**APPENDICES**

**APPENDIX - A**

*Children’s Depression Inventory; Kovacs, 1992*

Read over the statements grouped with each number. Pick out the statement within each group that best describes the way you have been feeling. Circle the number next to the statement that you have chosen in each group. If two or more statements in a group describe the way you feel equally then, circle each one. Be sure to read over all of the statements in each group before you decide on one.

**Item 1**

0  I am sad once in a while.
1  I am sad many times.
2  I am sad all the time.

**Item 2**

0  Nothing will ever work out for me.
1  I am not sure if things will work out for me.
2  Things will work out for me OK

**Item 3**

0  I do most things OK
1  I do many things wrong.
2  I do everything wrong.

**Item 4**

0  I hate myself
1  I do not like myself
2  I like myself

**Item 5**

0  I feel like crying every day
1  I feel like crying on many days
2  I feel like crying once in a while
Item 6
0  Things bother me all the time
1  Things bother me many times.
2  Things bother me once in a while.

Item 7
0  I look OK
1  There are some bad things about my looks.
2  I look ugly

Item 8
0  I do not feel alone
1  I feel alone many times
2  I feel alone all the time

Item 9
0  I have plenty of friends
1  I have some friends but I wish I had more
2  I do not have any friends

Item 10
0  Nobody really loves me
1  I am not sure if anybody loves me
2  I am sure that somebody loves me
APPENDIX - B

QUESTIONNAIRE FOR ANXIETY

*Spielberger, Gorsuch, Lushene, Vagg, & Jacobs, 1983*

A number of statements which people have used to describe themselves are given below. Read each statement and then tick (√) the appropriate number to the statement to indicate how you feel right now, that is, at this moment. There is no right or wrong answer. Do not spend too much time on any one statement but given the answer which seems to describe your present feelings best:

<table>
<thead>
<tr>
<th>Stt No</th>
<th>Statement</th>
<th>Not at All</th>
<th>Some What</th>
<th>Moderately so</th>
<th>Very Much</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>I Feel Calm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2.</td>
<td>I Feel Secure</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3.</td>
<td>I Feel Tensed</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4.</td>
<td>I am strained</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5.</td>
<td>I Feel at ease</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6.</td>
<td>I Feel Upset</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7.</td>
<td>I am presently working worrying Over possible misfortunes</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8.</td>
<td>I Feel satisfied</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9.</td>
<td>I Feel frightened</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10.</td>
<td>I Feel Uncomfortable</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11.</td>
<td>I Feel Self-confident</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12.</td>
<td>I Feel Nervous</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>13.</td>
<td>I am jittery</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>14.</td>
<td>I Feel indecisive</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>15.</td>
<td>I am relaxed</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>16.</td>
<td>I am content</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>17.</td>
<td>I am worried</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>18.</td>
<td>I Feel confused</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>19.</td>
<td>I Feel steady</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>20.</td>
<td>I Feel Pleasant</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
APPENDIX - C

MINOR GAMES USED IN THE STUDY

1. Plucking the Tails:

The participants are given a strip of Newspapers about 12 inches in length. This strip is to be tucked in short/half pant or pant at the back in such a way so that the strip remains about 6 inches outside. This is called the tail. The participants are made to stand in a scattered formation in a circle about 4 meters radius. After having fixed the tail and on a signal, the participants try to pull the tail/strip of the other participants while protecting their own tail. Anyone whose tail is plucked becomes out. The individual who remains not out till the end or whose tail has not been plucked becomes the winner.

Rules:

i. The participant shall remain in a limited area. If an individual goes outside the playing area he is declared out.

ii. Holding one’s own tail by either hand is prohibited.

iii. An individual cannot take part in the game without a tail.

2. Cock Fight:

The entire participants stand scattered in a circle. They rise their own leg up and hold the ankle of raised leg either with one or both hands. While hopping on one leg they try to push others either out of their circle or push so that the opponent looses their balance. Any participant keeping both leg on the ground or going out of their circle or leaving hand(s) from the ankle becomes out. The individual who remains not out till the end becomes the winner.
Rules:

i. Pushing/hitting with the elbow is not permitted.

ii. The ground must be even and free from pebbles.

3. Balloon Bursting:

The teacher inflates the balloons and ties them with a thread of about 12 inches. He distributes one balloon to each participant who ties the thread around his left or right ankle in such a way that the balloon almost touches the floor or ground.

All the participants are made to stand in a circle of 4 meters radius. On a signal each participant tries to burst the balloon of the following participant while protecting his own. If the balloon of any participant bursts while playing, he immediately is declared out and comes out of the circle. The participant whose balloon does not burst till the end is declared the winner.

Rules:

i. Pushing a participant out of the circle is not permitted.

ii. A participant cannot take part in the game if his balloon has busted.

iii. Participants are directed to remain active instead of standing in one corner.

4. Golden fish/Chain tag:

The participants stand in a scattered formation within the area. One participant is appointed as a “It” (is the selected child) by the teacher. “It” must have good endurance and speed. On a signal from the teacher, “It” starts chasing the other participants and trying to take anyone. When a player is tagged, he joins hand with “It” and they both chase others. As and when any runner is tagged, he joins the chain. The game continues till one player is left and he is declared as the golden fish.
**Rules:**

i. The runners must remain within the designated area.

ii. Once a chain is formed, chain cannot be broken for tagging others.

iii. When chain becomes large, participants shall decide who to tag.

5. **Leg Cricket**

Teacher divides the participants into two equal teams. One team is a batting side and other team is the fielding side. The teacher installs stumps as in Cricket but the distance between the stumps varies from age to age. The game is played similar to Cricket. The fielding side rolls the ball to the batsman who tries to kick the ball. The fielders try to field the ball so as to prevent the batting side to score runs. A boundary may also be marked so as to decide whether the batsman has scored four or six runs. A batsman is out, if the ball strikes the stumps or if the fielder catches the ball directly after having being kicked by the batsman. When all the players of a team have become out then the fielding become batting side and vice versa. The team scoring more runs shall be declared the winner.

**Rules:**

i. An over consists of 6 balls.

ii. For bowling a participant must roll the ball.

iii. Two participants shall come for batting; one is a batsman and other is a runner.

iv. If the ball is caught by fielders directly after a kick made by a batsman then the batsman is out.

v. If the ball strikes the stump as a result of bowling then the batsman is out.
6. Dodge Ball

A circle with a radius of about 5 meters is marked. The participants are divided into two equal teams. One team stands around outside the circle and the other team stands inside the circle in a scattered formation. The captain of the team which stands outside forming a circle is in possession of Volleyball. On a signal, the captain throws a ball towards the other team members so as to hit them and make them out. A player becomes out only if the ball strikes his body below the knee. The participants who have made the circle can over outside the circle in order to collect the ball as well as to prevent it from going far away. A tie limit of two to three minute is given to the team which made the circle to make as any players out as possible. All those who remain not out till the end earn one point for their team. If all players standing in a circle become out before the time limit, minus two points are given to them. After the time limit, the teams’ changes roles, i.e., all those who have earlier made the circle come inside the circle and those which stood inside the circle earlier, stand around outside the circle. The game is played in similar fashion as player earlier. The team which scores more point is declared winner.

**Rules:**

i. Hitting above the waist is not permitted

ii. Passing among the circle participants is allowed

iii. As soon as the ball hit below the knee of a player, he is declared out and is made to sit outside the circle.

iv. The watch keeps running even though the ball goes far away outside the circle.
7. Captain Ball

The teacher divides the class/group into two equal teams wearing a different dress from the opponents. The length and width of the playing arena shall be 10 meters and 6 meters respectively. Two circles are marked at the centre of the end line of each team having a diameter of one mtr. A captain stands in the circle. Other players cannot enter the circle. To start the game, a light ball (Volleyball) is tossed by the teacher when two opposing players stand near each other. The ball may be tapped or caught by any of these players. The team in possession of the ball may pass the ball among themselves with the aim of passing the ball to the captain stationed inside the circle. The captain is not permitted to come out the circle. The team which is not in possession of the ball tries to get possession of the ball by interception. A team earns more points at the end of the game shall be declared winner.

Rules:

i. Pulling and pushing is not allowed.

ii. Snatching the ball is not permitted.

iii. Running with the ball is not allowed.

8. Spot tag/ Poison tag

The entire participants stand in a scattered formation within the playing arena. An ‘It’ is appointed who starts from one corner of the arena and tries to tag any participant. Whenever any participant is touched, the touched participant becomes a new ‘It’ and the earlier ‘It’ joins as a runner along with other participants. The interesting quality about this game is that ‘It’ must hold/place one hand on that spot on his body where he was
tagged and hold this position as he tries to tag other players. Similarly, others when tagged must chase while keeping a hand on the spot where they were tagged.

Rules:

i. The game starts on the signal given by the teacher.

ii. The chaser must keep one hand on the spot where he was tagged.

9. Train Race

The entire class is divided into two or more teams depending upon the strength of the class. Each team may comprise of at least six participants. The teams stand in files, tallest in front and shortest at the back holding the front participant from the waist. On the signal from the teacher, the teams run like a train around the marked area and come back to the starting line. The team coming first shall be declared winner.

Rules:

1. The participants shall stand in their respective files before the start of the game.

2. Game starts on a signal by the teacher.

3. No participant shall leave the waist of the front participant.

10. Passing and Running Relay

All the participants are divided into two teams. One team is called the passing team which stands in a circle and the other is called the Running team which stands in a file outside the circle. A ball is given to the captain of the circle team and the running team stands in a file near the captain of the circle team. On a signal by the teacher, the passing team passes the ball among them in an anticlockwise direction and the first runner of the running team also runs in anticlockwise direction. The ball is continuously
passed in a circle. On completing a circle, the first runner touches the second runner who runs around the circle. The first runner joins at the end of his team. Likewise all complete running around the circle. The lead given by any team is noted. The teams change roles and complete again. The winner is decided on the basis of the lead in number of passes made till the runners of the opponents complete their turn.

Rules

i. The ball must be passed one by one to all players in a circle in anti clockwise direction.

ii. The ball must be caught first before being passed to next person in a circle.

iii. Circle players shall not be touched by the runners.

(Datta A.K 2001)