

ROUND ABOUT Worksheet - IV

Name: Class: Roll No.:

A. Given below are some situations. What will you do in each of the following situations?



a. It was your grandma's 80th birthday last week. But you forgot to call her and wish her on this special day.

b. Your neighbor's son was throwing stones on street dogs and you saw him.



c. Your best friend asks you to show him answers in the exam.

d. You have an exam and are running late for the school. On the way, you see an old man injured and bleeding.



e. Your teacher has by mistake given you extra marks.

B. Identify some wellness practices that will help you build resilience and handle stress as it comes over the break. Tick it somewhere you will see often!

1. SOURCES OF SUPPORT

Who can you contact for support when you are stressed?

Friends:, Family:

Professionals (counselor/doctor):

2. Dealing DISTRACTION

Sometimes, going out or calling friends to distract yourself from stress can be helpful. List any four.

What are some places you can go during a break for distraction. (example: a friend's house)

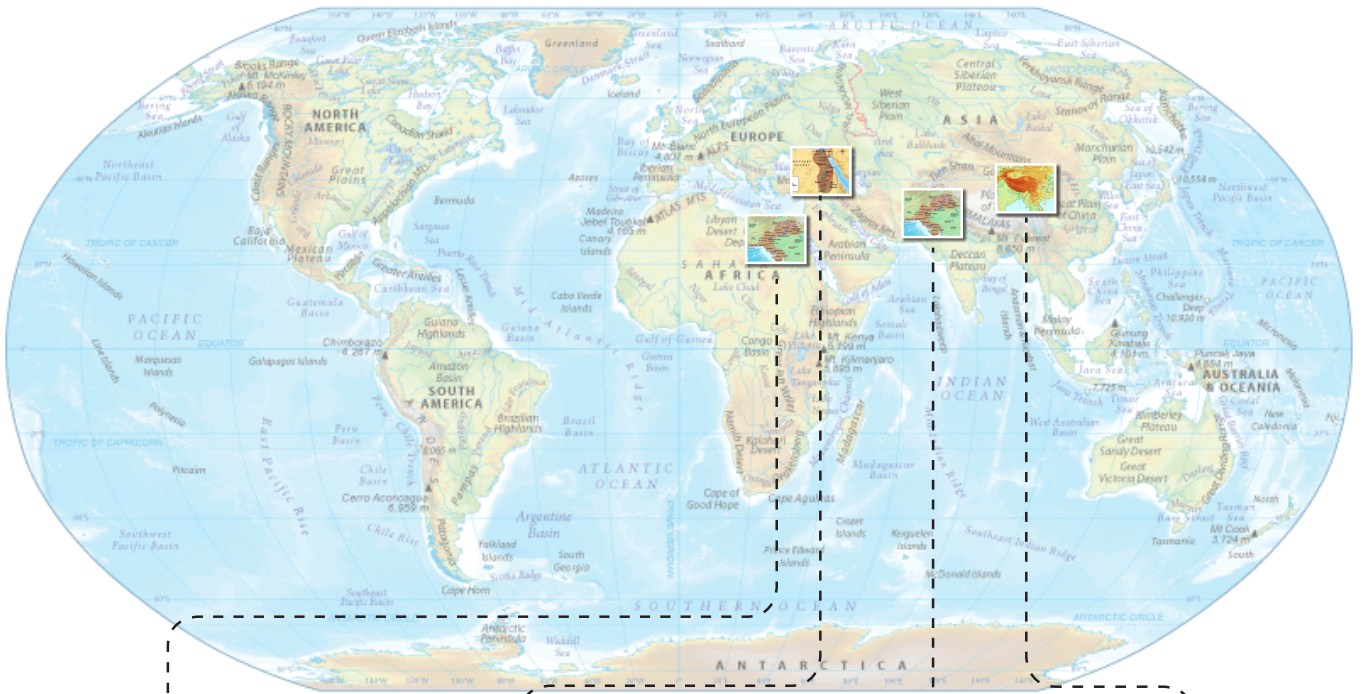
1.
2.
3.
4.

3. POSITIVE COPING SKILLS

Tick the ideas below you think you could use to overcome stress.

- Drink enough water
- Go for a walk
- Keep a healthy sleep schedule
- Schedule breaks for me time
- Take a colouring break
- Keep a Gratitude list
- Watch a movie
- Do deep-breathing
- Set boundaries with family
- Tell yourself positive affirmations
- Keep a journal
- Stretch your muscles

C. On the map below are marked four major areas of early river valley civilisations. Name them and identify the major rivers that helped sustain those civilisations.



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Civilisation

.....
Civilisation

.....
Civilisation

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Civilisation

Name of the Civilisation	Rivers Associated

D. Name the pictures according to their descriptions.



1. This is a very big and beautiful waterfall. It's on the border of USA and Canada.
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2. This amazing canyon is 1.5 km deep. It has many kilometres of hiking paths and a 'Skywalk'.
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3. This is a white bell tower in the ancient town of Pisa. Soon after it was built, the tower began to lean.
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4. Completed in 1894, this Bridge is perhaps the most iconic of all of London's bridges.
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5. In 1927, a man carved 4 faces into a mountain. They are the faces of 4 American Presidents.
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6. This big stadium had 50,000 seats. People went there to watch fights between gladiators and wild animals.
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