





Social Axiom Foundation

A safety programme for our children under the safety policy of the school - Since 2016

Practice Booklet





Dear Teachers, Parents and Caregivers

This booklet is part of the main Safety Workbook and designed to explore the implicit learning aspects embedded within the workbooks across a wide range of subjects, including General Knowledge, Environmental Studies, Social Science, Mathematics, Science, and so on. Serving as scholastic extensions, they provide structured opportunities for practice and deeper engagement with subject-specific content, while complementing the co-scholastic content of the workbook chapters, thereby fostering holistic education and integrated learning, as emphasised in the National Education Policy (NEP, 2020). The booklet is one of the resources available to children-students under Project CACA.

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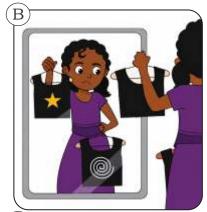






Look at the pictures below and write about the changes that Sana and Arpit are going through.













В._

C._

D.

E._

F._

P-8

1

Getting to Know Your 'Self'



OJECT CACA

Create symbols for the following Paralympic games.

A. Archery

B. Athletics

C. Badminton

D. Shooting

E. Volleyball

F. Basketball

G. Table Tennis

H. Swimming



Match the following Indian dances.

A. And. Nic. Islands

1. Dhamal

B. Andhara Pradesh

2. Cheraw

C. Arunachal Pradesh

3. Nicobari

D. Jharkhand

4. Jhumair

E. Haryana

5. Kunitha

F. Karnataka

6. Manipuri

G. Manipui

7. Kuchipudi

H. Mizoram

8. Nati

I. Punjab

9. Bhangra

J. Sikkim

10. Bardo Chham

K. Telangana

11. Perini Sivatandavam

L. Himachal Pradesh

12. Singhi Cham

a.











f.























Match the following items with their place of origin.

- A. Potato
- B. Tomato
- C. Rice
- D. Wheat
- E. Maize (Corn)
- F. Sugarcane
- JEC G. Chickpea (Gram)
- H. Soybean
- I. Banana
- J. Lentil
- K. Okra (Ladyfinger)
- L. Apple
- M. Groundnut (Peanut)
- N. Peas
- O. Mango

- 1. New Guinea (Southeast Asia/Pacific)
- 2. Bolivia & Argentina
- 3. Fertile Crescent & Mediterranean region
- 4. East Asia (North China)
- 5. Fertile Crescent/Southwest Asia
- 6. Andes: Peru & Bolivia
- 7. Kazakhstan
- 8. Fertile Crescent (Turkey, Iraq, Syria)
- 9. Indo-Burma region
- 10. Central Mexico
- 11. Mexico
- 12. Fertile Crescent (Turkey)
- 13. Ethiopia & Upper Nile region
- 14. Southeast Asia & Southern China
- 15. Papua New Guinea, Indonesia, Malaysia



The Human Body Is Like A Machine, But...



Match the following.

A. 1. Pre Frontal Cortex a. Smell

B. 2. Broca's Area b. Hearing

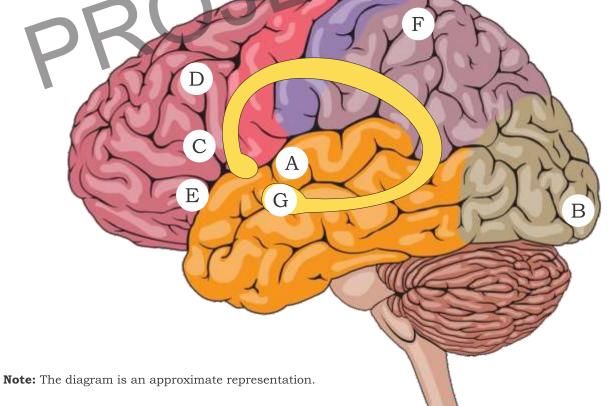
C. 3. Olfactory Cortex c. Emotions

D. 4. Auditory Cortex d. Thought

E. 5. Lymbic System e. Sight

F. 6. Visual Cortex f. Pain

G. 7. Sensory Cortex g. Speech



P-8







Answer the questions based on Asimov's laws of robotics.

A. Fill in the blanks using: 1, 2, obey, protect, not.
Law 1: A robot must hurt a human or allow a human to be harmed.
Law 2: A robot must human orders unless it breaks Law
Law 3: A robot must itself unless it breaks Law or Law
B. Tick any situation that follows Asimov's Laws; otherwise, cross it. State which law(s) (1,2 or 3) are followed or broken in each case.
1. A robot sees a human falling into a pit but does nothing to help. Law(s)
2. A robot pushes a human because another robot ordered it to. Law(s)
3. A robot refuses to bring medicine to a sick person even though it is safe. Law(s)
4. A robot follows a human's order to hit another student. Law(s)
5. A robot saves itself from fire while leaving a human trapped inside. Law(s)
6. A robot disobeys a teacher's safe cleaning order. Law(s)
7. A robot damages itself even though no human told it to and no human was in
danger. Law(s)
8. A robot watches a human touch a live wire and does not warn or stop them.
Law(s)
9. A robot ignores a human's safe shutdown command. Law(s)
10. A robot breaks its own parts while trying to avoid doing a safe task given by a
human. Law(s)
Now I know : Both humans and robots need laws and rules to keep society safe and fair.

All About Communication









Match the following animal-based idioms with their meanings.

OJEC

A.	Horse	around

- B. Smell a rat
- C. Chicken out
- D. Bull in a China shop
- E. Elephant in the room
- F. Pig out
- G. Clam up
- H. Dog-eared
- I. Ants in one's pants
- J. Open a can of worms
- K. Guinea pig
- L. Let sleeping dogs lie
- M. Shooting fish in a barrel

- 1. Issue that people avoid discussing
- 2. Folded corners of pages in a book
- 3. Become quiet
- 4. Create a whole new set of problems
- 5. To act in a way that is silly, noisy and playful
- 6. Nervousness
- 7. Test subject
- 8. Very clumsy person
- 9. Very easy
- 10. Leave it alone
- 11. To back out
- 12. To be suspicious of a lie
- 13. Eat greedily



Match the following hand gestures (mudras) in Bharatanatyam.



1. Tail, small fruit



10. MrugShirsha(Deer)



2. Four, friendship



11. Sarpa Shirsh(Snake's head)



3. Hamsa Paksha (Swan's wing)



12. Pataka (Flag)



4. Picking flowers



13. Shuka Tunda (Parrot's beak)



5. Arrow, scissors



14. Tiger paw,
 animal attack



6. Bana (Arrow)



15. Padma Kosh (Lotus bud)



7. Full blown lotus, beauty



16. Palli (Lizard)



8. Bhramara (Bee)



17. Mayur (Peacock)



9. Bent or crooked hand, poison



18. Cock's Comb, writing

8



Write the English letters for the following hand gestures from Indian Sign Language. One has been done for you.



26. ___

(10)



Match the following gestures with their meanings using the Indian Sign Language dictionary.



A.

1. Tooth Brush



Η.

8. Scooter



В.

2. Roti (Chapati)



I.

9. Bird



C.

3. Woman-Nose pin



J.

10. See



D.

4. Man-Moustache



K.

11. Big



E.

5. Baby



L.

12. Horn



F.

6. Eat



M.

13. Playing Marbles



G.

7. Drink



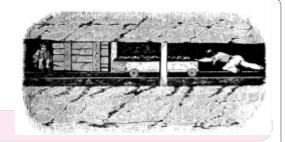
N.

14. Car

Now I know: Nothing in life is more important than the ability to communicate effectively.

Laws and Child Rights





What do these pictures say?





Maths and Morals





Match the following queens.

A. Razia Sultana	 Ancient Egypt (New Kingdom) 	a. 18th century CE
B.Queen Nzinga Mbande	2. Ancient Egypt (Amarna Period)	b. 15th century CE
C. Queen Mary I (Mary Tudor)	3. Ptolemaic Kingdom of Egypt	c.19th century CE
D.Catherine the Great	4. Palmyrene Empire	d.1952 - 2022
E. Queen Elizabeth II	5. Zhou Dynasty, China	e. 16th century CE
F. Queen Hatshepsut	6. Delhi Sultanate, India	f. 17th century CE
G. Queen Victoria	7. Kingdom of Castile, Spain	g. 14th century BCE
H. Cleopatra VII	8. England	h. 7th century CE
I. Rani Lakshmibai	9. Ndongo and Matamba (Africa)	I. 13th century CE
J. Queen Nefertiti	10. Russia	j. 15th century BCE
K. Queen Zenobia	11. British Empire	k. 1st century BCE
L. Queen Isabella I	12. Jhansi, India	1. 3rd century CE
	10 77 1 177 1	

13. United Kingdom

12

M. Queen Elizabeth I

N. Empress Wu Zetian

Note: The matching

includes many to one and one to many relationships.

Chandala, the Surgeon

(13)



What do these pictures say?







Now I know: Why is the discrimination that Dalits have faced one of the worst forms of discrimination in human history?





Why Love One and Eat The Other

Write Equality or Equity for the following situations.

A. All students in a class are given the same size shoes, even though	
their feet are different sizes.	
B. During a class discussion, the teacher ensures that boys and girls	
get equal chances to speak.	
C. A teacher gives extra reading time to a student who reads slowly.	
D. The student council has a rule that there must be the same number	
of girls and boys as class representatives.	
E. A school provides a ramp for students who use wheelchairs.	
F. Two teachers with the same experience and responsibilities receive	
equal pay and benefits in a school.	
G. A student who is sick is allowed more time to complete homework.	
H. All players on a team are given the same jersey.	
I. A shorter child is given a stool so they can see over a wall, while taller children do not need one.	
J. Every child in the class must finish the test in exactly one hour,	
regardless of their learning needs.	
K. A company pays men and women the same salary when they have	
the same qualifications and do the same job.	
L. A teacher explains a lesson again to students who did not	
understand it the first time.	
M. All children in school receive the same lunch menu.	
N. A student who cannot see the board clearly may sit in the front row.	
O. A student with a broken hand is allowed to give answers orally	
rather than write them.	
P. Every child in a race is told to start from the same line, even though	
some children are much younger.	

Fingers v/s Thumbs





Match the following famous personalities with their fields.

- A. Mansoor Pataudi
- B. Jim Abbott
- C. Bethany Hamilton
- D. Wilma Rudolph
- E. Stevie Wonder
- F. Rick AllenH
- G. Helen Keller
- H. Sudha Chandran
- I. Frida Kahlo
- J. Haben Girma
- K. Nick Vujicic
- L. Marlee Matlin
- M. Temple Grandin
- N. Dr Ganesh Baraiya

- 1. Painter (physical disability due to illness/injury)
- 2. Music/Drummer Def Leppard (lost an arm)
- 3. Motivational Speaker & Author (born without limbs)
- 4. Actor (deafness)
- 5. Scientist & Author (autism)
- 6. Baseball (born with one hand)
- 7. Doctor (short stature / dwarfism)
- 8. Lawyer & Disability Rights Advocate (deaf-blind)
- 9. Cricket (vision loss in one eye)
- 10. Classical Dancer & Actor (amputee; prosthetic leg)
- 11. Surfing (arm amputee)
- 12. Athletics/Olympics (polio-affected as a child)
- 13. Music/Singer (Blindness)
- 14. Author & Activist (deaf-blind)

Now I know: If there is a will, there is a way.



A Trip to Remember

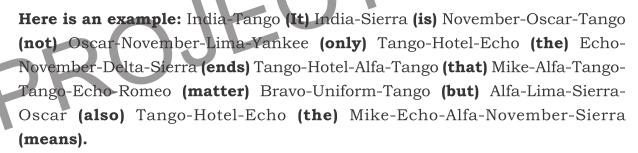




Using the given table, decode/code the following messages.

The NATO phonetic alphabet is a spelling alphabet used by airline pilots, police, and military members when communicating over the radio or telephone. In it, the letter 'B' is represented by the word 'Bravo', while the letter 'P' is represented by the word 'Papa' and so on. Here are the letters in the NATO phonetic alphabet:

A	B	C	D	E	F	G
Alpha	Bravo	Charlie	Delta	Echo	Foxtrot	Golf
H	I	J	K	L	M	N
Hotel	India	Juliet	Kilo	Lima	Mike	November
O	P	Q	R	S	T	U
Oscar	Papa	Quebec	Romeo	Sierra	Tango	Uniform
V Victor	W Whiskey	X X-ray	Y Yankee	Z Zulu	7	10



It is not only the ends that matter but also the means.

A. Decode: Bravo-Echo-Alfa-Uniform-Tango-Yankee Lima-India-Echo-Sierra India-November Tango-Hotel-Echo Echo-Yankee-Echo-Sierra Oscar-Foxtrot Tango-Hotel-Echo Bravo-Echo-Hotel-Oscar-Lima-Delta-Echo-Romeo.

B. Code: To know others, we have to know ourselves first.

C. Decode: Bravo-Echo Charlie-Alfa-Romeo-Echo-Foxtrot-Uniform-Lima Oscar-Foxtrot Bravo-Uniform-Lima-Lima-India-Echo-Sierra Tango-Hotel Echo-Yankee Charlie-Alfa-November Echo-X-ray-India-Sierra-Tango India November Tango-Hotel-Echo Romeo-Echo-Alfa-Lima Alfa-November-Delta Victor-India-Romeo-Tango-Uniform-Alfa-Lima Whiskey-Oscar-Romeo-Lima Delta-Sierra.
D. Code: To know others, we have to know ourselves first.
E. Decode: Quebec-Uniform-Alfa-Lima-India-Tango-India-Echo-Sierra Alfa November-Delta Foxtrot-Echo-Echo-Lima-India-November-Golf-Sierra Alfa Romeo-Echo Uniform-November-India-Victor-Echo-Romeo-Sierra-Alfa-Lima Alfa-November-Delta November-Oscar-Tango Romeo-Echo-Sierra-Tango Romeo-India-Charlie-Tango-Echo-Delta Tango-Oscar Golf-Echo-November Delta-Echo-Romeo.
F. Code: We should sometimes put ourselves in other people's shoes.

G.Decode: S					
November-Apo Tango-Hotel-				_	
November-Golf		Denta-Inc	na-Ecno i	alikee-Os	car-omnorm-
November don	•				
H. Code: Rights	s cannot exist w	ithout resp	onsibilities :	and duties.	
I. Decode: Mik	ze-Vankee Rom	eo-Echo-Li	ma_India_G	olf-India Os	scar-November
India-Sierra V					
India-Sierra v India-Tango Ir					
Sierra.	idia-Sierra Kii	0-IIIdia-Nov	/entber-ben	a-Novembe	I-ECHO-SIEHA-
Sierra.	15				
	$\rightarrow +$				
-01	106				
		_		a	
		XDX		dΠh	
. A	30 1				
-		4	*		
J. Code: No rela	ationship can e:	xist withou	responsibil	lities.	
	I		<u>1</u>		

Now I know: Charlie-Oscar-Delta-India-November-Golf

India-Sierra Foxtrot-Uniform-November.

(17)



Match the following UNESCO World Heritage Sites.

A. Taj Mahal

1. Egypt

a.



B. Great Wall

2. Chile

b



C. Machu Picchu

3. Greece



D. Pyramids of Giza

4. India



E. Colosseum

5. USA





F. Angkor Wat

6. China





G. Stonehenge

7. Italy

g.



H. Easter Island (Rapa Nui) 8.Cambodia



I. Acropolis of Athens

9. Peru

i. 1110 22 711

J. Statue of Liberty

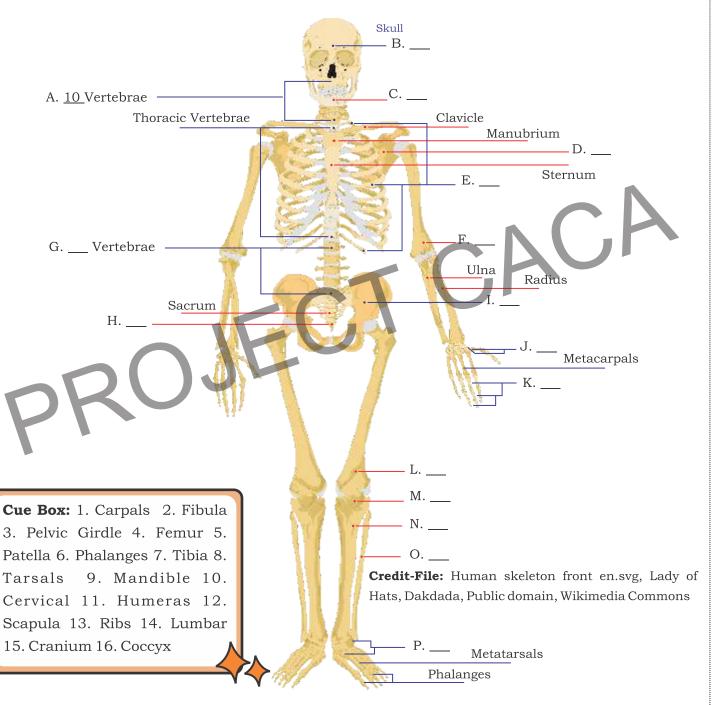
- 10. United Kingdom

Boys Don't Cry, Oh Really?

18



Match the following bone labels by assigning them the correct number from the clue box. One has been done for you.



Now I know: Males, females, and others have the same number and type of bones.

Change Begins With Me



Armageddon

Crossword. **Across 4.** The first city hit by an atomic bomb. **5.** The universe began with this event. **6.** The practice of keeping clean to stay healthy and prevent disease. 7. The first anti-biotic (1929). 8. The Origin of Species. 5 6 8 **Down** 1. Disease acquired from outside. 2. An epidemic that occurs across countries and continents.

3. Causes diseases like typhoid and

tuberculosis.





Complete the following sentences. Discuss your answers with your classmates. Pin the best answers on your classroom's display board.

If peace were:	Ιf	peace	were:
----------------	----	-------	-------

1. A colour, it would be
2. An art form, it would be
3. A song, it would be
4. A person, it would be
5. A place, it would be
6. An animal, it would be
7. A season, it would be
8. A feeling, it would be
9. A fruit, it would be
10. A country, it would be
11. An object, it would be B. If war were: 1. A colour, it would be
2. A person, it would be
3. A place, it would be
4. A feeling, it would be
5. An animal, it would be
6. An object, it would be
7. A food, it would be
8. A sound, it would be
9. A country, it would be
10. A season, it would be

11. A vegetable, it would be _____

A 3-year-old boy Shin was playing with his red tricycle when Hiroshima, a place in Japan, was attacked with a nuclear bomb ironically called 'Little Boy'. Shin died along with approximately 226,000 people. The tricycle now belongs to the Peace Museum in Hiroshima, Japan.



Shin with his elder sister



Now I know: Humans can kill each other and destroy the entire planet. Who will save us from ourselves, if not ourselves?

The World of Medicines

21

The words good morning are written in the following scripts. Match each script to its language. Put a tick (\checkmark) if the script is written from left to right like English; otherwise, put a cross (X).



- A. Thai
- B. Georgian
- C. Hebrew
- D. Armenian
- E. Ethiopic (Amharic)
- F.Khmer (Cambodian)
- G. Japanese (Hiragana)
- H. Arabic
- I. Korean (Hangul)
- J. Chinese
- K. Russian (Cyrillic)
- L. Greek

- صباح الخير 1.
- 2. 早上好 ____
- 3. おはようございます
- 4. 좋은 이 침
- 5. Доброе утро
- 6. Καλημέρα
- 7. בוקר טוב
- 8. สวัสดีตอนเช้า
- 9. Բարի լույս
- 10. დილა მშვიდობისა
- 12. អរុណស្តូស៊ី

 $\textbf{Now I know}: \ \text{Not all writing scripts are written from left to right}.$

Laws covered in the workbook





Match the following laws with the numbers in the clue box. One has been done.

A. Domestic Violence Act. <u>11</u>
B. Child Labour (Prohibition and Regulation) Act
C. Pre-Conception and Pre-Natal Diagnostic Techniques (Prohibition of Sex
Selection) Act (PCPNDT)
D. Bonded Labour System (Abolition) Act
E. Right to Education Act
F. Protection of Children from Sexual Offences Act (POCSO)
G. Juvenile Justice (Care and Protection of Children) Act (JJA).
H. National Food Security Act
I. Guardians and Wards/Hindu Minority and Guardians Act
J. Young Persons (Harmful Publication) Act.
K. Prohibition of Child Marriage Act.
L. Immoral Traffic (Prevention) Act.
M. SC/ST (Prevention of Atrocities) Act
N. Prohibition of Employment as Manual Scavengers and Rehabilitation Act
O. Digital Personal Data Protection Act
P. Transgender Persons (Protection of Rights) Act
Q. Narcotic Drugs and Psychotropic Substances Act, (NDPS).
R. Consumer Protection Act
S. Drugs and Magic Remedies (Objectionable Advertisements) Act

Cue Box: 1. Stop child marriage 2. Trans rights 3. Child guardianship 4. Child care and protection 5. Consumer rights 6. Ban false cures 7. End bonded labour 8. End manual scavenging 9. Stop sex selection 10. Stop caste atrocities 11. Family protection 12. Control drugs 13.. Ban harmful publications 14. Food entitlement 15. Ban child labour 16. Data privacy 17. Prevent trafficking 18. Free schooling 19. Child sexual protection





Answers: 3: A-3-g, B-7-l, C-10-d, D-4-k, E-1-e, F-5-i, G-6-c, H-2-h, I-9-a, J-12-b, K. 11-f, L-8-j-4: A-6, B-11, C-14, D-8, E-10, F-1, G-12, H-4, I-15, J-5, K-13, L-7, M-2, N-3, O-9-5: A-4-b, B-6-e, C-2-g, D-1-d, E-3-a, F-7-f, G-5-c-6: A-Law1-not, Law 2-obey, Law 3-protect, 1, 2, B1-X-Law 1, B2-X-Law 1, B3-X-Law 1, B4-X-Law 1, B5-X-Law 1 > law 3, B6-X-Law 2, B7-V-Doesn't break any Law B8-X-Law 1, B9-X-Law 2, B-10-V Doesn't break any Law -7: A-5, B-12, C-11, D-8, E-1, F-13, G-3, H-2, I-6, J-4, K-7, L-10, M-9-8: A-7, B-9, C-6, D-8, E-2, F-3, G-1, H-5, I-4, J-17, K-10, L-15, M-16, N-12, O-11, P-13, Q-18, R-14-9: 1-0, 2-Z, 3-B, 4-A, 5-R, 6-F, 7-C, 8-T, 9-Q, 10-X, 11-H, 12-P, 13-D, 14-K, 15-U, 16-W, 17-S, 18-L, 19-M, 20-N, 21-E, 22-J, 23-I, 24-V, 25-G, 26-Y-10: A-4, B-3, C-5, D-6, E-2, F-7, G-1, H-12, I-10, J-13, K-8, L-11, M-14, N-9-12: A-6-I, B-9-f, C-8-e, D-10-a, E-13-d, F-1-j, G-11-c, H-3-k, I-12-c, J-2-g, K-4-I, L-7-b, M-8-e, N-5-h-14: A-Equality, B-Equality, C-Equity, D-Equality, E-Equility, F-Equality, G-Equity, H-Equality, I-Equility, J-Equality, L-Equity, M-Equality, N-Equity, O-Equity, P-Equality -15: A-9, B-6, C-11, D-12, E-13, F-2, G-14, H-10, I-1, J-8, K-3, L-4, M-5, N-7-16: A. Beauty lies in the eyes of the beholder., C. Be careful of bullies. They can exist in the real and virtual worlds., E. Qualities and feelings are universal and not restricted to gender., G. Smokers don't grow old. They die young., I. My religion is very simple. It is kindness.-17: A-4-d, B-6-h, C-9-g, D-1-a, E-7-i, F-8-j, G-10-c, H-2-b, I-3-e, J-5-f-18: A-10, B-15, C-9, D-12, E-13, F-11, G-14, H-16, I-3, J-1, K-6, L-4, M-5, N-7, O-2, P-8-19: Across: 4-Hiroshima, 5-Big Bang, 6-Hygiene, 7-Penicillin, 8-Charles Darwin Down: 1-Communicable Disease, 2-Pandemic, 3-Bacteria-11: A-8, B-10, C-7, D-9, E-11, F-12, G-3, H-1, I-4, J-2, K-5, L-6, Right to Left: Arabic and Hebrew - 22: B-15, C-9, D-7, E-18, F-19, G-4, H-14, I-3, J-13, K-1, I-17, M-10, N-8, O-16, P-2, Q-12, R-5, S-6

Project CACA

Stakeholders: ST-Students; TH-Teachers; NTS-Non Teaching Staff; PT-Parents; SA-School Authority

SN.	Name	Туре	ST	ТН	NTS	РТ	SA
1.	Safety Workbooks (UKG to Class 9)	Instrument	\	×	×	×	×
2.	*Webinars (Training/Sensitisation)	Instrument	×	√	✓	√	✓
3.	Peer Review	Instrument	×	√	×	×	×
4.	Opinion Polls/Surveys	Instrument	√	√	√	√	√
5.	Workbooks teaching Challenges Assessment	Instrument	×	\checkmark	×	×	×
6.	Child Protection Policy Formulation	Instrument	×	×	×	×	\checkmark
7.	National Psychology Quiz	Instrument	√	×	×	×	×
8.	Picture Booklets (UKG to class 2)	Resource	\checkmark	×	×	×	×
9.	Practice Booklets (Class 3 to 9)	Resource	\checkmark	×	×	×	×
10.	Teacher's Manual	Resource	×	\checkmark	×	×	×
11.	*Companion Booklets	Resource	×	√	✓	\checkmark	$ \checkmark $
12.	Posters	Resource	√	√	✓	×	×
13.	Videos/Audios	Resource	√	×	×	×	×

Deliverables: All the above instruments and resources, except the instrument 'Legal and Psychosocial Support for POCSO Survivors', are provided to schools as part of Project CACA. In addition, Project CACA issues certificates for webinars, training sessions and Project implementation to teachers, non-teaching staff, the School Project Coordinator, the Head of School and the school itself. The Project also facilitates the appointment of external members to the POCSO Committee and the PoSH-ICC.

^{*}They are available in English, Hindi and regional languages.

My Picture-cum-Colouring and Practice Booklets (UKG to IX)



SUPPLEMENTARY RESOURCES:

The Videos, Practice Booklets, Picture-Colour Booklets, Posters, Companion Booklets and more are embedded as QR Codes in each Safety Workbook. Additionally, page 77 of each Workbook is dedicated to the resources in English, Hindi and various regional languages for parents, teachers and support-staff.



My Practice Booklets (Class III to Class IX)









My Beginner's Picture-cum-Colouring Booklet My First Picture-cum-Colouring Booklet My Second Picture-cum-Colouring Booklet

My Third Practice Booklet









My Fourth Practice Booklet

My Fifth Practice Booklet

My Sixth Practice Booklet

My Seventh Practice Booklet







My Ninth Practice Booklet









Partners





CSJ Counsel to Secure Justic

With Support From Various:

State & District Legal Services Authorities (SLSA & DLSA) State Commissions for Protection of Child Rights (SCPCR)

Address: EW - 3, Third Floor, Mianwali Nagar, Paschim Vihar, Delhi-110087

Phone No: - 011-40074904, 09205488402, 09205488405

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