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VALUES AND CITIZENSHIP EDUCATION Class I Student Workbook

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CLASS I

STUDENT WORK BOOK

Royal Education Council (2017)

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Introduction

The workbook is intended mainly to facilitate and promote values practices of students beyond classrooms. The information and activities in the workbook will help students reflect on values learned during instructional lessons, plan and practise the values in their daily lives at homes and in schools. Further, students can use the information given in the workbook during values lessons conducted by class teachers in schools.

The workbook provides at least an activity each for each value under five core value themes. The student will carry out each activity for a week so that they get enough time to value practices in their daily lives.

However, to carry out the activities in the workbook, individual students will need an active support of teachers, parents, peers, siblings and caregivers. The teachers and elders at homes will need to explain and guide them on the process of carrying out each value activity or activities for at least a week.

1.1 Gratitude: Be grateful



Part III

Some things your parents do for you

Care:

Your parents take care of your physical health and well being.



Love:

Feeling of affection and relatedness between parents and children.

Love:

Giving a thank you speech to parents during a parents' meeting.



Love and Care:

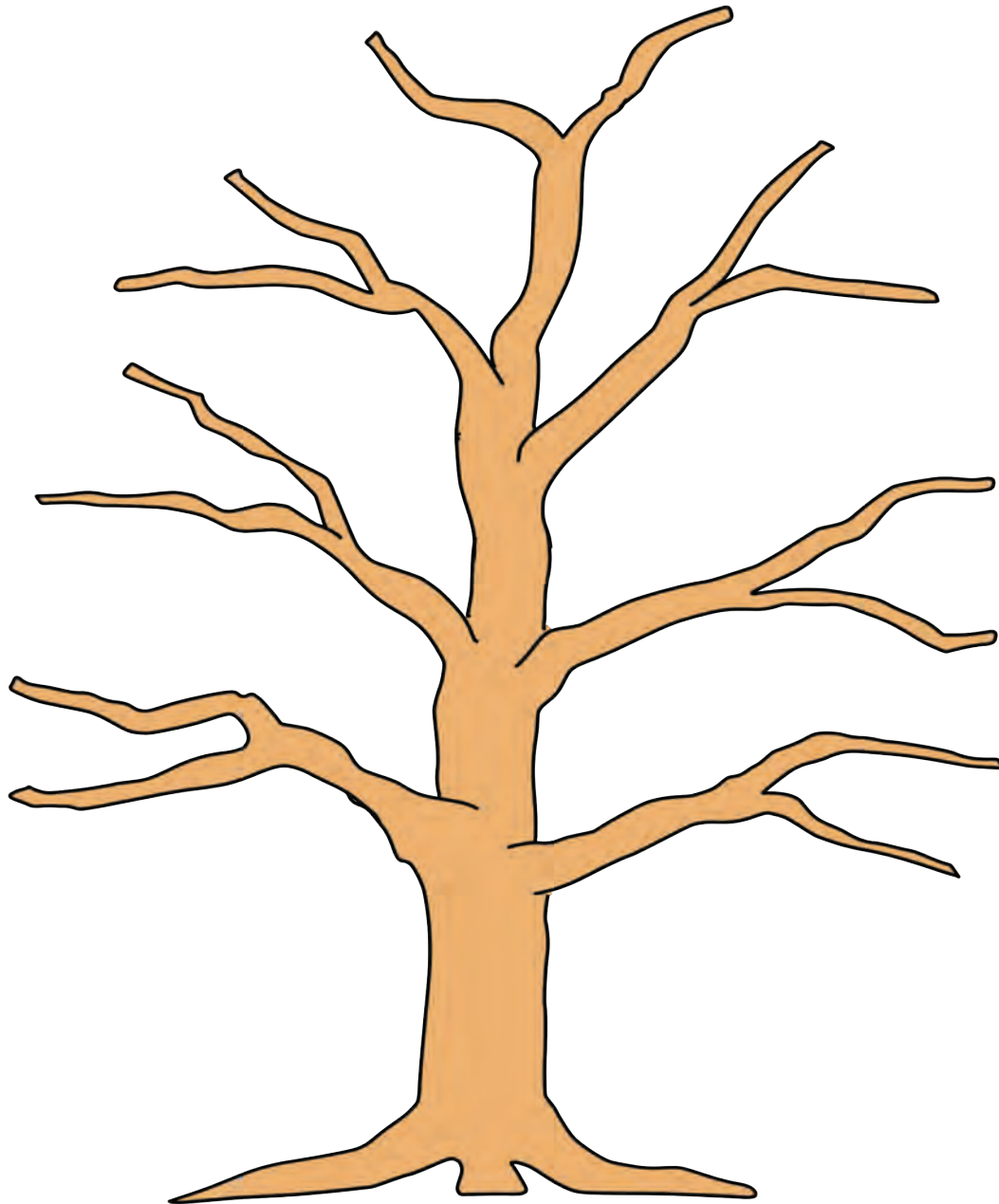
Your parents support your education.

Value Practice and Facilitation

- I. Draw **four** things that you will do for your parents to show your gratitude.

II. With the help of your parents, draw and colour a leaf each time you perform an act of gratitude. Stick it on a branch.

When you have at least 3 leaves, draw and colour a flower or a fruit to stick on a branch.



Gratitude Tree

2.1 Punctuality: Doing things on time



A class football match



Class I children have a wonderful football team. They mostly win football matches because of Pema and Chimi who are good players.



One day, the class captain came to them and said, "Pema and Chimi, tomorrow we have a very important match at 6:00 am. You are the best players of our class. Be on time and give your best. We are looking forward to winning the match."

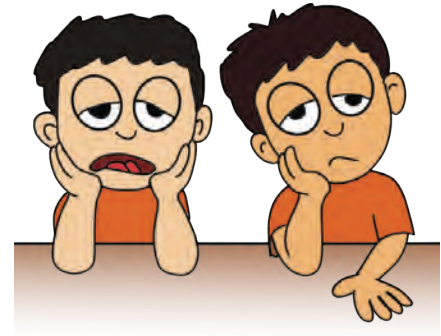
Next day when Pema and Chimi woke up in the morning, it was already 7:00 am. They hurried to the playground.



But they were late! Their team could not play the match because the team was not complete without Pema and Chimi.

They felt very ashamed of themselves and felt guilty for letting their friends down.

From that day onwards they never repeated the mistake.



Part II

Put (✓) in the box if you agree with the sentence or (✗) in the box if you disagree with the sentence.

1.	You are punctual if you are late to school.	
2.	You always eat your meals on time.	
3.	You miss the morning assembly when you are punctual.	
4.	Making somebody wait for you is punctuality.	
5.	If you go to bed on time you are being punctual.	
6.	You take your class work to complete it at home.	
7.	You do not do your homework on time.	
8.	You clean the classroom during the given time.	

Value Practice and Facilitation

With the help of your parents, decide upon a time for the following activities. Ensure that you follow it every day.

Put 😊 whenever you do the activities in time.

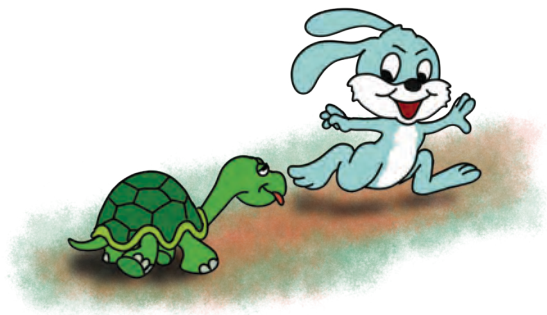
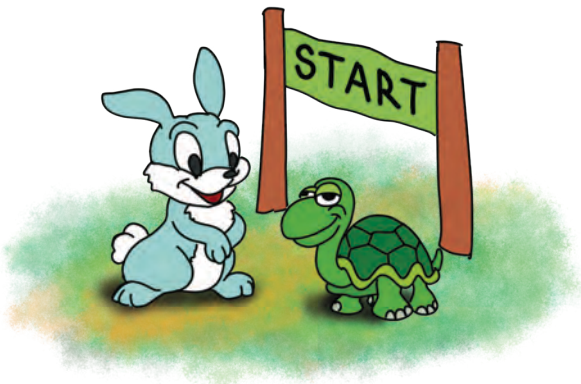
	Activity	Time	Mon	Tue	Wed	Thur	Fri	Sat
1	Wake up	Eg. 6:00 am		😊				
2	Breakfast							
3	Starting for school							
4	Starting for home							
5	Clean up and change							
6	Hobby/ games							
7	Homework/ study							
8	Dinner							
9	Going to bed							

2.2 Determination: Being determined



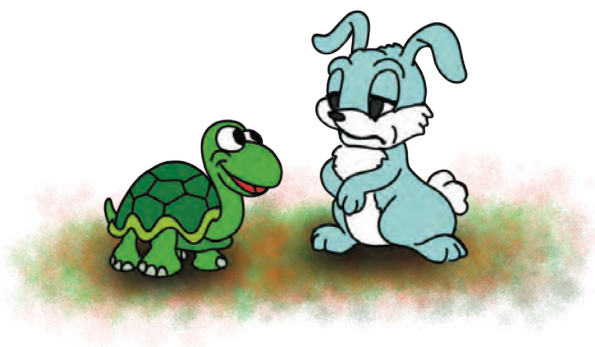
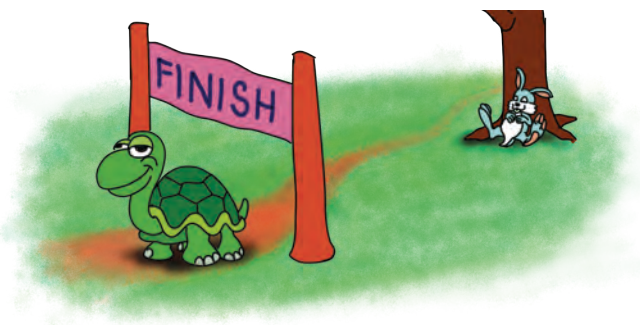
The Hare and the Tortoise

Once upon a time there was a hare and a tortoise. They were good friends. They used to meet and play every day. The hare always said that he could run faster than the tortoise.



So one day, they decided to have a race. They decided a starting and a finishing point. The hare ran really fast and soon left the tortoise far behind. He thought that the tortoise was too slow and he can rest for a while. So he stopped under a tree and went to sleep.

Meanwhile, the tortoise walked the whole time and reached the winning point. When the hare woke up he saw that the tortoise had already won the race.



Part II

Write at least **four** things that you will do in order to improve your handwriting.

1. I will

2. I will

3. I will

4. I will

Some responsibilities of children

Going to bed early to get enough sleep.



Being attentive in the class to follow the lesson.

Actively participating in class activities to understand the lesson better.



Asking questions to the teacher to clarify doubts.

Doing homework on your own to understand the lesson.



Value Practice and Facilitation

With the help of your parents, decide on timing for the following activities for you.

Put 😊 in the box against an activity that you have done on time.

	Daily Activities	Time	Mon	Tue	Wed	Thur	Fri	Sat
1	Wake up	e.g. 6:00 am	😊					
2	Wash and brush							
3	Wear school uniform							
4	Have breakfast							
5	Have lunch							
6	Have dinner							
7	Change into casual							
8	Hobby and games							
9	Wash up							
10	Complete homework							
11	Family time							
12	Sleeping time							

2.3 Responsibility: Being responsible





If You

If you open the door, close it.

If you turn on the water tap, turn it off.

If you unlock the cupboard, lock it.

If you break the window glass, admit it.

If you borrow a book, return it.

If you make a mess at your table, clean it up.

If you move a chair, put it back.

Part II

Complete the following sentences using words and phrase given in the box.

Inform your parents	close it	switch it off
give it back	clean it	put it back

1. If you open the window, you must
2. If you switch on the light, you must
3. If you open the box, you must
4. If you break a cup, you must
5. If you borrow a pencil, you must
6. If you dirty your room, you must
7. If you move a chair, you must

Value Practice and Facilitation

Put * when you carry out the following activities during the day.

Responsibility	Mon	Tue	Wed	Thur	Fri	Sat	Sun
I clean my school bag.							
I throw my pencil shavings in the trash bin.							
I complete my class work in the class.							
I listen to my teachers.							
I keep books on the shelf after reading.							
I switch off the lights when I leave the room.							
I close the door when I leave the room.							
I brush my teeth in the morning and at night.							
I make my own bed.							
I put my dirty plates in the kitchen sink after eating.							

3.1 Friendliness: Knowing our friends



Part II

Write (**Yes**) below the diagram that shows friendly behaviour and (**No**) below the diagram that shows unfriendly behavior.



Picture 1.



Picture 2.



Picture 3.



Picture 4.



Picture 5.



Picture 6.

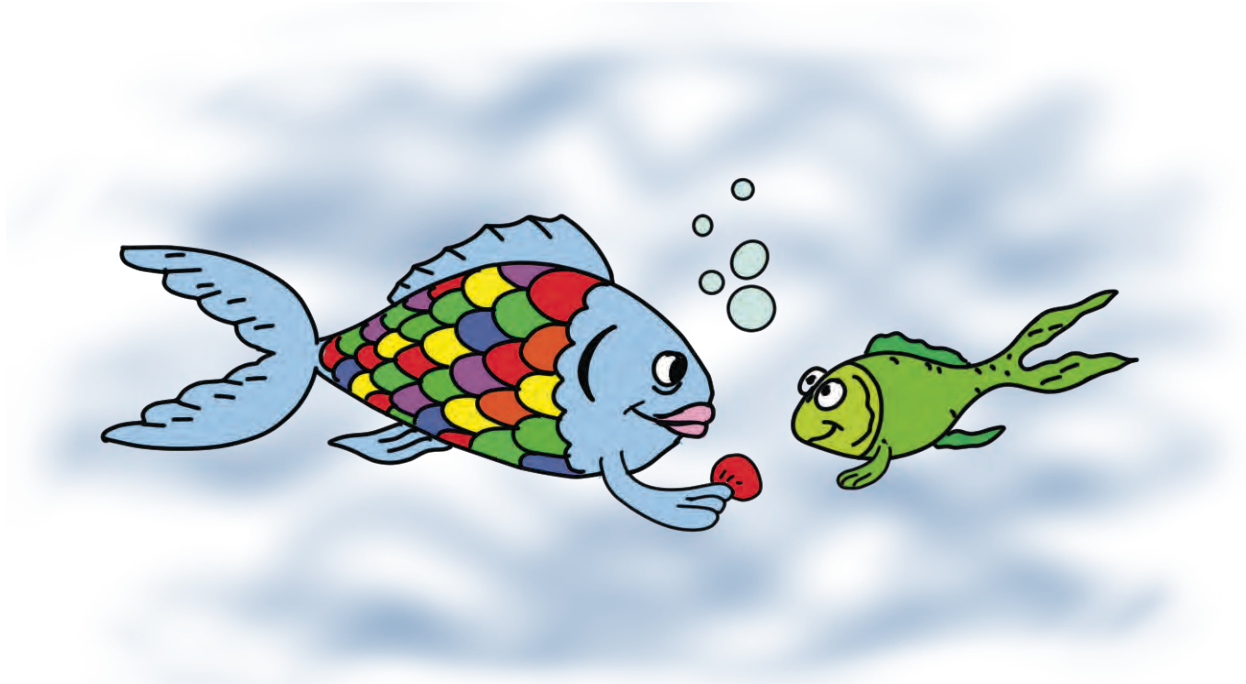
Value Practice and Facilitation

Friendliness Diary

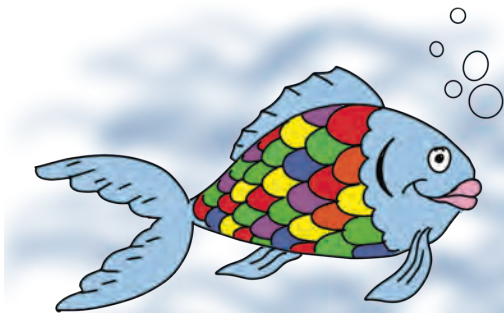
Draw diagrams to show how you were friendly to people every day.

Monday	Tuesday	Wednesday
Thursday	Friday	Saturday

3.2 Sharing: Sharing is happiness



The Rainbow Fish



Once upon a time in a big river lived a fish with shiny, multi-coloured scales named the Rainbow Fish. He always liked his scales.

But one day, a small fish asked him for one of the shiny scales. The Rainbow Fish refused in a very rude way. The other fish were really upset about his behaviour and did not play with him anymore.



Feeling upset, he went to talk to his only friend left, the Starfish, who told him to go visit the Octopus for an advice. The Rainbow Fish went to the octopus.

The octopus told him that he must share the beautiful scales with his friends.

Thereafter when he met the small fish, the Rainbow Fish gave her one of his scales and, seeing the joy of the little fish, he felt happy in sharing.

Very soon the Rainbow Fish was surrounded by other fish asking him for his shiny scales and he shared with each of them.

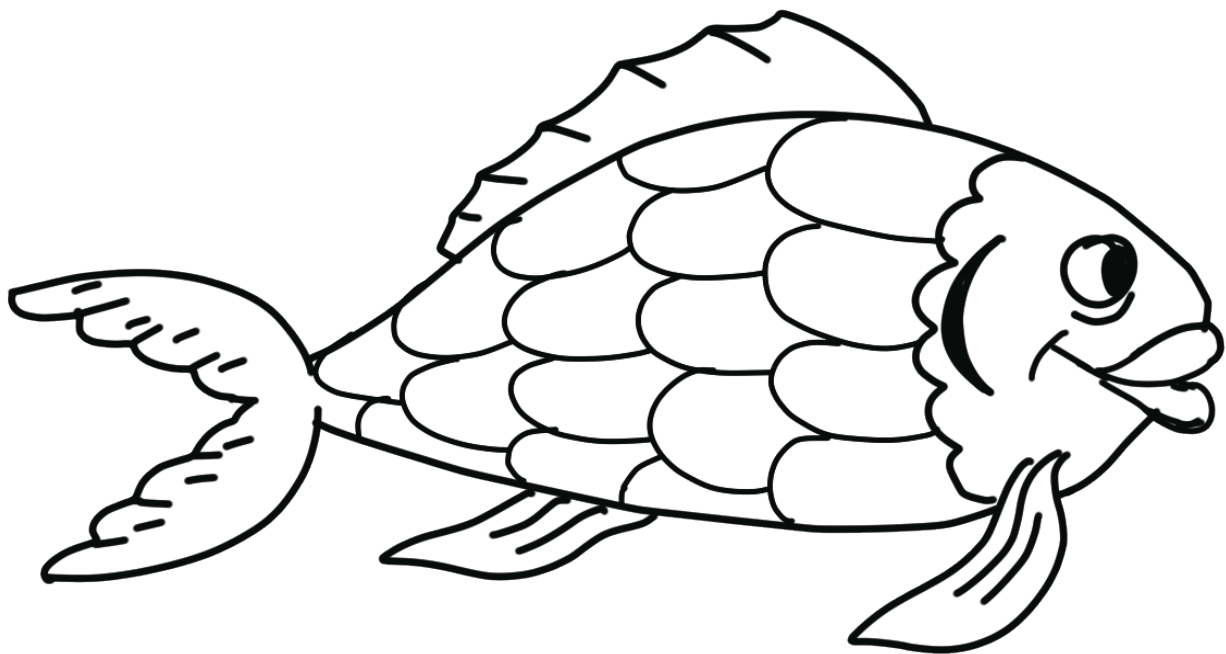
Part III

Draw a diagram to show how the Rainbow Fish and other fish lived in the river at the end.



Value Practice and Facilitation

Write the name of a friend who shared something with you on one scale of your fish. When you have many scales with names of many friends, colour your fish.



3.3 Care: We value our things



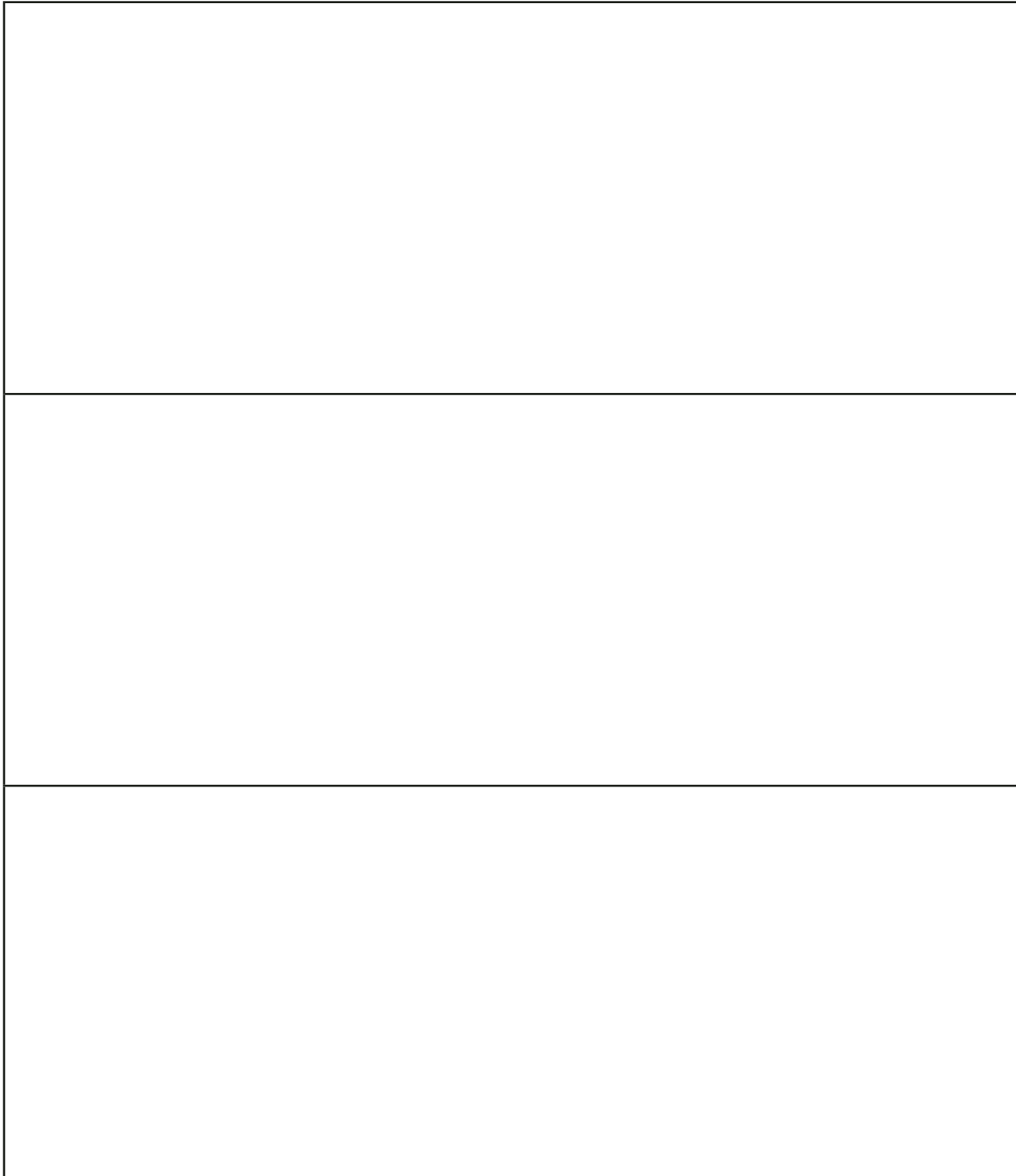
Part III

Listen to your teacher read out each statement. Put (✓) for caring actions and (✗) for uncaring actions.

	Actions	(✓) OR (✗)
1	I tear pages from my notebook.	
2	I write and draw in my friend's books.	
3	I do not fight with anyone.	
4	I talk softly with everyone.	
5	I do not throw stones on window panes.	
6	I chew on erasers, pencils and crayons.	
7	When I reach home from school I take care of my bag.	
8	I place my shoes on the shoe rack.	
9	I pluck flowers from the school garden.	
10	I dirty the playground.	
11	I hit animals with stones.	

Value Practice and Facilitation

Draw **three** diagrams to show how you will keep your classroom clean.

Three empty rectangular boxes stacked vertically, intended for drawing diagrams to show how to keep the classroom clean.

3.4 Helpfulness: Let us help each other



Part I

With the help of your teacher, complete the following sentences in your own words.

1. Helpfulness means
2. I want to help others because
3. I can help others by
4. When I help others, I feel

Part II

Draw **two** diagrams to show how you helped someone at home and **two** diagrams to show how you helped someone at school.

At home	At home
At school	At school

Part III

Think of ways how you can be helpful at home and school.

Then complete the following sentences with your ideas.

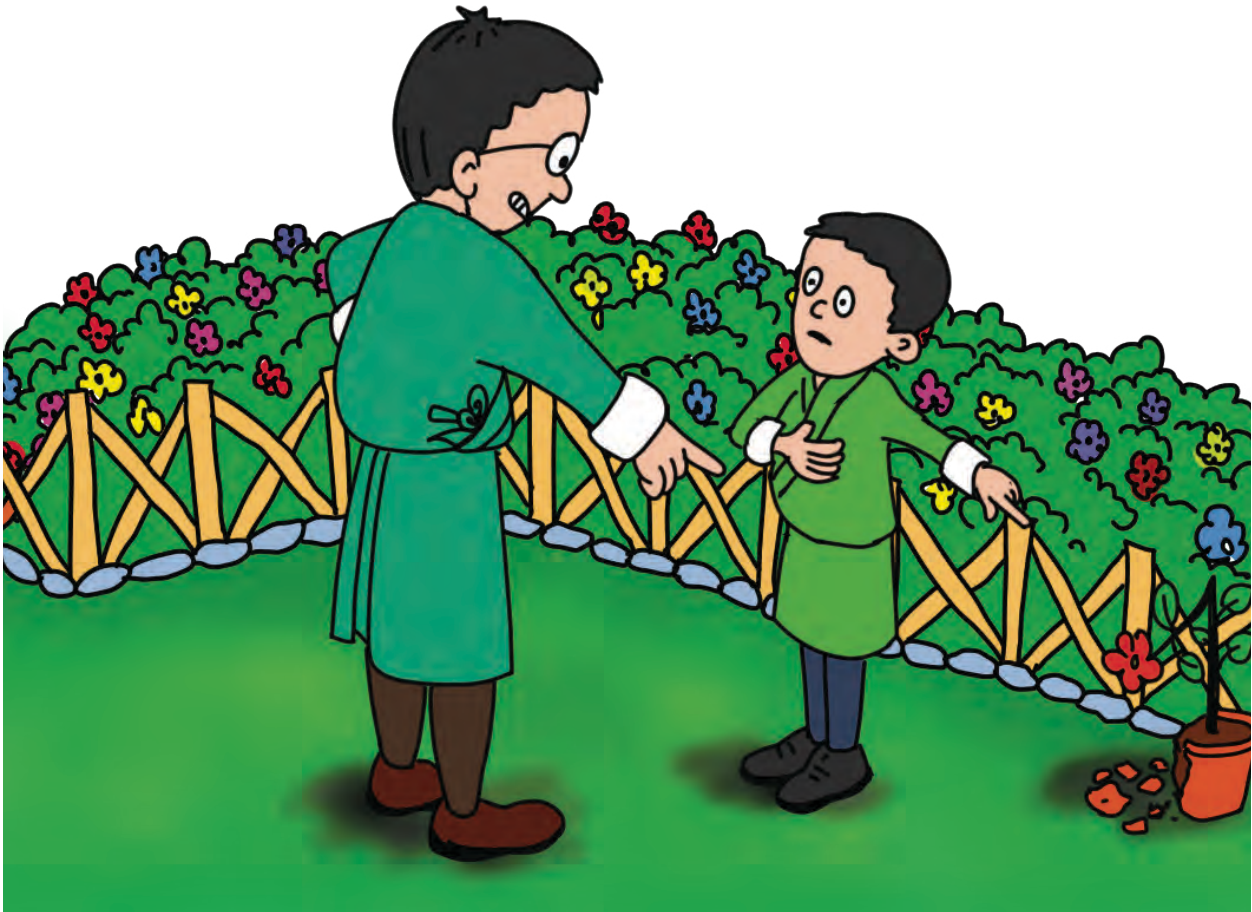
At school	At home
Example: I will throw waste in the trash bin.	Example: I will look after my younger sister.
I will	I will
I will	I will
I will	I will
I will	I will
I will	I will

Value Practice and Facilitation

Try to help someone everyday. Share about how you helped to the whole class.

Your name will be recorded and you will be given * on the "Helping Chart" displayed in the classroom.

4.1 Honesty: Honesty is appreciated



Living by the truth

It was a Saturday evening in TashiThang Town. App Kado took his two children to watch a new Bhutanese movie, Namkhai Dawa. He walked up to the person at the ticket counter and said, "How much is it to get in?"



The person replied, "Nu. 50.00 for you and Nu. 10 for any child who is older than six. We let them in free if they are six or younger. How old are they?" App Kado replied, "My son is eight and the daughter is five, so I guess I owe you Nu. 60.00, Nu. 50 for me and Nu. 10 for my son."

The person at the ticket counter said, "Wai, Appa, did you just win the lottery? You could have saved yourself Nu. 10. Even if you have told me that your son was six; I would not have known the difference." App Kado replied, "Yes, that may be true, but the kids would have known the difference."

Part III

Listen carefully when your teacher reads out the following for you. Choose the truthful statement and put (✓) in the given ().

1. Pema does not want to eat her breakfast. She throws away her breakfast from the window without her mother's notice.

What do you think Pema should have done if she did not want to eat?

- i. Tell her mother that she does not want to have breakfast. ()
- ii. Tell her mother that she has finished eating. ()
- iii. Feed the breakfast to the cat. ()

2. Dorji is playing in the classroom when his teacher is not around.

He breaks his teacher's reading glass. What should he do?

- i. Tell the teacher that he broke the glass. ()
- ii. Tell the teacher that his friend broke the glass. ()
- iii. Tell the teacher that he has no idea. ()

3. You went to a shop to buy soap. You later find that the shopkeeper has given you Ten Ngultrum more than he should have.

What should you do?

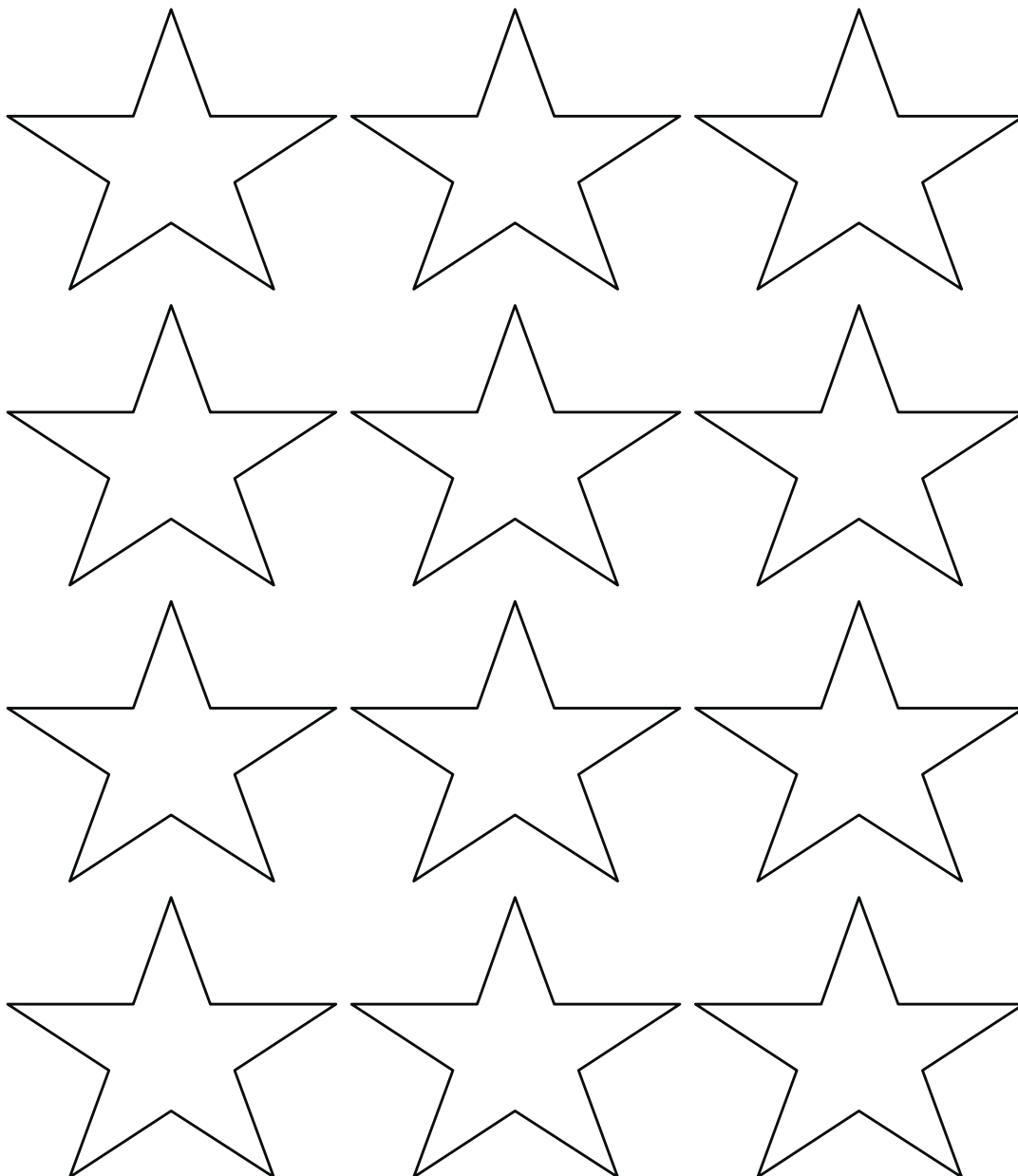
- i. Keep the money for yourself. ()
- ii. Return the money to the shopkeeper. ()
- iii. Give the money to a poor person. ()

Value Practice and Facilitation

Given below are honesty stars.

Whenever you share about how you had been honest, your teacher will ask you to colour one star. The number of coloured stars you have shows how many times you had been honest.

I am honest



5.1 Obedience: I am obedient



Value Practice and Facilitation

With the help of your parents, write down **five** things that you will do at home every day.

At the end of every day, think about the whole day and put 😊 against the helpful activities that you did in the day.

Rules at home	Mon	Tue	Wed	Thur	Fri	Sat
Example: Put toys back in its place after use.						
1.						
2.						
3.						
4.						
5.						