



Grades 1-5

Chapter Outline

Grade 1

No	Value	Story Title	Story
1	We Are Special	I Am Special	<p>Children have a need to belong. However, they need to know that while they may share some common characteristics with their peers, each one of them is unique and special.</p> <p><i>I Am Special</i> is a story in rhyme that shows how all of us are special. A riddle in rhyme is given for each animal, and students have to guess the creature. The illustrations provide the visual clue. The story connects the fact that just as each creature in the animal kingdom is unique, each human being is also special.</p>
2	Dealing with Strangers	Lost and Alone	<p>Children tend to think dangerous people should look scary and may not realize that an 'ordinary-looking' stranger can spell trouble. This topic requires sensitive handling and needs to be approached without alarming children or making them unnecessarily suspicious.</p> <p><i>Lost and Alone</i> is a story of a little girl who gets lost in a mela. She uses her presence of mind and decides to approach the ticket window near the entrance when her father spots her.</p>
3	Saving Water	Look and Say	<p>For most children, water is available every time they turn on a tap. They need to learn that water is a precious resource and we must save water. They should be encouraged to point out ways in which water can be saved.</p> <p><i>Look and Say</i> is a picture story where students look at pictures where people are not using water carefully, and they answer the questions that follow. The media reinforces the message with a poem on conserving water.</p>
4	Civic Sense	Story Time	<p>Civic sense goes beyond littering. Talking loudly in a public place, not following road rules, helping those who need assistance are some examples of civic sense.</p> <p><i>Story Time</i> has three picture stories. Each picture story has three sequential pictures with a lesson on civic sense. Children observe the pictures and respond to the questions. The media continues with a poem reinforcing the lesson on civic sense.</p>

5	Responsible Behaviour	Funny Cheeky	<p>It is important to teach children responsibility as early as possible. Responsibility fosters independence and builds self-esteem. Children at this age can demonstrate responsibility towards their belongings and their actions.</p> <p><i>Funny Cheeky</i> is about a chimp who plays pranks but is also very responsible. The story shows how he fools around with the other chimps. However, when one chimp does not run up the tree when he hears the danger call, Cheeky shows how responsible he is by pulling him up the tree.</p>
6	Social Etiquette	Pylie Joo	<p>Children need to learn to request politely and wait patiently until their needs can be addressed. Some children may be shy and find it difficult to greet people or continue a conversation. Equipping children with the necessary social skills helps them increase their confidence in social situations.</p> <p><i>Pylie Joo</i> is a story in verse about a rude koala bear who is lonely and doesn't have any friends. Pylie Joo's mother teaches her that she has to be more polite and use words like please, thank you, sorry and excuse me.</p>
7	Honesty	Biju's Stomach Ache	<p>Children should know that being honest doesn't just mean 'not lying'. Hiding the truth is also being dishonest. Being dishonest is easier and more convenient sometimes for children because they are worried about facing unpleasant consequences.</p> <p><i>Biju's Stomach Ache</i> is a story set in Kerala. It is about a boy who pretends his stomach is aching because he doesn't want to go to school. He has forgotten to do his maths homework. He owns up because his father tells him he will have to miss the boat race if he is not well.</p>
8	Safety at Home	A Lovely Holiday	<p>Children are constantly experimenting with things. It is important to emphasize the need for safety and help them understand that certain things may seriously injure them. Today's homes have plenty of gadgets and equipment. Children must know clearly what they are allowed to use and what they must not touch.</p> <p><i>Safety at Home</i> is a story about two girls, Rosy and Stella who are on a holiday in Goa. Safety rules at home are emphasized through the story.</p>

9	Fair Play	The True Champion	<p>In a highly competitive scenario when winning is all-important, sportsmanship takes a back seat. It is therefore extremely important to teach children rules of fair play and what it means to be a good sport.</p> <p><i>The True Champion</i> is a story about some fish who decide to have a relay race. One fish chooses the slower fish who don't usually get picked to play. The message of the story is to include everyone and have fun when playing rather than focus on winning.</p>
10	Healthy Food	Food for Health	<p>Educating children about making healthy food choices as early as possible is important because food preferences are formed in the growing years. Teaching children to make good food choices gives them the chance to live healthier lives.</p> <p><i>Food Fun</i> is a verse about eating healthy meals and eating on time. It tells children to avoid consuming colas and packaged food like chips on a daily basis.</p>

Grade 2

No.	Value	Story Title	Story
1	Habits	Help Me Stop!	<p>Habits are repeated patterns of behaviour that the person is usually unaware of. Some common habits in children are nail biting, thumb sucking, hair twirling and nose picking.</p> <p>The story <i>Are These Habits Good?</i> shows three children, each of whom have a habit they are trying to change – a boy who sucks his thumb, a girl who bites her nails, and a girl who takes very long to eat. The things each child tries to stop the habit are discussed.</p>
2	Friendship	Lolo and Glimmer	<p>Children need to appreciate that friends must be respected, listened to and valued. They need to learn that disagreements or fights amongst friends can be resolved by talking about the situation peacefully and discussing their feelings.</p> <p><i>Lolo and Glimmer</i> is about the friendship between a butterfly and a duckling. The lake the ducks live in is drying up. The butterfly tells them about another lake a distance away. As they are heading there, the duckling gets trapped in the grass. The butterfly and her friends help the duckling.</p>
3	Good Touch Bad Touch	Fun at the Pool	<p>Educating children about their bodies and teaching them about bad touch is essential. Children need to feel empowered to say 'no' to someone who touches them inappropriately. They must be taught to report such incidents immediately.</p> <p>The story <i>Fun at the Pool</i> teaches children about good touch and bad touch and is set at a swimming pool, where a brother and sister are swimming. The little girl can't change out of her swimsuit. The attendant at the pool offers to help her, but the girl asks her to call her mother. She remembers her mother has told her no one must see her private parts.</p>

4	Helping Others	A Dream Come True	<p>Most children enjoy helping, and feel the joy of contributing. When children learn to help others, they develop empathy and compassion.</p> <p><i>A Dream Come True</i> is a story about a kind man who teaches a boy how to skate, though the boy can't afford the skating fees. The boy works very hard and goes on to win the skating championship.</p>
5	Food Culture	Who Am I?	<p>Children need to be sensitized to the fact that everyone may have differing food choices. They need to respect the eating habits of others.</p> <p>The story, <i>Who Am I?</i> shows how creatures in the animal kingdom have different food habits. Children have to guess the animal's name based on a clue about their diet. This story helps children understand that human beings too have different eating habits.</p>
6	Honesty	I Did it	<p>It is important to communicate to children that honesty forms the basis on which trust in a relationship is built – between parent and child, teacher and student and amongst friends. When someone is dishonest, this trust is broken and it takes a long time to rebuild trust.</p> <p>The story <i>I Did It</i> is set in Kerala during the festive time of <i>Onam</i>. A small boy uses his mother's sewing machine despite her instructions not to touch it, and breaks the needle. No one has seen him. He is faced with the dilemma of telling the truth and facing his mother's anger or pretending he doesn't know how the needle broke.</p>
7	Telephone Manners	Wrong Number	<p>By this age, children should know the dos and don'ts of answering a telephone. They should be able to give and take simple messages. These are learned skills, and children sometimes falter because they haven't had an opportunity to master these skills.</p> <p><i>Wrong Number</i> is a story about telephone etiquette. Maya is being teased by her brother, Aahan. She is responding to him and attempting to talk on the phone simultaneously. The caller cannot understand what she is saying and thinks it is a wrong number.</p>

8	Sharing	Digging Deep	<p>Today, nuclear families and one-child families are increasingly the norm. There is often no need at home for children to share their space or belongings. Therefore, some children might need to be reminded that sharing makes learning and playing more productive.</p> <p>It is a story about a group of children on the beach. One boy, Rohil, doesn't want to share his beach toys but discovers it is no fun to play alone.</p>
9	Sensitivity	Meanie Meanie Meenal	<p>Sensitivity demands empathy – the ability to know how someone else feels. Children need to recognise their own feelings so that they can manage them better. Being in touch with their own feelings makes it easier to step into someone else's shoes and understand how they might be feeling.</p> <p>The story <i>Meanie Meanie Meenal</i> is about a new girl in the building who has moved from Assam. The other girls tease her because they find her different.</p>
10	Stop Complaining	Sunshine Smiles	<p>Children may whine and complain to get an adult's attention. They need to learn that complaining is not required, and they can ask for what they need in a nicer way. Some children focus on what they do not have or cannot do. They need to be reminded to look positively at each situation and make the best of it.</p> <p><i>Sunshine Smiles</i> is a story in verse about a small elephant who keeps complaining about everything. Her mother explains to her that she has to stop. This will help her make friends and enable others to enjoy being with her.</p>

Grade 3

No.	Value	Story Title	Story
1	Helping at Home	We Are a Family	<p>It is important to make children responsible for simple chores and encourage them to complete them independently. When children share in the work at home, they begin to appreciate what others in the family do for them every day.</p> <p><i>We Are A Family</i> is a story about a girl who realizes that she and her brother need to help at home. Her father uses the example of many creatures in the wild who participate and share in the responsibility of bringing up their young.</p>
2	Dealing with Fear	Not Quite so Scared Anymore	<p>Children need to know that it is all right to have fears. Some common childhood fears are the fear of darkness, insects, blood and heights. Children can be taught simple coping strategies like deep breathing and visualization to cope better with their fears.</p> <p><i>Not Quite so Scared Anymore</i> is the story of a boy who tries to overcome his fear of the dark. His grandmother tells him she used to be scared of the dark too when she was a child. She shares some games her father played with her in the dark.</p>
3	Sportsmanship	Fair Play	<p>Fairness in play, irrespective of the personal cost to the individual, is an enriching lesson that can be learnt during early years. Children need to enjoy the game and not enjoy it only if they win.</p> <p><i>Fair Play</i> is a story about a group of boys playing cricket on the beach. Nandu, who is batting, insists he is not out. His teammate, Prakash, knows he is cheating. Prakash decides to be fair and says Nandu is out. Though his team may lose the match, Prakash knows it is important to be fair.</p>
4	Cooperation	A New Girl in Class	<p>Children often do not understand the need to adjust and cooperate with others. They tend to see situations from their own viewpoint only.</p> <p><i>A New Girl in Class</i> is the story about two girls who learn how to co-operate with each other when they are forced to share a school bench.</p>

5	Lessons from Nature	Amazing Creatures	<p>Children seem to have a natural affinity for animals and are fascinated by the different creatures in the animal kingdom. There is a lot children can learn from observing nature.</p> <p><i>Amazing Creatures</i> is a verse about lessons that creatures in nature can teach us. The rhyme outlines the qualities of hermit crabs, dolphins, emperor penguins and honey bees.</p>
6	Friendship	A True Friend	<p>Making and maintaining friendships are an important part of a child's social and emotional development. Friends help each other do the right thing and are always there for each other.</p> <p><i>A True Friend</i> is a story about a boy who is scared to face his father because he has failed his maths test in school. He is planning to hide his marks from his father. His friend tells him it is important to be honest and teaches him maths.</p>
7	Differently Abled People	A Voice in the Woods	<p>Children often do not know how to behave or interact with differently-abled people or people with disabilities. Making children understand that differently-abled people are different in some ways, but similar to everyone else in other ways helps them develop sensitivity.</p> <p><i>A Voice in the Woods</i> is a story about a boy who cannot hear and so he cannot speak clearly. One girl in the group begins to understand his disability and also learns some sign language to communicate with him.</p>
8	Let's Move On	The Red-Tailed Kite	<p>When wronged by someone, children often do not know how to deal with their emotions. Children can be taught to let go of their negative emotions by highlighting the negative consequences of holding on to them and the positive consequences of letting go.</p> <p><i>Let's Move On</i> is a story about learning how to forget something you can't change and moving on. A girl is flying her favourite kite when her brother unknowingly cuts her kite. The girl is very angry and sulks. She realizes she is wasting time and decides to forget all about it and have fun.</p>

9	Determination	A Cycle That Was Too Small	<p>Persisting at a task without giving in is an important attribute, and it is a prerequisite to future success. Children need to learn that their chances of success are greater if they put more effort into something. They need to learn that hard work is not always fun or easy, but it pays off in the long run.</p> <p><i>The Cycle That Was Too Small</i> is a story about a boy who doesn't know how to cycle. He is scared of falling down and hurting himself. But he decides that he wants to learn. He is determined and doesn't give up.</p>
10	Dealing with Adults	Act Your Age	<p>Children need to understand that adults are also human beings and can make mistakes. Sometimes children might be uncomfortable with something an adult says or does. Children need to know it is okay for them to voice their concerns, but that they must do so politely.</p> <p><i>Act Your Age</i> is a story about a girl who doesn't like it when her father lies about her age so that he can avoid buying a ticket for her.</p>

Grade 4

No.	Value	Story Title	Story
1	Civic Sense	No Mess Please	<p>Our historical monuments, beaches and even forests sometimes tell the story of our lack of care. Litter, graffiti and destruction do not shock us anymore. Civic sense also encompasses consideration and tolerance towards other people.</p> <p><i>No Mess Please</i> is a story about a boy who lives in Uttarakhand. He is disappointed with the litter left behind by tourists and starts picking it up. A journalist publishes his story in the newspaper. The boy tells his teacher and his classmates about the incident.</p>
2	Responsibility and Conscientiousness	Doing it Right	<p>Children need to be taught to be responsible for their things, work, actions and choices. Responsibility builds independence. A more responsible child is likely to be more independent than one who is not so responsible.</p> <p><i>Doing it Right</i> is a contrast between two boys, Zain and Roy. Zain is independent, responsible and organized. However, Roy is not. The story shows how Zain manages to complete his things on time. It shows how differently the boys spend their time at home after school.</p>
3	Being Inclusive	An Extraordinary Weekend	<p>Children sometimes knowingly or unknowingly exclude another child from their games or other activities. It is important that children learn to think about the feelings of the person who is left out, and try to be as inclusive as possible.</p> <p><i>An Extraordinary Weekend</i> is the story about some children on a picnic at a farm. They change their game to include a boy who is feeling unwell.</p>
4	Media Awareness	Do You Believe This?	<p>Advertisements surround us everywhere we look. Children should know that the primary purpose of an ad is to get them to buy the product. It is important for children to recognise that advertisements present information in a biased manner.</p> <p><i>Do You Believe This?</i> is a series of print advertisements</p>

			which make tall claims. Children need to think whether the claims made in these ads are true.
5	Punctuality	Captain Pronto	<p>Punctuality fosters responsibility, discipline and consideration for others. It is a vital life skill, and it is essential for success in academic and professional lives. Children who are not taught this skill struggle as young adults to manage their time.</p> <p><i>Captain Pronto</i> is a story about a superhero who is always late and misses his missions. He learns how to manage his time better.</p>
6	Fact and Opinion	Owl Speak	<p>Children need to be made aware of the difference between fact and opinion, so that they can distinguish between truth and personal viewpoints.</p> <p><i>Owl Speak</i> is a conversation in verse between an owl and a macaw about the difference between fact and opinion. In this rhyme, the owl explains to the macaw the difference between fact and opinion.</p>
7	Making Choices	A Wise Decision	<p>Making appropriate choices is an important skill that empowers children and helps deepen their understanding of their own needs.</p> <p><i>A Wise Decision</i> is a story about a tribal girl who decides to buy a new school bag instead of a dress for a wedding. She cannot buy both because her father has limited means. She evaluates both options before making a decision.</p>
8	Enquiry	The Case of the Torn Card	<p>Children are bombarded by information. They largely rely on the Internet as their source of information and passively soak in information. Developing a spirit of enquiry in children is important. The spirit of enquiry helps build life-long learners and encourages children to observe, experiment, question and learn.</p> <p><i>The Case of the Torn Card</i> is a story about four friends who find a piece of an invitation card. They enjoy unravelling the puzzle and handing the card to the owner.</p>

9	Resolving Conflicts	Game On!	<p>Children observe conflicts at home, at school and in mass media. Sometimes, they are participants in conflicts. Sharing examples and discussing the idea of peaceful resolution teaches children that disagreements need not lead to hostility or animosity.</p> <p>The story <i>Game On!</i> is about a conflict between a dog and a boy because they both want different things. The boy wants to watch his favourite television show, but the dog wants to play with him.</p>
10	Facing Challenges	A Walk to Remember	<p>Overprotecting children, and meeting their every need before they even articulate it, leaves children unprepared to deal with problems they might encounter. Resilient children are able to handle setbacks and deal with challenges. They can bounce back and solve problems.</p> <p><i>A Walk to Remember</i> is a story set in Nagaland. It is about facing challenges and shows the braveness of a boy who went back through a forest to get help for his grandmother.</p>

Grade 5

No.	Value	Story Title	Story
1	Wants and Needs	I Must Have It!	<p>Children often focus on what they do not have. It is important to shift the focus on what they do have and help them learn that every want does not have to be and, often, cannot be fulfilled.</p> <p><i>I Must Have It!</i> is a story that highlights the difference between wants and needs. The story is set in Sikkim and it is about a boy who wants a new cycle. His parents cannot buy him one immediately. He realizes he is demanding too much when he sees a classmate who doesn't have a cycle at all.</p>
2	Bullying	Help!	<p>Bullying is not to be confused with teasing. Bullying, as against teasing, is the repeated instance of targeting someone with the intent to humiliate or harm him or her. Bullying may be physical or verbal. In some instances, it may be a complete isolation of the person.</p> <p><i>Help!</i> is a story about three separate incidents of bullying – each one highlights a different type of bullying. The helplessness of the person being bullied is shown clearly in each incident.</p>
3	Respecting Animals	Is it Humane?	<p>Teaching children to be gentle and kind with other creatures helps prevent cruelty to animals. It also builds empathy and respect for others who are different from them.</p> <p><i>Is This Humane?</i> shows a series of pictures which trigger thinking about treating animals fairly. The scenes depicted are a rooster fight, an elephant begging for money, a dancing bear and a snake charmer with a snake.</p>
4	Stereotypes	All the Same, Not at All!	<p>Stereotypes are wrong generalisations. For example, a common stereotype is that lawyers are dishonest. Stereotypes relate to gender, age, caste, religion, ethnicity, language, professions and other groupings of people. It is important to make children aware of stereotypical thinking and help them realize that it is unfair to make sweeping generalisations and label people.</p>

			<p><i>All The Same, Not At All!</i> is a story about a girl who has a baby brother. She realizes the various stereotypes that different people demonstrate through the story.</p>
5	Working in Teams	A Class Act	<p>Teamwork is an essential life skill, and working in teams at an early age helps children develop this skill. Teamwork also helps children build their communication skills. Being part of a team requires children to cooperate and move from thinking about what they need to what the team needs.</p> <p><i>A Class Act</i> is about a girl whose group in school doesn't seem to agree on anything. She reads an article about orcas and how they work well as a team. She shared that article with her group and they decide to cooperate and work together.</p>
6	Being Assertive	Speak Up, Speak Out	<p>Children are taught norms of correct behaviour. The need to be liked and accepted may prevent children from expressing dislike and saying 'no'. Being able to say 'no' helps children stand up for themselves and make better choices. It is important to teach children to be assertive rather than being aggressive or submissive.</p> <p><i>Speak Up, Speak Out</i> is a story about a girl, Nitya, who has a gang of friends in school. However, this gang keeps teasing another new girl. Nitya decides she cannot keep silent and tells them she will not be part of this teasing because she doesn't like it.</p>
7	Using Gadgets	The Never-Ending Game	<p>While gadgets do make learning fun, excessive gadget use has been linked to obesity, inadequate social skills, reduced attention span and lower academic grades. It is important for children to be responsible about gadget use and set their own reasonable time limits.</p> <p><i>The Never-Ending Game</i> is a story about a boy who has got a new computer game. He cannot stop playing it and doesn't manage to complete his homework. His mother shows him an article explaining the drawbacks of excessive screen time and asks him to set his own rules.</p>

8	Managing Feelings	Missing You!	<p>Research has shown that feelings influence our attention, learning and memory. Children can be taught to recognize their feelings and express them appropriately.</p> <p><i>Missing You!</i> is a story about a girl who has to deal with the loss of her beloved dog. The story shows the emotion the girl goes through and the various ways she manages to handle it.</p>
9	Being a Winner	Kabir Dives In	<p>Children need to learn that though winning usually means getting ahead of others, that's not the only kind of winning which is important. Having a winning attitude is about doing one's best and looking to the future with optimism.</p> <p><i>Kabir Dives In</i> is a story about a boy who overcomes his belief that he cannot perform at sports. In a swimming pool, he watches a small child who is very scared of water jump in. He decides if the small boy can do that, he can too.</p>
10	Working Towards a Goal	The Diary of a Plan	<p>Goals are not dreams or hopes. Goals are specific targets which are achieved through one's own efforts. Children can learn to set their own goals and make a plan to reach those goals.</p> <p><i>The Diary of a Plan</i> is a story about a young boy's desire to earn his own money. Through the pages of his diary, the story outlines his goal and the steps he takes to accomplish it.</p>