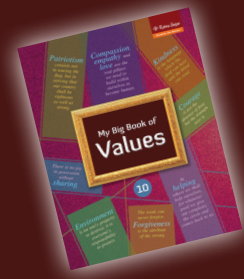


# WORKSHEET 3

## CHAPTER 3 – Peace as a Lifestyle

### My Big Book of Values 10



Answer the following questions.

**A. Based on your understanding of the Act It Out section, identify and tick the actions and responses that make a peaceful dialogue difficult.**

1. Aakriti meditating in a public place. \_\_\_\_\_
2. Dhruv walking his two dogs in a park where children come to play.
3. Mahesh's unreasonable fear of dogs. \_\_\_\_\_
4. Shraddha exaggerating the whole situation by saying that the dogs nearly bit her baby. \_\_\_\_\_
5. Atif warning that if they did not calm down the dogs would get agitated. \_\_\_\_\_
6. Mahesh interfering in the exchange between Shraddha and Dhruv. \_\_\_\_\_
7. Aakriti not mediating in the matter despite being present there. \_\_\_\_\_
8. Dhruv being callous and irresponsible in walking two big dogs. \_\_\_\_\_
9. Shraddha being overly protective of her baby. \_\_\_\_\_

**B. Answer the following questions by choosing the correct answers.**

1. Why did Calypso stop wondering that Zeus expected her to betray her father?
  - a. The Titanomachy and Calypso's subsequent punishment had taken place a long time ago.
  - b. Zeus had imprisoned his own father, Cronus, at the end of the war.
  - c. Calypso knew it was futile to understand the ways of the gods.
  - d. Zeus was impetuous. He could expect anything from anyone.
2. How do we know that Calypso had a mind of her own?
  - a. She ignored the present of Athena and created diversions of her own.
  - b. She put Odysseus under her spell though he was dear to the gods.
  - c. She created a beautiful garden for herself, rich with fruits and flowers, to prove that she could thrive against all odds.
  - d. All of the above.

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3. How do we know Calypso was grateful for any good done to her?
  - a. She let Odysseus go in return for seven years of his company.
  - b. She made necklaces of shells and gave them to the water nymphs for understanding her misfortune and playing with her sons.
  - c. She was thankful to Athena for presenting her with a magnificent loom.
  - d. Calypso was a victim of the wrath of the gods. She had no reason to be grateful to anyone.
4. How was Odysseus an instrument of revenge against the gods?
  - a. Odysseus was a favourite of Athena, and Calypso thought he would intercede with Athena on her behalf.
  - b. Calypso thought she could use Odysseus in a battle against the gods.
  - c. Odysseus was dear to the gods but she had kept him captive on the island by casting a spell on him.
  - d. Odysseus who was dear to the gods had shunned his duties as a king, husband and father to be with Calypso.
5. Why do you think Calypso finally agreed to let Odysseus leave?
  - a. She wanted peace above all else, both for Odysseus and for herself.
  - b. She knew her spell would not work on Odysseus anymore.
  - c. Odysseus had prayed to Athena for help.
  - d. She did not want to anger the gods anymore.

**C. How does Calypso ultimately find peace in her life? Write what you think.**

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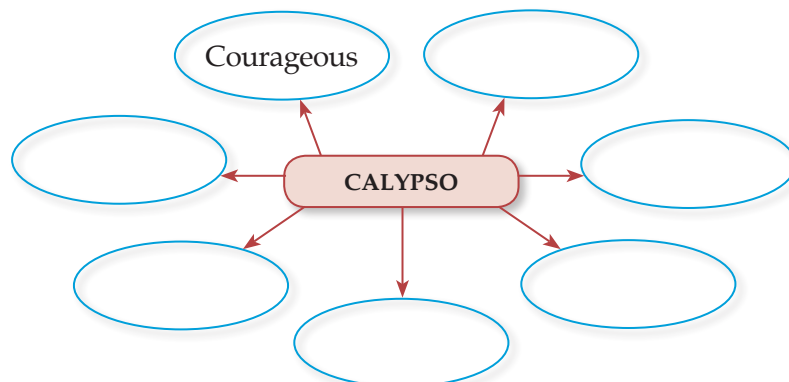


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**D. Based on your understanding of Calypso's story, write down seven qualities that Calypso displays to be able to lead a peaceful life. Justify the qualities by citing an example for each from the story.**



1. **Courage:** *Calypso has the moral courage to let Odysseus go despite having fallen in love with him.*

2. \_\_\_\_\_  
\_\_\_\_\_

3. \_\_\_\_\_  
\_\_\_\_\_

4. \_\_\_\_\_  
\_\_\_\_\_

5. \_\_\_\_\_  
\_\_\_\_\_

6. \_\_\_\_\_  
\_\_\_\_\_

7. \_\_\_\_\_  
\_\_\_\_\_

**E. Match the columns.**

- |                               |   |
|-------------------------------|---|
| 1. Social media               | a. Reduced concentration                    |
| 2. Popularity on social media | b. Increased connectivity                   |
| 3. Freedom of expression      | c. Decreased physical activity              |
| 4. Excessive Internet use     | d. Narcissistic preoccupation               |
| 5. Social media addiction     | e. Cyber bullying                           |
| 6. Online chats               | f. Carefully selected content               |
| 7. Social media posts         | g. Difficulty in face-to-face conversations |

**F. Answer the following questions.**

1. In the poem 'On the Western Front', what is the one hope that the dead soldiers have?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. Do you think that the second part of the poem is satirical? Give reasons.

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3. Give another title to the poem. Justify the title you have given.

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**G. Based on your understanding of Mandakini Devi's story, cross out the statements that are not true.**

1. Mandakini Devi started going out of the house to avoid fights with her son and daughter-in-law.
2. She built a wall around their house to avoid constant fights with her neighbours.
3. Mandakini Devi did not wish to aggravate the situation, so she did not tell her children about it.
4. She sat the whole day at a roadside to avoid her troublesome neighbours.
5. Mandakini Devi begs to earn some money on the roadside.
6. Her search is really for personal peace more than a way to pass her time.
7. Her children are supportive of her decision to spend the day in this manner.
8. Mandakini Devi's action seems to follow Buddha's injunction of Right Effort.

**H. Based on your understanding of the Eight-fold Path, write which of the eight injunctions the following examples follow.**

1. Sameer understands that social media profiles have carefully curated content. So he does let them affect him too much:     *The Right View*
2. Raksha ensures that her means of livelihood does not harm or inconvenience anyone: \_\_\_\_\_
3. Soumya avoids slandering others when chatting with his friends: \_\_\_\_\_
4. I am mindful of my mental and physical functions so that I can respond to my surroundings in the correct manner: \_\_\_\_\_
5. Deeksha tries to remove negativity from her thoughts so that her outlook is more optimistic and her work more productive: \_\_\_\_\_