



11-12 YEARS | WEEK 06

Values Life Skills-Values

1. Kindness letter

2. Q&As

3. Kindness and gratitude

4. Bake a cake

5. What would you do?- Situations

6. Tricky situations

7. Mixed emotions

8. Gratitude letter

9. Self-awareness

10. Social Etiquette

11. How would you feel?- Situations

12. Kaleidoscope of emotions

13. Thank you card

14. Be positive

15. Mixed emotions

16. What would you do?- Situations

17. Polite expressions

18. Jar of awesomeness

19. Creative writing prompts

20. Unscramble

Kindness letter



Kindness is a quality of being friendly, generous and considerate. Being kind often requires courage and strength. Write a letter to your friend to tell them about an act of kindness which you did a few days back and how you felt afterwards.

Handwriting practice lines for the letter.

Key words

happy

worried

overwhelmed

hurt

affectionate

particular

enthusiastic

encouraged

Q&As



Choose your answer and write your reasons for the same.

I value other people's strengths and learn from them.

usually

sometimes

rarely

I get along well with others, even people who are different from me.

usually

sometimes

rarely

I work well in groups.

usually

sometimes

rarely

I respect sportsmanship and understand its importance while working in a team.

usually

sometimes

rarely

Kindness and gratitude



Choose the best answer from the given options. All questions are related to kindness and gratitude.

- 1 There is a poor child banging on your car window for some food.
 - a help the child
 - b shoo the child
 - c ignore the child
 - d move away

- 2 A stray dog is shivering in winter.What is your response?
 - a give a blanket
 - b give some water
 - c give food
 - d all of the above

- 3 Your mother has made scrumptious dinner for you.
 - a give her a hug
 - b relish the food
 - c say thank you
 - d all of the above

- 4 You have made a card for your teacher.What is your expectation for your teacher's response?
 - a thank you
 - b appreciation
 - c smile
 - d all of the above

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