



Kick-Start

Into the World of General Knowledge **SERIES**

2

Series Editor
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“



Two circular illustrations feature cartoon children holding tablets. The child on the left is a boy with dark hair, and the child on the right is a girl with glasses and pigtails. Both are smiling and looking at their screens.

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Teachers

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- Question papers
- Answer keys

Students

- Animated videos

1

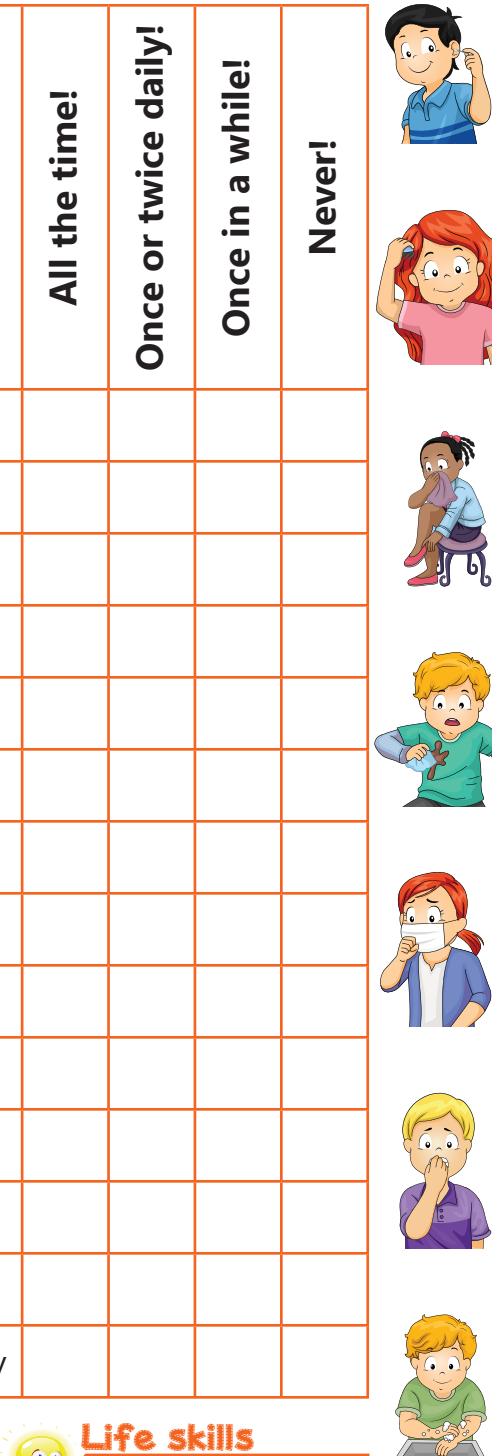
Hygiene – How often?



Staying clean is very important for your health.

Place a checkmark under how often you think you should complete each of the hygiene tasks on the list.

- | | All the time! | Once or twice daily! | Once in a while! | Never! |
|---|---------------|----------------------|------------------|--------|
| 1. Brushing your teeth | | | | |
| 2. Cleaning well after using the toilet | | | | |
| 3. Clipping your fingernails | | | | |
| 4. Wearing dirty and smelly clothes | | | | |
| 5. Changing your underwear | | | | |
| 6. Taking a bath or a shower | | | | |
| 7. Letting people smell your body odour | | | | |
| 8. Cleaning your ears | | | | |
| 9. Washing your hair and keeping it neat | | | | |
| 10. Wearing stinky shoes | | | | |
| 11. Wiping your cold / mouth on your shirt | | | | |
| 12. Covering your mouth when coughing | | | | |
| 13. Biting off and chewing your fingernails | | | | |
| 14. Washing your hands when they are dirty | | | | |



Check with your teacher about your sheet.

Life skills

Hygiene means
to stay clean
to stay dirty

2

Superheroes

Know these real-life superheroes.

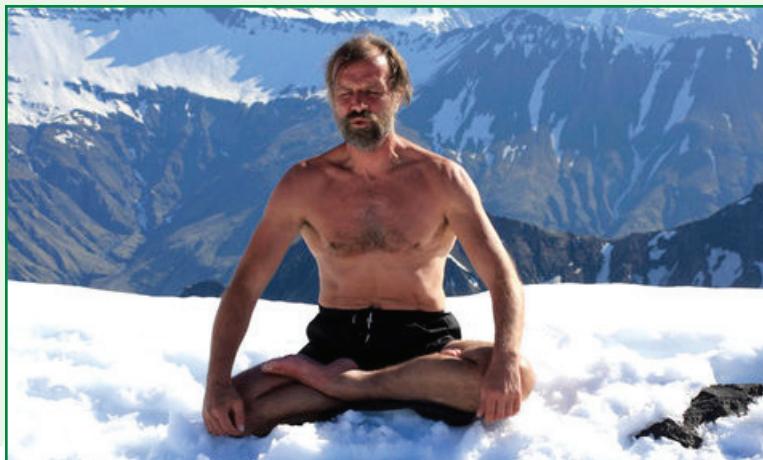
1

Ice man

Wim Hof

He has the ability to be submerged in ice for more than two hours without his body temperature changing one bit.

Wim climbed the Mount Everest just in his shorts!



2

Teeth so strong!

Rathakrishnan Velu

He is from Malaysia; he has pulled a seven-coach train with a steel rope.

One end was tied to the train and the other tied between his teeth!

He holds a Guinness Record for this un-explainable ability!



3**The rubber boy****Daniel Browning Smith**

Daniel is the most flexible man on planet Earth!
 A five time Guinness Record holder, Daniel can roll up like a ball.
 Does he have bones?
 Daniel has appeared on various TV shows.

**Ethical compass**

Should superheroes use their power for
 themselves
 others

Answer the following.

1. Who is a superhero?

YES **NO**

2. Do you like superheroes?

3. If Yes, who is your superhero?

4. If No, why don't you like them?

5. Do you think superheroes make our world better?

YES **NO**

6. If you could have one super power, what will it be?

3

The emotional monsters



BORED



ANGRY



EXCITED



CONFIDENT



SILLY



GRUMPY



HAPPY



CALM



JEALOUS



UNCOMFORTABLE



ANNOYED



ANXIOUS



WORRIED



LONELY



SAD



DISAPPOINTED



SCARED



BRAVE



EMBARRASSED



SHY

Which feeling monster will you choose for the following?

Have a class discussion about the monsters you have chosen and the ones you have not chosen.

1. When you lose a game. _____
2. When you win a prize. _____
3. When you see something scary. _____
4. When you see a cartoon. _____
5. When you have not finished homework. _____
6. When you can't find something. _____
7. When you feel tired. _____
8. When you go on a field trip. _____
9. When somebody touches your favourite toy. _____
10. When you have nothing to do. _____



Train of thought

Having EQ – Emotional Quotient helps you be happy and successful.

4

Calm down checklist

1. Do you get angry very fast?

YES **NO**

2. What do you do when you are angry?

3. How do you calm down?

**Get a grasp**

MADD – is not an emotion. It is an organisation called Mothers Against Drunken Driving, to help save road accidents.



When I am frustrated, angry, upset, I will choose to...

Tick (✓) one or more of the options given here.

Close my eyes and count to 5

1

Take deep breaths and count to 5

2

Ask for a sensory activity

3

Ask for a break

4

Ask to take a walk

5

Ask for help

6

Try any one of these tips to stay calm!

5

National leaders

Pictures of some freedom fighters and national leaders are given below. Tick (✓) the correct answer.

1



Annie Besant

Sarojini Naidu

Rani Lakshmi Bhai

2



Rani Lakshmi Bhai

Sarojini Naidu

Vijayalakshmi Pandit

3



Dr. Ambedkar

Sardar Vallabhbhai Patel

Subhash Chandra Bose

4

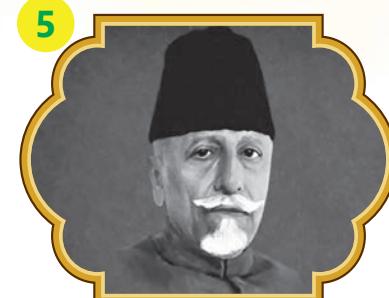


Sarojini Naidu

Indira Gandhi

Rani Lakshmi Bhai

5



Chandrashekhar Azad

Maulana Abul Kalam Azad

V. O. Chidambaram Pillai

6



Mangal Pandey

Dr. Ambedkar

Subhash Chandra Bose



Ethical compass

While celebrating the national festivals, we hoist the national flag. Care is taken to make sure no one steps on the flag. How will you respect the flag?

6

Coastal Buildings

Don't you like the beach? Do you build sand castles or stand in the water as the gentle waves wash your feet? There are other things to find across the coast too.

Pictures of some monuments along the Indian coast are given below.

Do you know where they are located? Tick (✓) the correct answer.

1



This is the Shore Temple.
It is situated in the state of Tamil Nadu.
It is alongside the Bay of Bengal.

Mahabalipuram

Puducherry

2



This is the Indira Point Light house.
It is situated at the southernmost tip of India. It is alongside the Indian Ocean.

Great Nicobar Island

Kochi

3

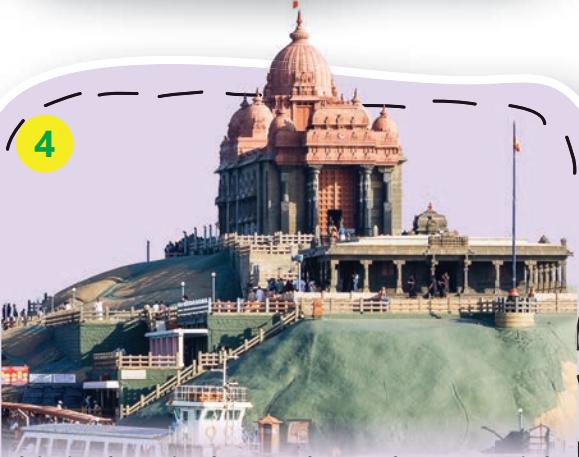


This is the Gateway of India.
It is situated alongside the Arabian Sea.

Goa

Mumbai

4



This is the Vivekananda Rock Memorial.
It is situated alongside the Indian Ocean.

Chennai

Kanyakumari

7

Friendship fruits

Once upon a time, in a fruit garden, lived many fruits.

The strawberries were great friends because they could see, inside out! Their seeds were outside. They said, "We are **listening**".



The mangoes were great friends too, because they were a great team; they had so many varieties. They made a great team! They said, "We **love** you!"

The pineapples had thorns and spines outside.

But they were brave soldiers who guarded the sweet fruit inside. They saved and protected. They said, "We are **proud** of you. We will **save** you!"



The apples were hard workers. They grew in plenty and practically all around the season. They felt, "This is our **responsibility**."

The oranges had naughty tangy skins. They kept all their friends happy and cheerful. They kept shouting, "**You've got what it takes!**"



The bananas were spotted, brown and slowly turning black. They spelt trouble in the fruitdom. Because when they turn rotten, they can spoil the flavours of all the fruits! So the fruits requested the banana to stay fresh, for they did not want trouble in their friendship.

The bananas realised their mistake. They said, "We are **sorry!**" All the fruits in unison said, "We **forgive** you!"

A. Match the following based on the reading of the story.

- | | |
|-----------------|------------------|
| 1. Strawberries | a. team players |
| 2. Mangoes | b. cheerleaders |
| 3. Apples | c. protectors |
| 4. Pineapples | d. troublemakers |
| 5. Oranges | e. hard workers |
| 6. Bananas | f. listeners |

B. If you are a good friend, these are the seven things you must say.

Things every kid needs to hear



I forgive you.



This is our responsibility.



You have got what it takes.



I am sorry.



I am proud of you.



I am listening.



I love you.

C. Draw your own friendship chart and name the various roles that your friends play, based on the text, 'Friendship fruits'.

8

Follow the rules

At school each of us must follow the rules. You have to follow your behaviour chart.

This is your new behaviour checklist chart. Use this for a whole week.
Say YES or NO for each of this.

<input type="checkbox"/>		No fighting	<input type="checkbox"/>		Shake hands
<input type="checkbox"/>		Say sorry	<input type="checkbox"/>		Say please
<input type="checkbox"/>		Good manners	<input type="checkbox"/>		Be polite
<input type="checkbox"/>		Walking feet	<input type="checkbox"/>		Share
<input type="checkbox"/>		Say thank you	<input type="checkbox"/>		Stay in chair
<input type="checkbox"/>		Tell the truth			

If you have more YES than NO, then it means you follow the rules.

Congratulations!

Task time

Get into pairs. Do a role-play of this behaviour chart.

Answers

Page 05 All the time! - 2, 12, 14, Once or twice daily! - 1, 5, 6, Once in a while! - 3, 8, 9, Never - 4, 7, 10, 11, 13

Pages 06-07 1. A superhero is a person who does heroic deeds which a normal person cannot.
2. free answers 3. free answers 4. free answers 5. yes 6. free answers

Page 08 (encourage free answers) 1. sad 2. happy 3. scared 4. excited
5. anxious 6. annoyed 7. uncomfortable 8. excited 9. angry
10. bored

Page 09 (encourage free answers)

Page 10 1. Annie Besant 2. Vijayalakshmi Pandit 3. Subhash Chandra Bose
4. Indira Gandhi 5. Maulana Abul Kalam Azad 6. Mangal Pandey

Page 11 1. Mahabalipuram 2. Great Nicobar Island 3. Mumbai
4. Kanyakumari

Pages 12-13 **A.** 1. f. listeners 2. a. team players 3. e. hard workers
4. c. protectors 5. b. cheer leaders 6. d. trouble makers
C. free answers

Page 14 (encourage free answers)

Page 15 1. Taj Mahal 2. Colosseum 3. Great Wall 4. Christ the Redeemer
5. Machu Picchu 6. Chichen Itza 7. Petra

Page 16 1. kho-kho 2. snakes and ladder 3. card game 4. polo 5. kabaddi
6. pachisi 7. karate 8. chess

Page 17 1. 60 % 2. hyponatremia 3. Hydrogen, oxygen 4. solid, liquid, gas
5. deficit

Page 18 1. Tamil Nadu 2. Kerala 3. Odisha 4. Andhra Pradesh 5. Uttar Pradesh

Page 19 1. PYGMY SHREW 2. OSTRICH EGG 3. BEE HUMMINGBIRD 4.
RETICULATED PYTHON 5. REDWOOD 6. JACK FRUIT

Page 20 1. hare 2. meat 3. desert 4. maize 5. sail 6. witch 7. knight
8. coal 9. pray

Page 21 1. do not swim 2. no entry 3. go right side 4. avoid mobile phone
5. poisonous material 6. general danger

a. America b. Asia c. Africa d. Europe e. Australia

1. badminton (S) 2. snowboarding (W) 3. archery(S) 4. ski jumping (W)

Page 23 1. 8 2. 5 3. 7, a pencil or an eraser or sharpener (encourage free answers) 4. 7 5. 49