



10-11 YEARS | WEEK 38

ValuesLifeSkills-Values

1. Letter of compassion	11. The rainbow of emotions		
2. Q&As- birthday celebration	12. Thank you card		
3. Friendship	13. Be positive		
4. A soup bowl of warmth	14. Tricky emotions		
5. How do you feel	15. Positive feedback		
6. Polite Expressions	16. Social Etiquette at a family function		
 7. Unpleasant emotions	17. Bucket of happiness		
 8. Anger management	18. Creative writing - online classes		
9. How to deal with explosive behaviour	19. Unscramble		
10. Playground situations	20. Composition		

Letter of compassion

Compassion is understanding or sympathy for somebody who is suffering. Your friend was being bullied over by a senior schoolmate and you were not strong enough to stand up for him. But you felt that you should have helped him and spoken to the the senior schoolmate and helped your friend. Write a letter in 400 words to one of your friends to tell him how you felt compassionate towards the other friend and how you should have helped him.							
Key words							
	happy	worried	overwhelmed	hurt			
	affectionate	particular	enthusiastic	encouraged			

Q&As- birthday celebration



Choose your answer and write your reasons for the same. You give return gifts on your birthday. usually sometimes rarely You invite all your friends and classmates. sometimes usually rarely You desire expensive birthday presents. sometimes usually rarely You like to celebrate your birthday at home. usually sometimes rarely You like to celebrate your birthday in a mall. sometimes usually rarely

Friendship



Choose the best answer from the given options. All questions are related to friendship.

- How many friends do you have?
 - a 5
 - b 7
 - c 10
 - d 2
- 2 How do you treat your younger friends?
 - a with affection
 - b with kindness
 - c with respect
 - d all of the above
- 3 Where do you have the most fun with your friends?
 - a in the playground
 - b in the park
 - c at a birthday party
 - d in your house
 - 4 What kind of behaviour do you expect from your friends?
 - a polite
 - b kind
 - c respectful
 - d all of the above

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