

New
Beginning

Teacher's Manual

As per
NEP
and
NCF

MASTERMIND

*General Knowledge
&
Moral With Yoga*

4

PREPARATORY
STAGE



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

Chapter 1 : The Golden Goose's Gift

- A.** 1. (a) 2. (b) 3. (a) 4. (b) 5. (c)
- B.** 1. F 2. T 3. T 4. T 5. F
- C.** 1. village, daughters 2. hard time 3. woman's house 4. comfortable 5. white
- D.** 1. (c) 2. (e) 3. (b) 4. (a) 5. (d)
- E.** 1. A poor woman lived in a village with her two daughters.
2. Goose saw a woman and her daughters were struggling to get by and wanted to help.
3. Goose decided to give them one golden feather of him at a time.
4. Her daughter said that we should not trust the goose too much. What if it leaves us one day?
5. The moral is that greed disconnect us from the kindness in our lives.

Chapter 2 : The Dancing Peacock

- A.** 1. (c) 2. (b) 3. (a) 4. (a) 5. (c)
- B.** 1. F 2. T 3. T 4. T 5. F
- C.** 1. daughter 2. grand 3. congratulated 4. angry 5. shame.
- E.** 1. A golden swan was the king of the birds. At the time of her daughter's marriage he invited all the birds to attend it.
2. Princess chose peacock as her husband because her heart was captivated by his magnificent tail feathers.
3. Princess chose him as her husband so he proud himself. In excitement he began to dance wildly and forgot his manners and modesty.
4. At last the peacock flew away due to shame.

Chapter 3 : The Frogs and the Crane

- A.** 1. (b) 2. (c) 3. (a) 4. (a) 5. (b)
- B.** 1. T 2. T 3. F 4. T 5. T
- C.** 1. pond 2. out do 3. grabbed 4. beak 5. bragged
- D.** 1. (b) 2. (c) 3. (e) 4. (d) 5. (a)
- E.** 1. Pond was in the forest. A big colony of frogs lived in the pond.
2. In the moonlit nights all the frogs gathered by the pond and make all sorts of sounds.
3. When they all brag some frogs had deep voices, some had high voices and others were in between.
4. When crane picked up the first frog he saw a snake nearby and changed his mind.
5. The moral is that be humble and never boast about ourselves.

Chapter 4 : The Monk's Regret

- A.** 1. (b) 2. (a) 3. (b) 4. (c) 5. (c)
- B.** 1. T 2. F 3. T 4. T 5. T
- C.** 1. supported 2. calm, gentle 3. hatched 4. jealousy 5. village
- D.** 1. (b) 2. (c) 3. (a) 4. (e) 5. (d)
- E.** 1. Monk lived a peaceful life by doing good deeds and following the right path.
2. A wise old monk came to the village. He impressed everyone with his calm and gentle demeanor.
3. Monk jealous with old monk because all villagers respected and welcomed him.
4. The old wise monk left the village quietly while the jealous monk was away.
5. Jealous monk felt remorseful and gave up his negative feelings.

Chapter 5 : The Deaf Frog's Determination

- A.** 1. (c) 2. (a) 3. (a) 4. (a) 5. (c)
- B.** 1. F 2. T 3. F 4. T 5. F
- C.** 1. march 2. Panicked 3. encouraging 4. explore 5. bravery
- D.** 1. (b) 2. (c) 3. (d) 4. (e) 5. (a)
- E.** 1. Toady and Froggy were fast friends. They lived in a marsh near a deep pit.
2. They jumped to explore the deep pit near the marsh. So they leaped into the dark pit.
3. Toady gathered all his courage and made a daring leap to freedom.
4. Toady used a rope to help Froggy escape the pit.
5. The moral of the story is that think before taking big leaps and don't lose hope in a tough situation, keep trying with determination and you can overcome the challenge.

Chapter 6 : The Rat's Brave Friendship

- A.** 1. (a) 2. (c) 3. (a) 4. (a)
- B.** 1. T 2. F 3. F 4. T
- C.** 1. rallied 2. gnawed 3. camel 4. tragic
- D.** 1. (b) 2. (c) 3. (d) 4. (a)
- E.** 1. When the camel found itself in trouble with a tree branch the rat rushed to setting the camel free.
2. A king and his soldiers passed through the jungle.
3. All the rats gnawed through the saddle girths of the horses and elephants tied outside the king's tent. As the animals fled, chaos erupted and the soldiers were defeated.

4. Due to his arrogance they refused the friendship of the rat.
5. The moral of the story is that true friendship is not about appearance it is about kindness and support.

Chapter 7 : The Wise Lion and the Sly Cat

- A.** 1. (a) 2. (b) 3. (c) 4. (b) 5. (b)
- B.** 1. F 2. F 3. F 4. T 5. T
- C.** 1. annoyance 2. bothered 3. pesky 4. pounced 5. disappointed
- D.** 1. Peacock 2. Green 3. Wild 4. Insects 5. Water 6. Jungle
- E.** 1. (c) 2. (a) 3. (b) 4. (e) 5. (d)
- F.** 1. Lion was enjoying his peaceful nap in his den.
2. The mouse pulled his mane and tease him endlessly.
3. The lion decided to seek help of his cousin.
4. Cat killed the mouse because she wanted more than just simple food.
5. The moral of the story is that we should always remember the value of honesty and fairness.

Chapter 8 : The Farmer and the Well

- A.** 1. (c) 2. (b) 3. (c) 4. (c)
- B.** 1. T 2. F 3. F 4. T
- C.** 1. rich man 2. well 3. court 4. pay rent
- D.** 1. (b) 2. (c) 3. (d) 4. (e) 5. (a)
- E.** 1. To irrigate his land the poor farmer bought the well.
2. When the farmer went to draw the water from well the rich man said that you bought only the well and not the water.
3. Birbal helped the farmer to solve his problem.
4. Akbar handed over the case to Birbal.
5. Birbal said to the rich man that farmer bought the well so you have to move all the water from the well or pay rent to keep your water in the well.

Chapter 9 : The Selfish Fisherman

- A.** 1. (a) 2. (b) 3. (a) 4. (b) 5. (a)
- B.** 1. F 2. F 3. F 4. T 5. F
- C.** 1. fisherman 2. entire, neighbours 3. selfish 4. chief 5. selfishness
- D.** 1. (b) 2. (a) 3. (d) 4. (c)
- E.** 1. Bhola was a fisherman. He lived in a village.
2. Fisherman said to his son to go home and start a quarrel with the neighbour.
3. The son did as his father said.
4. She was beaten up by all neighbours.
5. Due to his selfishness the snag made him blind.

Chapter 10 : The Helpful Woodpecker

- A.** 1. (b) 2. (b) 3. (b) 4. (a)
- B.** 1. bone 2. afraid 3. thanks 4. woodpecker
- C.** 1. T 2. T 3. F 4. F
- D.** 1. When the lion having his meal a bone stuck in his throat so he was roaring in pain.
2. The lion went to the woodpecker in the same jungle.
3. Woodpecker helped him. He tapped the bone with his sharp beak until it fell out.
4. After several days passed woodpecker said to the lion that I need your favour. The lion replied that I have already done enough for you. I can not do more.

Chapter 11 : Pratyahara, Bandha and Mudras

- A.** 1. (c) 2. (a) 3. (a) 4. (a) 5. (b)
- B.** 1. T 2. T 3. F 4. F 5. T
- C.** 1. Pratyahara 2. Bandha 3. hand 4. Position 5. Shoonya mudra
- D.** 1. (a) Pratyahara means “Control of food”.
- (b) Bandhas are like energy gates within our bodies and mudras are like energy pathways creator.
- (c) There are eight types of mudras. They are -1 Gyan mudra 2. Shoonya mudra 3. Appan mudra 4. Vayu mudra 5. Prithvi mudra 6. Varun mudra 7. Surya mudra 8. Linga mudra
4. Shoonya mudra – Press the middle finger at the base of the thumb while keeping the thumb on the middle finger. Appan mudra – Join the tips of your middle and ring finger of each hand to the tip of the thumb.
- Vayu mudra – Press the tip of your index finger on the base of your thumb and press your thumb gently over the index finger and keep the other fingers straight.
- Varun mudra – Join the tips of your little fingers and thumbs on each hand and keep the other fingers extended but relaxed.
5. Surya mudra – It assisting in weight management and reduces body weight.
- Gyan mudra – It enhances intellect, memory and brings happiness.
- Linga mudra – It generates warmth in the body and is useful in treating cold and cough.