



## 3. Know Yourself



**At the end of this lesson, you shall be able to:**

- recognize that people have unique strengths which could be qualities, abilities or talents
- identify strengths, talents and skills in self as well as others
- learn English words to describe people's qualities, abilities and talents.



**Learn about yourself:** If you know what you are good at, you can identify the right career opportunities. And, when you understand your areas of improvement, you will always keep learning and growing!

What does knowing about yourself mean?

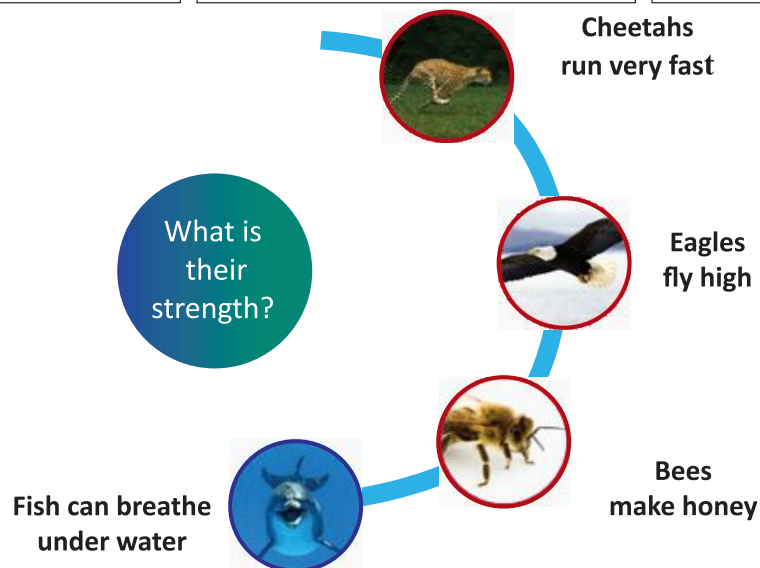
Ability: Things that we are good at doing / things that other people recognize as our qualities / things that people often ask us to help with!

Interests: Things that you like to do / that make you happy / that you do in your free time!

We can always acquire new abilities and interests. There are many things that we have never tried yet. As our life experience grows, our abilities and interests also grow.



What I already <b>K</b> now	What I <b>W</b> ant to find out	What I <b>L</b> earned





## Some famous personalities and their strengths



**Malala Yousafzai**  
Courageous. Bold. Good speaker.



**A. R. Rahman**  
Musical genius. Hard-working. Generous.



**A. P. J. Abdul Kalam**  
Intelligent. Humble. Great scientist.



**Mother Teresa**  
Kind. Compassionate. Helpful.



**MS Dhoni**  
Cool. Patient. Great leader.



## 1. Identify your strengths.

Tick/circle the qualities, talents or skills that you have.

Qualities	Talent	Skill
Honest	A good singer	Cook well
Hardworking	A poet	Play _____ (any sport)
Enthusiastic	A musician. I play _____	Use the computer
Friendly	An actor	Solve math problems fast
Helpful	An artist; a painter	Drive (car, jeep, tractor)
Sensitive	A good dancer	Operate _____ machine
Organized	A good mimic	Speak English



## 2. Complete the following statements with your strengths identified in the previous activity.

My name is \_\_\_\_\_

Write your first name and last name.

I am \_\_\_\_\_

Write 2 to 3 qualities from the list above, or something else.

I am \_\_\_\_\_

Write 1 or 2 talents from the list above, or something else.

I can \_\_\_\_\_

Write 1 or 2 skills from the list above, or something else.

## 3. List at least 3 family members and 3 friends/classmates and identify their strengths.

Sl. No.	Name	Relationship	Strengths
1.			
2.			
3.			
4.			
5.			
6.			



Complete the What I learned column in the KWL chart.



What are some of the common words that we can use to describe strengths?

\_\_\_\_\_

Did you discover any new strengths today? What are they?

\_\_\_\_\_

Why is it important to know one's strengths?

\_\_\_\_\_

How can you use the knowledge of your strengths to become a better learner?

\_\_\_\_\_

How can you use the knowledge of your strengths in your career decisions?

\_\_\_\_\_



Think and write about a time when you handled a difficult situation successfully. Organise it in the form of a story with a clear beginning, middle and a positive end.

## 4. Ethics and Values



At the end of this lesson, you shall be able to:

- identify unique traits of those from different cultures/religion/gender
- practice recognizing and celebrating the unique traits across cultures/religions/genders
- recognize what 'stereotypes' are and how to break them.



**Ethics and values:** Ethics or Values are the fundamental beliefs that guide or motivate attitudes or actions. It reflects in the way a person thinks, feels and behaves at home, at work and in the society. It determines the 'character' of a person. Our ethics and values form the pillars of our character.



What I already **K**now

What I **W**ant to find out

What I **L**earned



All religions preach love and harmony.



All genders are equal.

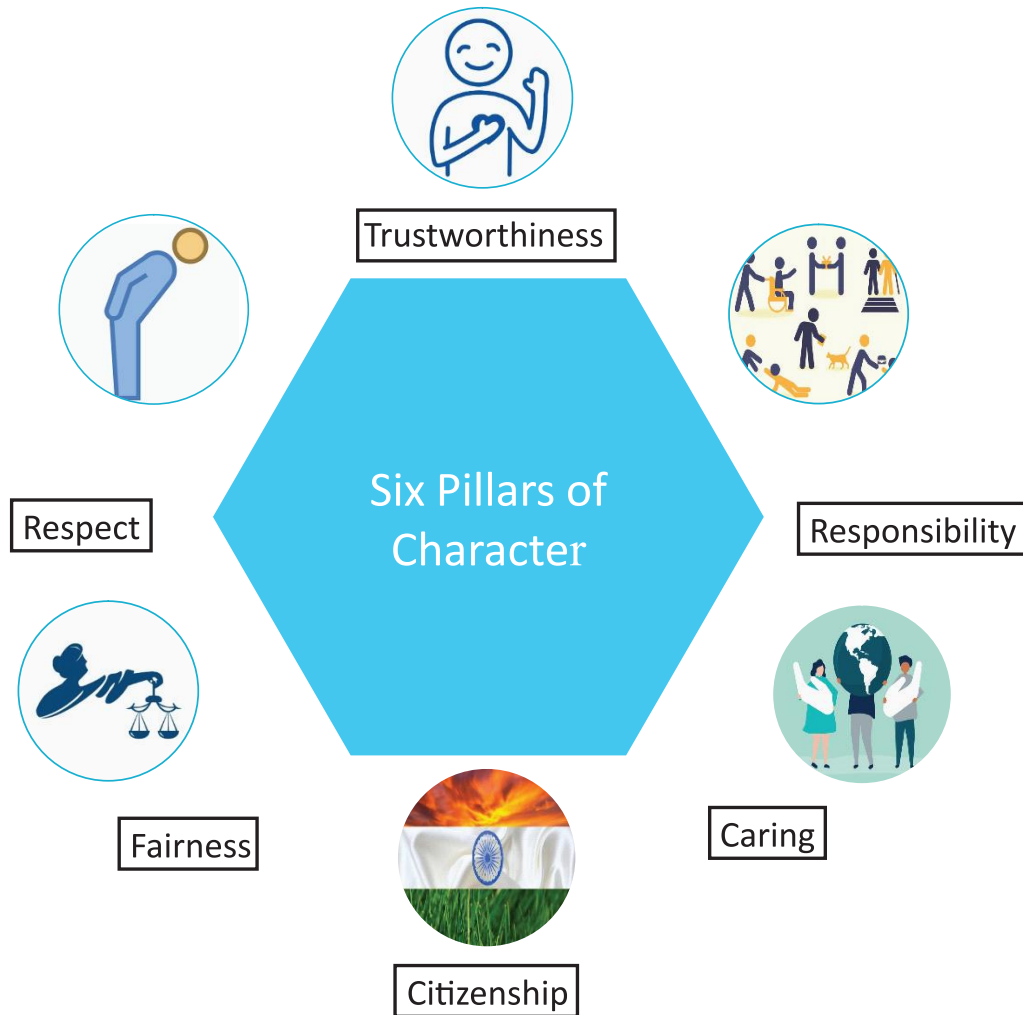


All professions deserve the same respect.



Each person is unique.





There are six main pillars of character, under which there are other values or ethics. These pillars shape our behaviour.

- Trustworthiness:** Honesty, sincerity, forthrightness; keeping promises; being dependable and loyal.
- Respect:** Showing courtesy to people of all age groups; realizing the worth and dignity of everyone, irrespective of gender, colour, class, caste, etc.; avoiding actual or threatened violence; being considerate of others.
- Responsibility:** Being accountable; exercising control; setting goals; being self-reliant; pursuing excellence; being proactive, persistent, and reflective; making efforts towards self-development.
- Fairness:** Understanding the processes and results of decision-making through impartiality, thorough gathering of facts, and hearing all sides. Looking at things from the other person's point of view. Being non-judgmental.
- Caring:** Being compassionate and kind; showing sympathy to those who are in difficulty; being generous; donating; sharing; helping others in need.
- Citizenship:** Respecting public property; obeying the law; pursuing the common good; protecting the environment; respecting authority; thinking about the welfare of the country and the world.



## 1. Behaviour

Copy and write down the appropriate action or behaviour under each 'Pillar of Character'.

(Note – some actions can be written under more than one pillar.)



Be aware of what is happening in your country and in the world.	Don't gossip or spread rumours.	Respect the space and privacy of others.
Be disciplined.	Be considerate towards people with special needs.	Don't be judgmental.
Take care of elders.	Deal peacefully with anger, insults or disagreements.	Be loyal to your family, friends and country.
Do not play loud music or make noise, especially at night.	Be honest.	Don't threaten, hit or hurt anyone.
Do your bit to keep your neighbourhood clean.	Exercise your voting rights.	Do not speak loudly on the bus or train as others might get disturbed.
Volunteer with an NGO.	Be open-minded.	Use the golden words (please, thank you, sorry, excuse me, I beg your pardon).
Ensure that your actions do not harm anyone or anything.	Fulfil your promises.	Look for good qualities in everyone.
Think before you act – always consider the consequences.	Show consideration for others.	Have the courage to do the right thing.
Keep your word.	Don't be partial or show favouritism.	Respect the laws of the country.
Don't speak ill of others.	Be accountable for your choices and actions.	Be kind.
Don't argue with your elders.	Do your job/duty to the best of your ability.	Exercise self-control.
Ensure that everyone gets a chance.	Avoid ragging and eve-teasing.	Look after your family, friends and possessions.
Accept the other persons' point of view.	Be considerate about how others may feel.	Forgive others.
Speak the truth.	Be determined and persistent to complete the job on hand, within the specified time.	Follow the traffic rules.
Avoid wasting time during working hours.	Acknowledge and appreciate work or efforts of others.	Don't litter – keep public areas clean.
Help elderly people/senior citizens.	Sharing is caring.	Be tolerant of differences in language, culture, religion, etc.
Don't blame others or find faults with others.	Don't discriminate on the basis of caste, gender or abilities.	Don't speak rudely.
Protect the environment.	Practice equality.	Take care of public property, heritage structures and national monuments.
Be sympathetic.	Build a good reputation.	Don't get involved in riots and other anti-national activities.
Observe Independence Day and Republic Day.	Donate to a charity.	Don't deceive or cheat anyone.



**Trustworthiness**

**Respect**

**Responsibility**

**Fairness**

**Caring**

**Citizenship**



## 2. Values

- Write down five values that are the most important ones according to you in 'My Values' column.
- Sit with 5 classmates. Discuss your values. Select five commonly agreed values and write it under 'Group Values'
- Next, each group must come forward and write their 5 group values on the blackboard. Discuss as a class to identify the most important commonly agreed values and write that under 'Class Values'.

Sl.No.	My Values	Group Values	Class Values
i.			
ii.			
iii.			
iv.			
v.			



Complete the What I learned column in the KWL chart.



- All human beings, irrespective of gender, caste, creed, abilities are equal and have equal rights.
- The character of a person is determined by his/her values and ethics.
- The character of a person reflects the way he/she treats others and behaves at home, at work and in the society.



Based on the activities above, decide at least 5 things that you will do and practice. Remember that it will reflect these values. Remember that they will help in character development.