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LEARNING TO BE GREAT

BOOK - 1 2 3

A book wise ready reference for values and life skills

VALUES	BOOK-1	BOOK-2	BOOK-3	BOOK-3	BOOK-2	BOOK-1	LIFE SKILLS
Cleanliness of body	7-13			7-10			INTERPERSONAL COMMUNICATION SKILLS Verbal/Nonverbal Communication. Active listening Expressing feelings, Giving feedback (without blaming) receiving feedback
Cleanliness of surroundings		13-18	12-14	11,14,15			
Balanced food habits	14-17			16,17-21, 22-25, 26, 27-30 31, 32-36, 53, 55, 26, 27, 28, 44-47	13-18, 20-23	9,10,11,13 14-17	
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Good posture		7-12	7-10		23, 32, 37, 42, 47	32-34, 41-45 47-51	
Good manners courtesy			11-14, 27-31				
Respect for the elders	15, 16	20-25	12-13, 25, 27-31		23, 33	23, 29	CO-OPERATION AND TEAMWORK Expressing respect for others' contribution Assessing one's ability and contributing to the group
Obedience		26-28	27-28				
Family Values	15, 17,19,22						
Love,	15-17, 29	20					DECISION TAKING / PROBLEM SOLVING SKILLS Information gathering skills. Evaluating future consequences for present actions for self and others
Alertness,	21-22			33-35	18	23, 25	
Unselfishness	19, 20, 29	20-25	15, 26, 33-35		22		
Sympathy	24-26	21	22-25				CRITICAL THINKING SKILLS Analysing peer and media influences Creative Expression
Helping others	24-26, 39		22-25, 32-35				
Sacrifice	19-20						
Friendship		29-33	26	14, 35	18, 33		COPING AND SELF-MANAGEMENT Self esteem / Confidence building skills Goal setting skills, Self evaluation / self asse-ssment,self monitoring skills
Compassion	24-26	44-47	22-25				
Truthfulness		35-38	16-21				
Honesty		35-38	15, 16-21	10, 21, 25, 37	16, 17, 38	18, 27, 28	MANAGING FEELINGS Anger Management
Greediness			32-36				
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Interfaith values	39	43	51	38, 41, 48	46, 47	27,	CO-OPERATION AND TEAMWORK Expressing respect for others' contribution Assessing one's ability and contributing to the group
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Love of animals							
No Jealousy or Hatred		33	52-56	7, 8, 11, 12, 56	7, 8	38	
Caring for environment	8, 26, 41, 52, 54	48-51	57-59, 60-62	7, 8, 9, 10	7-11, 15		CO-OPERATION AND TEAMWORK Expressing respect for others' contribution Assessing one's ability and contributing to the group
Respecting our culture	13,23,26,28	38,45,51	12-21, 25	14,36,56	24,25,41,42	11-13, 36	
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