

1. Nothing's Impossible

Given below are some effective ways with the help of which you can concentrate better on a task at hand.

- Get proper sleep. A good sleep keeps your body attentive during the day.
- Have a proper breakfast.
- Stay involved in class activity. Make sure that you can see and hear your teacher clearly from your seat.
- Use the small breaks in between the periods. They will help you to become relax.
- Always sit in straight position and avoid slumping.
- If your concentration is wavering, try to change your body position.
- Henry Ford, the renowned automobile maker said, 'If you think you can... or if you think you can't... you're right!' It means that your belief in your capabilities only decides the possibilities of your success. If you believe that you have a fright for any work, you will find yourself unable to seriously attempt that work.

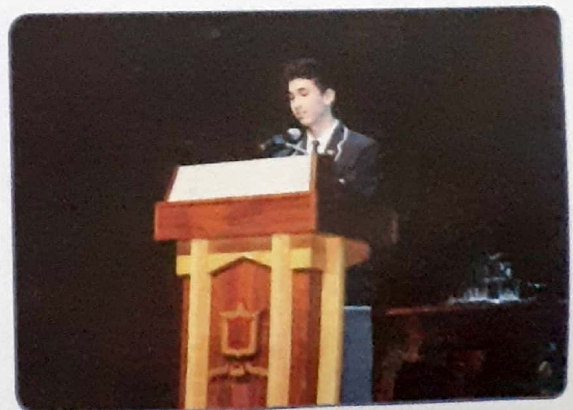


How you can overcome your self-limiting beliefs :

- Make a list of things you feel you cannot do.
- Remind in your mind that one can achieve anything if one wishes to do it.
- Against each self-limiting belief, write down a statement saying 'I CAN DO IT'. Repeat it several times. You feel that you have a new belief!
- Now turn your new belief into reality through determined efforts and don't give up until you achieve your goal!

File Facts

"We can do anything we want to if we stick to it long enough". —Socrates



2.

Awards and Rewards

Awards and honours are given to a person, a group of people to recognize excellence in a certain field. They are considered as a certificate of excellence. Many awards and honours are presented by the government to different achievers every year.

Fill in the blanks with the help of clue box.

1. The highest civilian award in India is _____.
2. The first recipient of Bharat Ratna award was _____.
3. The second highest civilian award in India is _____.
4. The highest national honour for films is _____.
5. The highest military award in India is _____.
6. The award given for remarkable performance in sports is _____.
7. The first recipient of the Saraswati Samman was _____.
8. The award given for outstanding contribution to Hindi literature is _____.
9. The award given for outstanding contribution to Indian literature is _____.
10. Dronacharya award is presented to the _____.
11. The award given for excellent performance in Journalism is _____.
12. The award given for outstanding contribution to the promotion of friendship among the people of the world is _____.



Clue Box

Paramvir Chakra	Coaches	Dada Saheb Phalke Award
Arjuna Award	Vyas Samman	Harivansh Rai Bachchan
Jnanpith Award	Padma Bhushan	Bharat Ratna
Nehru Award	Dr S Radhakrishnan	Padma Vibhushan



File O Facts

Mahavir Chakra is the second highest military award in India.

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CLASS → VI SUBJECT → GOK

Ques 1 ⇒ Read Ch-1

Ques 2 ⇒ Write ten lines on good habits.

Ques 3 ⇒ Read Ch-2 and complete work.

Ques 4 ⇒ Answer the following questions.

- (a) What is the importance of good habits.
- (b) What are examples of good habits.
- (c) What is the meaning of bad habits.
- (d) What are the bad reading habits.
- (e) Paste 5 Pictures of good and bad habits.

Ques 5 ⇒ Fill in the blanks.

- (a) Do not eat — food. (b) Do not — eat.
- (c) Learn — manners. (d) Do not — flowers.
- (e) — the water tap after use.

Ques 6 :- True / False

- (a) Do not follow good habits.
- (b) Do not talk while eating.
- (c) Write on walls.
- (d) Dustbin should be used for throwing wastes.
- (e) Do not wash your hands before and after every meal.

NOTE - Do all work in your previous class copy. ☺