

New  
Beginning

Teacher's Manual

As per  
NEP  
and  
NCF

**MASTERMIND**

*General Knowledge  
&  
Moral With Yoga*

1

FOUNDATIONAL  
STAGE



A New Beginning programme for Kids by **MASTERMIND**.

## Moral Values-1

### Chapter 1 : “The Magic Wishes of Honesty”

- A.** 1. (c) 2. (c) 3. (a) 4. (c)
- B.** 1. T 2. F 3. F 4. T
- C.** 1. honest, hard working 2. chicken 3. nose 4. foolish
- D.** 1. (b) 2. (c) 3. (a)
- E.** 1. A fairy came to the couple’s house because both were very honest and hard working.  
2. His wife felt hungry and said I wish we had a delicious chicken to feast on. So on she wasted her first wish.  
3. At the time of second wish woodcutter said angrily that stick that chicken to your nose.  
4. They wasted their all wishes.

### Chapter 2 : Everyone is Important

- A.** 1. (a) 2. (a) 3. (b) 4. (a)
- B.** 1. F 2. T 3. F 4. T
- C.** 1. fast 2. scared 3. tortoise 4. call
- D.** 1. (d) 2. (c) 3. (b) 4. (a)
- E.** 1. Lion king stopped the laughter.  
2. Cheetah was super fast.  
3. When the king lion give jobs to the rabbit, the tortoise and the donkey.  
4. The tortoise can hide and spy.

### Chapter 3 : Lessons in Kindness and Betrayal”

- A.** 1. (a) 2. (c) 3. (b) 4. (a)
- B.** 1. T 2. T 3. F 4. T
- C.** 1. village 2. injured 3. unconscious 4. milk
- D.** 1. (b) 2. (a) 3. (d) 4. (c)
- E.** 1. He liked to help and care his fellow farmers, birds and animals.  
2. He saw an injured snake.  
3. He wrapped the injured snake in a piece of cloth and took it home.  
4. The snake bit the farmer.

### Chapter 4 : Friends in Need

- A.** 1. (b) 2. (a) 3. (c) 4. (c)
- B.** 1. F 2. T 3. T 4. T
- C.** 1. friends 2. stag 3. bush 4. selfish
- D.** 1. (d) 2. (c) 3. (b) 4. (a)

- E.** 1. Bunny was a rabbit and he lived in a forest.  
2. Bunny had many friends like stag, bear, monkey, etc.  
3. Stag replied that I am busy right now. Why don't you ask the bear for help?  
4. The wild dogs were chasing of Bunny rabbit.

**Chapter 5 : “The Tale of Papak : What’s in a Name?”**

- A.** 1. (c) 2. (a) 3. (a) 4. (a)  
**B.** 1. T 2. T 3. T 4. F  
**C.** 1. gurukul 2. weeper 3. thief 4. Actions, deeds  
**D.** 1. Papak was boy who studied in Gurukul.  
2. He did not like his name’s meaning so he wanted to change it.  
3. The man said that name is simply a way to address you not your actions and deeds.  
4. Our character is defined by what we do.

**Chapter 6 : “The Singing Golden Bird”**

- A.** 1. (c) 2. (b) 3. (a) 4. (a)  
**B.** 1. T 2. F 3. T 4. T  
**C.** 1. pearl 2. shiny pearls 3. freed 4. everyday  
**D.** 1. (d) 2. (a) 3. (b) 4. (c)  
**E.** 1. The golden bird lived on a banyan tree.  
2. Hunter carried the bird inside a silver cage.  
3. Princess was the beautiful and kind hearted girl.  
4. She sang joyfully to enjoy her freedom.

**Chapter 7 : The Brave Little Mouse**

- A.** 1. (b) 2. (b) 3. (c) 4. (b)  
**B.** 1. F 2. T 3. F 4. T  
**C.** 1. mouse, baby 2. food 3. flowers 4. scared  
**D.** 1. (c) 2. (d) 3. (a) 4. (b)  
**E.** 1. A mummy mouse and her baby lived in a house.  
2. Mummy mouse went out of the house in search of food.  
3. The field was full of flowers.  
4. A bumblebee stung the baby mouse’s nose.

**Chapter 8 : Self Help**

- A.** 1. (c) 2. (a) 3. (b) 4. (a)  
**B.** 1. T 2. F 3. F 4. T  
**C.** 1. gold, precious gems 2. screaming 3. captain, crew 4. themselves  
**D.** 1. (b) 2. (c) 3. (a)

- E.** 1. He left his city to go to another country for trade.  
2. He carried with sacks of gold coins and precious gems.  
3. A storm and its powerful waves throw the ship around so the people were screaming.  
4. The man advised that don't just pray. Try to swim to safety.

### **Chapter 9: "The Park's Little Hero"**

- A.** 1. (a) 2. (c) 3. (a)  
**B.** 1. stone 2. playing 3. pain 4. respect, love  
**C.** 1. Yes 2. Yes  
3. The kitten was hit by stone.  
4. He was playing in the park  
5. He saw a boy hit a dog with stone.

### **Chapter 10: The Limp That Led to Riches**

- A.** 1. (b) 2. (c) 3. (b) 4. (a)  
**B.** 1. T 2. F 3. F 4. T  
**C.** 1. loyal, strong 2. injured 3. suitable 4. handicap  
**D.** 1. (c) 2. (d) 3. (b) 4. (a)  
**E.** 1. The dog guarded his factory every night.  
2. A car hit him bitterly it became him limp.  
3. He thought a limping dog could not be a good guard so he stopped loving him.  
4. He planted ginger plant in factory's ground and it made a big profit.

### **Chapter 11: "Chimpu's Dilemma: Work or Freedom?"**

- A.** 1. (b) 2. (a) 3. (a) 4. (a)  
**B.** 1. T 2. T 3. F 4. F  
**C.** 1. visitors 2. food 3. welcomed 4. weeks  
**D.** 1. (c) 2. (d) 3. (b) 4. (a)  
**E.** 1. He went to the zoo with his master.  
2. He saw a caged monkey.  
3. He decide to stay in the zoo's cage.  
4. He realized working for living might be tough but sitting idle can be even tougher and risky.

### **Chapter 12: Clean and Healthy Habits**

- A.** 1. (b) 2. (c) 3. (c)  
**B.** 1. (e) 2. (c) 3. (b) 4. (a) 5. (d)  
**C.** 1. T 2. T 3. F 4. F

- D.** 1. We should wash our hands before and after eating.  
2. Yes, I do. 3. Yes, I do. 4. It is important to stay healthy.

**Chapter 13 : The Wonderful World of Yoga**

- A.** 1. (b) 2. (c) 3. (c) 4. (c) 5. (a)

- B.** 1. yuj 2. path 3. Asana 4. Pranayama 5. Surya namaskara

- C.** 1. T 2. F 3. F 4. T 5. T

- D.** 1. Yoga is an ancient Indian practice. There are 3 types of yoga.  
2. An asana refers to a seated posture.  
3. Pranayama is the practicing of various breathing techniques.  
4. Surya Namaskar.  
5. It provides numerous benefits for the hands, back, spine and the entire body.