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QR code-based resources for parents, teachers and non-teaching staff/support in English, Hindi and regional languages on the last detachable page. The children's activities/questions have been classified as personal (in green colour) and general, depending upon whether they relate to a child's personal behaviour, feelings, opinions, incidents, values, relationships and medical conditions or not.
Hello, my name is Pocso. I am a tiger. Meet my best friends, a girl Sana, and a boy Arpit. Everyone in the school calls us the "three musketeers". You can also call us the same if you like. Sana and Arpit are children. Anyone who has not completed 18 circles around the sun is a child. People who are above 18 years of age are called adults. All of us are growing up. It is fun. But, at times, it is also confusing, especially when our loved ones, like our teachers, say one thing and our parents and grandparents say another. But we know that they do their best to keep us healthy, happy and safe. We are experiencing new changes in our bodies and feelings. We have feelings, emotions and moods that we have never felt before. Knowing about how our body works helps us take better care and also keeps us aware about the changes that it is going through. As we grow, our bodies change and become bigger. When we become bigger, our body parts also become bigger. We are proud to be the senior most students of the junior school. We all are excited to move on to the middle school. But first, let us learn together and enjoy our last year of junior school.

Did I tell you that I am the class monitor? Sana is the proud captain of the Junior football team, and Arpit leads our dancing troupe. He is an excellent dancer. Last time when his troupe performed Krishna Lila, he played both the roles himself. In one role he played Lord Krishna and in another, he played Krishna’s wife, Rukmani. Sana is from south India and is a non-vegetarian, whereas, Arpit is a north Indian and a vegetarian.

We love reading storybooks. We get books to read at home from our school library. Our librarian Gargi ma'am helps us in choosing the books, videos and films. She knows a lot about them. Everyone likes her and has nicknamed her Eratosthenes. She often recommends books and films to children from the National Book Trust of India https://www.nbtindia.gov.in/ and the Children’s Film Society https://www.cfsindia.org/
I Like Myself

The three musketeers were playing in the park. They saw a cute kitten trapped on a tree. They decided to rescue her. As they were bringing down the cat, Pocso suddenly ran away. Arpit and Sana just wondered whether they should go after him. "I have something to tell you. Put down the kitten quickly," he said breathlessly when he came back. When they put the kitten safely on the ground, Pocso said, "I saw Birsa Munda hiding behind the old banyan tree and crying. We must find out why. Come with me." When they reached the banyan tree, they saw that Birsa Munda had stopped crying, but was looking sad. They asked him what had happened, but he did not say anything. Then Pocso asked, "Is this about the ball that Tabassum took from you?" Birsa Munda nodded and sniffled, as if he was about to cry again. "Why did you let her take your ball?" asked Sana. "Because she said that I don't get good marks, and I can't kick the ball into the goal properly whereas she can do both, so she has the right to play with the ball more than I do," said Birsa.

"But it's your ball!" said Arpit. He did not understand why Birsa let Tabassum take his ball. "She deserves the ball more than I do because she is good in studies and at sports," said Birsa. "But it's your ball!" said Sana. Pocso said, "Birsa, what do you think about yourself?" Birsa told them how he thought that he did not get good marks, could not play games well and did not have many friends.
Sana said, “We are your friends. How can you say that you don’t have many friends? And have you forgotten how helpful you are? Last year, when the gardener had a terrible pain in his leg, you helped him by watering the plants every day.” Arpit said, “You’ve also forgotten that everyone praises you for your good manners. You got a prize at school for being the best-behaved boy!” Pocso added, “You make wonderful paintings. You have an aptitude for drawing. The painting you made on 22nd April on the occasion of Earth Day was appreciated by Principal ma’am and published in the school magazine ‘Kaleidoscope’. Everyone likes your wit and humour and has nicknamed you Tenali Rama. There are so many nice things about you, but you don’t pay any attention to them.” Birsa said, “Yes, maybe there are some things about myself that I did not think of.” Arpit said, “I like you because you never cheat while play games.” Sana said, “We all like you because you always share the sweets with everyone that your moher makes for you.

A. Here are some of Birsa’s drawings. Tick mark the one you like the best.

<table>
<thead>
<tr>
<th>Rainbow</th>
<th>A swan or a rabbit</th>
</tr>
</thead>
<tbody>
<tr>
<td>[Image of a rainbow with a family]</td>
<td>[Image of a swan and a rabbit]</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>A bird with long beak or a hare</th>
<th>Now see it upside down</th>
</tr>
</thead>
<tbody>
<tr>
<td>[Image of a fish]</td>
<td>[Image of a fish upside down]</td>
</tr>
</tbody>
</table>

Paste a chosen drawing on your classroom display board.

We all are good at something.
Pocso said, "You may not be getting good marks in tests, but no one can deny how intelligent you are." "How come?" asked Birsa, looking confused. Pocso answered, "Well! Who can beat you in thread knitting games? Your knotting skills are not only impressive but more challenging to solve than algebra and geometry problems. Remember, when you naughtily tied Sana’s shoelace which nobody else could untie but you?" They all burst out laughing.

Here are some knots from Birsa cum Tenali's Knot Card for you to explore.

### B. Which of Birsa's knots can you tie and untie? Tick mark.

Teacher resources: YouTube search 'Type of knots' and 'Hand string games or string figure games'.
Birsaid, “Thank you for making me feel better. There are so many things to like about myself. But right now, the thing I want to like about myself is that I should go and bring my ball back from Tabassum so that we can all play with it.” “We’ll come with you,” said Pocso to which Birstsaid, “No, you draw the boundaries, and I’ll come back with the ball.”

When he came with the ball, Sana asked him, “What did you say to Tabassum?” Birsa said, “I told her it was my ball, and I deserved to play with it. She said no, but I told her it was mine and I wanted it back. Then, she gave it to me.” The four of them enjoyed their game that evening.

We all like to feel good about ourselves. We have a sense of dignity when we feel good about and worthy of ourselves. When we feel so, we choose to do things and be with the people who are good and safe for us.

C. Have you ever faced a situation like Birs? Share it with your friends Pocso, Sana and Arpit.

D. Tell them 2 qualities about yourself that others appreciate about you.
   a. 
   b. 

E. Tell them one thing that you recently did that made you feel good about yourself.

F. Tell them one thing that you will do in the coming days that will make you feel good about yourself.

You deserve love and affection like anybody else.
Feelings Are Our Friends

Ma’am wanted the three musketeers’ assembly to be the best in junior school. “Let’s all think of ideas for a good play,” Ma’am said. Sana said, “We can do a play on India’s mountains.” To which Rhea said, “That’s so boring! Class 5-C did a play on India’s rivers, so it would come across as aping.” “Yes, you are right,” Arpit nodded. Pocso suggested, “What about doing a play on feelings? That way we can tell many short stories in one play, and everyone will enjoy it.” The whole class liked the idea. Ma’am and Pocso wrote the play, chose the students for the roles, and everyone practised hard. At last, it was the day of the assembly and time for the play. Here is how it went:

Characters: a boy, a girl, a man and a woman.

Scene 1: A girl and a boy are on stage.
**Girl:** We learn about history, geography, grammar, maths and science. But is that enough?

**Boy:** NO! I think it is also important to learn about ourselves.

**Girl:** That is why, today, we'll learn about our feelings, emotions and moods.

 *(The boy goes off-stage and a woman comes on stage.)*

**Girl:** Ma, I got full marks in my Maths test today!

**Woman (hugging her):** Good girl! You studied hard and practised your sums. I'm proud of you!

**Girl (to the audience):** Today I'm feeling happy!

 *(The girl leaves. The boy comes on stage.)*

**Woman:** How did you tear your shirt?

 *(The boy is silent.)*

**Woman (angrily):** Tell me, how did you tear your shirt?

**Boy:** Harsh and I fought in the park and my shirt tore.

**Woman:** Again? You are always fighting with others and hurting yourself or tearing your clothes. You will not go to play from today. Not until you learn how to play properly.

**Boy (to the audience):** Today I'm feeling sad.

 *(The man comes on stage.)*

**Man (shouting at the boy):** Fighting? Again? Son, fight all you want, as long as I don't need to pay for your new clothes, medicines or doctor's visits every time you go out to play.

**Man (shouting at the woman):** You are not a good mother! You don't know how to raise him properly, and that is why he is always fighting!

**Woman (shouting at the man):** You are his father! Why can't you teach him how to play without fighting? Do I have to do everything in this house?

**Man (shouting at the boy):** Son, if you get into another fight I will beat you so badly that you will stop fighting with anybody. Do you understand me?

**Boy (to the audience):** Today, the emotion I'm feeling is scared.

 *(The boy and the woman leave and the girl comes on stage.)*

**Scene 2**

**Girl:** Good morning, Ravi Uncle!

**Man:** Hello! Here is a box of chocolates for my favourite girl. It's because I like you so much.

**Girl:** Thank you!

**Man:** Won't you give me a thank you hug?

 *(The man kneels on the floor next to the girl.)*

**Girl (putting her arms around his neck, loosely):** Here.

 *(The man holds her close, and starts petting her back.)*

**Girl (trying to get out of this hug):** Uncle, please let me go.

**Man:** No, no. I really like you very much, and I want to give you a very long and tight hug.

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*Paying attention to how different people and things around you make you feel is a good habit.*
**Girl:** But I don't want it! I don't like it. Stop!

**Man (still holding her):** No. I like hugging you.

*(The girl forces herself out of his arms.)*

**Girl (to the audience):** Uncle says that he likes me, but he does things I don't like, things which do not make me feel good. Today, I don't know how I feel about Uncle. I'm **confused.**

*(The woman comes on stage.)*

**Scene 3**

**Woman (to the girl):** You cannot go to the birthday party.

**Girl:** But she is my best friend.

**Woman:** Papa and I told you that you can go to the party only if you finish all your homework. You haven't finished it, so you can't go.

**Girl (shouting now):** But she's my best friend! I'll finish the homework after I come back from the party.

**Man:** No means no.

**Girl (to the audience):** Today, the emotion I am feeling is that of **anger.**

The audience clapped loudly for a long time. Everyone knew that sometimes it was difficult to understand feelings. This play was a nice way of making it easier to know more about our feelings.

**Our feelings help us in knowing when something is safe or unsafe.**
A. Can you fill in the vowels a, e, i, o, u in the blanks to spell out the emotions given below?

a. As if you have done something wrong. G___LY
b. When you can't do anything to make yourself feel better. H__LPL_SS

c. Nervous, tense, upset or worried. ___NC_MF_RT_BL___
d. Not sure how you feel, or when you have more than one feelings at the same time. C__NF_S_D

e. Awkward, uneasy, shy, uncomfortable. ___MB_RR_SS_D
f. Feeling sorry, guilty or embarrassed. ___SH_M_D

B. How would you feel if you were in the following situations?

a. It is your birthday and you give toffees to your school's principal. She wishes you, “Happy birthday.”
b. You are dancing on the stage at a school function, and everyone is staring at you.
c. You have a quarrel with your best friend.
d. You lose your favourite toy.
e. Your best friend says that she is shifting to some other city with her family.
f. You see a cockroach.
g. Your mother says one thing but your father says the opposite.
h. You find a 100 rupee note on the street.
i. Someone catches you talking to yourself in front of a mirror.
j. Everything you touch turns into chocolate.
k. You have arrived at the school but you are late.
l. It's exam day at the school and you have missed the school bus.

a. __________________ b. __________________ c. __________________
d. __________________ e. __________________ f. __________________
g. __________________ h. __________________ i. __________________
j. __________________ k. __________________ l. __________________

I can be aware of others feelings as well as mine.
A Morning Assembly to Remember

The three musketeers were already late. They hurried to the primary school gate. Nobody liked to start their day with a scolding from the games teacher. While attending the special morning assembly, everyone wondered what was special about it. Just before the national anthem, the Principal ma'am stepped on the stage and said, “Dear children, today is a special occasion. Sweeper auntie, Aishwarya is retiring from her job. She has worked with us for the last 38 years. Let us thank her for her services.” Everyone clapped. Principal ma'am presented Aishwarya auntie with a gift. Eklavya, from the photography club of the school, took some beautiful pictures for their school magazine. And now it was time to sing the national anthem.

Who did not know Aishwarya auntie? Everyone liked her. She was a good teacher. Her children had passed out from the very school where she worked, and now her grandchildren were studying with the three musketeers. There was hardly anyone in the school who had not been helped by auntie on matters related to toilet. For many, their first lessons on toilet hygiene were taught by her. Children could often see her marching like a disciplined soldier with her broom and water bucket. She cleaned the floors rhythmically like a dancing queen and majestically, like a peacock sweeps the ground with his tail. During exam time, she smiled and wished children good luck when she served them water in the exam rooms. It was she who would advise parents in parent-teacher meetings about the toilet habits of their children and she would tell everyone to use two types of waste bins, green and blue. She is the true shero of the Swatch Bharat Campaign.

The green dustbin is for organic material like food leftovers. The blue dustbin is for inorganic material like plastics.

Do you know the name(s) of the people who are working as sweepers in your school? Write their name(s) here.

Every job from the heart is, ultimately, of equal value.
The Grandfather And His Little Grandson

This is a story from a place called Senapati. There once lived an old man in a small village known as Liya Khullen near the Barak River. He lived with his son, his son's wife and his little grandson. Grandpa, the wise man of the house, had become very old. His legs, like a tortoise's, could hardly carry him. His eyes, like a rhinoceros's, could hardly see. His ears, like a snake's, could hardly hear and he was toothless like a platypus. When he ate, bits of food sometimes dropped out of his mouth. Papa and Mummy no longer allowed him to eat fresh food with them at the table. He had to eat the leftovers in a dark corner of the kitchen alone. At times, his little grandson would sneak in to share his food, stories and feelings with him.

One day, Grandpa's son gave him the leftover food in a glass bowl. Grandpa tried to pick the bowl with his shaky hands. The bowl fell on the floor and broke. His son got angry and scolded him. His son's wife said that from now on, he would get his food in a wooden bowl. Grandpa, the old and wise man of the house, sighed but said nothing. The little Grandson who saw and heard everything, felt sad and pity for his grandpa. But what could he possibly do?

A few days later, Grandpa's son and his wife were sitting in their room. With love and curiosity, they were watching their little boy play. He was playing on the floor with pieces of wood. They saw him put the little pieces together one by one. The father asked him, "Are you making something for us?" The little boy said, "Yes, I am making a wooden bowl. When you and Mummy get old like Grandpa, I will feed you with this wooden bowl. Since, one day, you will grow old too." The young man and his wife looked at each other, and tears filled their eyes. They were ashamed of how they had treated the old man. From that day, they let Grandpa eat fresh food with them at the table. They took better care of him. The little Grandson no longer had to sneak in to eat with his grandpa.

From which state/place of India is this story?

Suggested reading: *The Wonderful Vacation*  

To care for those who once cared for us is one of the highest honours.
Human Body Is Like a Machine, but...

One day, a prominent scientist and rationalist Aryabhata came to the school to talk to children about robots and humans. Everyone was very curious and excited. The three musketeers attended the talk with their classmates. Here is what the scientist talked about to the children:

We are humans. Our body is a wonderful machine just like any other machine such as a wheel, an axle, a lever, a clock, a car, an aeroplane, a computer, a smartphone, a robot and others. But there are three big differences between machines and humans.

1. Humans, like animals, birds, trees, mountains, rivers, etc. are products of nature, whereas, machines are made by humans.

2. Humans, like other animals - dogs, elephants, dolphins, and monkeys - have feelings. Humans are social animals.

3. We can own or buy machines, but nobody can own or buy us, not even our loved ones.

Our body performs several functions from the time it is born or comes into existence. We, like machines, have many parts. Some of our body parts are called organs. We have organs like lungs, heart, kidneys, liver, brain and many more. Organs, similar to parts of a clock or any other machine, carry out their roles in the overall working of the body or the machine. It is always a team effort. After all, team work always wins.

Nature has made our body and our body belongs to us.
Watch Out for Some Looks

They said when I was little,
That touch can be unsafe.
But no one told me to watch out
For looks that were also not safe.

What do these people want from me,
Who look at me like that?
In such a way that makes me want
To run and hide, like a rat.

They make me feel so dirty,
Afraid and so unsure.
I'm angry and I'm sad also
I wish there was a cure!

I tell a grown-up every time,
That I get unsafe looks
It's what I should do to be safe
I've read in all the books.
The scorching sun has already set on the horizon, bringing some relief to the weather. The quarter moon is high up in the cloudless, summer night sky, and a few bright stars are twinkling. But what a pity! We live in starless cities. There is too much light and smog in cities that makes stars disappear from our night skies.

Nevertheless, everyone in Sana's class is excited. After all, it is their first overnight camp. They have never been away from their loved ones during the night. The Bharat Scouts and Guides have organised the summer night camp in the school. Sana, Arpit and Pocso are its obedient and polite members. Sana is a Bulbul scout, and Arpit and Pocso are Cub scouts. A guest astronomer, Abhijeet, has been invited for the first time. He will be showing them the moon through his telescope.

Besides this, there are many other exciting things lined up like films, plays, dinner and a lot more. Hostellers are also excited because it is rare for day scholars to be present in the school at night. The classrooms have been converted into dormitories and the toilets into changing rooms. To begin with, a film about 'Chandrayan 1', India's first space mission to the Moon, will be shown. Then they will watch films on Kalpana Chawla and Sunita Williams. These two, as you know, are astronauts. Everyone is feeling motivated. They all want to become astronauts and reach out for the stars. The fun has just begun.

A stranger is a person whom you do not know properly.
To find the Pole star (Dhruv tara / Polaris) in the night sky, you have to first find an imaginary stick figure constellation that looks like a dipper and is called the Big Dipper. It is formed by joining 7 bright stars, some even brighter than the Pole star. It covers quite a big portion of the sky. The two stars at the front of the Big Dipper always point towards the Pole star.

The astronomer has now moved to the basketball court to install his telescope while the rest of the group takes a break. In the break, children divide themselves into smaller groups under the watchful eye of their sports teachers. Sana, Arpit, Pocso, Ketholeno - a hosteller from Nagaland, and a few others have formed their group. Everyone laughs when Sana says that the night camp reminds her of a wedding she attended last week.

Sana’s group decides to play dumb charades. With Arpit on their side, they are in luck! Who would not like to have him in their dumb charades team? After all, he is a Kuchipudi dancer. Here are some of the phrases that the teams have to guess.

A. Can you match them with their actions?

- “Eating Chilli”
- “Getting an award”
- “Getting poor score in a test”
- “A superhero who saves the earth from aliens”

Most strangers are good and want to take care of children but they should not touch, hug or kiss you.
Soon Sana’s group is in the ground next to the telescope which looks like a small tunnel pointing towards the Moon. Everyone stands in a line. Abhijeet, the astronomer asks Sana to come to the telescope. She rushes in excitement but there is a problem – the telescope is set a little higher than Sana can reach for. She does not know what to do. The astronomer comes to her help. He tries to pick her up from her waist but Sana does not like it and pushes him back. The astronomer understands that he had made a mistake. He should have taken Sana’s permission before trying to lift her up. Sana suggests that if a stool is put next to the telescope it will solve the problem. So a chair is brought which solves the problem for everyone. Abhijeet praises Sana for this idea. She is a clever girl indeed.

Sana looks into the telescope and is mesmerized to see the Moon come so close – as if it is flying right above her head. To her surprise, she sees that its surface is not smooth at all. It is full of potholes and bumps. Abhijeet tells her that the potholes are called *craters*. Sana loves watching the Moon. She says that she will tell everything about it to her mummy.

**E. Have you ever attended a night camp or a night wedding? Would you like to share your experience with your friends the three musketeers?**

**B. Have you ever seen any celestial object through a telescope? If yes, what was it?**

____________________

**C. Have you ever seen a rainbow?**

____________

**D. Have you ever seen a meteor (shooting star)?**

______________

**Suggested Reading:** *The Astronomer* by Rabindranath Tagore. Weblink for how one can become a scout at Bharat Scouts and Guides - [http://www.bsgindia.org/User/Home.aspx](http://www.bsgindia.org/User/Home.aspx)

A stranger can be a man or a woman, a boy or a girl, old or young. They can wear any dress or uniform.
**Arpit’s Online Friend**

I made a friend today. His name is Raghav. He will teach me how to build a robot.

Be careful. Anyone we meet online is a stranger.

You can't. He’s my **online friend**.

Nonsense! You are jealous. He will come and teach me how to build a robot, this Sunday.

Your neighbour said that this man was hiding near your house. He is a well-known robber. Have you seen him before?

I did a wrong thing. I gave an online friend our home address.

Maybe it was this robber telling you some lies and making a fool of you.

I'm sorry. I promise I will be careful from now onwards.

We were lucky this time. Don't do it again.

Never share your personal information with strangers.

A stranger can meet you on the Internet and pose as a friend.
A Shoe That Pinches

When your shoes are too tight or you touch a hot stove or when something hard rubs (friction) against your skin (like a tool handle), it results in a painful pocket of skin filled with fluid called a **blisters**. Every child is familiar with a blister. It is a part and parcel of growing up. Blisters (single bubble or in clusters) pop up when fluid collects in pockets under the top layer of your skin. This fluid is pus, blood or serum (the clear and watery part of blood). **Serum blister** is usually easy to treat at home. In case of a burn, the symptoms and its treatment depend on the type of burn. Symptoms can include: blisters, pain, peeling skin, red skin, etc. The degree of pain is not related to the severity of the burn as even the most serious burns can be painless. There are three types of burns:

**First-degree** burns are considered mild compared to other burns. They result in pain and reddening of the outer layer of the skin (epidermis).

**Second-degree** burns affect the epidermis and the lower layer of skin (dermis). They cause pain, redness, swelling and blistering.

**Third-degree** burns (full thickness burns) go through the dermis and affect deeper skin tissues. They result in white or blackened, charred skin that may be numb.

First-degree burns and serum blisters can be treated at home with skin care products like aloe-vera cream.

**Action Plan:**

1. Hold burned skin under cool (not cold) running water or immerse in cool water until pain subsides.
2. Do not put any ointments, butter or other remedies on the burn.
3. Do not break any blisters that have formed.
4. Cover with a sterile, non-adhesive bandage or clean cloth.
5. For all other types of burns, a doctor’s advice is must.

Second and third degree burns are emergencies. In case of an emergency, do not hesitate to take help from a stranger.

**In an emergency or an accident, we either take help of others or we help them.**