education | Boys | Girls | Both |
| • Getting a job | Boys | Girls | Both |
| • Health Care | Boys | Girls | Both |
| • Parents' love | Boys | Girls | Both |
| • Going on Picnics | Boys | Girls | Both |
| • Playing cricket | Boys | Girls | Both |

Did you notice? Your answers are mostly 'both' because you understand that boys or girls both have equal rights on these basic things.

Look at these pictures:





- What have you noticed in these pictures?
- The women in the pictures are :

i) _____

ii) _____

iii) _____

iv) _____



Does anything in these pictures seem strange or funny to you? If men and women have equal rights to do everything they wanted, is it right to think some things are funny or strange?

How would you feel if others laugh at you for a thing you do the best?

How would you feel if others laugh at you?

Discrimination

If we treat people differently or call one thing as normal and another as funny, it means we discriminate.

Gender Bias

If we laugh at a boy who helps his mother in kitchen or a girl who helps her father in repairing a car, it means we have a gender bias.

Look at these statements and decide if you agree with them or not.

| | | |
|---|-------|----------|
| Nursing is a profession best suited to women. | Agree | Disagree |
| Males and females are equal. | Agree | Disagree |
| Boys are better than girls at Maths. | Agree | Disagree |
| Girls do better in school than boys. | Agree | Disagree |
| Boys are better at computers than girls. | Agree | Disagree |
| Girls are better at sports than boys. | Agree | Disagree |

Role Models

Find information about these personalities and write about them.

Arfa Kareem



Handwriting practice lines for the name Arfa Kareem, consisting of five horizontal dashed lines on a yellow background.

Ruth Pfau



Handwriting practice lines for the name Ruth Pfau, consisting of five horizontal dashed lines on a light blue background.

A Textbook of

Life Skills Based Education



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