

A message from the school head

Children are the most vulnerable to exploitation and abuse. Child protection refers to any effort or initiative that prevents children from situations of violence, abuse, neglect and exploitation. As a community and an institution, we are responsible for ensuring that every child is safe and feels safe. We must all strive toward protecting them and creating a world where they can grow happily, healthily and safely. Prevention is the best cure. Let us collaborate and empower our children against abuse and exploitation.

Dear Children,

Sana and Arpit will be your companions as you journey through this safety workbook. They are childhood friends and enjoy learning skills and values. Sometimes, they come across situations when they are not sure what to do. They talk to their friends, parents, grandparents and teachers, but their favourite advisor is their tiger friend, Pokso. He always helps them and everyone else to be happy, healthy and safe. You are in this story too, because the three friends might need your help with some of their problems. Enjoy their antics and those of their friends and classmates as you make your very own journey of growing up. Be safe!

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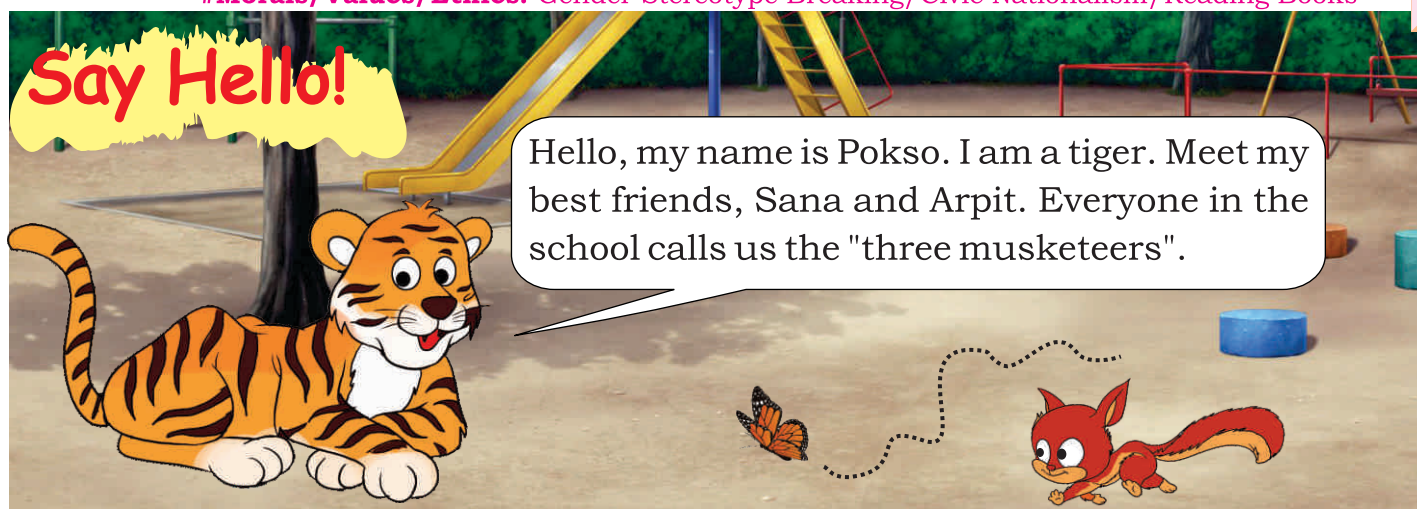
Posters and supplementary worksheets are available at the project's website www.projectcaca.org

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Share & Perform**

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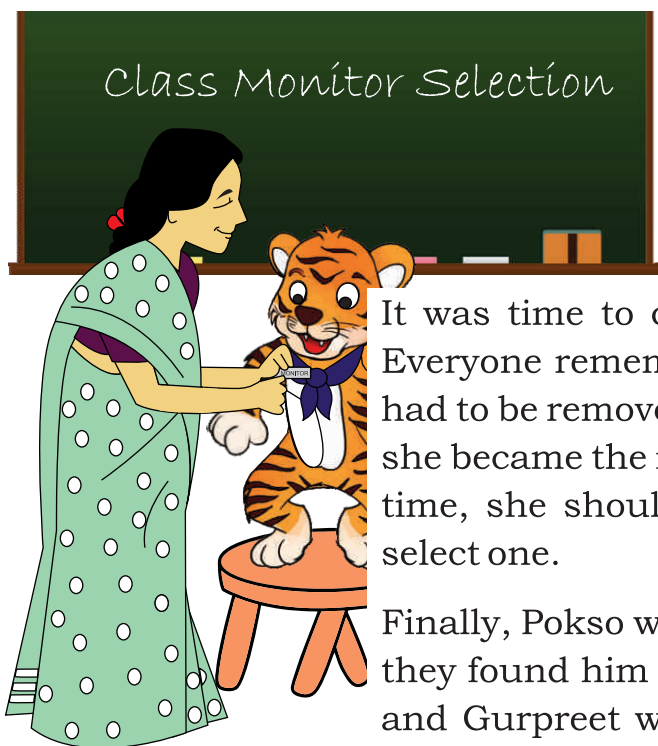
Sana and Arpit are children. Anyone who has not completed 18 circles around the sun, in other words, 18 years, is a child. People who are above 18 years of age are called adults. Growing up is fun. But, at times, it is also confusing, especially when our loved ones, like our teachers, say one thing and 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, feelings and moods that we have never felt before. Knowing how our body works helps us take better care of it and keeps us aware of the changes it is going through. As we grow, our bodies change and 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 middle school. But first, let us 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. Arpit is an excellent dancer. When his troupe performed Krishna Lila, he played both the roles of Lord Krishna and Krishna's wife, Rukmani, himself. Sana is from south India and is a non-vegetarian, whereas, Arpit is a north Indian and a vegetarian. They are proud to be Indians.



We love reading storybooks. Our librarian, Gargi ma'am, helps us choose the books, videos and films. She knows a lot about them. Everyone fondly calls her Eratosthenes. She often recommends books and movies to children from the National Book Trust of India. <https://www.nbtindia.gov.in/> and the Children's Film Society <https://www.cfsindia.org/>

Until you are 18 years of age, you are considered a child, a minor or a juvenile.



It was time to choose the class monitor for the whole year. Everyone remembered what happened last year. The monitor had to be removed because she started bullying everyone when she became the monitor. The class teacher asked whether, this time, she should select the monitor or if they would like to select one.

Finally, Pokso was chosen as the monitor by his classmates as they found him more responsible and helpful, whereas Nancy and Gurpreet were not. 20 students voted for Pokso, 6 were absent, so absent students couldn't participate, 2 voted in favour of none, and the rest voted for Nancy and Gurpreet. Nancy didn't mind being voted out, but Gurpreet was annoyed.



Gurpreet said he wouldn't give his birthday treat to those who had not voted for him. But the voting was held secretly. Pokso had not done so well in the exams, unlike Gurpreet and Nancy. Thus, Gurpreet wanted students with good marks to become monitors, and students with good marks only should choose a monitor for the whole class.

A. Do you have a class monitor? _____

B. Who should choose the class monitor, the teacher or the students?

C. Do you agree that voting should be secret? _____

D. Do you agree with Gurpreet that only students with good marks should become monitors?

E. Do you agree with Gurpreet that only students with good marks should choose monitors? _____

Discuss your answers with your classmates.



Tricks to Remember Passwords



It was 2nd October, a national holiday. Sana snuggled with Moby, her pet dog, on the sofa. Papa was busy making *Dosai* for breakfast. Sana's grandma and mother had gone to the nearby river bank for their daily yoga class. Moby suddenly became alert and ran outside, wagging his tail. Sana knew that her grandma and mother had returned. The warmth of the winter sun was too good to resist, so grandma sat outside, feeding the sparrows that came every day and greeted her with their merry chirping. She began reading a detective novel. "Sana," called grandma, "dear, can you please come here." Sana hurriedly turned off the television and ran outside.

Sana's grandma's name is *Lata*. She had kept her money safely in a bank. She got important information regularly on her smartphone about her money. This information was for only Grandma. *Hackers* could steal the money from her bank if they stole or hacked the info. They steal money and other valuable things using computers, smartphones and the Internet by *hacking* the information first. So Grandma had put a password on her smartphone. The password is like a key to her bank. She had created a password that was easy for her to remember; otherwise, it would be like losing her keys if she forgot the password. The password was SANALATA. But anyone could have guessed it easily. What good is a password if it can be easily guessed or *hacked*? So grandma decided to change her password. She asked Sana to suggest ideas to create a password that was easy to remember but difficult to *hack*.

Sana came up with the idea of 'mnemonic'. She said, "Yesterday, Ritu ma'am taught the students about the rivers of India using a mnemonic. Let us create a mnemonic password." She rushed inside and brought paper and a pencil. She wrote down the names of some Indian rivers - **M**ahanadi-**M**, **G**anga- **G**, **S**on-**S**, **I**ndus- **I**, **T**apti-**T**, **B**rahmaputra- **B**, **N**armada- **N**, **C**auvery- **C**, **K**rishna-**K**.

She came up with the mnemonic *My Grandchild Sana Is The Bravest, Cleverest Kid* - MGSITBCK. Grandma asked her to add one more letter, N, to make the password longer. "But grandma, I cannot think of any word starting from the letter N that can fit in. Please help," said Sana. "How about 'Naughtiest'?", grandma giggled with a twinkle in her eye. So they came up with a nine-letter password - MGSITBNCK. Sana, too, laughed and hugged her wise old grandma. This was fun, so Sana decided to make another password. This time she decided to use the names of colours, vegetables and fruits to form a ten-letter mnemonic.

Mnemonics are an excellent way to create passwords that are easy to remember and difficult to steal. Mnemonic includes rhymes, images and songs. It is better to make a mnemonic on random sentences for password purposes.

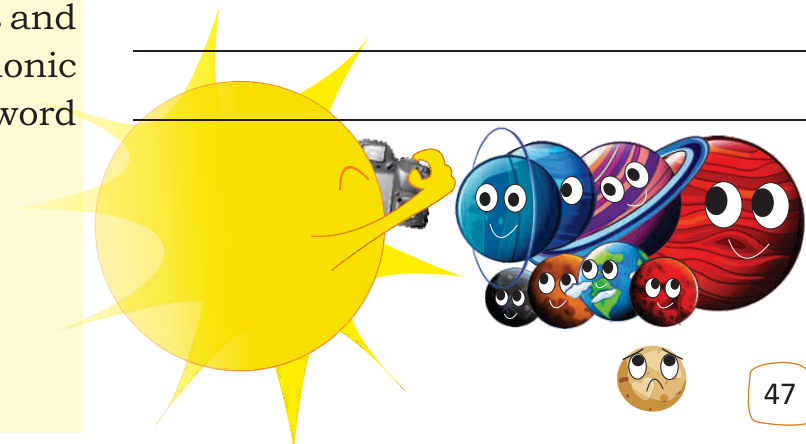


A. Why is 2nd October a national holiday in our country?



B. Create a mnemonic using the first letters of the 12 paragraphs of the Jack and Jill chapter but don't repeat any letter.

C. Write a mnemonic for the 8 planets of the solar system. You can include poor Pluto, who is no longer a planet but a dwarf planet.



A Summer Night Camp



The quarter moon is high in the cloudless night sky. But only a few bright stars are visible. What a pity! We live in starless cities. Too much light and smog in cities make 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 Pokso are their obedient and polite members. Sana is a Bulbul scout, and Arpit and Pokso 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 the telescope watch, many other exciting things are lined up, like films, plays, and much 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 *gaganauts* and reach out for the stars. The fun has just begun.

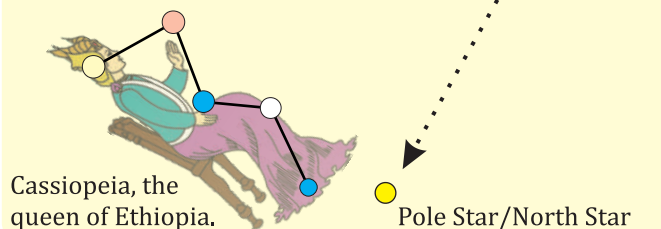


A stranger is a person whom you do not know properly.

The astronomer has now moved to the basketball court to install his telescope while the rest of the group takes a break. During the break, children divide themselves into smaller groups under the watchful eye of their sports teachers. Sana, Arpit, Pokso, 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.

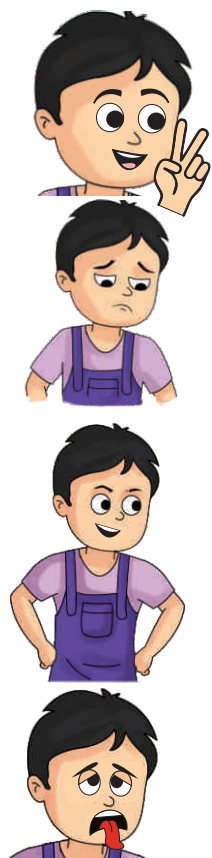
Sana's group decides to play dumb charades. With Arpit on their side, they are in luck! Who would not like to have him in their dumb charades team? After all, he is a Kuchipudi dancer. Here are some of the phrases that the teams have to guess.

The pole star is also called Dhruv Tara, Polaris or North Star. It can be located in the winter night sky with the help of an imaginary stick figure constellation called Cassiopeia. Cassiopeia looks like a 'W' or 'M'. It is formed by joining 5 bright stars. The other constellation that helps find the North star is the Big Dipper, also called Big Bear. Remember, the Pole star always points towards the North direction.



A. Join the dots to find the pole star. Try this activity in the winter night sky.

B. Match the following.



"Eating Chilli"

"Getting an award"

"Getting poor score in a test"

"A superhero who saves the earth from aliens"

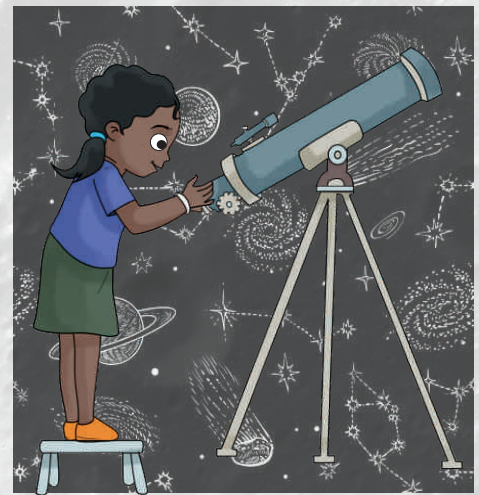


Most strangers are good and want to take care of children, but they should not touch, hug or kiss you.

Soon Sana's group is on the ground next to the telescope, which looks like a small tunnel pointing towards the Moon. Everyone stands in line. Abhijeet, the astronomer, asks Sana to come to the telescope. She rushes in excitement, but there is a problem - the telescope is slightly higher than Sana can reach. She does not know what to do. The astronomer comes for help. He tries to pick up Sana from her waist, but Sana does not like it and pushes him back. The astronomer understands that he has made a mistake. He should have taken Sana's permission before trying to lift her. Sana suggests that if a stool is put next to the telescope, it will solve the problem. So a stool is brought, which solves the problem for everyone. Abhijeet, the astronomer, praises Sana for her idea. She is a clever girl indeed.

Sana looks into the telescope and is mesmerized to see the Moon come close - as if she is flying above it. To her surprise, she sees that the Moon's surface is not smooth. It is full of potholes and bumps. Abhijeet tells her that the potholes are called craters. Sana loves watching the Moon. She says she will share her camp experience with her mummy the next day.

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



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

D. Have you ever seen a rainbow?

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



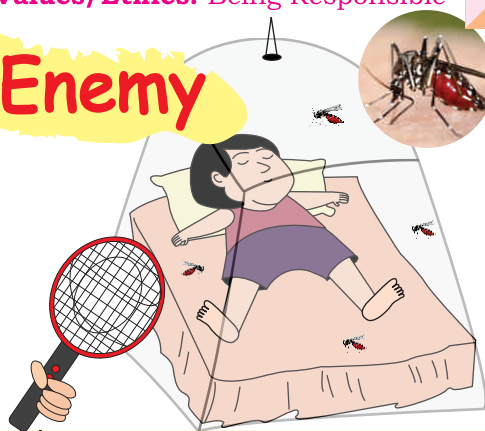
Suggested Reading: *The Astronomer* by Rabindranath Tagore.
Check for how one can become a scout at <http://www.bsgindia.org/>

A stranger can be a man or a woman, a boy or a girl, old or young. They can wear any dress or uniform.



Mosquito, Our Number One Enemy

The monsoon season brings a variety of diseases, and dengue is one of them. A mosquito bite causes it. Prevention is better than cure, so here are the golden rules that protect you and your family from dengue and other mosquito-bite-based diseases.



- ✓ Do not leave stagnant water in or around the house like water coolers, tanks, and plant pots.
- ✓ Keep windows and doors closed, especially in the morning and evening.
- ✓ Spray the house with anti-mosquito sprays.
- ✓ Use a mosquito net or a mosquito repellent cream during the night.
- ✓ Mosquitoes prefer damp and dark places - you must have your home filled with streaming sunlight.
- ✓ During dengue season, wear long-sleeved shirts and long pants.

Chloroquine and its sister drug, hydroxychloroquine, are the most common medicines used for malaria.

Why are you buzzing in my ear?



I am practising a song, my dear.

The dengue mosquito is active in the morning and the evening, and unlike other mosquitoes, it lives in clean water. When dengue hits, the patient should rest and drink many fluids like water and juice. Here are some of its common symptoms: fever, red spots on the skin, bleeding from the nose/gums, frequent vomiting, vomiting with blood, black stools, abdominal pain, dry mouth, pale or cold skin, and difficulty in breathing. If you notice one or more of these symptoms, immediately contact a doctor. Here are some other diseases caused by mosquitoes: *Malaria*, *Chikungunya*, *Yellow Fever*, *Filariasis*, *Encephalitis*, *Ross River fever*, and *Zika fever*.



Circle the household objects that can become breeding grounds for mosquitoes.



Rules are made for our health and safety.

The 7-Step Safety Rule

Here is the 7-step personal safety rule, which has to be followed by every child at all places and at all times.

Let us learn about the steps one by one in more detail:

Step 1 - ASK and DO - If you feel uncomfortable doing anything, always ASK your parents.

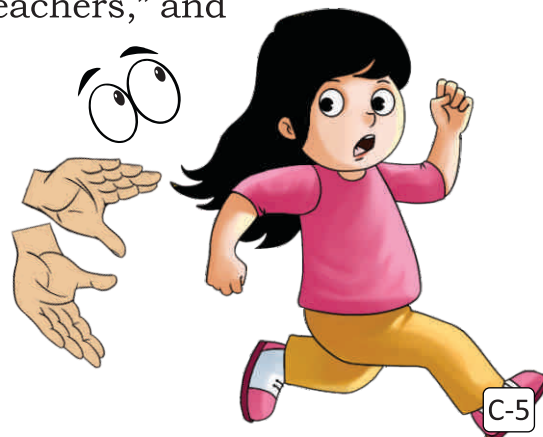
Step 2 - Listen to your feelings - Feelings are your friends. They tell you what is safe and unsafe for you. Sometimes others may make you feel scared, sad, uncomfortable or confused. Try to stay away from these people. Sometimes some places may also not make you feel good. Avoid being in such places.

Step 3 - Scream! - Screaming scares the person doing the unsafe thing to you. When you scream, everyone knows that you are scared and need help. If someone doing the unsafe thing tries to pick you up forcibly, you must fall on the floor and kick your legs and hands in the air. Kick as hard as you can, and keep screaming at the person. It is a *self-defence technique*. It becomes challenging for the person to pick you up when you do so.



Step 4 - Say, "NO!" - Say "No!" to the person doing the unsafe thing. Say "No!" to anyone and anything that makes you feel unsafe. Say "NO!" many times if you need to. You can also say, "I will tell my parents and teachers," and "Keep your hands to yourself."

Step 5 - Get Away - Get away from the person doing the unsafe thing as soon as you can. Leave that place. Run if you have to.



Screaming is like blowing a whistle loudly and alerting everyone.



Step 6 - Tell a grown-up you trust - If someone has done something that made you feel bad, dirty, angry, confused or sad, you must immediately tell someone you love and trust. If you tell a trusted grown-up, they can do something to help you and keep you safe.

You must not hide it or keep quiet. You should not think that keeping quiet will make it go away. Sometimes you get so scared that you do not want to tell anyone. But not telling is unsafe. The person behaving in an unsafe way should stop doing the unsafe thing. If you tell a trusted grown-up, they can help you. Tell as soon as possible!

R e m e m b e r ,
SCREAMING, SAYING
NO and GETTING
AWAY are all self-
defence techniques.

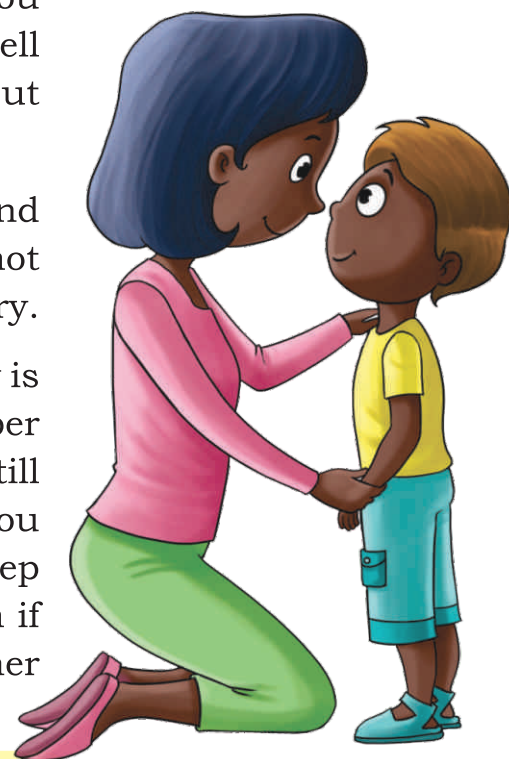


Step 7 - Keep telling till someone believes you! – When you tell a grown-up you trust, they may not believe you. They may say: “Are you sure this happened?” “Maybe you made a mistake,” “That person would never do that,” or “But that person loves you. Why would they do that to you?” You know that grown-ups think differently from children. You also know that you don’t always believe everything your parents and other trusted grown-ups tell you. But you still love and trust them.

In the same way, the grown-up you tell may not believe you at first. They may become sad, upset, or angry when you tell them. You may think they are sad, upset or mad at you, but this is not necessarily true.

For example, when you are learning how to fly a kite and cannot do it properly, you may get angry, but you are not angry with the person with you. You are simply feeling angry.


In the same way, the grown-up who is sad, upset or angry is not necessarily sad, upset or angry WITH YOU. Remember that they still love and trust you, so you must keep telling till they believe you. If one person does not believe you, you should tell another grown-up you trust. You must keep telling till someone listens to you and believes you. Even if the first grown-up believes you, you can still tell other trusted grown-ups about what had happened.



The 7-step safety rule is
for our personal safety.

It is not your fault: Sometimes, the person doing the unsafe thing will try to tell you that it happened because of you. They will try to tell you it is your fault and blame you. You should not believe them because this is totally wrong. Any unsafe touch or look that happens is not your fault. You do not have to be ashamed of it. The person who did the unsafe thing did the wrong thing. You did not do it. So it is not your fault. Sometimes they will tell you to keep it a secret and may give you gifts, but you do not have to keep it a secret because it is an unsafe secret. Sometimes they may say bad things will happen to you and your loved ones if you tell. They are lying. You must tell.

If you still find that no one believes you, you should dial **Child Helpline 1098** and tell someone what happened. This is a free phone call. If you find the line is busy, keep trying till someone picks up. The Child Helpline is there to help YOU. The person who picks up the phone when you dial 1098 will listen to you, believe you, and help you. But first, you have to call the Child Helpline and then tell them about any unsafe looks or touches you are getting. You can also call **9868235077, 1800115455** or give a missed call on this number. Someone will call you back, listen to you, believe you, and help you.



Can you put the sequence to the 7 steps safety rules that have been jumbled up? One has been done for you.

21

ASK and DO

Listen to your feelings

Get Away

Say, "NO!"

Keep telling

3

Scream

Tell

Suggested Viewing: YouTube search - "Komal, a cartoon film for children on safe and unsafe touches". Available in English, Hindi and various regional languages. Runtime 10min.

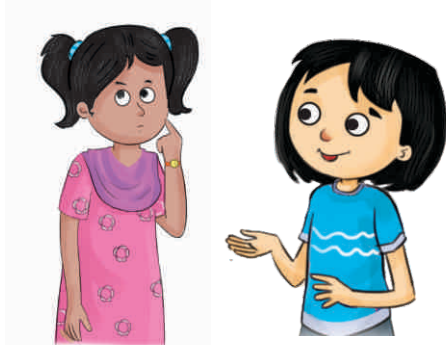


Making People Listen

If you are smart,
You must learn the art
of making people listen to you.



Hold your head high,
Look people in the eye,
Back as straight as bamboo.



Your body and your words,
Are like the wings of a bird,
And people pay attention to you.



Being confident means looking and sounding
sure of what you are doing or saying.

✓ **the postures
(images) that you think
reflect confidence. One
has been done for you.**



Speak loud and clear,
Firm and without fear,
Are two of the things you should do.



Say what you mean
Look sharp, look keen.
Use words that are simple and true.



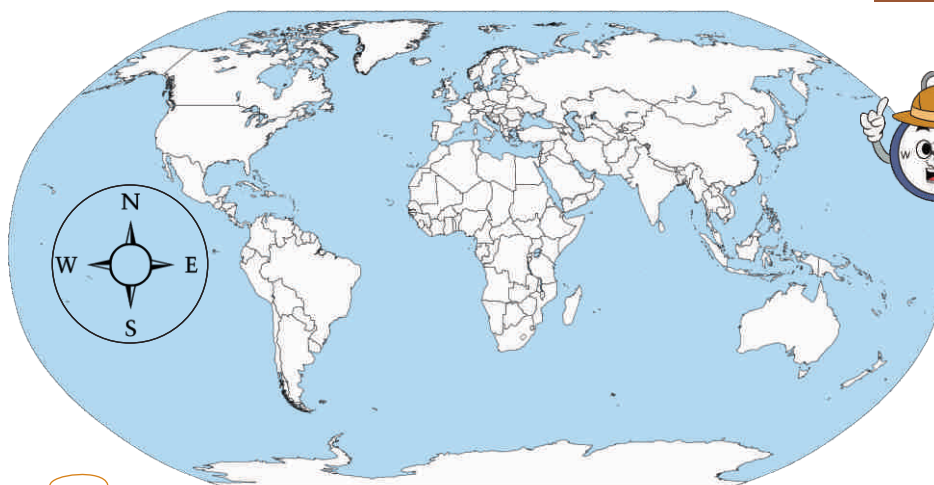
Don't fidget, be still.
You will feel a thrill
When people start listening to you.

Sana in School-Land

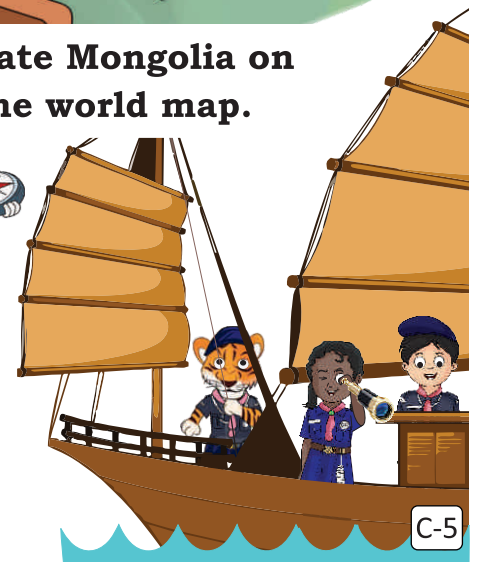
It was a cold winter night. But, inside the house, it was warm. Everyone was present at the dinner table. Mummy and Papa, together, had cooked a mouth-watering meal. The dining table looked festive with delicious egg curry, biryani and dosas. After all, it was a special occasion - it was Sana's grandma's 70th birthday. She is her mummy's mummy. After Grandpa had left them forever, her beloved grandma came to stay with them.

Sana always felt happy when her family ate meals together. She loved it for the delicious food and being with the people she loved and trusted. When everyone was together, Sana could share her feelings and discuss what had happened in the day. She knew that grown-ups thought differently from children, but they did their best to keep them healthy, happy and safe.

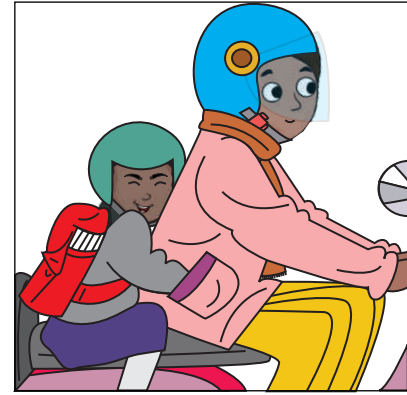
After finishing dinner, Sana began to feel drowsy. She wished everyone good night and went to bed. Papa read her a bedtime story from the book *Goodnight Stories For Rebel Girls*. The story was about Aisholpan Nurgaiv, the first female golden eagle hunter in Mongolia.



Locate Mongolia on the world map.



The next day, Sana was still shivering from the windy scooter ride in the morning. Her mother had driven faster than usual as she was late for her early morning office meeting.

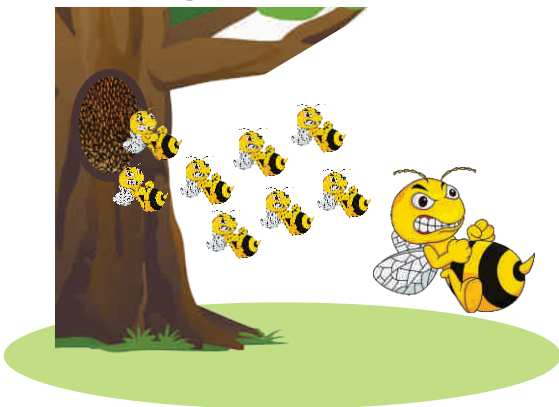


Slowly, Sana walked through the school's main gates. There was no sign of the guard with a long moustache, the school's gatekeeper. He stood sternly between the school gate and the children who would walk in late. She went into the guard's room to double-check if he was around. Sana peeped into the tiny window in the guard's room and saw the parking lot, which was empty. She ran towards it as people do at the beginning of a movie's dance sequence. She found a small piece of pebble nearby and played hopscotch with it for a while.



Then, she caught a glimpse of the kindergarten playground. She quickly jumped onto one of the swings even though it was small for her size. After all, she had grown up since she was in kindergarten. They never got to swing anymore! Their playground had basketball and tennis courts and a cricket field but no swings.

She swung to her heart's content and wandered off toward the school's reception. She crossed the hostel gate and thought, "Someday, when I'm big enough, I'll get to enter and maybe even stay in one of the rooms." She knew the strict rule against the day scholars entering the hostel.



As she looked around, she saw the old oak tree. How could she ever forget this tree? She remembered nobody dared to go near the tree as bees had made a huge beehive in the tree's hollow. One day she accidentally hit the ball into the hollow. Hell broke loose as the swarm of angry bees attacked the children in the playground. Everyone ran for their lives.

Many children were treated in the medical room for bee stings. The havoc of the angry bees was such that the school had to be closed for a half-day.



Finally, a bee gatherer was called to handle the bees. Sana learnt her lesson and had never played near beehives since.

How to treat a bee sting

1. Remove the stinger with a dull-edged object.
2. Apply a cool compress.
3. Elevate the wounded area to reduce swelling.



When Sana stepped into the reception, to her surprise, she saw no one over there, not even Narmada ma'am, who sat there every day. She remembered missing her school bus when she was in class 2. Narmada ma'am had helped her call her grandpa. She got his phone number from Sana's school diary. Grandpa came rushing and took her home. Everyone was angry with Sana at home for missing the bus, but not Grandpa. He understood that children think and act differently.



He got the message when Sana said she got stuck in the toilet because she could not button her skirt properly. As a result, she missed the bus. Sana missed her grandpa a lot.

The principal's room was right behind the reception. Sana had always wanted to go inside. She entered the room cautiously. She was surprised at how different the room looked from the rest of the school.

The walls were covered in wooden panels. There was a sofa on the left side and a huge chair behind a wooden desk across the door. There were paintings on the right side of the wall and a giant TV screen on the left. On the screen, she could see different parts of the school like the playground, dance room, music room, craft room, library, medical room, canteen, staff room and more.

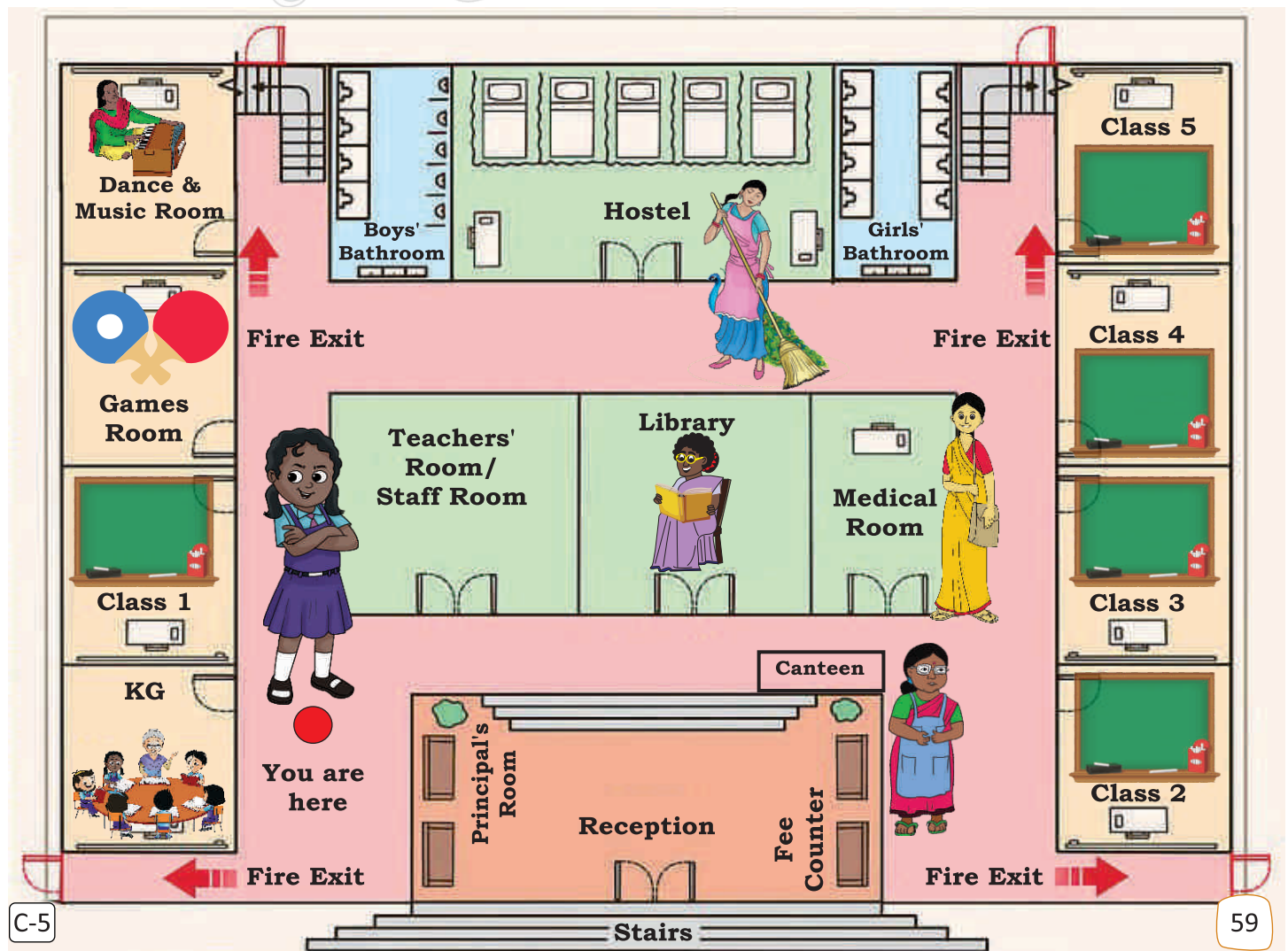
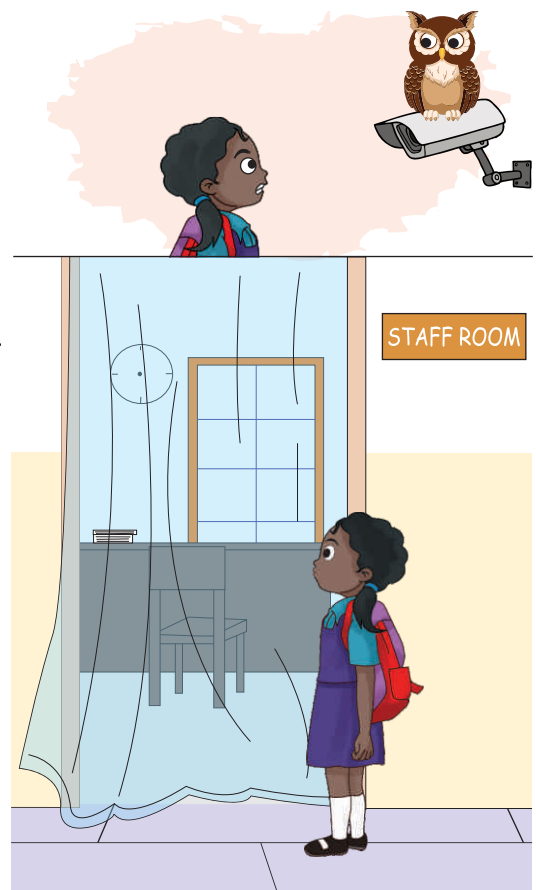


School is quite a big place.
We should know more about it.

Looking closely at the screen, she was surprised to see herself. She looked up and saw a CCTV camera that seemed to be staring right back at her like an owl. She scurried out of the room like a rabbit.

She ran until she came up to the staff room. Sana knew that it was one of the safest places in the school. Once, Arpit was waiting outside the staff room to meet Rupa ma'am, the dance teacher, when Tarun and Prem, who were leaving the staff room, mocked him for wanting to become a dancer. Just then, Rupa ma'am came out and caught them red-handed. They got a scolding for bullying Arpit. Served them right!

The administration department, which included the reception, fee counter and principal's room, was uphill. She found the lift from where she could access the main school building.



She pressed the button. The lift opened, and zzzoooo! Down she went, locked in a weightless box. There was a strange feeling at the pit of her stomach as the lift stopped. When it opened, she came face-to-face with the rest of the school.



zzzzoooo

The entrance hall looked peculiarly bare, where all the school assemblies take place. All the school trophies and medals were displayed in one corner – the wall of fame. Upon reading her name on one of the football championship cups, she beamed with pride. Next to it was the map of the entire school.



Across the hall was the medical room. It was the most exciting room in the entire school. Here, Sana would walk in bravely from all the injuries she would get while playing football and Asha, the medical room auntie, would dress her wounds.



Next to the medical room was Arpit's favourite room - the dance and music room. Here, he would spend hours practising Kuchipudi and many other dance forms.

Moving on, she bounced her way into the primary corridor, which always smelled of crayons and clay. She stepped into one of the classrooms where the desks and chairs were too small for her to sit. She instantly felt like a **giantess** as she thought, "Have I grown this much?"



A. Birju Maharaj is famous for which form of dance?



She skipped and hopped through the hallways and up the stairs. She went to enter the senior secondary corridor, which felt huge. Every time she entered this *forbidden* corridor, she could sense the excitement of growing up. She was looking forward to her *adolescence*.

Sana strolled around a little more and found the library. She loved how it smelled of old books. Apart from the fact that the librarian, Gargi ma'am, was strict about maintaining silence, she loved spending time in the library. There was a window next to it from which she could see the back gate, which was always shut. It would only open when Anganwadi, the friendly canteen auntie, would order supplies for the canteen every Wednesday.



Moving on, she came across another staircase. This one ended at a door that was locked. Sana figured that this staircase went to the roof. And just like she wasn't allowed to go to the roof of her building alone, she worked out that it would be best not to go to the school's roof. She understood that she wasn't grown up enough.

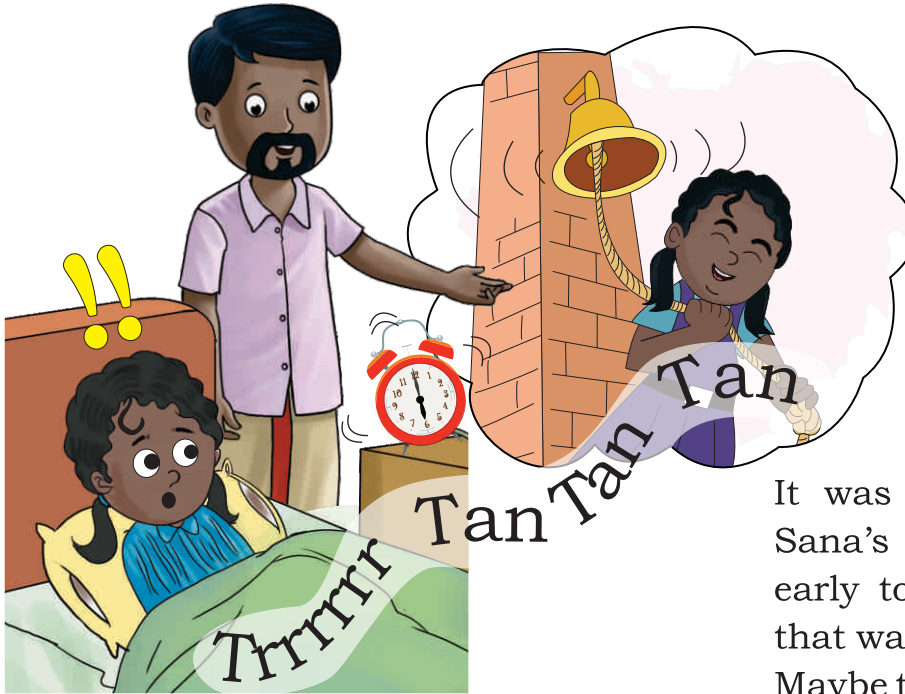


After this wandering, Sana wondered if she should go to the washroom. The school would start any minute now, and Aishwarya, the helpful sweeper auntie, would be there like always. Students and teachers would begin pouring in. The washrooms would get crowded. She ran down the staircase, went and kept her bag in the class and then walked towards the washrooms. At the end of the corridor were three doors. The one on the right led to the boys' washroom. The one on the left led to the differently-abled washroom, and the middle led to the girls' washroom.

To her surprise, she went to the girls' washroom, but Aishwarya auntie was not there. While washing her hands, she thought, "Wow! I'm glad my mother dropped me at school early today, else I wouldn't have been able to see the wonder that my school is. Now, if only I could locate the school bell. The last thing I need to do before this tour ends." Sana smiled mischievously.

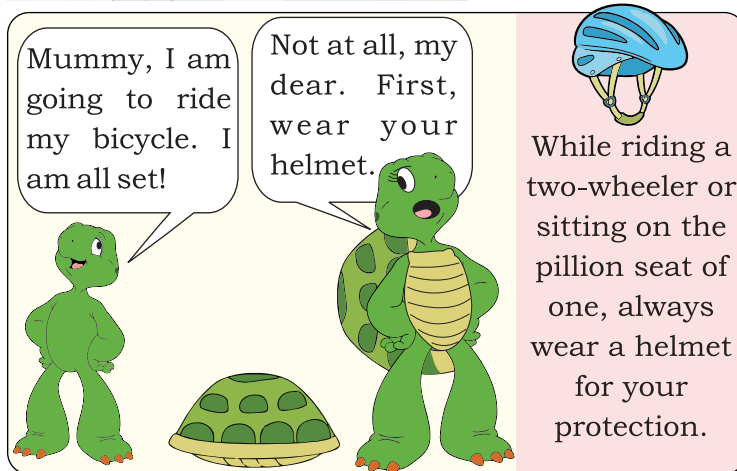


We should be careful when we move around in school. After all, school is quite a big place.



“Sana? Sana?!” She could hear her father calling her name. Promptly, her alarm bell rang, and Sana woke up only to discover that it was all a dream. She strolled to meet her grandma and mummy as she would do every day before going to school.

It was a cold winter morning, and Sana’s mother dropped her at school early today. Sana wondered whether that was a dream or this was a dream. Maybe this was a dream in a dream.



B. Write down the names of the places in your school, like classrooms, reception, parking, and more. Also, mention whether you have been to these places.

C. Is there any place in your school where you feel uncomfortable? Write its name here. _____

When we reach quite early before the school starts or leave quite late after school ends, we should stay at a safe place.

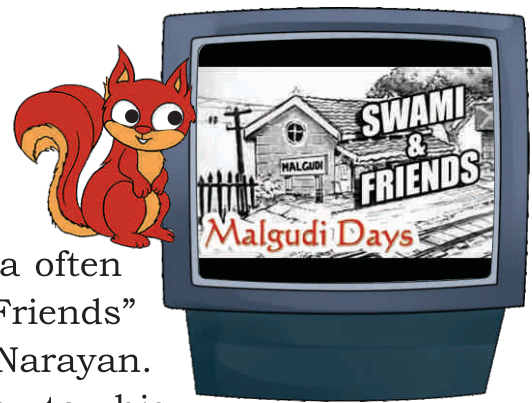
D. Draw the map of your school.



E. Draw the map of the route that you take from your home to your school and then back to home.



When Grandpa Fell Sick...



Arpit and his Grandpa often watch “Swami and Friends” on TV, written by RK Narayan. Arpit is very close to his Grandpa. He loves him a lot. Everyone in the family and neighbourhood loves and respects Grandpa. He is the oldest member of the family. He is always around to guide Arpit. He has taught him many things, like riding a bicycle, flying kites, climbing trees, dancing, making friends, and much more. He was a dancer. But recently, Grandpa is not keeping in good health. Everyone is worried about him.

Arpit and Pokso have just come back from school and are tired. They find that only Grandpa is at home. He is down with a fever and can hardly move or speak. Arpit goes close to him so that he can listen to him. He can smell the foul odour that shrouds Grandpa. But still, he asks his beloved Grandpa how he can help. Grandpa whispers, “Arpit, go to the chemist (pharmacist) shop and bring a diaper for me.” Arpit is confused. He cannot understand why Grandpa needs diapers. Diapers are for babies! Grandpa and his mother have taught him how to change the diapers of his baby sister, Joey.



When Arpit and Pokso return with the diapers, Papa is already home. Papa takes the diapers from Arpit and asks them to wait outside the room. Arpit realises that Papa is changing Grandpa’s diapers when they are waiting outside. Now it all makes sense to him. Grandpa is ill. He has become too weak and cannot go to the toilet.

Our loved ones take care of us and at times, we take care of them to be happy, healthy and safe.

Perhaps just like Joey, he has probably soiled the bedsheets. Papa is helping Grandpa, as he sometimes helps his baby sister, Joey.

After taking medicines and using diapers for some days, Grandpa finally becomes well again. He is back to his routine of reading the newspaper on the balcony, helping Arpit with his school homework and going for his daily morning walk with his friends. Arpit

is back with his pranks on Grandpa. One day in the evening, Grandpa helps Arpit solve a Math problem - *How to weigh an elephant using a balance, boat and stones*. Later, at the dinner table, Grandpa thanks everyone for helping him when he was ill. Mummy says, "There is no need to thank us, we are a family." Everyone looks at Grandpa and smiles. Grandpa smiles back. He looks at Arpit and says, "hygiene is very important. There should be no shame when you do things to clean your body or the toilet. To maintain hygiene, you need soaps, napkins, pads, gloves, diapers and many other things. When your loved ones cannot keep their bodies clean by themselves, you may have to clean them. There is no shame in it. It is your duty. But till you are a child, you only have to worry about and take care of your personal hygiene. After all, you must be healthy to help others in need."

Suddenly, Joey's cries catch everyone's attention. Mummy says, "I will join you in a minute. It is time to change Joey's diapers," Arpit asks his Grandpa, "Can I sleep with you tonight?" Grandpa hugs him and replies cheerily, "Why not?"

Ask your parents and grandparents about what kind of cartoon shows and comic books they used to watch and read when they were young. Write them here. Compare your answers with your classmates.



WAAAAA



Children and grownups use soaps, napkins, pads, and undergarments for hygiene purposes. There is nothing to be ashamed of them.

A Football Match to Remember



“...And that’s another goal! Argentina wins!” exclaims the commentator.

Gurpreet rolls off his bed in excitement. He calls out to his dad, “Dad! I’ve won again! Now can I get my smartphone? I need to practise my skills!” Dad is at the dinner table, watching the daily news on the TV. In response, he says, “That is a big NO. Now, come for dinner. It’s getting cold.”

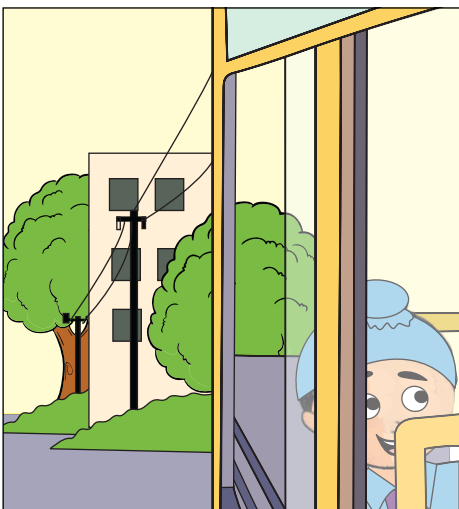


Gurpreet enters the dining room wearing a long face and stooped shoulders. “Can I, at least, play one more game?” he asks sheepishly. “No. It’s a school night!” his dad responds sharply. “But Dad, there aren’t any classes tomorrow. We have to go and watch a good-for-nothing football match,” protests Gurpreet. “What could be better than seeing one live?” his dad says. “Playing one on your phone,” Gurpreet says, rolling his eyes. “Have you ever been to one?” his dad asks. “Of course not, dad,” Gurpreet says. “Then you are going to school tomorrow. And I guarantee you will change your mind.”

The following day Gurpreet is forced out of bed, into the bathroom, onto the breakfast table, and the school bus. He sits next to his friends and boasts about how he beat each of them at the game last night. But no one seems to be interested. All of them are excited about the football final.

The bus reaches school. As soon as he enters, he is surprised to see how colourful the school looks. There are banners and balloons everywhere.

He notices Pokso and Arpit rushing towards the sports field. Nancy was wearing the school mascot’s suit. The cheerleaders walked with a skip in their step. The



Outdoor activities are an important part of growing up healthy.



excitement starts to sweep over him. He follows them. As he enters the field, he sees students and teachers from every school in the state. Some students painted their faces red and gold, and some painted blue and silver. Everyone is in their sports uniforms. The crowd cheers as both teams enter the

field. Gurpreet notices that both teams have a beautifully balanced mix of girls and boys. His school's team, the Gusty Bees, is led by Sana. Divy, a senior boy, leads the Mighty Eagles' opposing team. Sana looks confident while the rules are being explained to the teams. Then the referee, Adlakha ma'am, calls for a toss. Sana sounds determined as she opts for the east side of the field. Adlakha ma'am blows the whistle, and the match begins.

Sana's team is playing the offence. The midfielder builds a beautiful game, tackling all the experienced players. He passes the ball to Sana, the striker. Divy, who is highly skilled, blocks her. For a moment, Sana looks unsure. Suddenly, she nutmegs him. *Lo and behold*, she scores a goal!

From that point on, the match starts getting harder. The Mighty Eagles apply all their might to annoy the Gusty Bees. They tug on Sana's jersey, block her in every way possible, trip other players and pretend to get tripped by Sana's team. There are times when Adlakha ma'am would count them as fouls. Other times, she would let them go. And then the Mighty Eagles score a goal. Gurpreet starts cheering for his team, louder than ever, each time they face a roadblock. He is so engulfed by the spirit of the game that he cannot even sit. No matter how intense the football games would get on video, he would never feel this alive.



