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1.	Good Posture	Correct posture for sitting, standing, climbing stairs	Learning correct posture, goal setting, self monitoring, self assessment.	7-10
2.	At School	Good manners, politeness, cleanliness, obedience	Active listening, decision making, critical thinking, leadership skills, working together, self monitoring skills	11-14
Social, Ethical Values				
3.	Truthfulness	Being Truthful Honesty	Active listening, giving feedback, taking decisions, self-assessment, interpersonal communication skills, public speaking.	16-21
4.	Compassion	Sympathy Helping others Sacrifice	Relaxation techniques, active listening, giving feedback, decision taking, self awareness, empathy	22-25
5.	A Project	Helping others, Unselfishness	Empathy, self awareness	26
6.	Be Courteous	Spreading happiness, Respecting feelings of others, politeness, courtesy	Relaxation techniques, decision taking, interpersonal communication, creative skills, self awareness-strengths and weaknesses, self-monitoring, learning that actions have their consequences, goal setting	27-31
7.	Greediness	Not to be greedy. Be happy with what one has	Communication skills, active listening	32-37
8.	Think and test before you believe	Fearlessness, Scientific temper	Decision taking, self-control. Scientific attitude, testing before believing, critical thinking.	38-40
9.	Hardwork	Hardwork and sincere effort	Active listening, communication skills, self-assessment, self-monitoring drawing conclusions.	41-45
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10.	Wings	Fearlessness, Scientific temper	Keen observation, communication skills, skills of asking questions, developing critical thinking, curiosity	47-50
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11.	Buddha	Nonviolence, forgiveness, no hatred for anyone	Critical thinking, making choices, seeing that actions have consequences	52-56
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12.	Observe Think and Love	Caring for environment	Self awareness-strengths and weaknesses, active listening, giving feed back, goal setting	57-63
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13.	Creative Expression	Concentration	Working together, self awareness, Interpersonal communication skills	64-65
14.	Yoga	Concentration, Cooperation, Playing together	Playing together, active listening, cooperation, concentration	66-67
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LEARNING TO BE GREAT

BOOK - 1 2 3

A book wise ready reference for values and life skills

VALUES	BOOK-1	BOOK-2	BOOK-3	BOOK-3	BOOK-2	BOOK-1	LIFE SKILLS
Cleanliness of body	7-13						INTERPERSONAL COMMUNICATION SKILLS Verbal/Nonverbal Communication. Active listening
Cleanliness of surroundings		13-18	12-14				
Balanced food habits	14-17						Expressing feelings, Giving feedback (without blaming) receiving feedback
Doing things at a proper time	15, 16	45	11				
Good posture		7-12	7-10				EMPATHY Ability to listen and understand another's needs and circumstances and express that understanding
Good manners courtesy			11-14, 27-31				
Respect for the elders	15, 16	20-25	12-13, 25, 27-31		22-25, 26 30-31	23, 33	23, 29
Obedience		26-28	27-28				CO-OPERATION AND TEAMWORK Expressing respect for others' contribution Assessing one's ability and contributing to the group
Family Values	15, 17, 19, 22						
Love,	15-17, 29	20					DECISION TAKING / PROBLEM SOLVING SKILLS Information gathering skills. Evaluating future consequences for present actions for self and others
Alertness,	21-22						
Unselfishness	19, 20, 29	20-25	15, 26, 33-35				CRITICAL THINKING SKILLS Analysing peer and media influences Creative Expression
Sympathy	24-26	21	22-25				
Helping others	24-26, 39		22-25, 32-35				COPING AND SELF-MANAGEMENT Self esteem / Confidence building skills Goal setting skills, Self evaluation / self assessment, self monitoring skills
Sacrifice	19-20						
Friendship		29-33	26				MANAGING FEELINGS Anger Management
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Truthfulness		35-38	16-21				MANAGING STRESS Time Management, Relaxation Techniques
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