

ST. THOMAS SCHOOL, SAHIBABAD

WORKSHEET (2023-2024)

VALUE EDUCATION

MARKS OBTAINED: _____

CLASS-VIII

M.M.25

TIME:1 HR

Name _____ Section _____ Roll. No: _____ Date _____

I Choose and tick (✓) the correct option:

6

1. If you are being bullied, what is the smartest thing to do?
a. Walk away b. Try to make fun of the bully c. Get in physical fight d. Started crying.
2. What do you mean by disability?
a. A person who is physically disable to perform certain task.
b. A physical disability is a physical weakness.
c. A physical disability is a physical Conditions that affects a person's sense organ and other body parts
d. All of the above
3. which of the following is a physical change due to stress.
a. Defeating thoughts b. Remorse c. Red eyes and dilated pupils d. Anxiety and worry
4. Meditation will help us to keep our mind _____.
a. Calm b. Proud c. K angry d. restless
5. which of the following is a psychological change due to the stress.
a. Irregular breathing b. Anger c. Hight blood pressure d. faster heart beats
6. Discussing our problems with others help us in _____ our stress.
a. relieving b. increasing c. Both a and b d. None of the above

II Fill in the blanks:

5

1. Stress can _____ affect our Physical health
2. Expectation and uncertainties in life _____ us.
3. Bullying can involve saying mean things or _____ the person physically.
4. Families with disabled members in society may also feel _____ in society.
5. We should learn to manage _____ and Plan for important tasks.

III. Write True/False:

5

- 1 We should always thing about negative things and drive away the positive things ()
- 2 Samir was extremely good at playing drum in his class. ()
- 3 sign boards in Brille are used for hearing impaired individuals ()
- 4 Digital modes of Communication are gradually replacing traditional modes of communicating. ()

5 Bullying is a social problem. ()

IV. Answer the following questions

1. Does bullying mean only physical attacks ? 2

2. What will you do if you are bullied ? 2

3. State two advantages and two disadvantages of digital communication. 2

4. Discuss three ways in which public place can be made more accessible for moment restricted persons. 3
