

SESSION : 3

CLASS :V

SUBJECT : (Value Education)

CHAPTER NUMBER: 2

CHAPTER NAME : “CONFIDENCE”

SUBTOPIC : Know that you are unique, Never compare yourself with others, Have faith in God

CHANGING YOUR TOMORROW

LEARNING OBJECTIVE

Children will come to know:

- 1. That everybody is unique.**
- 2. Why we should not compare ourself with others?**
- 3. How having faith on God will increase our confidence.**

DO YOU KNOW?

no two persons have had same faces, same body, same mind.....

God made you one of a kind. Remember, there will be no other person like you in this creation. So it makes you very special and unique.



NEVER COMPARE YOURSELF WITH OTHERS

Each one is good at something and not so good at some other things.

Of course you can see the good in other children and try to have those good qualities also. You can't progress if you see only the strengths of others and compare these with your own weaknesses like:

- **I have a poor memory.**
- **I am not good at Maths.**
- **I am not an athlete.**
- **I am tired.**

Such statements only reinforce the negative and put us down.



The confidence can be built, if you have deep faith in God. You should always feel that God loves you and is always with you. This concept has aroused courage and confidence in many great saints and leaders. So it can certainly help you be confident and also makes you confident.

CW

Do activity 1 in your book.

At page 15 & 16

ACTIVITY 1

1. What were the great qualities of king Puru?

Ans. King Puru was famous for his bravery & courage.

2. “ I have never seen a warrior like Puru”. Who said these words?

Ans. Alexander, the king of Macedonia, said these words.

3. Why did king Puru address Alexander as the great?

Ans. Puru addressed Alexander as the great because Alexander was a great general who had conquered Greece & Persia and also a nice human.

4. What did Alexander realize when he looked into Puru's eyes?

Ans. When Alexander looked into Puru's eyes he realised that Puru was a proud soldier & proud Indian.

5. Tell the points how you gain confidence.

Ans.

- ❖ **Self-respect**
- ❖ **Self-confidence**
- ❖ **self-worth**
- ❖ **Self-acceptance**
- ❖ **self-love**
- ❖ **self-knowledge**
- ❖ **Self-discipline**

6. Which statement does reinforce the negative thoughts in your mind?

Ans. Statements like -

- **I have a poor memory.**
- **I am not good at Maths.**
- **I am not an athlete.**
- **I am tired.**

reinforce the negative thoughts in our mind.

LEARNING OUTCOME:

By the end of the class, children will be able to:

Understand

- 1. Why we are unique**
- 2. Why we shouldn't compare ourself with others**
- 3. How faith in God helps us to increase our self confidence.**

THANKING YOU
ODM EDUCATIONAL GROUP