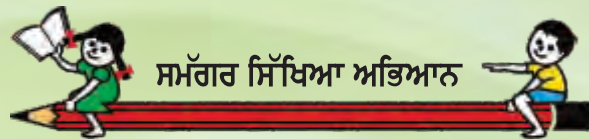


# Welcome Life

(For 1st Class)



ਸਮੱਗਰ ਸਿੱਖਿਆ ਅਭਿਆਨ

ਪੜ੍ਹੋ ਸਾਰੇ ਵਧੋ ਸਾਰੇ

ਸਿੱਖਿਆ ਅਤੇ ਭਲਾਈ ਵਿਭਾਗ, ਪੰਜਾਬ ਦਾ ਸਾਂਝਾ ਉਪਰਾਲਾ



## Punjab School Education Board

Sahibzada Ajit Singh Nagar

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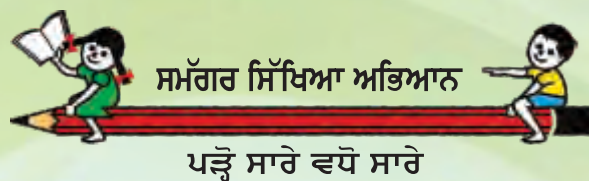
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ਇਹ ਪੁਸਤਕ ਵਿਕਰੀ ਲਈ ਨਹੀਂ ਹੈ।

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A graphic of a wooden sign with the word 'Foreword' in red, tilted slightly to the right. A blue ribbon is tied around the left side of the sign.

## Foreword

Punjab Curriculum Framework (PCF 2013) which is based on National Curriculum Framework (NCF) 2005 recommends that the child's knowledge must be connected to their life outside the school. It indicates the departure from the legacy of bookish learning and ensures that learning is shifted from rote methods to an activity based curriculum and should provide an opportunity for the holistic development of the students.

Under the leadership of Sh. Krishan Kumar (IAS), Secretary, School Education (Punjab) a new progressive spirit has been infused into the entire system of school education in the state of Punjab. In due course of time, it has been realised that the inculcation of moral values through a specific subject can bring a major transition in the overall development of our students.

The present education system is indeed enabling students to compete worldwide in the modern times of growing economic and materialistic attitude but it is only the values of life that can transform them into real human beings. Therefore, focusing upon this prime objective of education, the 'Department of School Education', Punjab, in collaboration with 'Punjab School Education Board' has introduced a new subject named '**Welcome Life**' which is based on human values. It will be implemented for classes I to XII from the Academic Session 2020-2021.

The main objective of this practical and thought provoking curriculum is to provide insight to the students in such a way that they will be able to realize their full potential and become well balanced and responsible individuals. It will shape them into dignified assets for the society. We believe that this new subject '**Welcome Life**', will undoubtedly prove beneficial in transforming the students into highly civilized individuals and make them sensitive to the diversity and human life as well. This textbook is an outcome of hard work and sincere efforts of 'Text book development committee' who have contributed immensely by their conscious efforts to nurture a noble identity of students through this Subject.

Punjab school Education Board welcomes suggestions and feedback from the stakeholders for the improvement of subsequent editions of the textbook.

**Chairman**

**Punjab School Education Board**



## Preface

Along with education, the art of living a good life by imparting values, is the need of the hour. Good human qualities are the same and eternal all over the world. Sensitivity to these values and qualities from the very beginning is highly necessary to live a wonderful life. Our glorious heritage and traditions are our precious treasures. Good health is an important aspect of living a good life and it depends on good nutrition and hygiene. That is why, these things have been made a part of the curriculum. It includes qualities of Respect, Cooperation, Tolerance and Honesty etc. It will make positive qualities an integral part of their personality.

At the same time, we need to cultivate a deep sense of social responsibility in the students. It is our intention to make them good citizens who protect constitutional values. These values are priceless and have to be made a part of their life and these should be communicated to them from the very beginning. We have to work practically to achieve the pre-set goals. Every step you take to achieve your goals includes Pictures, Games, Dialogues, Quizzes, etc. A child performing such learning activities can easily develop a great sense of wisdom and decorum.

A good teaching environment needs to be cultivated. Our ways of teaching, thinking and actions go through various stages which ensure positive outcomes. Teaching also means habit formation. Good habits become the principles of life. Teaching is not only a job but also a transition from one personality to another. Therefore, the subject has to be taught in a practical way.

**Dr. Davinder Singh Boha**  
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# 1

## LESSON

# Food and Cleanliness



(a) Let us eat well and stay healthy (Verbal)



My name is Sukhpreet  
People call me Sukhu with love  
I eat fruits, vegetables,  
Yogurt and butter  
I obey my parents  
Not sugar but jaggery I eat  
I drink milk, juice and lemon water  
That is why people call me a good boy



### For The Teacher

- ✿ The teacher will make the students practise singing the children song over and over again. In place of the names Sukhpreet and Sukhu, the students' names can also be replaced.
- ✿ Based on the pictures and the children song, the teacher will explain to students the difference between good and bad food and tell the children that we should eat good food everyday like bread, vegetables, milk, yogurt, dry fruit etc.

**Eat Everyday : Tick The Healthy Things:**

☐☐☐☐☐☐☐☐

**Verbal Questions:-**

Q.1. What should we eat to stay healthy?

- |            |                  |
|------------|------------------|
| (a) fruits | (b) vegetables   |
| (c) rice   | (d) all of these |

Q.2. Raman's teeth are getting bad, what should he not eat?

- |                            |                          |
|----------------------------|--------------------------|
| (a) fruits                 | (b) almonds              |
| (c) chocolates and toffees | (d) bread and vegetables |





## (b) Let us Keep The Surroundings Clean (Verbal)



### For The Teacher

The teacher will talk about the picture and motivate the children to keep their surroundings neat and clean such as: -What does the picture look like? Why does the picture look dirty? What to do with the scattered toys? By pointing out to different objects it can be asked where to place them properly.



Let us make the right choice :-



### Verbal Questions:-

Q.1. Which of these should we not put in the trash?

- |                   |                  |
|-------------------|------------------|
| (a) Apple peels   | (b) Potato peels |
| (c) Leftover food | (d) All of these |

Q.2. What should we do to keep our surroundings clean?

- |                                       |                      |
|---------------------------------------|----------------------|
| (a) To keep things in the right place | (b) To plant flowers |
| (c) To use dustbins                   | (d) To do all this   |



## (c) Let us wash our hands (Verbal)



### For The Teacher

The teacher will talk to students about why our hands get dirty and what is the importance of washing our hands? For example :

1. Why do our hands get dirty?
2. What should we do when our hands get dirty?

### Activity

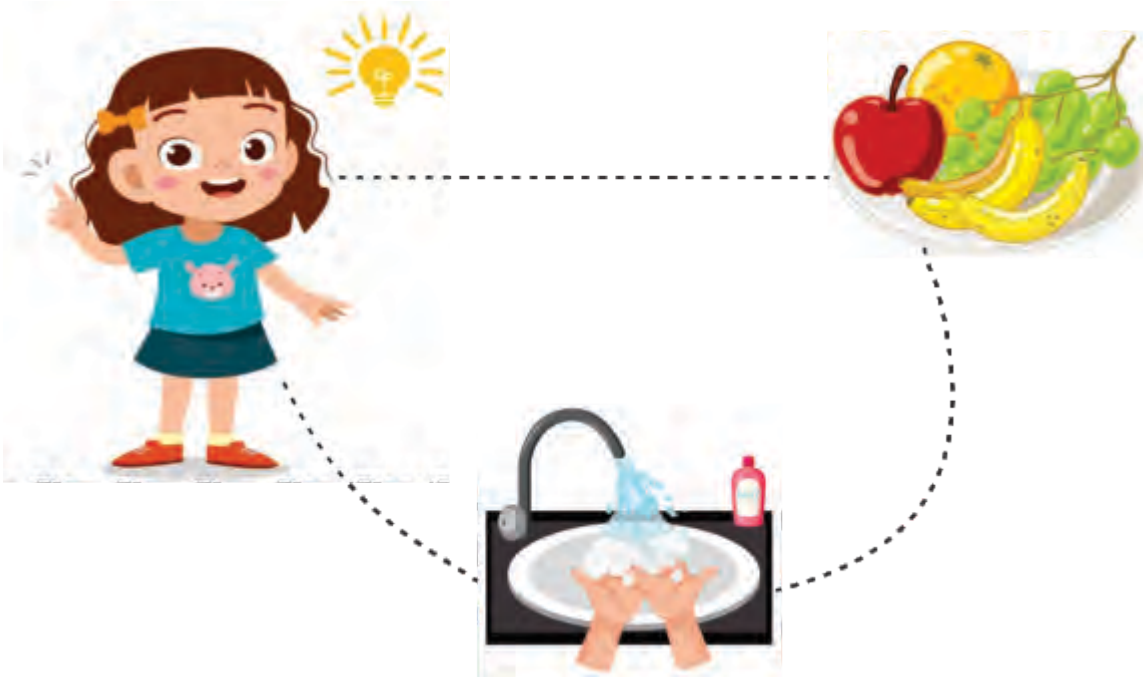
When to wash hands .....?

According to the given pictures, the teacher will talk to students about washing hands and make them realize that we can get sick if we do not wash our hands.

### When to Wash Our Hands ?



Let us choose the right path:



## Verbal Questions

Q.1. What should be used to clean our hands?

- |            |           |
|------------|-----------|
| (a) Powder | (b) Cream |
| (c) Soap   | (d) Oil   |

Q.2. What must be done before and after a meal?

- |                      |                       |
|----------------------|-----------------------|
| (a) To take a bath   | (b) To wash the hair  |
| (c) To wash the feet | (d) To wash the hands |





## (d) Let Us Be Clean and Beautiful

### Our Cleaning Friends



### For The Teacher

The teacher will give information about the importance of comb, brush, towel, handkerchief, nail-clippers etc.)



### Song About Cleanliness

I brush my teeth and take a shower.

I wear clean clothes.

I keep myself neat and clean.

That is why I am called a good boy.





## Verbal Questions

Q.1. For what purpose do we use soap?

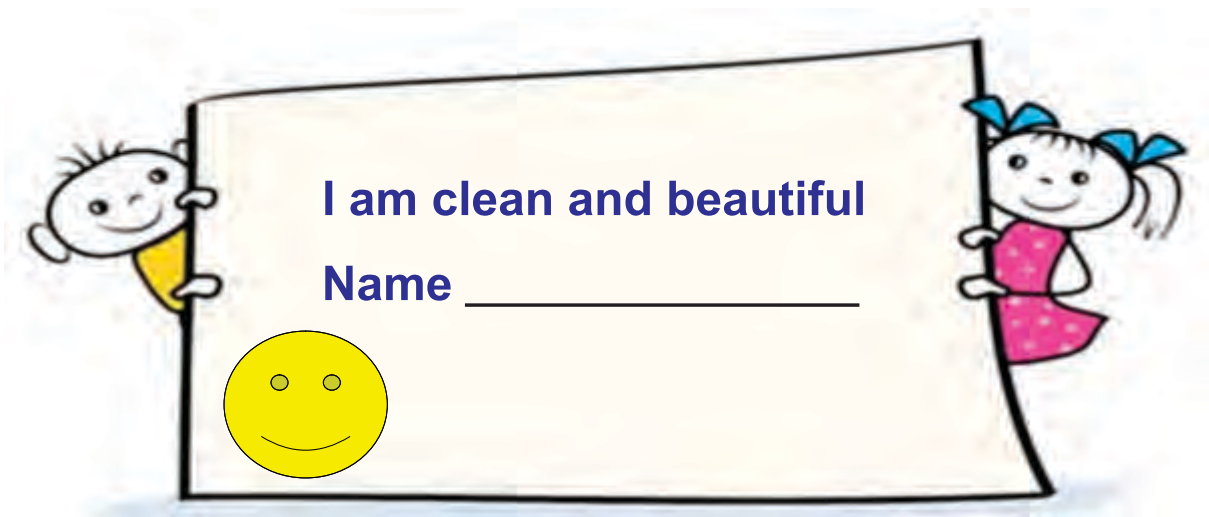
- (a) To wash hands
- (b) To wash clothes
- (c) To take a bath
- (d) For all of these

Q.2. Without which of these things is it impossible to take a bath?

- (a) Shampoo
- (b) Water
- (c) Brush
- (d) Soap

Q.3. What should we do to look clean and beautiful?

- (a) To brush the teeth
- (b) To take a bath and wear clean clothes
- (c) To comb the hair
- (d) To do all the above



# 2

## LESSON

# Respect for the Elders



### (a) Home



I respect the elders.  
All love me.

My grandparents call me near them.  
They tell me a new story everyday.



My Mama and Papa take care of me  
I am very dear to my parents.

I greet and respect everyone.  
I bow my head with respect to everyone.





I greet everyone with respect,  
Everybody calls me a good child.

## Message From The Teacher

- ✿ Just as the children in this poem do, You should also respectfully greet your grandparents and other elderly people.
- ✿ Words like “yes sir, yes madam” should be used while talking to the elders.
- ✿ Always speak with a smile and confidence.



## (b) School



Dear, Papa, please bring me  
a copy, a pencil,  
a sharpener and an eraser.  
I am excited  
about going to school.

To the teacher  
I will wish ‘Good Morning’  
by folding the hands and  
bowing my head with respect.  
I am excited about  
going to school.



I respect my seniors  
and love my juniors.  
I will make them my friends.  
I am excited about  
going to school.



## The Story

(The teacher will tell the story verbally and after telling the story the teacher will talk to the children about the first class)



**The Story :** Dear children, when I was of your age, I was also a student of first class. I was very fond of reading books. I would happily go to school. I used to bow my head with respect before entering the school. After going inside, I would greet my teachers. Together, we would clean the room, place the mats and bring chair, table, register, chalk and duster. When the teacher would enter the class, we all would stand up together and say, “**Jai Hind Teacher**”. They would lovingly teach us, play with us and tell an interesting story everyday.

I still miss my first class very much.





## (c) Our National Flag



### For The Teacher

The teacher will show the above picture of 'Our National Flag' to the children. Explaining the importance of 'Our National Flag' and 'Our National Anthem' the teacher will develop a sense of respect for these national symbols in the children's minds.



# 3

## LESSON

# Love and Kindness



## (a) My Lovely Family

### Sing with Me

My Mama is very dear to me.

She is an idol of love.

She makes me neat and clean.

She feeds me delicious food.



My Papa is also very great.

He picks me up in his lap and plays with me.

He takes me out to the market.

He buys so many toys for me.

My dear Grandma,

She does so many things for me.

She tells me many stories.

She sings cradle songs for me.

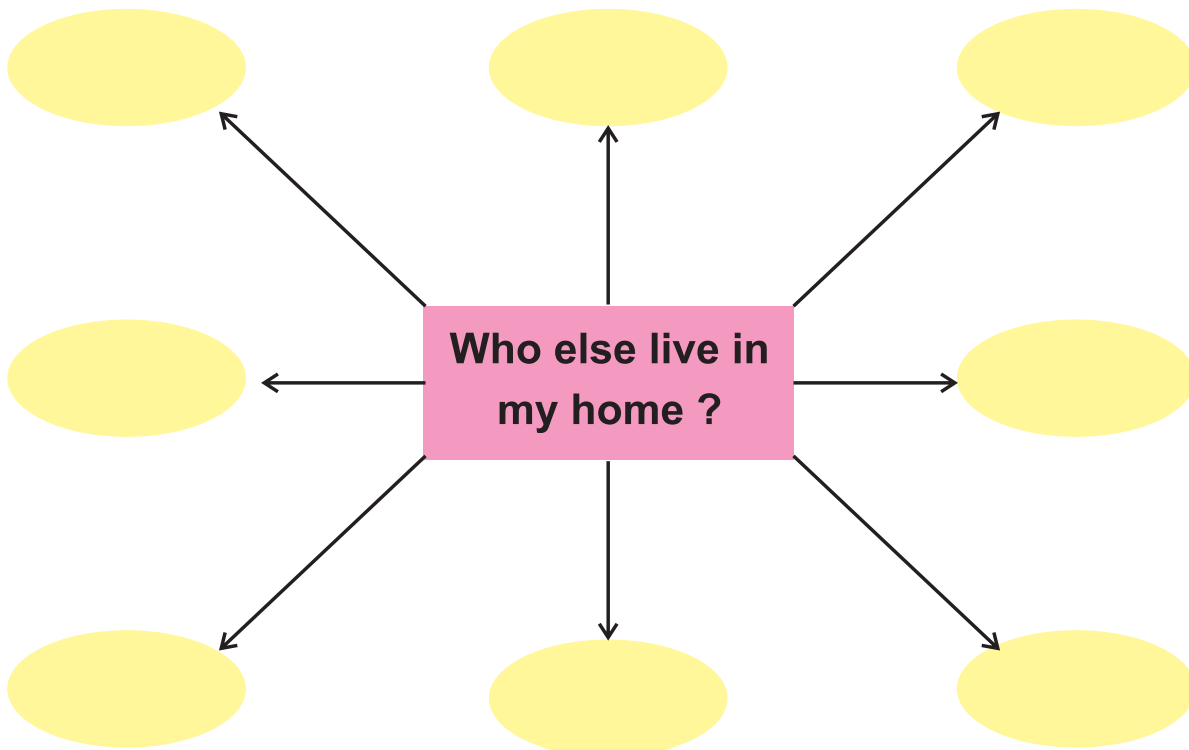


The wise one is my Grandpa,  
He plays with me like a child.  
He picks me up with love,  
He teaches so many wise things to me



## Verbal Questions

- Q1. How do you express love for your Mother? (by hugging)
- Q2. Where do you go to visit with your Father? (Children will tell according to their own wish).
- Q3. When and what things do you and your Grandmother talk about? (Children will tell according to their own wish)
- Q4. What games do you and your Grandfather play? (Folk games etc.)
- Q5. How do you greet a member of your family or any known person? (Children will tell according to their own wish)





## (b) I love These Too

### For The Teacher

The teacher will put slips of the pictures or names of birds and animals in a box. One child will be asked to pick out a slip. The child will take out the slip and speak the name of the bird or animal. Among the children sitting in the class, the child who loves that specific animal or bird will be given a chance to talk about them. This will create a feeling of love and kindness for animals and birds in the child's mind.





## Verbal Questions

- Q1. Children, which animal do you like the most?
- Q2. Children, which bird do you like the most?
- Q3. Which animals or birds have you kept as pets at your home?
- Q4. Name your favourite animals and birds?



## (c) My Family Taught Me

**What to do ?**

**What not to do?**

## For The Teacher

The teacher will make the students sit in a round circle by holding the hands of one another. Good and bad things will be asked separately. Children who speak on good things will stand and those speaking on bad things will sit. The teacher will try to develop a sense of love and kindness towards others through this game of action.





Do you also  
love your  
family like  
I do ?



# 4

## LESSON

# My Home and My School



## (a) My Home is Very Lovely

My home is very lovely

It is a joy to live here.

Here live my Mom and Dad,

They inspire us to play so many games.

We eat and sleep here,

Forever, we will stay and grow up here.



## Who is Happy?



### Verbal Questions

- 1) Where do we live?.....(At Home).
- 2) How do we feel at home ?.....(Lovely).
- 3) Where do Mother and Father live ?....(At home).
- 4) Where do we eat food ?.....(At home)
- 5) Where do we sleep ?.....(At home)
- 6) Where do we live and grow up ?.....(At home)
- 7) What is a bird's home called ?....(Nest)
- 8) Have you ever seen a nest ?.....(Yes/No)
- 9) Why do birds live in nests ?.....(to keep themselves safe )

## For The Teacher

The teacher will recite the poem at first. Then by showing some pictures related to the poem, the teacher will try to explain the word meanings to the students through pictures. The teacher will co-relate these two situations and by doing this, explain to students about the importance of home.

- 1) Birds happy in nests.
- 2) Helpless birds without nests.

Then the teacher will enhance students' love for their homes with the help of verbal questions. In order to develop more interest of students, the teacher can perform an activity illustrating loving atmosphere of a home showing how parents treat their children with love. To make the conversation more elaborative, the teacher can present it in a dramatic form.



### (b) I Go to School Everyday

I go to school everyday.

I read my lessons beautifully.

There are so many  
flowers in my school.

There are so many  
trees in my school.

We dance and we sing.

We play a lot together.



## What are the children doing in these pictures?



### Verbal Questions

- 1) Where do we go for study ?.....(school)
- 2) Have you seen flowers in your school ?....(yes sir) / (yes madam)
- 3) What activities do we perform in our school ?....(We study, play, dance, sing)
- 4) Who likes to play?.....(Everyone)
- 5) Any two children go and touch any two trees in the school!
- 6) Who is your best friend in the class ?
- 7) Look at your best friend with a smile!
- 8) Do you like your teachers?
- 9) Is it good to damage anything of a school ?
- 10) Do you all like your school?

### For The Teacher

(The teacher will recite the poem at first. Then by showing some pictures related to the poem, the teacher will try to explain the word meanings to the students through pictures. Then the teacher will try to enhance students' love towards school through verbal questions. The teacher will act as a guide and direct all students to take a round of the whole school in the end. The teacher will take students to each and every part of the school).



5

LESSON

# Love for Birds and Animals



(a) Match the Column

Parrot

Peacock

Dog

Buffalo

Sparrow

Goat

Cow

Pigeon



## For The Teacher

At First, the teacher will check the matching done by the students. Then, the teacher will ask every student about his/her favourite bird and animal. The teacher will write names of students' favourite animals and birds on the board.

The teacher will give a brief introduction about these birds and animals. By explaining the nature of these birds and animals, the teacher will try to develop a sense of love and kindness towards them among the students.



### (b) Identify Who Am I ?

Students will sit on the floor in a circle. They will place their index fingers on the floor. Either the teacher or a student will loudly say:

Crow fly

Every student will raise his/her hand in the air

Sparrow fly

Every student will raise his/ her hand in the air

Buffalo fly

Some students will raise their hands in the air hastily or carelessly. Other children will laugh over that. In this way, the teacher will explain that a buffalo can walk on the earth but cannot fly in the sky.

- ✦ In this way, the game will continue with more names of animals and birds.
- ✦ Through this game, students will identify animals / birds that can fly and differentiate between animals and birds.
- ✦ After that, students will identify sounds made by birds and animals. Students can make this game more interesting by producing sounds of their favourite birds or animals.





## (c) Sing With Me

The teacher will recite this poem and the students will recite after the teacher.

### Language of Birds

Bablu and Bholi come around,  
Let us hear the birds' sound.

Vicky called all his friends,  
And took them under the trees.

The Sparrow is chirping chi-chi-chi,  
It seems laughing hi-hi-hi.

The Nightingale sings koo-koo-koo,  
My ears feel pleasure too.

The Dove's voice is very sweet,  
It seems praying to its Lord.

The Parrot chants Ganga Ram,  
Morning to evening all the time.

The Crow says caw-caw-caw,  
It seems to be inviting someone.

The Peacock too,  
Sings ku-ku-ku.

Kids feel happy to see the birds.  
They are dancing along with them.



### For The Teacher

The teacher will ask the children some questions about the language of birds and guide them to produce sounds like birds do.



# 6

## LESSON

# 'No Fighting'



### (a) Sing With Me (Poem)

Listen Soma,  
Listen Pali,  
Live together,  
Never fight.

1



2



3



4



5



6



Mama and Papa,  
Madam and Sir,  
All say,  
Never fight.

Play together,  
Study together,  
Eat together,  
Never fight.



## For The Teacher

The teacher will recite the poem to the students. Students will recite this poem after the teacher. Then the teacher will explain the action in the picture and ask the students about the number of the picture.

| ACTIVITY                 | PICTURE NUMBER |
|--------------------------|----------------|
| Dancing together         |                |
| Eating together          |                |
| Singing together         |                |
| Reading together         |                |
| Playing together         |                |
| Going to school together |                |



### (B) Which Habits Are Good?

1. To give and take things.
2. To help in study.
3. To meet with respect.
4. To help others.
5. To feel sorry.
6. To say thank you.



## Let us learn with the help of pictures



### For The Teacher

The teacher will ask the students to find a suitable picture according to their habit. The teacher will speak the name of the habit. Students will tell the number of the picture.

| Good Habit              | Activity No. |
|-------------------------|--------------|
| To help in study        |              |
| To meet with respect    |              |
| To give and take things |              |
| To say thank you        |              |
| To help others          |              |
| To feel sorry           |              |



## (c) Forgiveness



### For The Teacher

1. The teacher will ask the students to look at the above pictures carefully.
2. The teacher will give the students a chance to express their thoughts on how the students felt by looking at the pictures from the first to the last picture.
3. The teacher will ask the students about what is going on in these pictures.  
Based on the above pictures , the teacher will tell the following story to the students:



## Apology (Feeling Sorry)

Mona and Sukhdeep Kaur were the students of first class. The last bell rang. Sukhdeep ran fast and hit against Mona. Mona fell down. She started crying. Sukhdeep went to her. Sukhdeep felt sorry to her for the mistake. Mona was furious. She did not want to forgive Sukhdeep. Do you know what happened then ? Mona remembered the morning assembly. She remembered her teacher's words. Today, the teacher said that mistakes can be made by anyone. We should admit our mistakes. We should feel sorry. We should forgive one another. If others feel sorry, they should be forgiven.

Mona forgave Sukhdeep. Sukhdeep was very happy. She picked up Mona's school bag. Mona stopped her but she refused. After that, they became better friends than ever before.

## 7

## LESSON

## Love for the Little Ones



## (a) How we can take care of children

I am older now. I used to be younger before this. I had a younger sister. I used to take care of my younger sister. It was taught to me by my mother. I would play games with her. When she would start crying, I would give her something to eat or call my mother to give her some eatables. She was a little baby. She did not know how to eat anything by herself. I would feed her with a spoon. She was very small. She had tiny little hands. She had a little mouth. So, she would eat very slowly. I would hold her by the arms and teach her how to walk. She would walk slowly with her small feet. In this way, we would live and eat together. Thus, the love between us grew even stronger.





### Activities

- (A) Senior children will serve meal to their younger sisters and brothers during the mid day meal.
- (B) Notebooks of younger children will be covered by older children.

**Note :** The teacher will guide the students to do these activities in the school.



### (B) Love For The Little Ones

**With which things do you play together at home?**



## Activities

- (A) Guiding the class children to play with toys by creating their groups.
- (B) Guiding the children to play with a small ball.

**Note :** The teacher will guide the children to do these activities in the school. The teacher can also ask questions to the children about what things they play with when they play with their younger sisters and brothers



## (c) All Help Me

I am a small child.

My brother is wiser than me.

Everyday, he feeds me.

He helps me put on my uniform.



I walk slowly.

My sister takes me to school.

I learn my lessons by heart.

I climb the ladder of knowledge.

My sister loves me too.

She never fights with me.

She teaches me so many good things.

She helps me with my homework.



**Note :** The teacher will talk to children about helping their brothers and sisters.





## Verbal Questions

- Q.1. Children! How do you take care of your younger siblings?
- Q.2. In which tasks do you help them?
- Q.3. How do you support your younger siblings ?
- Q.4. What grows among siblings when they care for one another ?
- Q.5. Children ! Do you all play together at home?
- Q.6. Which things do you play with?



# 8

## LESSON

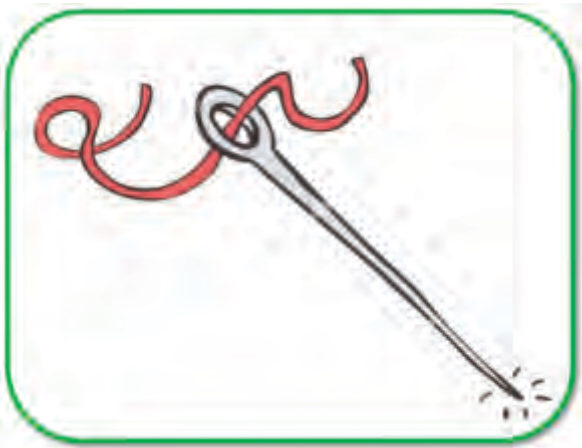
# Safety from Dangerous Things



### (a) Sing With Me

#### 'Needle'

My name is Sharp Needle,  
When I prick someone,  
They cry painfully.  
They start weeping.



My name is Sharp Needle,  
Reel is my home,  
If you use me carefully,  
Then, do not feel afraid of me.

### For The Teacher

**Note :** The teacher will make the students recite the poem in a rhythm.



## ‘Knife’



Papa came,  
He brought a knife,  
He placed it in the kitchen,  
Mama picked it up,  
It slices fruits and vegetables,  
Cabbage, carrots, radish.



Nikki touched it,  
Mama warned her,  
Not to touch the knife,  
Let us learn about it first.

### For The Teacher

**Note :** The teacher will recite the poem beautifully to the children .The teacher will briefly tell the children about a knife.



### (b) Safety From Dangerous Things

**1. How can you save yourself from a sharp blade?**

**Ans.** A blade can be covered and placed in a box. It should be thrown in a dustbin after using it.



**2. Scissors should not be left here or there.**

**Ans.** Scissors should be placed in the box of the sewing machine.



**3. Medicines should be kept away from children's reach.**

**Ans.** They can also be kept in the cupboard. Expired medicines should be thrown away.



**4. Electrical switches should not be used with wet hands.**

**Ans.** Pens, pencils or fingers should not be inserted in the switches.



## For The Teacher

**Note :** The teacher will talk to the students on the basis of pictures and give them a brief information about these things.



## (c) Protection: From Dangerous Animals



A dog is a domestic animal. It is very common to keep dogs at homes. A dog can get rabies(disease) by eating any toxic material or animal. A rabid dog is very dangerous. Children should be kept away from them.

Once upon a time, it happened that two children started vomiting just after having their meal. Both were siblings. Both were admitted to the hospital immediately. When the matter was investigated, it was found that there was a lizard in the utensil in which the food was cooked. Due to that, the children got ill. After that, their parents were instructed and requested to keep the surroundings neat and clean.



**Dengue  
Mosquito**



**Rat**



**Housefly**



**Scorpion**



**Snake**

### For The Teacher

**Note :** On the basis of the pictures given above, the teacher will briefly tell the students some safety measures to avoid such incidents:



## Wild-Animals

Today, Children are very happy because the teacher has taken them to a Zoo. Here, they saw those animals that they had never seen before in their surroundings. The teacher told that elephant, lion, monkey, bear, cheetah etc. are wild animals. Raman was teasing a monkey. The teacher stopped him and guided him not to bother the animals. They should watch them from a distance and never put hands inside their cages.



### For The Teacher

- ✦ Ask the children the names of wild animals.
- ✦ Discuss with them about eating habits and lifestyle of wild animals.
- ✦ Make them aware about the safety measures to be taken during an encounter with the wild animals.



9

LESSON

# Self-Expression



(a) Let us Tell the Name





## Verbal Questions

**Q.1. What should be done while entering the classroom?**

**Ans.** The teacher's permission should be taken / We should enter and sit quietly.

**Q.2. On being asked your father's name how should you respond?**

**Ans.** The name should be told by using a 'Prefix' showing respect like. Shri or (Mr.) / You should tell the full name directly.

**Q.3. If you remember poetic lines then what should you do when asked by the teacher?**

**Ans.** You should keep sitting quietly. You should recite the poem with a smile.

**Note :** The teacher will motivate the children to answer all these questions and guide them whenever needed. Then, the children will perform this activity by themselves.

## For The Teacher

The teacher will give a brief information about himself/herself to the children. Encourage the children to stand up and tell their names. The teacher will recite verses about the children according to the situation in which the children are sitting in the classroom before the class is over. This activity can be longer or shorter depending on the strength of the class.

Pooja and Balvir are on the left,  
Anjali and Kulvir are on the right.

Sukham is in front and Deep is behind,  
Neha and Hardeep are sitting along.

Ravi and Sahil are best friends,  
They are the flower garden of our home.





## (b) Let us Add Verses to Your Names

The teacher has five verses in his/her hand written on cardboards on which the children's names and their hobbies are written in the form of poetry. These poetic lines will be recited together by the teacher and the children.



My name is Harpal  
I am fond of playing football

Sir, My name is Puneet  
I am fond of singing and dancing



My name is Ruchi Anand  
I am fond of watching cartoons

My name is Raj Kishore,  
I am fond of drawing peacocks on the copy.



My name is Khalid Gulzar  
I am fond of reading books.



The teacher will recite the poem verbally and ask the children about their hobbies and interests.

Q.1. What is your name?

Q.2. What are your hobbies? (All children will participate)

## Match

Harpal



Puneet



Ruchi Anand



Khalid Gulzar



Raj Kishore



## Output

- ✦ The child will develop a sense of confidence.
- ✦ It will enhance their reading skill/ability.
- ✦ It will bring out their hidden talent.

