

Teacher's Manual

Carvaan



GK &

Moral Values



with Yoga



Carvaan Moral Values-5

Chapter 1 : The Envious Swans

- A.** 1. (a) 2. (b) 3. (c) 4. (a)
- B.** 1. golden 2. jealous, uninvited 3. stubborn 4. cages
- C.** 1. F 2. F 3. T 4. T
- D.** 1. They made their home in a pond which is in king's palace.
2. The swans gave a single golden feather to the king every month.
3. They felt envious and threatened when a golden water-bird arrived there.
4. They all swiftly took flight leaving behind their home and all comforts.

Chapter 2 : The Clever Donkey and the Tricky Bullocks

- A.** 1. (a) 2. (b) 3. (a) 4. (c)
- B.** 1. T 2. F 3. T 4. T 5. T
- C.** 1. secret power 2. listened, work 3. mistake 4. avoid 5. wisdom
- D.** 1. (b) 2. (a) 3. (d) 4. (c)
- E.** 1. Farmer had three animals, two bullocks and one donkey.
2. He made Borak work even harder with Palak.
3. They were complaining about their hard work.
4. Borak realized his mistake when he did work harder than Palak.
5. Alak decided to work hard from then on.

Chapter 3 : The Lion's Risky Friend

- A.** 1. (a) 2. (a) 3. (b) 4. (c)
- B.** 1. T 2. F 3. T 4. T
- C.** 1. wolf 2. old lion 3. den 4. horse.
- D.** 1. (b) 2. (c) 3. (d) 4. (a)
- E.** 1. He promised to be helpful and work for lion.
2. Lion's parents advised him not to make friends with any wolf.
3. The king's archer shot the lion when he tried to leap over the wall after hunting.
4. Wolf decided to leave the lion and go back to his old home.

Chapter 4 : Ungrateful Washerman

- A.** 1. (b) 2. (a) 3. (a) 4. (c) 5. (a)
- B.** 1. F 2. F 3. T 4. T 5. T
- C.** 1. comfortably 2. noticed, sneaking 3. alert 4. braying 5. mercilessly
- D.** 1. (c) 2. (e) 3. (a) 4. (b) 5. (d)
- E.** 1. The dog guarded the house and donkey carried heavy loads.
2. The donkey noticed that a thief is sneaking in his master's house at night.

3. When the dog refused to help his master until he faced a loss, it made donkey angry.
4. To alert Ramdas donkey brayed loudly.
5. He beat the donkey mercilessly and the donkey died.

Chapter 5 : Bad Deeds Lead to Consequences

- A.** 1. (a) 2. (c) 3. (a) 4. (a) 5. (a)
- B.** 1. T 2. T 3. F 4. F 5. F
- C.** 1. begged 2. mean 3. succeeded 4. Lightning 5. punished, deeds
- D.** 1. The monkey lived on a banyan tree with his old and blind mother.
 2. A cruel hunter came to the forest to kill the animals.
 3. He begged the hunter not to hurt his mother.
 4. Lightning struck the hunter's house and his entire family perished.
 5. This story tell us that bad deeds eventually lead to negative consequences.

Chapter 6 : The Monkey and the Crocodile

- A.** 1. (c) 2. (b) 3. (c) 4. (a)
- B.** 1. F 2. F 3. T 4. F 5. F
- C.** 1. monkey 2. heart 3. house 4. mangoes 5. crocodile
- D.** 1. (e) 2. (d) 3. (a) 4. (b) 5. (c)
- E.** 1. The monkey lived on the mango tree. The speciality is that the tree bore the sweetest mangoes throughout the entire year.
 2. One day monkey shared mangoes with crocodile from that day they became friends.
 3. She believed that it would be even more delicious than the mangoes.
 4. Monkey told the crocodile that he had left his heart back on the mango tree.
 5. The crocodile told the monkey that his wife wanted to say him 'thank you' so he invited him at his home. But midway of river he told him that his wife wanted to eat his heart. Thus, he cheated him.

Chapter 7 : The Wise Bodhisattva's Legacy

- A.** 1. (a) 2. (c) 3. (a) 4. (c) 5. (c)
- B.** 1. T 2. T 3. F 4. F 5. T
- C.** 1. followers 2. failure 3. burial 4. appeared 5. realized
- D.** 1. (c) 2. (a) 3. (d) 4. (e) 5. (b)
- E.** 1. Bodhisattva was a wise man. He achieved great things in his life.
 2. The followers lived on a mountain.
 3. The followers were searching for food.

4. They wanted to know what great things he had achieved in his life.
5. He said, someone who hears the truth and understands it right way is much better off than a hundred fools who take a hundred years to figure it out.

Chapter 8 : The Wise Hermit's Lesson

- A.** 1. (a) 2. (c) 3. (b) 4. (c) 5. (b)
- B.** 1. F 2. F 3. T 4. T 5. T
- C.** 1. thinking 2. traveller's 3. irritated 4. lived 5. realized
- D.** 1. old hermit to emperor Akbar 2. old hermit to emperor Akbar
3. old hermit to emperor Akbar
- E.** 1. An old hermit wondering to the emperor's palace.
2. He asked, "Is this your palace?"
3. Emperor irritated because hermit asked him about his palace.
4. The truth of the life is that it is foolish to claim that something is truly yours.
5. The moral of the story is that worldly possessions are temporary and no one truly owns them forever.

Chapter 9 : The Deceptive Visitor

- A.** 1. (a) 2. (a) 3. (c) 4. (c) 5. (a)
- B.** 1. T 2. T 3. F 4. F 5. F
- C.** 1. quails 2. bad 3. caring 4. trick 5. suspicious
- D.** 1. (b) 2. (c) 3. (a) 4. (e) 5. (d)
- E.** 1. A blind eagle lived on a tree.
2. In return the blind eagle protected the quail chicks from other animals.
3. Quails shared their food with him.
4. Cat came to the blind eagle to trick him.
5. Cat secretly ate quail chicks.
6. Quails attacked the blind eagle and killed him.

Chapter 10 : The Kind King's Decision

- A.** 1. (c) 2. (c) 3. (c)
- B.** 1. ruining 2. cottage 3. memories 4. fairness, justice
- C.** 1. T 2. F 3. F 4. T
- D.** 1. The king thought that cottage was ruining the beauty of his palace. So he wanted to buy it. Thus he called him.
2. King Vikram respected the Mahesh's feelings. So he let the cottage stand.
3. The moral is that being fair and treating everyone equally is important.

Chapter 11 : Honesty Rewarded

- A.** 1. (a) 2. (c) 3. (a)
- B.** 1. woodcutter, honest 2. iron axe 3. prayed 4. fairy 5. river
- C.** 1. F 2. T 3. F 4. T 5. T
- D.** 1. The fairy bought out a golden axe of her first dive of the river.
2. He prayed for help when he lost his iron axe.
3. The fairy jumped into the river and bought his axe.
4. The fairy impressed with the woodcutter honesty and integrity. So, she rewarded him with the golden and silver axe.
5. The moral of the story is that always best to be honest.

Chapter 12 : Surya Namaskara : Saluting the Sun

- A.** 1. (b) 2. (c) 3. (a) 4. (a) 5. (c) 6. (a)
- B.** 1. T 2. T 3. T 4. F 5. T 6. T
- C.** 1. Sun 2. hug 3. Hasta Uttanasana 4. equestrian 5. Cobra pose 6. flexibility
- D.** 1. Surya Namaskara means bowing down to the Sun.
2. It makes our blood flow better, keep us healthy. It is good for our heart, liver, tummy and all our body parts. Every part become strong and happy when we do it.
3. There are eleven poses in Surya Namaskara. The name of five poses are :
First pose — Pranamasana (Prayer pose)
Second pose — Hasta Uttanasana (Raised arms pose)
Third pose — Hasta Padasana (Hand to foot pose)
Fourth pose — Ashwa Sanchalanasana (Equestrian pose)
Fifth pose — Dandasana (Stick pose)
4. Tadasana (standing mountain pose) helps us in increasing our height.
5. Lift your chest up like a cobra rising from the ground. It increases flexibility.