

**TEACHER MANUAL**

**VALUE**

**Pillars**

**Values Education and Life Skills**

**GRADE 9**



*WELCOME DEAR TEACHER,*

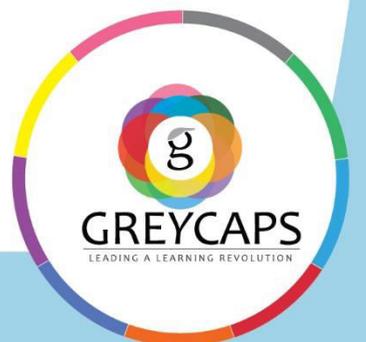
*It is always wonderful to interact with teachers who are directly connected to the development of children in various field of study in their school life.*

*Value Pillars is a subject which equips and empowers children with the right values and life skills, helping them take right decisions.*

*Value Pillars' approach to Value Education and the six levels help children shape their personality and achieve their aspirations, the right way!*

*We, at Greycaps, appreciate the time and effort you are giving to this series and being part of a future in interactive learning.*

*P.ick B. Lin*

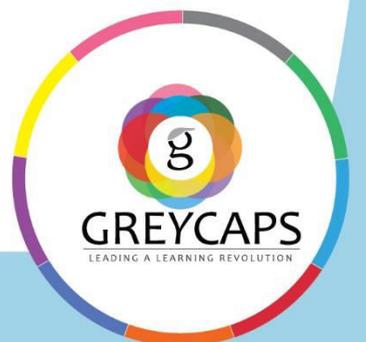




How will  
this manual  
help?

***This manual is designed to help you, the teacher,  
to understand:***

- 1. The objective & offerings of the book*
- 2. The content structure and format*
- 3. The benefits to the teacher and student*
- 4. Answers to various exercises*
- 5. The measurable take away*





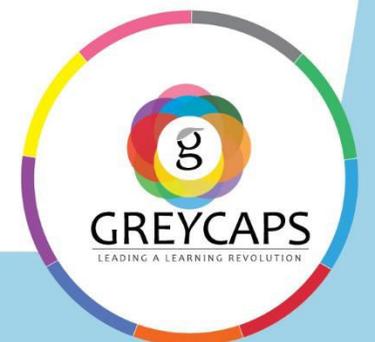
# VALUE pillars

Values education and life skills

The objective of Values Education is to equip and empower the students with the right values, to enable them to take the right decisions and prepare them better for the future.

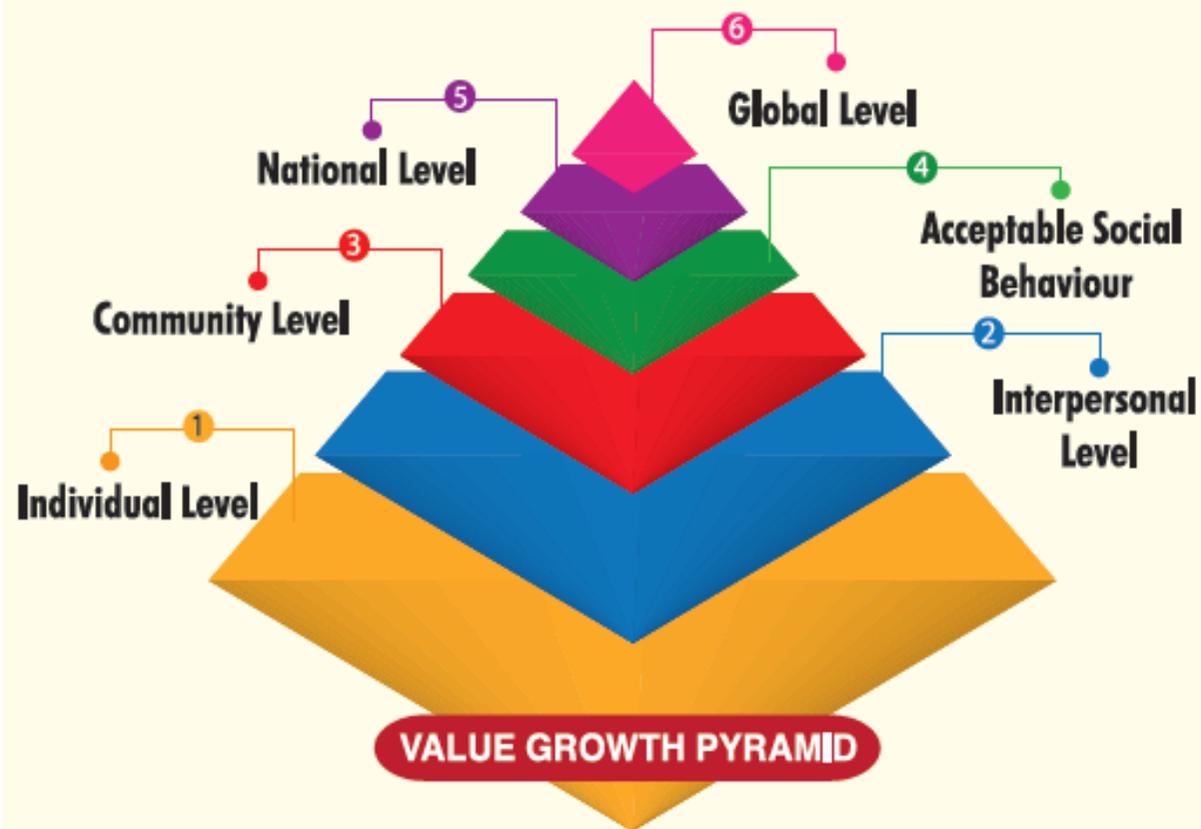
Today, there is a great desire to succeed. The aspirations and ambitions of the students are fuelled by the global environment we live in. While striving to achieve more for oneself, it is important to learn to achieve it the **RIGHT WAY**.

Values Pillars is a comprehensive, structured Values Education series, which will help you shape the students' personality and character, making them truly responsible and global citizens.





## ABOUT VALUE PILLARS



### 6 Global Level

Creation of a healthy global environment, where peaceful co-existence is paramount.

### 5 National Level

Forming the basis for building a progressive nation.

### 4 Acceptable Social Behaviour

Demonstrate responsible and socially acceptable behaviour.

### 3 Community Level

Building a harmonious community and society.

### 2 Interpersonal Level

Interaction with others.

### 1 Individual Level

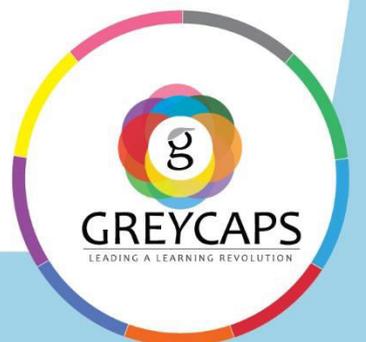
Intrinsic qualities, traits and values to an individual.





## Individual Level

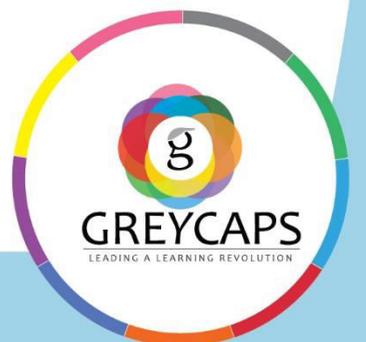
This level comprises of the qualities, traits and values, which are most intrinsic to an individual.





## INDIVIDUAL LEVEL

Positive Thinking



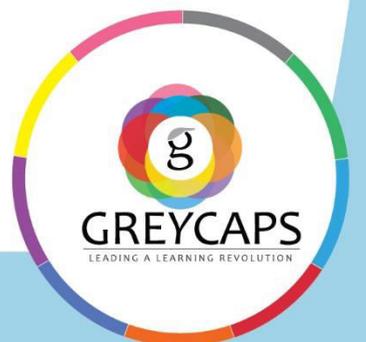


## Session 1

### Positive Thinking

#### The Wonder Kid – Ezra Frech

- a. 'Positive thinking is a strong ammunition to face any situation in life.' Do you agree? Give reasons.
- Yes, I agree with the above statement.
  - When difficulty arises, it is easy to give up and feel let down. But that does not solve the problem or make the situation any better.
  - Possibilities and scope for betterment arises only when one adopts a positive outlook towards the situation or the problem.
- b. How can one develop a positive environment around oneself, so as to imbibe the idea of positive thinking in other people?
- Individuals who associate themselves with cheerful people have happier behaviour and consequently a better sense of well-being.
  - The effect of one person's happiness influences another person's mood and the chain reaction continues.
  - If there is someone that always brings your down, find ways to avoid them.

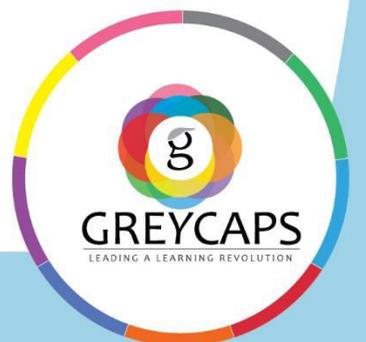




## Session 2

### Positive Thinking

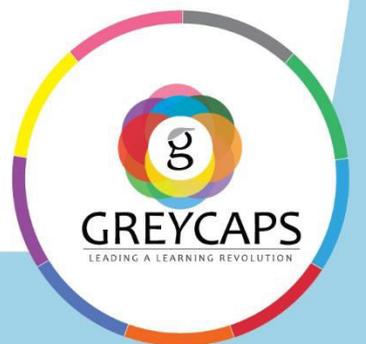
- I. 'Positive thinking sometimes borderlines being in denial.' Have a group discussion on the above topic in class.
  - When situations are out of control and there seems no hope, being positive and hoping for the best is almost same as not accepting reality.
  - Looking at the silver lining even in the darkest cloud is like looking forward to a miracle rather than being pragmatic about a situation.
- II. Different people have different aspects that affect their positive thinking. For example, for some it may be a walk in the park and for some others it may be listening to music. In the following mind map, write about the aspects that help you think positively.
  - Surround myself with positive company
  - Read good books
  - Watch motivational movies
  - Read inspiring stories in the media
  - Count my blessings
  - Believe that it is a temporary phase and this too shall pass.





## INDIVIDUAL LEVEL

Confidence



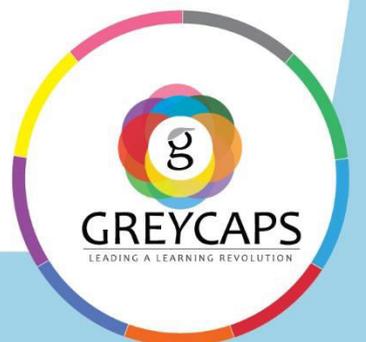


# Session 1

## Confidence

### Winning Yourself Back

- a. Are self-belief and self-confidence connected? Discuss
- Even though they are not the same thing, self-confidence and self-belief are very closely related.
  - To be a happy, healthy and fully functional one needs both.
  - Confident behaviour is a reflection of a healthy self-esteem and will be evident in one's level of assertiveness or confidence.
  - If one lacks confidence and produces less than encouraging results, it will adversely affect the sense of self-worth.
  - Confidence is gained by believing in self and by taking actions that lead to successful outcomes.
- b. List the steps one can take to sustain confidence in any situation.
- Do not think about what you are not, concentrate on what you are.
  - Smile and have a positive outlook to life.
  - Step outside your comfort zone.
  - Maintain a healthy lifestyle.
  - Change the environment to a positive and productive one.
  - Work hard and never give up.





## Session 2

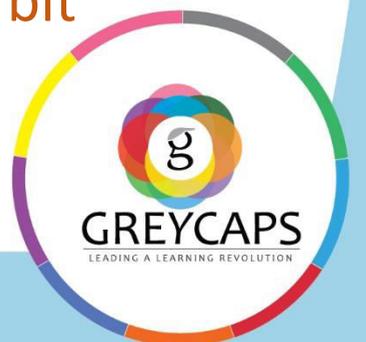
### Confidence

I. Interpret the following image in the context of confidence.

*\* These answers may be unique to each student. Teachers may also get an assortment of responses from students based on what they have learnt from the chapter.*

II. 'Confidence sometimes borders arrogance.' Do you agree? Give reasons.

- Yes, I agree with the above statement.
- Many of us think that we are appearing confident and instead we might be appearing conceited to others.
- Arrogance is one result of building self-esteem from outward sources, such as constant praise.
- However, when the external support system is taken away, a person's sense of self-worth goes with it.
- One should build true self-confidence from within and project it to the world.
- Confident people have a realistic picture of their own traits and abilities and trust themselves enough to respond to life authentically.
- They learn from failure rather than letting it define them, and they forge ahead a bit wiser.





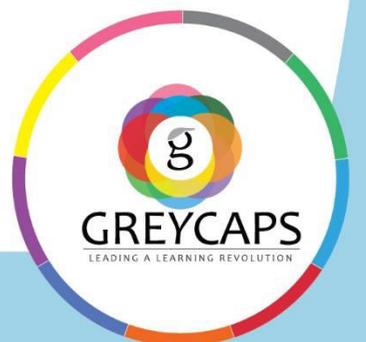
III. Make a list of all the things that you think can dent and improve a person's confidence.

### **Things that improve confidence**

- Staying away from negativity.
- Not accepting failure and getting rid of the negative voices in the head.
- Taking control of one's self-confidence.
- Getting to know oneself.
- Setting a small goal and achieving it
- Empowering oneself with knowledge.

### **Things that deteriorate confidence**

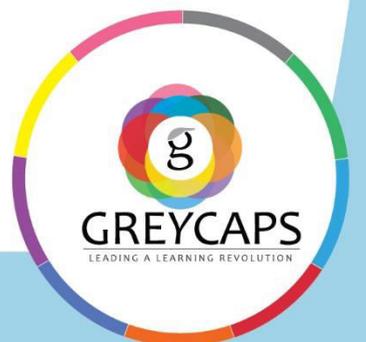
- Negative company and environment.
- Repeated failures.
- No zeal or drive to do something new.
- Low self-esteem.





## Interpersonal Level

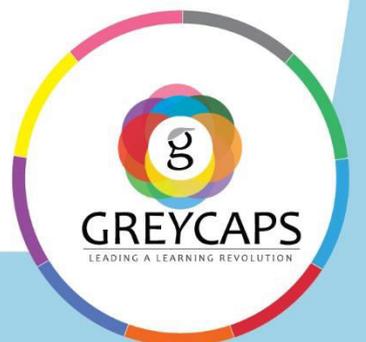
This level elaborates upon the qualities, traits and values, which are required while interacting with others.





# INTERPERSONAL LEVEL

Teamwork



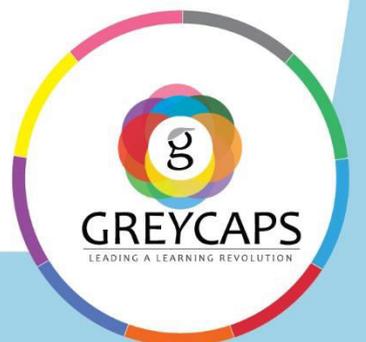


## Session 1

### Teamwork

# Teamwork Brings Two Communities Together

- a. How does teamwork help develop individual's interpersonal skills? Give reasons.
- Interpersonal teamwork skills allow us to be more effective when interacting with more than one individual.
  - These skills make us more effective in our professional careers and our personal lives.
  - Teams become ineffective as soon as the communication process breaks down.
  - Communication must be effective and objective oriented.
  - Effective team members communicate focused on the objective, with the needs of the group in mind, at all times.





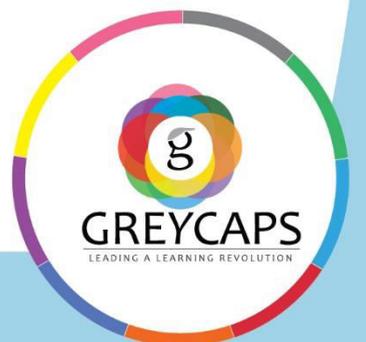
b. What are the advantages and disadvantages of teamwork? How can the disadvantages be overcome?

**Some of the advantages of teamwork are:**

- Fosters creativity and learning
- Blends complementary strengths
- Builds trust
- Teaches conflict resolution skills
- Improves understanding of others' points of view

**Some of the disadvantages of teamwork are:**

- Unequal involvement and participation from team members.
- Blame game during conflicts
- Clash of ideas.
- Problems with overpowering members.

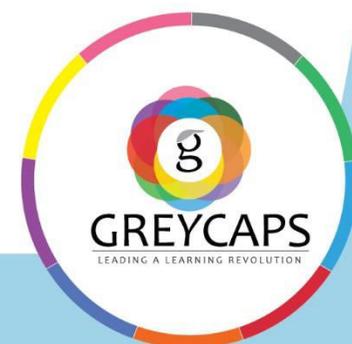




## Session 2

### Teamwork

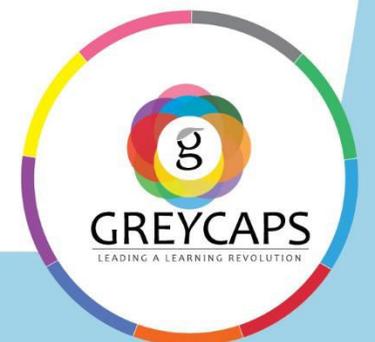
*Activity I and II are completely class based. These answers may be unique to each student. Teachers may also get an assortment of responses from students based on what they have learnt from the chapter.*





# INTERPERSONAL LEVEL

Letting Go



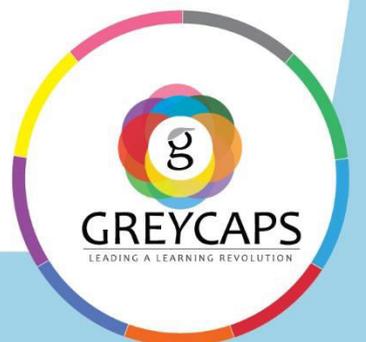


# Session 1

## Letting go

### Letting Go of a Google Offer

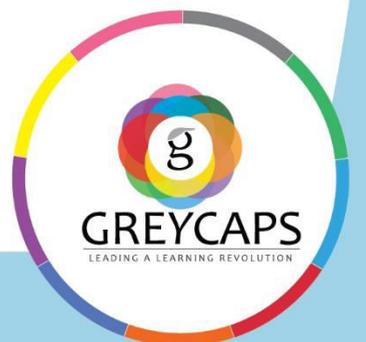
- a. Is letting go of something always equal to a sacrifice? Substantiate your answers with reasons.
- Sacrificing is letting go of something for the sake of other considerations.
  - While letting go is voluntarily freeing something.
  - Letting go does not always mean that one is sacrificing something.
  - Letting go of hard feelings, negative thoughts, hatred, revenge and bad habits does not mean sacrificing. It gives relief and makes a person feel better.





b. Your friend and you have had a disagreement and fight over something. Both of you are very clear of not changing your point of view and believe you are right. Both of you are angry with each other and have not been talking for a month. Do you think fighting for something and winning an argument is more important than your friendship? Do you believe sometimes letting go helps resolve conflicts? Give reasons.

- No, winning an argument is not more important than friendship.
- Sometimes silly arguments lead to problems in relationships.
- Letting go does help to resolve conflicts when one is willing to compromise and understand that value of friendship and relationships always have higher precedence.
- One can always reach mutually agreeable conclusions and agree to disagree and let go.



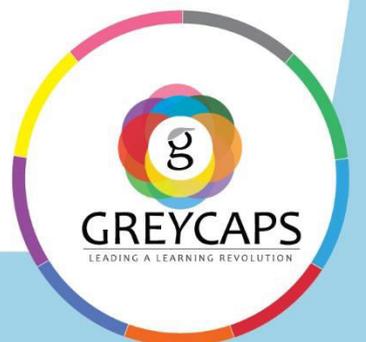


## Session 2

### Letting Go

- I. 'Letting go is just a better phase for giving up'. Have a discussion on the topic given above
  - No, letting go and giving up are not the same.
  - Letting go is releasing things that bother us, such as negative feelings and hatred. Giving up is completely losing hope and accepting defeat.
  - Letting go helps release anger and think about the future in a positive way. This frees our mind.
- II. Interpret the following image in the context of letting go.

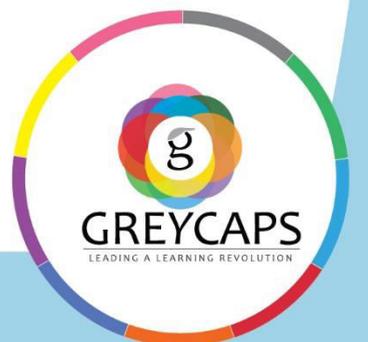
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## Community Level

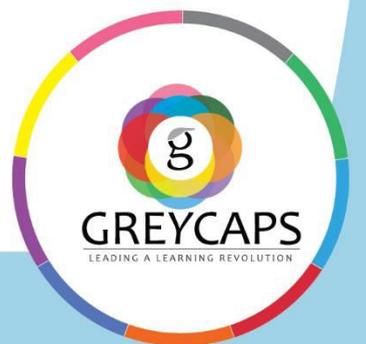
Thus level sheds light on the qualities, traits and values, which help in building a harmonious community and society





## COMMUNITY LEVEL

Responsible Usage of Common Resources





## Session 1

### Responsible Usage of Common Resources

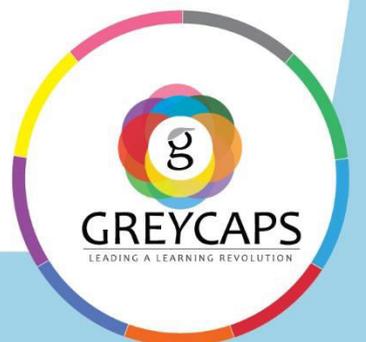
#### Save Today for Tomorrow

- a. There is a dire need for responsible usage of common resources. Form a group in your neighbourhood and educate people on using the resources in a responsible manner. Include your parents too. For the above activity create simple guidelines which people can follow in their day to day lives.

Some of the guidelines are:

- Switching off the lights and fans when everyone leaves a room.
- Conserving water by not wasting it while brushing, showering and using it judiciously.
- Walking to places close by, instead of using a vehicle.
- Carpooling and using public transport.
- Planting trees or growing plants in your home or neighbourhood.
- Segregating waste and using organic products that can be recycled.

- b. \* *These answers may be unique to each student. Teachers may also get an assortment of responses from students based on what they have learnt from the chapter.*

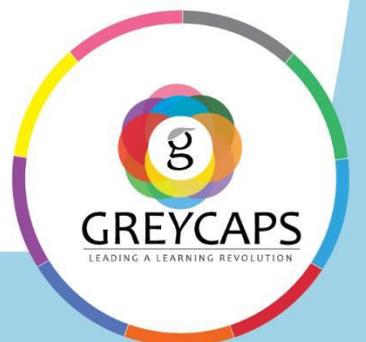




## Session 2

### Responsible Usage of Common Resources

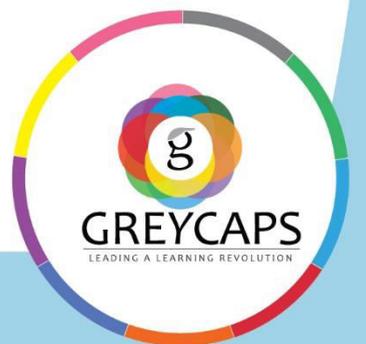
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## COMMUNITY LEVEL

### Valuing Freedom

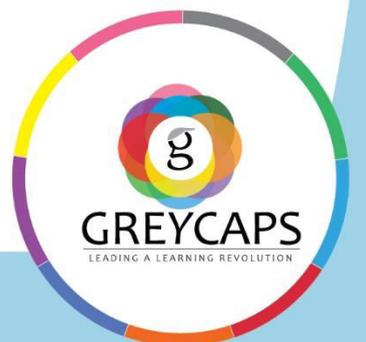




## Session 1

### Valuing Freedom 12 Years A Slave: A True Story

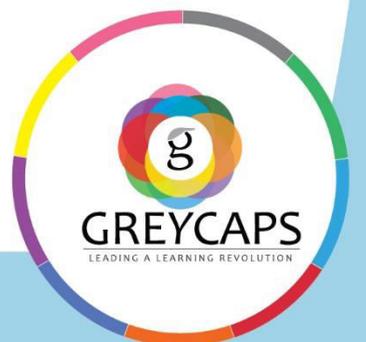
- a. 'When a man is denied the right to live the life he believes in, he has no choice but to become an outlaw.' This is a quote by Nelson Mandela. Interpret this quote in the context of valuing freedom.
- From the above quote, one can understand that every person has a basic right to live his/her own life and nobody has the right deny this basic freedom.
  - But if one is denied the right to live life in his/her own terms, it takes away one's freedom and the right to live happily in peace.
  - When this happens, one is forced to break the law and the rules laid by the society in order to live life in one's own terms.





b. 'With freedom and independence comes great responsibility.' Do you agree? Why is it important to be responsible with the freedom that we have? Substantiate your answers with reasons.

- Yes, I agree with the above statement.
- We mistake independence for doing what we want, no matter what the cost or long term impact is.
- We must not forget that it is a balanced equation.
- For example, our parents would have given us freedom to do things, trusting us to be responsible and use the freedom in the right way. We will have to use it correctly.
- We have to understand that independence mean choosing the right path and doing the right things with the freedom we have.

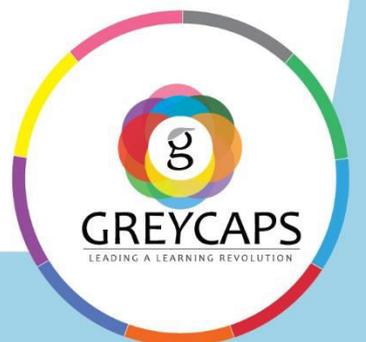




## Session 2

### Valuing Freedom

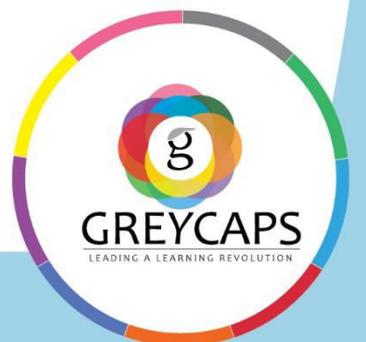
- I. 'Freedom is not worth having if it does not include the freedom to make mistakes.' This is a famous quote by Mahatma Gandhi. Have a group discussion on this quote.
  - In the above quote, Gandhi refers to individual freedom, which is often called liberty.
  - According to him, freedom is about being able to choose, even if one's choice ends up being the wrong one.
  - If one has the freedom to choose, but can't make mistakes, then it is not freedom at all.
  - If one is given the freedom to choose with the condition that the choices made must always be right, then he/she will always avoid making choices, in the fear of making mistakes.
  - It is actually from these mistakes that a person learns what to do and what not to do.
  - So, freedom is having a choice of alternatives available and to select one, without any restrictions imposed.





II. Interpret the image in the context of valuing freedom.

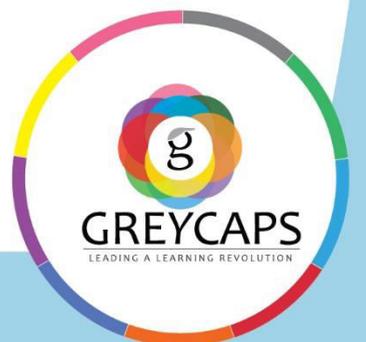
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## **Acceptable Social Behaviour**

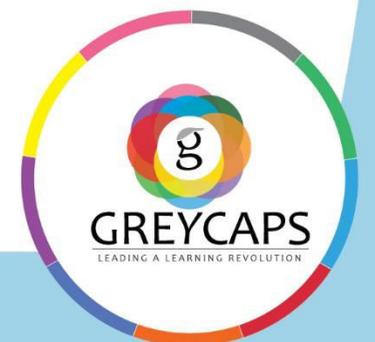
This level elucidates the qualities, traits and values required by individuals at a fundamental level, to demonstrate responsible and socially acceptable behaviour.





# ACCEPTABLE SOCIAL BEHAVIOUR

## Adolescent Emotions



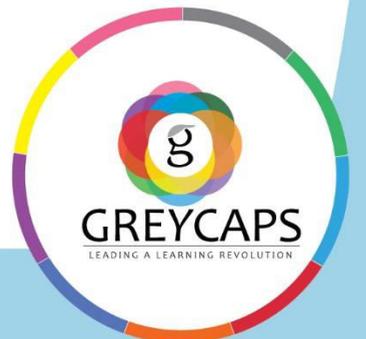


## Session 1

### Adolescent emotions Rocky Learns the Value of Reasoning

a. 'Teenagers are the most misunderstood people. They are treated like children and are expected to behave like adults.' Do you agree with the above statement? Do you think reasoning your thoughts with people around you will help change their opinion? Substantiate your answer with reasons.

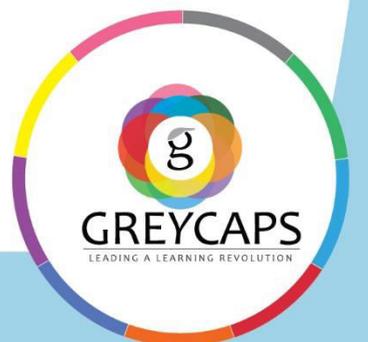
- Yes, teenagers are the most misunderstood people.
- Teenagers should be given the freedom to make choices, but must be guided in the right path to do so.
- They should be treated like responsible people.
- At the same time, parents should build a relationship of trust with them. This will help them feel free and open up to the parents.
- The trust gives the teenagers a sense of responsibility and ownership and a chance to learn from their own mistakes and become independent and mature individuals.





b. If you were Rocky's coach, what advice would you have given them?

- If I were Rocky's coach I would give him the similar advice as in the story.
- Through open communication and proper reasoning, one can always clarify misunderstandings.
- Rather than spoiling one's mood and being dissatisfied and unhappy, it is always better to speak out and give valid reasoning for one's thoughts and actions.





## Session 2

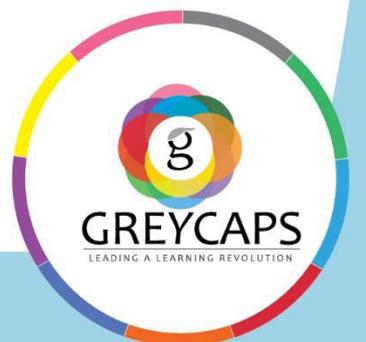
### Adolescent Emotions

I. 'Maturity and age are completely unrelated.' Have a debate on this statement.

- From the above statement one can understand that maturity is not always directly proportional to age.
- Being mature means having reached a stage of mental or emotional development and that is possible at any given age or time.
- For example, there can be adults with so much experience in life, who deal with a situation inappropriately in spite of all the knowledge and exposure.
- On the contrary, a little child can hold good values of sacrifice and understanding irrespective of any expertise and exposure to the outer world.
- Maturity is an inherent quality for some and some others learn it over a period of time and irrespective of their age.

II. Interpret the following in the context of adolescent behaviour.

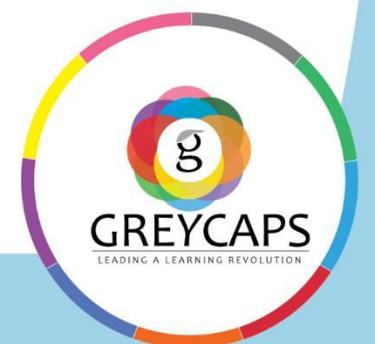
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# ACCEPTABLE SOCIAL BEHAVIOUR

## Internet Etiquette





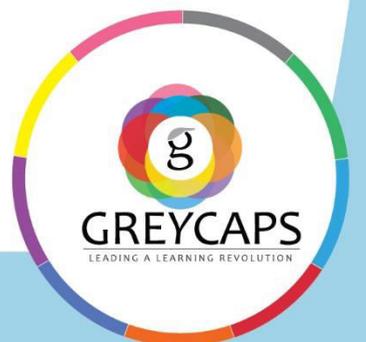
# Session 1

## Internet Etiquette

### Netiquette

a. Have you heard of the term 'netiquette'? What does it mean?

- Netiquette is nothing but the etiquette to be followed on the internet.
- It is the do's and don'ts of online communication.
- Netiquette covers both common online courtesy and the rules of the cyberspace.





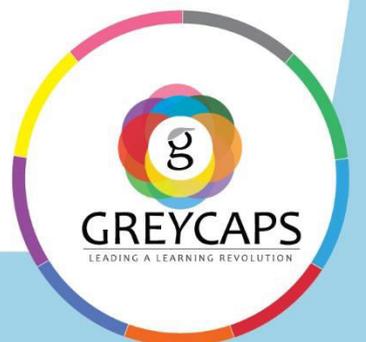
b. Can we draw parallels from real life to the internet, on behaviour and safety? Give examples. Substantiate your answers with reasons.

### **Real Life**

- One must be careful while dealing with strangers.
- One must not reveal his/her protected bank details or important information to everybody.
- One must be careful while making new friends.
- One must not go to areas where illegal activities take place.
- One must not bully his/her friends or strangers.

### **Internet**

- One must be cautious while dealing with unknown people online.
- One must not disclose his/her passwords and online banking details.
- One must be careful while making new 'buddies' on the internet.
- Not all websites are safe and one must keep tab of not visiting those sites.
- Online bullying is an offense too.





c. Draw a mind map capturing the advantages and disadvantages of internet etiquette.

### **Advantages**

Worldwide Connectivity - you get to connect with anyone, no matter where you are

Real Time Information Sharing - allows you to exchange information in real time

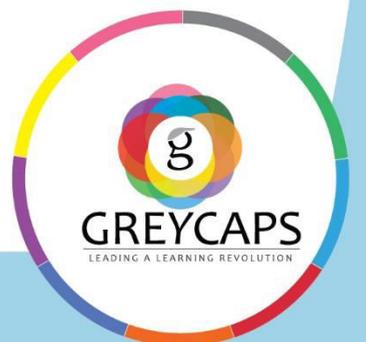
Free Advertising - you can advertise any material for free through social networking sites

### **Disadvantages**

Cyber bullying - Harassment of adults and children alike.

Waste of time - people use most of their time on social networking sites, forgetting their other commitments

Corporate Invasion of Privacy – There are people who misuse the information provided online





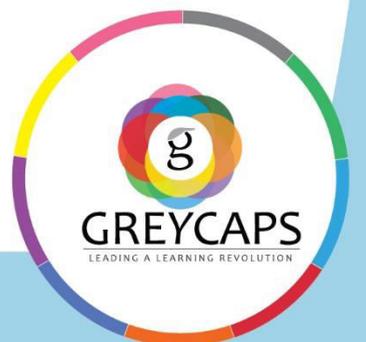
## Session 2

### Internet Etiquette

*Activity 1 is completely class based. These answers may be unique to each student. Teachers may also get an assortment of responses from students based on what they have learnt from the chapter.*

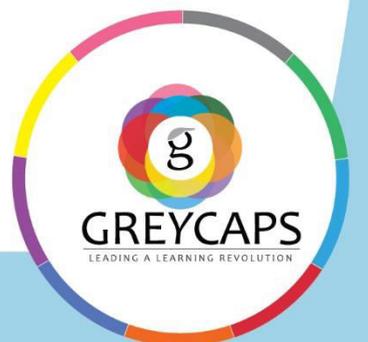
II. Fill up the blank spaces with reasons for the increasing importance of internet etiquette.

- One has to follow Internet etiquette because it is correct to behave properly and write politely to everyone.
- Following proper Netiquette helps represent oneself correctly to a larger audience.
- One's attitude and character can be ascertained by the way you communicate with others.





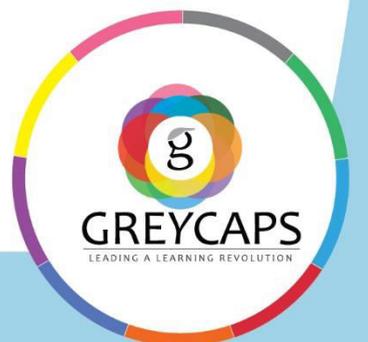
- Cyber bullying can be stopped if each one of us start respecting each other and stop spreading wrong information about others online.
- Identity theft can be stopped if we respect others' personal information and treat it as if it were our own information.
- Internet etiquettes teach us the objective for using the Internet.
- The objective is to know and learn information, spread good messages, play online games along with parents and friends, address each other with respect, follow a standard template for writing emails to educators and friends and become a responsible online user.





## National Level

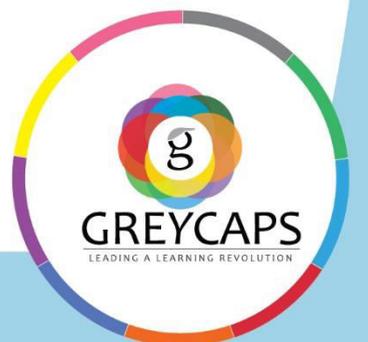
This level features qualities, traits and values which form the basis for building a progressive nation.





## NATIONAL LEVEL

### Secularism



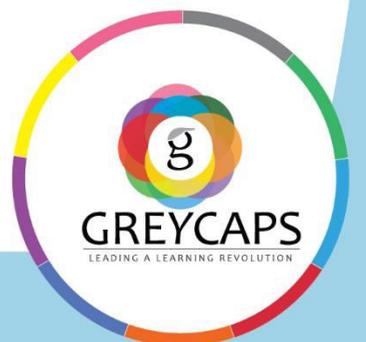


## Session 1

### Secularism

#### MBA Graduate Denied Job Because of Religion

- a. Do you think what happened to Abel suggests that the world is yet to practice secularism in the true sense of the world?
- Yes, the world needs to practice secularism in a better sense.
  - In this global world, secularism plays a big role in bringing people together irrespective of caste and creed and to have a better world to live in.

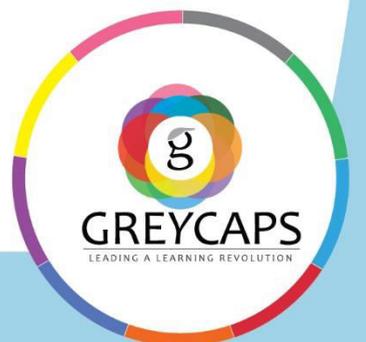




b. “If I were a dictator, religion and state would be separate. I swear by my religion. I will die for it. But it is my personal affair. The state has nothing to do with it. The state would look after your secular welfare, health, communications, foreign relations, currency and so on, but not your or my religion. That is everybody's personal concern!”

These were the words spoken by Mahatma Gandhi. Do you agree with him? Have a discussion in the class and substantiate your answers with reasons.

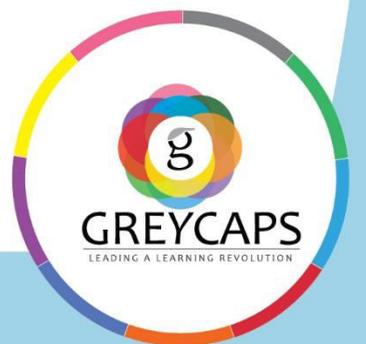
- Yes, I agree with Mahatma Gandhi's thought.
- Religion is a very personal affair and an individual's choice.
- The governing body has to look into safeguarding secularism and not get into judging individual beliefs.





## NATIONAL LEVEL

# Standing Up Against Injustice



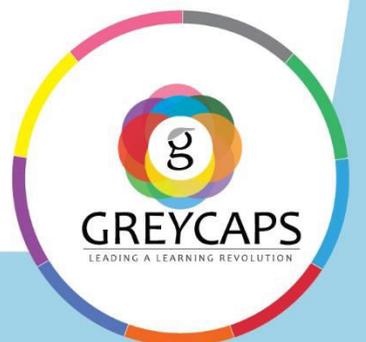


## Session 1

### Standing Up Against Injustice

#### Malala, A Young Leader

- a. Not raising your voice against injustice is said to be bigger crime than the injustice itself. Do you agree? Have a group discussion on this topic.
- Yes, agree with the above statement.
  - One should never be afraid of raising one's voice for honesty and truth.
  - Witnessing or ignoring the injustice around will always effect ones life in the longer run.
  - One should not let evil prevail in the society or in one's life as it does not lead to positive or successful results.





## Session 2

### Standing Up Against Injustice

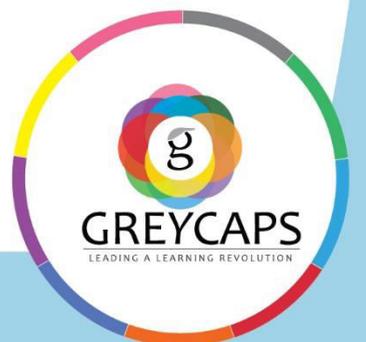
- I. 'Justice delayed is justice denied.' Conduct a group discussion in the class on the topic above.
- The very phrase of 'justice delayed' suggests that justice was served.
  - It simply was postponed or deferred until a later point in time.
  - However, regardless of when justice is served, it is still being served, meaning that justice was not denied.

**OR**

- Justice delayed shows that the right decision was not taken at the right moment. This fails the system of justice itself.
- If justice is delayed over a period of time, it might lead to wrong judgement or decisions, leading to innocent people suffering for an extent period of time.

II. Interpret the following image in the context of standing up against injustice.

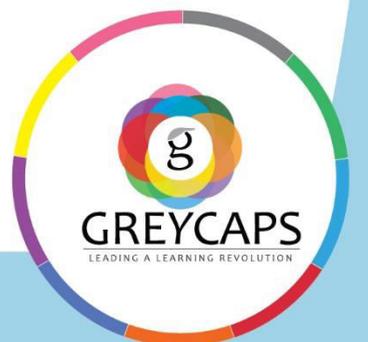
*These answers may be unique to each student. Teachers may also get an assortment of responses from students based on what they have learnt from the chapter.*





## Global Level

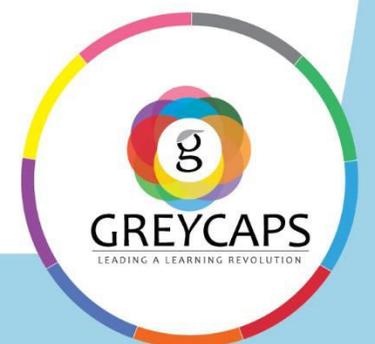
This level consists of the qualities, traits and values pertinent to a healthy global environment, where peaceful co-existence is paramount





## GLOBAL LEVEL

Global Entrepreneurship for a Better World





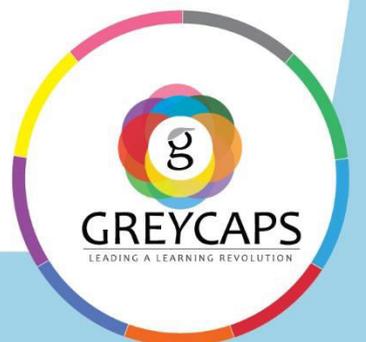
## Session 1

### Global Entrepreneurship for a Better World Industrial Revolution

a. Create a mind map mentioning the factors affecting global entrepreneurship.

Some factors that affect global entrepreneurship are:

- **Creativity** - By accumulating ideas, one will be able to filter the great ones from the rest and be ready to run with the best.
- **Risk tolerance** – Global entrepreneurship needs a strong sense of self-efficacy to believe the risk will be surmountable.
- **Responsiveness** - The ability to respond to the market and new business opportunities makes a good entrepreneur.
- **Leadership** - Leadership can come in many forms, but it is nevertheless essential to entrepreneurship. One must take lead for the ideas, for it to become successful.
- **Rights** - One has to be careful and protect his/her ideas, as keeping market rights safe is important.



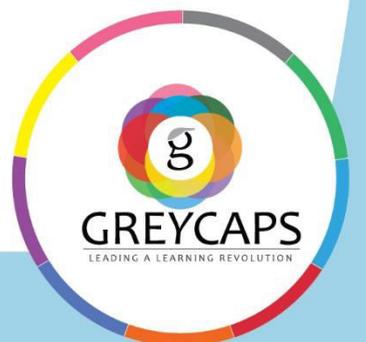


b. How is entrepreneurship different from global entrepreneurship?

- Entrepreneurship is organising, managing, and assuming the responsibilities of a business or an enterprise. Global entrepreneurship is using the global understanding and connections to identify opportunities and use them in a creative manner, to create new initiatives.
- In simple words, global entrepreneurship is entrepreneurship at a global level.

c. Which Indian companies do you think have created a global revolution? Which Indian companies do you believe will create a global revolution in the future? Substantiate your answers with reasons.

*These answers may be unique to each student. Teachers may also get an assortment of responses from students based on what they have learnt from the chapter.*



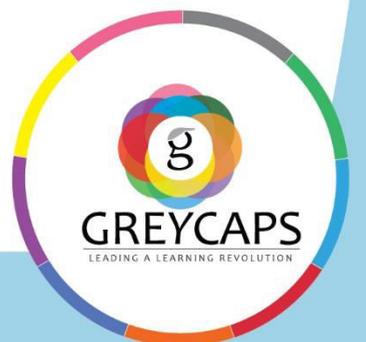


## Session 2

### Global Entrepreneurship for a Better World

- I. 'Global entrepreneurship affects employment opportunities and the economy worldwide.' Have a group discussion on this topic.
  - Entrepreneurs boost economic growth by introducing innovative technologies, products and services.
  - Entrepreneurs provide new job opportunities.
  - Entrepreneurial activity raises the productivity of firms and economies.
  - They provide a wider market and hence provide more flexibility in employment, leading to globalization.
  
- II. Interpret the image in the context of global entrepreneurship.

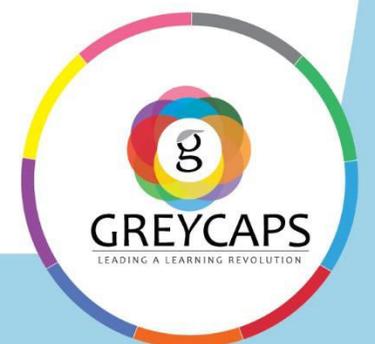
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## GLOBAL LEVEL

# Responsible Communication on Social Platforms





# Session 1

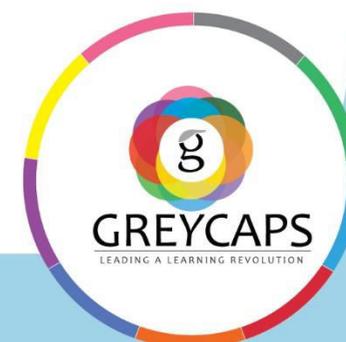
## Responsible Communication on Social Platforms

### Catfishing : An Online Malpractice

a. Do you think there should be any kind of rules regarding such instances of fake profiles popping up on social media? Divide the class into 2 groups: one is in favour of the topic and the other against. Debate in class using proper justifications and examples.

Yes, there should be rules regarding creating profiles on social media	No. Rules should not be created just because few instances around the world.
There should be a proper background check while accepting friends online	Rules on social media hamper freedom of expression

*\*These answers may be unique to each student. Teachers may also get an assortment of responses from students based on what they have learnt from the chapter.*





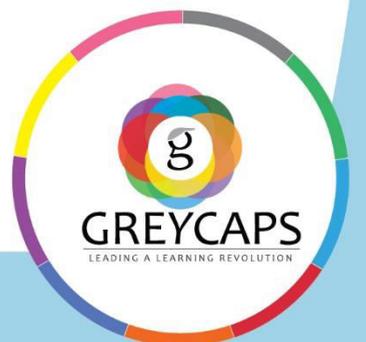
b. According to you, how safe are social media sites for its users? Apart from the instances you read in the story, what other kinds of turmoil does a victim go through? Do you know if anyone who has been in a similar situation?

- Social media can be unsafe for users depending on how they manage their account.
- People have to be careful while managing their accounts and sharing personal information online.

*\*These answers may be unique to each student. Teachers may also get an assortment of responses from students based on what they have learnt from the chapter.*

c. Why is it important to be sensitive and responsible about the information that one posts online? What could be the possible implications of not being sensitive and responsible?

- One has to be responsible while posting information and personal details online, as it can turn out to be dangerous.
- Some people misuse the information provided by others online. This leads to cyber crime. People can also be bullied using the information provided online.





## Session 2

### Responsible Communication on Social Platforms

- I. Have you heard of the informal phrase, verbal diarrhoea? What do you think it means?

*These answers may be unique to each student. Teachers may also get an assortment of responses from students based on what they have learnt from the chapter.*

