

UNIT-3

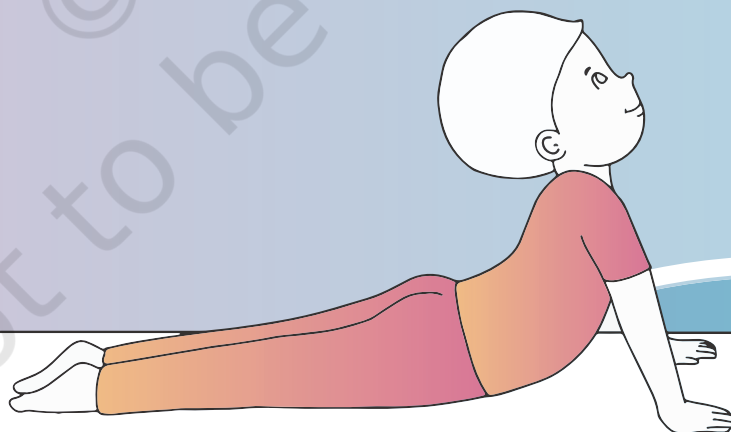
Yoga



About the unit

Yoga helps us in developing a healthy body and a healthy mind. Good health, positive behaviour and mental strength are very important for our happiness. These things can be achieved through healthy habits of eating, regular exercise, practicing personal hygiene, thinking positive and being kind to others.

In this unit, we will learn about different aspects of Yoga— how to be a sensitive person, how to care for others, how to make our body strong and flexible and how to have a calm mind.



Chapter 6

Yoga for Daily Life



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YG 1

Being Happy

We do many things every day, like playing, gardening, colouring and singing, that make us happy. Tick all the activities that you enjoy.

☐

Gardening

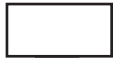
☐

Playing with friends

☐

Playing with pets





Colouring



Singing and dancing

Playing with
waterEating together
at home

Studying



Listening to stories

1. Do you like any other activities? If yes, write them below.

2. Share your experiences of happy moments with your friends in the class.



Being Healthy

Which activities do you think help us to be strong and healthy? Tick them.

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Eating nutritious
home food

☐

Exercising daily

☐

Practicing cleanliness

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Cycling

☐

Playing games



Having a sound sleep



Playing in the park



Swimming

1. Discuss in pairs about the importance of each activity given above.
 - (a) How do you feel after exercising?
 - (b) How many hours do you play on the ground each day?
 - (c) How many hours do you sleep?
2. What kind of food do you like?
 - (a) _____
 - (b) _____



Being Kind

By being kind to others we make them happy.
Look at the pictures carefully and tick the actions
you do—

☐

Showing gratitude

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Helping elders

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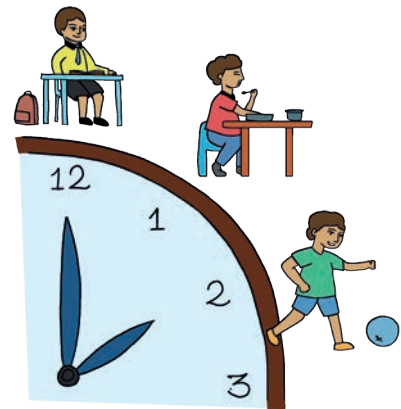
Respecting elders

☐

Helping in
household chores

☐

Keeping the
surroundings clean

☐

Doing things on time



Caring and sharing
with siblings



Being friendly



Feeding birds
and animals

1. Discuss with your friends in a small group:
 - (a) How do you feel when you fight with your friends?
 - (b) What do you do if your friend falls down and gets hurt?
 - (c) What do you do when you see an old person pulling heavy luggage?
 - (d) How do you feel when someone says 'thank you' to you?
2. How do you want your friends and others to behave with you? Share your thoughts with the class.

Everyone wants to be happy all the time! Well, now you have an idea of what activities keep you healthy and make you happy.

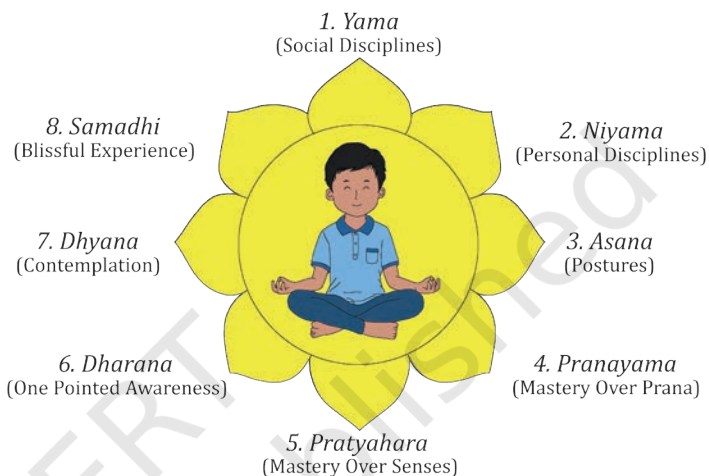
Note for the teacher

Encourage children to share their experiences of being happy, healthy and kind.



Ashtanga Yoga

Dear Students, do you know that there is an amazing way to make us happy, healthy and a good person? It is called Yoga. It has eight aspects and hence it is called *Ashtanga* Yoga. If we practice these eight aspects daily, our life can become joyful. Try to remember the names given in the picture. We shall learn more and more about each of these steps in future classes. Let us start our Yoga journey from *Yama* and *Niyama*, the first two steps of *Ashtanga* Yoga.



YG 2

Yama (Good behaviour)

Yama means friendly rules, like sharing your toys and being kind to your friends. It is about doing the right things and being nice to everyone. There are five *Yamas*— *Ahimsa*, *Satya*, *Asteya*, *Bramhacharya*, and *Aparigraha*. We shall learn one *Yama* in each class. In Class 3, we shall learn about *Ahimsa*.

Ahimsa means not to hurt others in what we do, what we say, or what we think. It is about being



kind to all people, animals, birds, and plants.

The following story of Siddhartha gives you one such example.

Siddhartha's kindness

Once upon a time in the kingdom of *Kosala Desha*, there were two princes. Prince Siddhartha was known for his gentle and kind nature, while his brother, Prince Devadatta, was harsh and rude.



One day, while the princes were playing with their bows and arrows, Devadatta took aim at a graceful swan flying above them. Before Siddhartha could react, the arrow struck the swan, causing it great pain. Acting quickly, Siddhartha, along with some guards, rushed to help the wounded bird. They attended to its injuries with care.



Siddhartha continued to look after the swan for several days until it had fully recovered. Finally, he



released the healed swan, allowing it to return to its family.

Activity

1. Discuss with your friends in small groups:
 - (a) Which character did you like in the story—Prince Siddhartha or Prince Devadatta?
 - (b) If you were Siddhartha what would you have done?
 - (c) Share with your friends a few occasions when you helped others.
2. Tell this story at home and discuss the following things:
 - (a) When someone hurts us, how do we feel?
 - (b) If we have hurt anyone in the past, what should we do now?
 - (c) How can we be kind to people, animals, birds, and plants around us?

We feel happy when others show kindness and compassion to us. This is *Ahimsa*! Similarly, we should also be kind and compassionate to others including to nature, animals, birds and insects.

Hope you all enjoyed the story of Siddhartha. Now let us understand the concept of *Shaucha* through a story.

Note for the teacher

Narrate local stories about *Ahimsa*. Ask children if they have had similar experiences of showing kindness towards animals, birds, insects or plants.



YG 4

***Niyama* (Good Habits)**

We need to do certain things everyday to form good habits. *Niyamas* are our daily routine activities, such as brushing teeth, doing homework, daily prayers, etc. There are five *Niyamas*— *Shaucha*, *Santosha*, *Tapas*, *Svadhyaya*, *Ishvarapranidhana*.

We shall learn one *Niyama* in each Class. In Class 3, we shall learn about *Shaucha*.

Shaucha means keeping our body, mind and surroundings clean. We must take a shower, brush our teeth, wash our hands, etc. daily to keep our body clean. We should also keep our mind clean by not getting angry, speaking kind words and being polite to all.

The “Laddoos in the Fair” story will help you to understand the importance of cleanliness. Let’s read it.

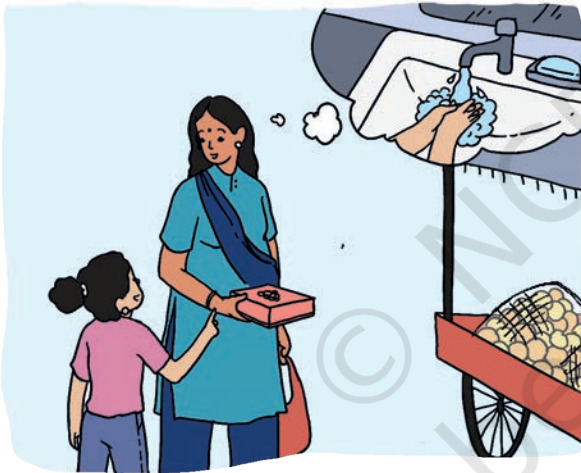
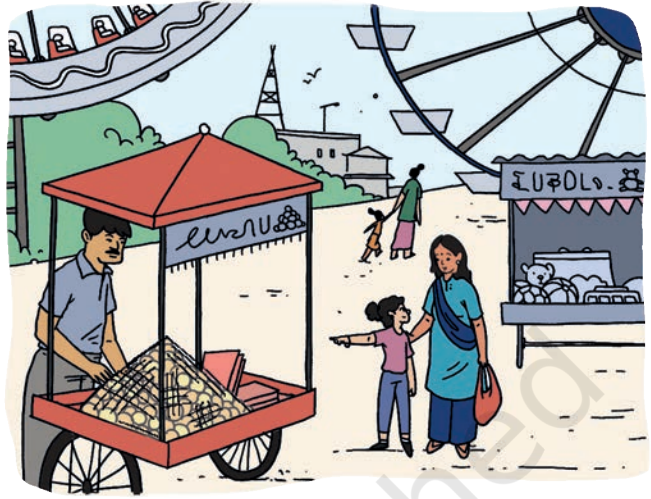
Do you Know?

Good habits are like a river making marks on the stone. We have to practice them everyday for many years. Once they are formed, they stay with us for our whole lives.



Laddoos in the fair

Asha was a little girl who loved to eat. She was very fond of sweets and snacks. One day, her mother took Asha to a village fair. There were many shops selling toys and sweets. Asha saw her favourite laddoos and asked her mother to buy one for her.



Her mother got some laddoos and told Asha to eat them when they go home. “Do not forget to wash your hands before eating because you have touched so many objects here in the fair”, said her mother.

Asha could not resist eating a laddoo; she took one laddoo and ate it when her mother was busy talking to her friend.



Note for the teacher

Narrate stories about *Shaucha* (personal hygiene and cleanliness). Discuss the importance of cleanliness at home and in school with an emphasis on what children can do to keep themselves and their surroundings clean.



The next day, Asha developed a stomach ache and her mother had to take her to a doctor and get some medicine.

Asha remembered the words of her mother—she should have come home, washed her hands and then eaten the laddoo.



Activity

When do you wash your hands? Tick the relevant sentences below:

1. Before and after eating food.
2. After playing in the mud.
3. After using toilet.
4. After touching one's feet.

Trace your own hand and write a slogan on it related to cleanliness like “Clean hands are safe hands”.





YG 5

Tick the activities that you do every day.

1. Brushing teeth in the morning and at night
2. Taking a shower.
3. Talking to friends with kind words.
4. Washing hands before and after eating.
5. Listening to stories.
6. Not fighting with siblings.
7. Sharing things happily with others.
8. Watching the Sun rise.
9. Covering your mouth with your hands when you cough.
10. Throwing waste in the dustbin only.



Good habits

How to eat ?



Eat together with the family.



Appreciate your food and eat happily what is served in the plate.



Do not waste food.

How to sleep ?



Read or listen to a good story and sleep early.



Do not watch TV or use mobile phones before sleeping.



Get up early before sunrise.