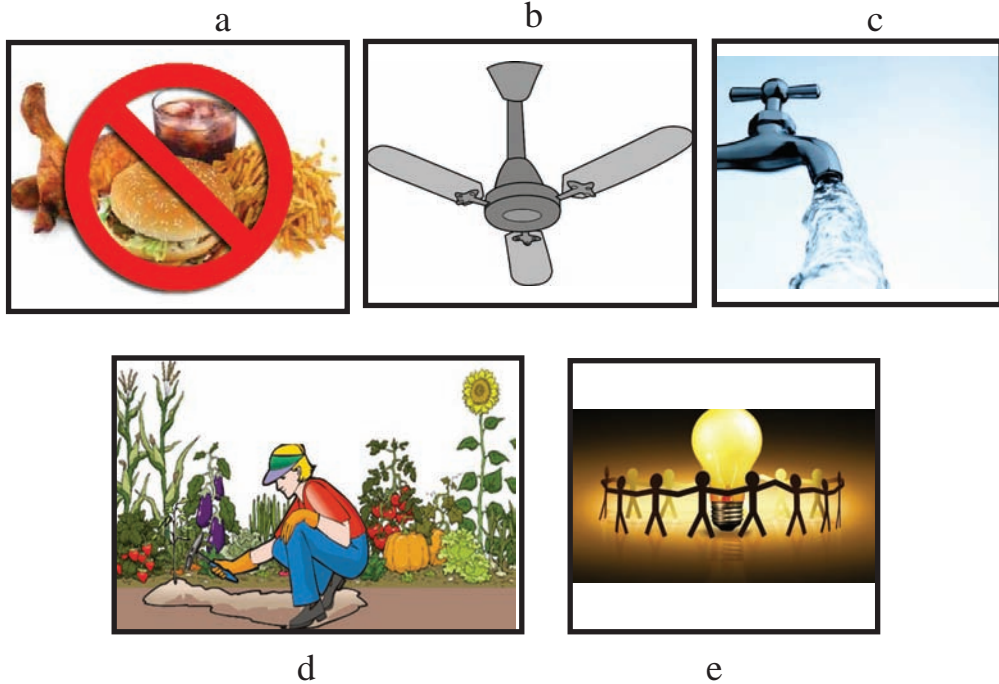


7 SIMPLE LIVING

Activity 1

Speaking /Writing

Look at the following pictures. Write an instruction for each picture. Follow the example given.



e.g. (a) Don't eat junk food.

Activity 2

Listening

1. Shashi is a year-old boy.
 - a) 15
 - b) 16
 - c) 17
 - d) 18

2. He is the in the family.
 - a) only child
 - b) youngest
 - c) eldest
 - d) middle child

3. Shashi's father is a
 - a) Supervisor
 - b) Security Guard
 - c) Security Officer
 - d) Office Assistant

4. Shashi's mother is an/a.....
 - a) Representative
 - b) Office Assistant
 - c) Executive
 - d) Manager

5. Shashi's sister is years old.
 - a) 12
 - b) 13
 - c) 14
 - d) 15

6. The radio announcement was about a.....
 - a) water cut
 - b) power cut
 - c) bus strike
 - d) train strike

Activity 3

Writing

Write a paragraph on what you and your family did last weekend.

Activity 4

Act out

- Rashmika** : Here! I've got a **bunch of grapes** to share with you.
- Anuradha** : Thanks.
- Rashmika** : You seem worried. Is anything wrong?
- Anuradha** : You know it's not always good to be the youngest in a family.
- Rashmika** : Why is that?
- Anuradha** : Because I always get hand-me-downs and what my brother has used.
- Rashmika** : So, what's wrong with that?
- Anuradha** : I don't get anything new.
- Rashmika** : Don't say that, Anuradha. Our parents always try to give us the best.
- Anuradha** : Yes. It's true for my brother, but not for me. I have to use his cricket gear. Remember the **pile of story books** I have? I got them from my brother.
- Rashmika** : Oh really? But your **collection of books** is the best among ours.
- Anuradha** : But they were passed down to me after my brother used them.
- Rashmika** : Come on, my friend. Don't worry. Even I use my brother's **box of mathematical instruments** and his old school bag.
- Anuradha** : No, Rashmika, I don't like it. I am so upset.
- Rashmika** : Hey, be cool. Come, I'll show you an interesting article.
- Anuradha** : Alright.



Activity 5

Vocabulary

Form collective nouns using the words in the two boxes.

bunch flock herd
 pack swarm team
 pile board
 bundle

directors bees sticks
 elephants flowers newspapers
 wolves players
 birds

Activity 6

Writing

Complete the following grid.

Collective Nouns		
People	Animal	Others
A group of men	A flock of birds	A stack of wood
A team of players	A hive of bees	A fleet of ships
A gang of thieves	A pack of wolves	A group of
A panel of	A herd of	A bunch
A regiment of	A chest of
.....

Activity 7

Writing

Complete the following collective nouns.

- A bouquet of
- A sheaf of
- The band of
- A team of
- A string of
- Three bouquets of
- Sheaves of
- The bands of

Activity 8

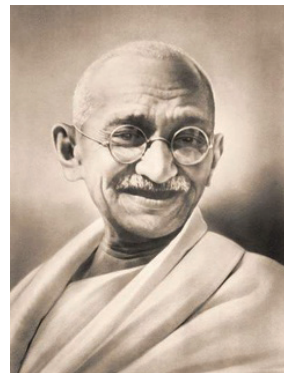
Reading

Read and answer.

Given below is the article shown to Anuradha by Rashmika.

When we study the history of the world, we can see that many religious leaders, political leaders and social activists lived simple lives as minimalists. This quality attracted many disciples and followers around the world.

Mahathma Gandhi is considered as the Father of the Nation by the Indians. He was an inspiring philosopher and a leader who led a simple life. Gandhi was actually born into an affluent family and had a very privileged upbringing. Gandhi accumulated little, ate the amount he needed to eat, dressed simply and led a simple stress free life. He was a man who believed in being non-possessive and didn't even own a house. When Gandhi died, he had less than ten personal possessions including a watch, a pair



of spectacles, a pair of sandals and his eating bowl. Although some considered him to have died a pauper, he influenced the lives of many. Even today his way of life continues to inspire many others around the world. However, at present it is believed to be difficult to minimise the living conditions to such an extent. One must learn to use, buy, or do things that they really ought to do rather than doing them just because the others do.



Life becomes easy when one learns to reuse, recycle and give things away. Self-sufficiency also is a good trait of a person who leads a simple life. If one can manage his own work such as painting one's room, clearing the garden or mending a shoe etc, it makes life easier. In addition if one is in the habit of growing fruits and vegetables for one's own

consumption, that person saves a lot of money for a worthy cause. A person who leads a simple life is stress free and has the opportunity to live a life that is inspired or inspiring.

1) State whether the following are TRUE (T) or FALSE (F) according to the text.

- a) Minimalists live a simple life.
- b) Mahatma Gandhi was born into a poor family.
- c) Gandhi had only ten things of his own when he died.
- d) Self-sufficiency is a trait of simple life.

2) Find similar words/phrases from the text for the following.

- a) Wealthy
- b) Collected
- c) Gains

3) Find opposites for the following.

- a) Easy
- b) Complex
- c) Maximise

- 4) Give a suitable title to the text.
- 5) What are the good practices of a simple life style? Discuss and list them out.
- 6) Write a speech on the value of leading a simple life and present it to the class.

Activity 9

Reading / Writing

Read aloud the following text and do the activities that follow.

The Last Wishes of Alexander the Great

The name of Alexander the Great (356-323 B.C.) still lives in the legends of the East, and traces of his swift conquest are still stamped upon the fabric of Western Asia. His name is famous as a conqueror and as the King of Macedonia. Alexander the Great was born in the Pella region of Macedonia on July 20, 356 B.C., to King Philip II of Macedon and Queen Olympia. This young, dark-eyed and curly-haired prince was tutored by the great philosopher, Aristotle. Alexander the Great conquered half the known world in thirteen years. This ruler swept aside the mighty armies of the Persian Empire and established his rule as far as Punjab.

Alexander the Great was far more than a general and a leader of armies. His colossal victories were followed by sympathetic, understanding administration and had won the loyalty of the defeated. Alexander, after conquering many kingdoms, was returning home. On the way, he fell ill. Knowing that his death was nearing, he longed to see his mother's face. However, he realized that his sinking health would not permit him to reach his mother as he was far from his homeland. Alexander the great realized that all his wealth and his conquests, his great army, his sharp sword would not help him to save his life.



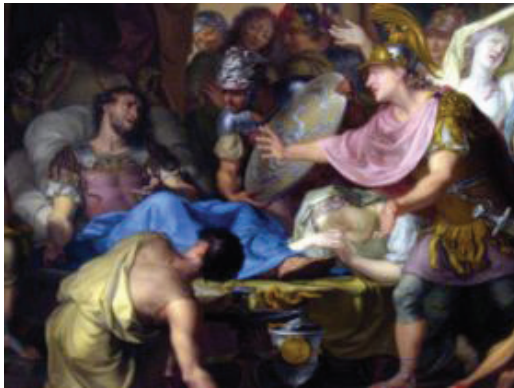
He called his generals and said, "I will depart from this world soon, I have three

wishes, please carry them out without fail."

With tears flowing down their cheeks, the generals agreed to abide by their king's last wishes.

1) "My first desire is that", said Alexander, "my physicians alone must carry my coffin."

2) After a pause, he continued, "Secondly, I desire that when my coffin is being carried to the grave, the path leading to the graveyard be strewn with gold, silver and precious stones which I have collected in my treasury".



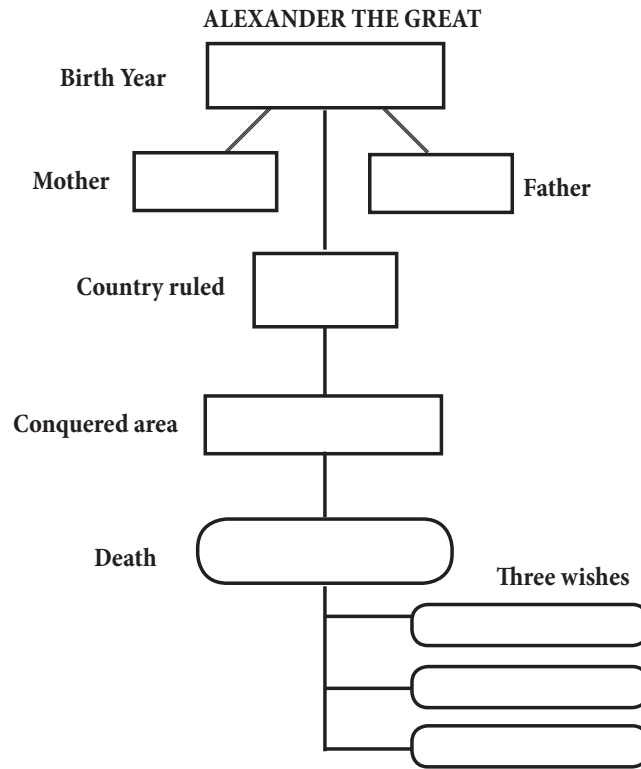
3) The king felt exhausted after saying this. He took a minute's rest and continued. "My third and last wish is that both my hands be kept dangling out of my coffin".

All who were around were in tears. But, there was none who was brave enough to inquire the reasons for the wishes except for

the favourite general. As a reply this great ruler said, "I would like the world to know of the three lessons I have just learnt. I want my physicians to carry my coffin because people should realize that no doctor on this earth can really cure anybody. They are powerless and cannot save a person from the clutches of death. So let not people take life for granted. The second wish of strewing gold, silver and other riches on the path to the graveyard is to tell people that not even a fraction of gold will come with me. I spent all my life in greed for power, earning riches but I cannot take anything with me. Let people realize that it is a sheer waste of time to chase wealth. About my third wish of having my hands dangling out of the coffin, I wish people to know that I came empty handed into this world and empty handed I go out of this world".

Leaving these three important lessons, this great conqueror let death conquer him.

1. Complete the following chart.



2. Find synonyms for the following from the text.

- a. Medical practitioner
- b. A box in which the dead body is placed/buried/cremated
- c. Hanging
- d. A person who takes possession of land by force
- e. Funds of the government
- f. A wise person who has specialized philosophy

3. Pronounce the following words.

- | | | |
|-----------------|--------------|--------------|
| a) Philosopher | d) Physician | g) Conqueror |
| b) Practitioner | e) Coffin | h) Sympathy |
| c) Physics | f) Treasury | i) Cure |

4. Answer the following.

- i. Do you consider King Alexander the Great as a great king? Why?
- ii. What is the lesson you learn from this great king?
- iii. Find more information about Alexander the Great and some other leaders. Write a composition on the title “What we can learn from great personalities”.

Activity 10

Act out

- Manjitha** : Hey, Kavindu! Why are you in a bad mood?
- Kavindu** : Today, I have to do everything all by myself.
- Riyaz** : Why is that?
- Kavindu** : Both my mother and father left home early in the morning.
- Manjitha** : Wait! Today is Sunday! Do they go to work during the weekend too?
- Kavindu** : No, they had to go to see my grandfather.
- Riyaz** : What’s wrong with him?
- Kavindu** : He's had a fall. It happened last night.
- Manjitha** : Oh! I’m sorry.
- Kavindu** : I have to take care of everything at home.
- Riyaz** : Don’t worry, my friend. We’ll help you.
- Kavindu** : There will be some visitors too.
- Manjitha** : So, we’ll get together and arrange something for them.
- Riyaz** : Yes.
- Kavindu** : Give me five minutes. I’ll make tea for you.
- Manjitha** : No thanks. We've just had some tea. Let’s prepare something for the visitors.

Activity 11

Speaking

Answer these questions orally.

1. Why was Kavindu in a bad mood?
2. Who visited him?
3. What had happened to Kavindu's grandfather?
4. Did Kavindu prepare tea for his friends? Why?
5. What were they going to do next?

Activity 12

Grammar

Read the text aloud, paying special attention to the highlighted phrases.

One evening Kavindu's parents received a call from his aunt. It was bad news. Kavindu's grandfather **had had** a fall. His aunt **had taken** him to the doctor and the doctor **had prescribed** a cast. Kavindu's parents decided to visit him. Kavindu and his sister agreed to stay at home.

The following morning, when the children got up, their parents **had left** for the hospital. Kavindu, the eldest, had to take care of his little sister. When the sister got up, Kavindu **had already** got up, and **had prepared** their bed tea. He **had had** his and **had put** his sister's into the flask. When Kavindu's friends arrived, he had already dusted the furniture and **had swept** the house. Kavindu's friends **had come** to invite him to a party but they all decided to stay with Kavindu until his parents came home.

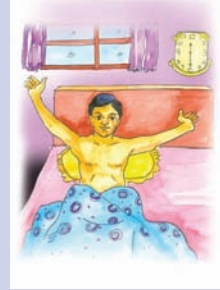
REVISION POINT

Past Perfect Tense



- Kavindu's parents **left** home at 5.00 o'clock.
- Kavindu **got up** at 6.00 o'clock.

When Kavindu **got up**, his parents **had left** home.



Activity 13

Writing

Construct sentences using the words in brackets.

- 1 Kavindu's parents were not at home when Manjitha and Riyaz arrived.
(they / already / left)
2. Kavindu invited his friends for tea.
(but / they / already / had / tea / Manjitha's place)
3. Kavindu wanted to send a book to grandfather.
(but / parents / left / when / he / got up)
4. Kavindu's sister wanted to help her brother.
(he / done everything/ she / got up)
5. When Kavindu's parents returned home,
(Kavindu and friends / already / prepared / dinner)

REVISION POINT

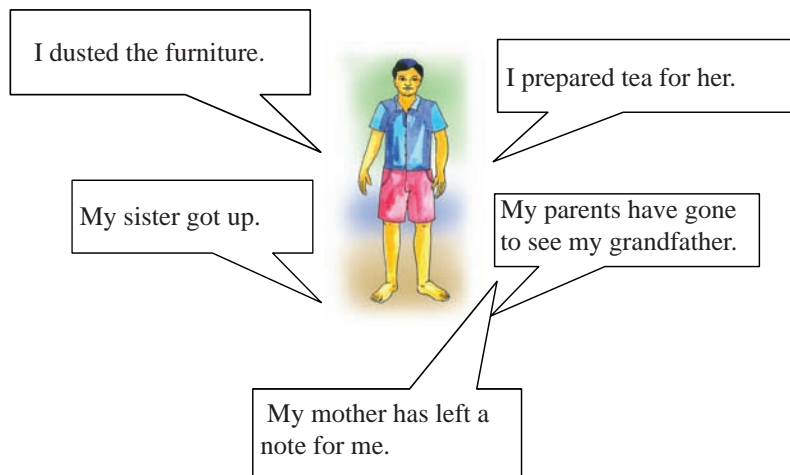
Reported Speech

<u>Direct Speech</u>		<u>Reported Speech</u>
Simple Past	→	Past Perfect / Simple Past
Present Perfect	→	Past Perfect

Activity 14

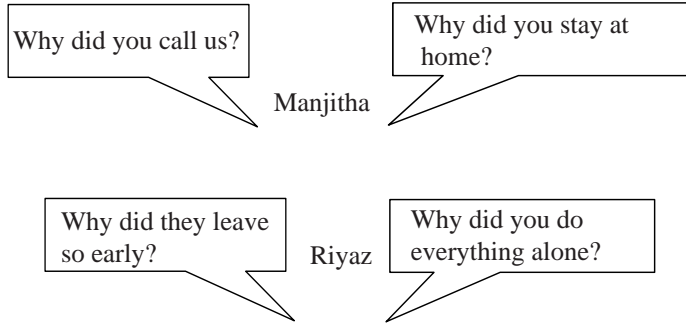
Writing

Report what Kavindu said to his friends.



1. Kavindu said that
2.

Report what Kavindu's friends asked.



1. Manjitha asked Kavindu why he had called them.
2.
3.
4.

Activity 15

Vocabulary

The following pictures show different actions. Copy the list of verbs into your writing book and match them with the given pictures. Write the number of the picture against the verb.

- | | |
|----------------|----------|
| ▪ sift / sieve | ▪ peel |
| ▪ dice | ▪ scrape |
| ▪ slice | ▪ chop |
| ▪ fry | ▪ boil |
| ▪ knead | ▪ add |
| ▪ mix | ▪ beat |
| ▪ stir | ▪ simmer |
| ▪ grind | ▪ drain |
| ▪ squeeze | ▪ pound |

1



2



3



4



5



6



7



8



9



10



11



12



13



14



15



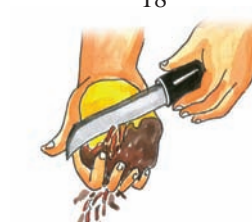
16



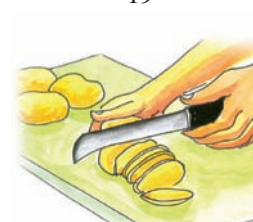
17



18



19



20



Mother calls home.

Mother : Hello, son!

Kavindu : Hello, mother. How's grandfather?

Mother : He's alright now but we'll get late to come.

Kavindu : Oh, I see.

Mother : I was worried about you and your sister.

Kavindu : We're fine. My friends are here. We've been cooking.

Mother : Oh son, that's great!

Kavindu : We've already cooked rice and made a coconut sambol.

Mother : You can make a dhal curry too.

Kavindu : Can you quickly give us the instructions? I'll put the phone on the speaker.

Mother : That's good.

Kavindu : Tell us, mother.

Mother : Alright, here we go. First, scrape the coconut. Then ...

Activity 16

Group Work

Discuss and continue the list of instructions given by Kavindu's mother.

Activity 17

Writing

Refer to the pictures given above on actions related to cooking and complete the table given below.

Using imperatives for Instructions	Instruction in passive form
Dice the vegetables	First, the vegetables are diced
Boil water	Boiled potatoes are smashed

Activity 18

Writing

Four pupils who obtained best results at an examination got the opportunity to go on a wonderful journey, a journey to Simplicity.



Following notices were displayed at the entrance.

Eco-friendly vehicles only.

Nature lovers are welcome!

No polythene!

No excessive stuff!

Imagine that you are one of the pupils who went on the journey and build up a story. Give an interesting start and an ending to your story. Include the following.

- What did you bring with you?
- What did you see and did there?
- People / animals / special creatures you met.
- What did you feel?