APPENDIX-I

EXERCISE -1

Time: 40 minutes

(Who am I)

Activity 1: Write in 1-2 paragraphs informations about yourself, hobbies, liking, disliking, major tour and trip taken by you and achievements.

Activity 2: Share the information with the friend in the classroom loudly.

Activity 3: Listen similar informations from your friends.

Activity 4: Evaluate the opinion of participants.

Activity 5: Answer the following statements:

(i) I like myself, my looks, my walk, my talk, my clothes.
   
   Yes           No

(ii) When I am bored or faced with an unpleasantness, I tend to go to sleep.

   Yes           No

(iii) I sometime deliberately plan a time when I can be by myself.

      Yes          No

(iv) I have written a story / poem / make a chart / model / painting / scenary.

      Yes          No

(v) I like my school very much.

      Yes          No

(vi) I like to take up sports / walking / tennis / football / kabaddi / badminton / cricket in the evening or on holidays.

      Yes          No
<p>| | | |</p>
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<tbody>
<tr>
<td><strong>(vii)</strong></td>
<td>My friends and parents criticize me.</td>
<td>Yes</td>
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<td><strong>(viii)</strong></td>
<td>It is painful for me to look people in the face.</td>
<td>Yes</td>
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<td><strong>(ix)</strong></td>
<td>When I take a trip or go for shopping, I am unhappy unless someone is with me.</td>
<td>Yes</td>
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<tr>
<td><strong>(x)</strong></td>
<td>I keep the volume of my radio / TV turned up loud.</td>
<td>Yes</td>
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**EXERCISE - 2**

Time: 40 minutes

(Self – confidence)

Activity 1: Write one paragraph about any event when you have shown courage and dealt the situation with self-confidence.

Activity 2: Share the above event with your friend.

Activity 3: Listen similar events from your friends.

Activity 4: Evaluate the opinion of participants.

Activity 5: Answer the following statements.

(i) If I was turned down three times for participating in any cultural activity of school, I will doubt my own ability.

   Yes  
   No

(ii) Large cords confuse me and frighten me.

   Yes  
   No

(iii) My present wardrobe is filled with shabby clothing.

   Yes  
   No

(iv) I constantly look at myself in mirrors.

   Yes  
   No

(v) I often have the feeling that people gossip about me.

   Yes  
   No

(vi) If approached by a member of law enforcement agencies, my heart beat will be faster.

   Yes  
   No

(vii) Among strangers in a restaurant, bus, street, I feel some stare or laugh at me.

   Yes  
   No
(viii) If I was given a free ticket to a country unknown to me, I will be afraid to go down.

Yes  No

(ix) I often have unpleasant dreams.

Yes  No

(x) I feel that I often fail in my endeavours (efforts).

Yes  No
EXERCISE – 3

Time: 40 minutes

(Imagine the Most Beautiful Person)

Activity 1: Prepare a list of as many as physical features of a person e.g. nose, eyes etc.
Activity 2: By sitting in a group of 4-5 students, observe the physical features of each other.
Activity 3: Sketch a portrait of a person as mentioned above.
Activity 4: Display the sketch on flannel board/black board.
Activity 5: Evaluate the experience of your friend.
EXERCISE – 4

Time: 40 minutes

(Positive Comments)

Activity 1: Prepare a list of positive comments (or positive qualities) of a person to whom you like.

Activity 2: By sitting in a group of 4-5 students, share your experience with others.

Activity 3: Hand over the list to the person it belongs.

Activity 4: Prepare a list of any five important comments and display it on the blackboard.

Activity 5: Evaluate the experience of your friends.
EXERCISE – 5

Time: 40 minutes

(Memory Game)

Activity 1: Showing 25 items for 30 seconds to one batch of 10 students.
Activity 2: Students will be asked to write as many as items as they could remember in five minutes.
Activity 3: Checking each other list of items and compare it with the list displayed on black board.
Activity 4: Evaluate the experience of your friends.
EXERCISE – 6

Time: 40 minutes

(Sharing Achievements)

Activity 1: Write your past achievements.
Activity 2: Share your past experience with your friends in a group of 4-5 persons.
Activity 3: Listen similar achievements from your friends.
Activity 4: Prepare a list of any five important achievements and display on the blackboard.
Activity 5: Evaluate the experience of your friends.
EXERCISE – 7

(Nice Things)

Activity 1: Some one has done something nice for you or you have done nice things for others or you have done nice things for yourself. Prepare a list of those nice things.

Activity 2: By sitting in a group of 5-6 students share your experience with other friends.

Activity 3: Listen similar experiences from your friends.

Activity 4: Prepare a list of five important nice things and display on the blackboard.

Activity 5: Evaluate the experience of your friends.
EXERCISE – 8

Time: 40 minutes

(Imagine an Ideal Person)

Activity 1: Decide the characteristics of an ideal person.
Activity 2: Prepare a list of characteristics of an ideal person to whom you know.
Activity 3: Describe the characteristics of that ideal person with your friend in a group of 5-6 students.
Activity 4: Listen to the characteristics of an ideal person from your friends.
Activity 5: Evaluate the experience of your friends.
EXERCISE – 9

Time: 40 minutes

(Happiest Events that lead to Happy life)

Activity 1: Write any four happiest events of your life that are written in your diary or you remember most.

a) Happiest event of last year.
b) Happiest event of last month.
c) Happiest event of last week.
d) Happiest event of yesterday.

Activity 2: Share the above events with your friends.

Activity 3: Listen some happiest events from your friends

Activity 4: Evaluate the opinion of participants.

Activity 5: Answer the following statements.

(i) When I have a problem with a person, I calmly discuss it with or her.

   Agreed   Disagreed

(ii) If I was unhappy with the studies of my school I would make a change even if it meant a more free.

   Agreed   Disagreed

(iii) I am willing to work hard at anything I attempted.

   Agreed   Disagreed

(iv) I exert myself to make others happy.

   Agreed   Disagreed

(v) I take good care of my physical and mental health.
(vi) I appreciate small gestures of kindness by others.

Agreed  Disagreed

(vii) When some days do not "go right" I go to bed thinking of something that was good or humorous.

Agreed  Disagreed

(viii) I need time to be alone.

Agreed  Disagreed
EXERCISE – 10

Time: 40 minutes

(Relieving Tension and Controlling Nerves)

Activity 1: Write 5 statements which are the cause of tension for you.

Activity 2: Fill in the blanks.
   a) I would prefer it if
   b) It would be nice if
   c) It would be better if
   d) It would be lovely if
   e) I want to
   f) I do not want to
   g) I like it when
   h) I hate

Activity 3: Share your views with your friends.

Activity 4: Evaluate the opinion of participants

Activity 5: Answer the following statements.

   (i) I find it difficult to concentrate on what people are saying.
       Agreed  Disagreed
   (ii) It irritates me when I see someone chewing gum.
        Agreed  Disagreed
   (iii) I am prone to take tranquilizers, sleeping pills or any other
         form of drug or drugs.
        Agreed  Disagreed
(iv) In moments of half sleep I formulate angry letters to people whom I dislike?

Agreed   Disagreed

(v) Certain sounds, such as a dripping tap, the ticking of a clock, a fluttering curtain irritate me.

Agreed   Disagreed

(vi) There are certain odours which annoy me.

Agreed   Disagreed

(vii) I usually flip when something such as clothing, a pen my wallet are not in the correct place?

Agreed   Disagreed
EXERCISE – 11

Time: 40 minutes

(Making relationship)

Activity 1: Write 1-2 paragraphs about your relations with your parents, brother, sister, friends and neighbourers.
Activity 2: Share your experience with your friends in a group of 5-6 students.
Activity 3: Listen to the experience of your friends.
Activity 4: Evaluate the experience of your friends.
Activity 5: Answer the following statements:

(i) I enjoy visiting my friends especially when they are ill. 
   Yes  No

(ii) I often do not take seriously the comments given by my friends. 
     Yes  No

(iii) I am more interested in the welfare of my family members than in my personal success. 
     Yes  No

(iv) All in all, I feel that I am a fortunate person as I have very good and sincere friends. 
     Yes  No
(v) I agree with the statement, "It is better to have loved and lost than never to have loved at all".

(vi) I enjoy making relations with strangers.

(vii) I am proud of my parents.

(viii) I feel happy when our some relative/friend visits our house.

(ix) I share my lunch during the recess with my friends.

(x) I receive every guest/friend warmly.
(Feeling of Pride – realizing maximum potentialities)

Activity 1: Write 1-2 paragraphs about the things which you have done for your parents, brother, sister, friends, neighbours and for yourself who give you sense of pride.

Activity 2: Share your views with your friends.

Activity 3: Listen similar events from your friends.

Activity 4: Evaluate the opinion of participants.

Activity 5: Answer the following statements:

(i) Most of the time I enjoy my work.
   Yes  No

(ii) At home or on the job, I try to find better methods of fulfilling what it required of me.
    Yes  No

(iii) When I am in doubt about a problem I try to find a reliable source to help me with the answer
     Yes  No

(iv) I believe in saying, "If at first you do not succeed, try, try again."
     Yes  No
(v) I would rather do my job efficiently than to bother my friends, teachers or parents.

Yes No

(vi) I enjoy learning new things even if they do not apply directly to my present work or way of life

Yes No

(vii) I want to stay in the best possible health.

Yes No

(viii) I leave the solution of problems at work or at home for others to solve.

Yes No
EXERCISE – 13

Time: 40 minutes

(Self-Assessment and Improvement)

Activity 1: Write 1-2 paragraphs about
   a) What do you like to become
   b) What do you like to do
   c) What would you wish if you had more money
   d) What made you tense recently
   e) What you have complained about
   f) What would you like to get others to do for you

Activity 2: Share the above feelings with your friends.
Activity 3: Listen the above feelings of your friends from them.
Activity 4: Evaluate the opinion of participants.
Activity 5: Answer the following statements:

   (i) When I look at myself in mirror, I sometimes find something I can change so that I will be more attractive.
       Yes    No

   (ii) I have put on or lost too much weight in the past several years through an unwise living pattern.
       Yes    No
(iii) I think I have self-control.

   Yes  No

(iv) I enjoy sloppily (wet with rain) dressed at home.

   Yes  No

(v) I think most people are happy to see me.

   Yes  No

(vi) When I am an invited guest in someone's home, I try to fit into their pattern and, at the same time, if needed, maintained my own high standards.

   Yes  No

(vii) I am systematic about having medical and dental check-ups.

   Yes  No

(viii) I usually face life with a smile.

   Yes  No
Exercise - 14

Time: 40 minutes

(Activity)

Activity 1: Write 1-2 paragraphs about your experience with your friend or relatives when you were with them during some tour / marriage / function.

Activity 2: Share the above feelings with your friends.

Activity 3: Listen the similar experiences from your friends.

Activity 4: Evaluate the experiences of your friends.

Activity 5: Answer the following statements:

(i) I do not follow the temptation to “cheat” on my date or mate.

Agreed  Disagreed

(ii) I am willing to accept the eating and sleeping habits of those with whom I associate.

Agreed  Disagreed

(iii) I am not easily agreed and / or critical.

Agreed  Disagreed

(iv) I politely try to avoid those with whom I have a personality conflict.

Agreed  Disagreed

(v) I can name at least one person who will listen carefully to my personal problems.

Agreed  Disagreed
(vi) I judge those around me for their merit rather than their race, colour or creed.

    Agreed    Disagreed

(vii) If my personal privacy is invaded, I try to set down definite ground rules.

    Agreed    Disagreed

(viii) I think that I am usually sensitive to the reactions and emotions of others.

    Agreed    Disagreed

(ix) I enjoy telling silly stories based on my own errors.

     Agreed    Disagreed

(x) I try to stay in the best possible physical health.

     Agreed    Disagreed
EXERCISE – 15

Time: 40 minutes

(The Moment of Truth)

Activity 1: Write one paragraph about the event/s when you were true but was mistaken by your teacher, friend, parents or brother/sister.

Activity 2: Share the above feelings with your friends.

Activity 3: Listen the above feelings of your friends from them.

Activity 4: Evaluate the opinion of participants.

Activity 5: Answer the following statements:

(i) Usually I take the risk of refusing to cooperate with the abuse of my friends.

   Yes       No

(ii) I believe in actions instead of talking for a change.

   Yes       No

(iii) Whenever I get the opportunity to correct my mistake, I do it nicely immediately.

   Yes       No

(iv) When someone asks to borrow money from me and I feel ensure about it, I refuse the favour.

   Yes       No

(v) I trust my friend blindly and narrate them all my secrets

   Yes       No
(vi) Generally speaking, when things go wrong, it is the fault of others.

Yes    No

(vii) In times of trouble, I go to bed and usually do oversleep.

Yes    No

(viii) Deaths of people or animals seem to affect me more and depress me longer than other people I know.

Yes    No
EXERCISE – 16

Time: 40 minutes

(Initiative)

Activity 1: Write 102 paragraphs when you have taken the initiative in solving any problem.

Activity 2: Share the above events with your friends.

Activity 3: Listen some happiest events from your friends.

Activity 4: Evaluate the opinion of participants.

Activity 5: Answer the following statements:

(i) I find myself bored with life.
   Yes Sometimes No

(ii) I wait for others to do things for me.
    Yes Sometimes No

(iii) I am interested in many subjects other than those which apply directly to my work.
     Yes Sometimes No

(iv) I would enjoy being the leader or active working member of a social, educational or religious grant.
     Yes Sometimes No

(v) I plan ahead in my daily life and for my leisure time.
    Yes Sometimes No

(vi) I see things that need to be done and do them without being told.
     Yes Sometimes No
(vii) When there is a quarrel, I try to be the first to solve the problem and to "calm the troubled waters".

Yes Sometimes No

(viii) I try to upgrade my life in respect to such things as my clothing, my living environment, my financial stability.

Yes Sometimes No

(ix) When I find bother some things about my living or working conditions, I try to improve matters.

Yes Sometimes No

(x) Generally speaking, I would characterize myself as a shy and/or fearful person.

Yes Sometimes No
EXERCISE – 17

(How much I am an optimist)

Activity 1: Write a paragraph describing the situation where you have shown optimism.

Activity 2: Share the above events with your friends.

Activity 3: Listen the views of your friends.

Activity 4: Evaluate the opinion of participants.

Activity 5: Answer the following statements:

(i) You have planned a picnic out in the open with friends. Suddenly storm clouds gather. You would –
   a) Leave for picnic place as planned
   b) Call your friends and cancel because of the foreboding weather
   c) Switch the picnic place to a nearby place which has shelter.

(ii) You are planning a party for some important people, but a couple of them are known to be difficult, you would:
   a) Anticipate that everyone will have a wonderful time
   b) Plan special ways to please the difficult group members.
   c) Dread the whole affairs.

(iii) You feel in top-notch physical condition, but it is time for your regular medical check-up. You would –
   a) Bounce into the doctor’s office with a feeling of assurance.
   b) Make a list of things to discuss with him for your future well-being.
c) Fear that he will find something wrong.

(iv) You are driving to meeting a friend for an important appointment. A train stands blocking the highway you would:
   a) Wait, hoping that the train will soon pull out.
   b) Have the horrible feelings your friend will leave without you.
   c) Try to find a road around the unmoving train.

(v) Your friend has offered a half glass of cold drink. You will say your glass is:
   a) Half-full
   b) Half-empty
EXERCISE – 18

(Tactfulness)

Activity 1: Write in 1 paragraph the incident of your life where you have acted tactfully.

Activity 2: Share the above incident with your friends.

Activity 3: Listen the similar incidents from your friends.

Activity 4: Evaluate the experiences of your friends.

Activity 5: Answer the following statements:

(i) I have seen some one stealing items from a school office. I would report this to a person incharge.

   Yes    No

(ii) I have observed some girl having what appears to be a romantic luncheon with some boy. I would tell her parents about the incident.

   Yes    No

(iii) I am prone to push my weight around in public places, on the job or at home.

   Yes    No

(iv) A close friend of mine has not paid his/her fee in time. I would ask if I could help financially.

   Yes    No
(v) I would not like to interrupt people and try to improve what they are saying.

   Yes    No

(vi) I would try to dig out skeleton from the closets of others.

   Yes    No

(vii) I would like to side step arguments by avoiding backtalk.

   Yes    No

(viii) I would prefer to give compliments rather criticism.

   Yes    No

(ix) If I meet a person who is ugly or maimed, I would try to avoid conversation with that individual.

   Yes    No

(x) When I am with a group of people whose political or religious views deviate from my own, I would like to convert them.

   Yes    No
Exercise – 19

(Time: 40 minutes)

(Resourcefulness)

Activity 1: Write in 1-2 paragraph information about your resourceful attitude. Name the events when you have used your resourcefulness.

Activity 2: Share the above event with your friend in the class room loudly.

Activity 3: Listen similar information from your friends.

Activity 4: Evaluate the opinion of the participants.

Activity 5: Answer the following:

1. Whenever my friend goes to teacher or principal, he requests me to approach them.

   Agreed   Disagreed

2. I always spend my Sunday/Holiday with my friends or relatives.

   Agreed   Disagreed

3. Whenever I need the help of my friends they gladly come to my help.

   Agreed   Disagreed

4. I have many friends.

   Agreed   Disagreed
5. My friends trust me and I trust them. We share our good books with each other.

Agreed Disagreed

6. Many friends come to my home whenever I celebrate my birthday or any other function.

Agreed Disagreed

7. I always get some discount on every purchase from the market.

Agreed Disagreed

8. I always enjoy the company of my friends.

Agreed Disagreed
Exercise – 20

(Emotional Maturity)

Activity 1: Write in 1-2 paragraphs describing the situation where you have shown emotional maturity.

Activity 2: Share your view with your friends.

Activity 3: Listen the views of your friends.

Activity 4: Evaluate the experience of your friends.

Activity 5: Answer the following statement.

1. I hesitate to talk all my limitations to others.
   Agreed  Disagree

2. I understand the feelings of People with whom I am in contact.
   Agreed  Disagree

3. I feel shy when talking to a higher rank or to a higher position person.
   Agreed  Disagree

4. I face the unknown people with courage.
   Agreed  Disagree

5. I believe in harmonious and loving relationships.
   Agreed  Disagree

6. I always enjoy in cultivating rapport with people.
   Agreed  Disagree
7. I believe in co-operation and team work.
   
   Agreed  Disagree

8. In the face of set back and frustration I always take initiative for further improvement.
   
   Agreed  Disagree

9. I hold my emotions in relationship well and accurately.
   
   Agreed  Disagree