

LESSON No. 1



SHIFTING FROM PLACE TO PLACE

A family always grows up. How does a family grow up?

Marriage and giving birth to a new child may increase the number of family member. When the house can not accommodate all the members what will be the solution? Naturally, a small family is separated. The new family is shifted.

Ask your parents from what time your family is staying in the present house?

Before this new settlement where was your family?

Why was your family shifted from the former place?

In early times, settlement was not permanent in a fixed place. Some family moved in search of food, grazing ground for their animals. People who keep on moving for their livelihood or in search of fertile land and grazing land for their animals are called **nomads**.



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Sometimes for the construction of dams, flyover or roads people living in that area are displaced.



The expansion of Imphal Airport also affected the people living in that area. They were compelled to shift their families.

With the increase in population the urban slums are growing rapidly. Such illegal places are demolished by the Government. People living in the slums have to move to other places. People from the rural areas migrate to the cities in search of employment.

Due to natural disasters like floods or earthquake, there is a great loss. People have to move to safer places. Sometimes they stay in rehabilitation camps. Finally they are shifted to a new place.

There are some islands in the world which is going to submerge under sea water. Global warming causes the rise of sea water level. Environmentalists warn that one day the islands will be under water and the people will be displaced to some other safe places as environmental refugees.

Find some island that may face the problem. Ask your teachers the problem face by Tuvalu Island and the Maldives.



Tuvalu Island



Maldives

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Why should not we start acting to reduce global warming. It may be able to help them to stop displacement.

Ethnic crisis also compelled people to change their families.

Displacement causes a lot of problems. List any three problems people may face due to displacement.

Have you heard about partition of India into India and Pakistan in 1947?

The partition resulted in huge migration of people from one country to the other.

Ask the elders or read reference books to find out the reason behind the partition.

ACTIVITY

- 1. Find out from your classmates whose father or mother has a transferable job. List difficulties they face due to transfer.*
- 2. Draw family tree with location of the individuals.*

LESSON No. 2



WHO LAUGHS THE LOUDEST

To know the qualities / skills possessed by all the members of a family is essential. It helps us to understand them well. How well do you know your family members? Let us find out.

Record a data sheet of each and every members of your family in the following format. (Use a notebook)

Name: _____

Sex (M / F): _____

Age: _____

Height: _____

Weight: _____

Complexion (Fair / Dark / Extreme dark): _____

Length of hair: _____

Voice (Low / Medium / High) : _____

Way of speaking (Soft / Harsh) : _____

Cooking skill (Nil / poor / good): _____

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Attitude towards others (mild / divergent): _____

Best skill: _____

Hobby: _____

Education: _____

Languages (can read): _____

Languages (can write): _____

After completing the data sheets of all members, answer the following questions.

Find out and write.

Who is the tallest member in your family?

Who is the shortest member in your family?

Who is the heaviest member in your family?

Who is the lightest member in your family?

Who is the best complexion member in your family?

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Who is the darkest member in your family?

Who has the loudest voice among the members in your family?

Who speaks softest?

Whose attitude towards others is best?

Who is most conversant in language?

Among the female members, who has the longest hair?

Among the female members, who can cook best?

Whom do you like most? Why?

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Tombi's eldest sister had been married two years back. One day she came to Tombi's house with her 6 month old baby. Her mother came out to see them. When she looked at the baby, she said " Oh! he looks like his father"?



Tell

* Does your face or anything else look like that of someone else in your family? What is it?

* Did someone tell you this or did you find it out ourself?

* How do you feel when people compare you with someone else in your family? Why do you feel so?

* Who laughs the loudest in your family? Laugh like that person?

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One day Tombi was playing with her cousin Thoibi. Ahanbi was the elder sister of Tombi's mother Phajabi. Tombi's mother called Ahanbi and said, "See, my Tombi's hair is a lot like Thoibi's – thick, curly and black. It's good she does not have hair like mine – straight, limp and brown!" Our mother also had thick, curly and black hair. Now our generation has similar hair. Tombi was listening to all this. She thought, her special trait of hair comes from her grandmother's side.



Find out and write

Now, look for some special trait in your sister or brother (could also be cousins). Observe the colour of eyes, dimples in cheeks, height, nose-broad or sharp, voice, etc. See if this trait comes from the father's side or the mother's side. Make this table in your notebook and fill it. An example is given.

Special trait	Whom does it resemble?	From whose side?	
		Mother's	Father's
Tombi's curly hair	her grandmother	✓	

ACTIVITY

Observe a young child in your family or any other family. Whom does the child's eyes, nose, hair or fingers look like in the family? Write their names. Tombi's hair was like her aunty's – thick and curly. Her mother had straight, brown and limp hair. What type of hair do you have – black or brown, oily or dry, curly or straight?

LESSON No. 3



OUR LIKES AND DISLIKES

We can see, hear, taste, smell and feel with our sense organs. What are they?

We are all different from each other. All of us have unique character. We have our likes and dislikes.

Let us try to find out your like and dislike.

Encircle the food item you like to eat.

Cooked rice	Wheat bread	Fried bread
Spicy curry	Vegetable curry	Hot vegetable curry
Pulber Curry	Fish curry	Chicken
Sweets	Fruit salad	Fried egg

What is the best dress you want to wear?

Encircle the colour you like.

Blue	Pale blue	Red	Pale red
White	Cream	Green	Light green
Yellow	Pink	Grey	Black

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Write the game you like.

What is the smell you like most?

Write the profession you like most.

Name the musical instrument you like to play.

Name the pet you like.

Name the flower you like.

How do you react when you are forced to do the work which you don't like?

You might do the work lazily. You may want to avoid the work. You may cheat. You may become an adamant child. Are these things a good behaviour? How do you react when you are forced to eat the food which you don't like? Sometimes you may even vomit. The food may not give any value to you.

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Find out the likes and dislikes of any five children of your class and complete the table.

LIKES

Name of the child	Colour	Flower	Game	Profession

DISLIKES

Name of the child	Colour	Flower	Game	Profession

The likes and dislikes are different from person to person. Some person like spicy food and some other like sweets.

Our taste may change. It depends on the way of life also. When I was a child I wanted plain food but now I want spicy food.

LESSON No. 4



TEAM GAMES - YOUR HEROES

A game is contest with rules to determine a winner. It is also played for amusement or pastime, yet, there has to be a winner. A game starts being a sport when you compete with others humans. And stop being a sport when you do it alone. Then, it becomes practice. Therefore, a sport needs a game to exist. Games and sports not only gives recreation of human mind but also are immensely beneficial for the mental and physical health. In games and sports, one learns to humbly accept defeat and success, which are indeed valuable ingredients of life. Above all, it is a national pride to win the medals in the international games.

Team games are played in groups. You must have certainly played games with your friends dividing yourselves into two sides or groups. Each side/group competing with another group/side is called a team. You must have also noticed that winning is not easy even if an individual is very good in a team. It means that for a team to win few factors are required, such as:

- Every member in a team has to be physically fit
- Every member has to possess an average level of skill-set
- Every member has to play in their specific positions

But the most important factor is that each member has to **support another one, coordinate and play together**. This is called **team**

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spirit. Without it, a team cannot win. There are other requirements such as perseverance, will, courage, effort, determination, discipline and training with a good coach.

But all these qualities have to be moulded towards forging team spirit. Then only, a team can win. In other words, you always have to watch out for your partner or team members and support them.



Do boys and girls play together?

In childhood or the under-age group, certainly, boys and girls play together. In indoor games such as lawn tennis, badminton and table tennis, there are events known as mixed-doubles in which the pair of a team is co-ed (lady and gentleman). However, we are yet to witness the same in games such as basketball, volleyball, cricket, rugby, football and hockey, etc. Sometimes, in exhibition matches or during training session of such games, we do witness the mixing of gender in the teams. But these are exceptions.

Co-ed (mixed boys and girls) sports teams are beneficial for many children, particularly children under age. Boys and girls who participate in sports together are less likely to form thoughts of gender inequality throughout childhood and adulthood. Interacting with the opposite sex in early age helps children to develop sensitivity towards the other sex. Sports, especially, give children the opportunity to witness the physical and mental capabilities of each sex.

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- Which is your favourite team game/sport?

- Who are your favourite sportspersons/heroes of your favourite game/sport? Name five.

- Do you know any National level player from Manipur? Make a list along with the name of the sports and the club which they represent.

ACTIVITY

Give the name of the countries where Indian National Football Team played in the last five years. Find out the Manipuri players in the team.



LESSON No. 5



LOCAL GAMES AND MARTIAL ARTS

Every community has their own form of local games and martial arts. Some of them are popular and internationally accepted. Some remain to be played by the locals during traditional festivals. These games are known as indigenous or traditional games of the community or the state because the games originated there and continue to be played even today. For example, badminton and hockey are indigenous games of India. Likewise, table tennis or ping pong and Kung-Fu had their origin in China. Sumo wrestling and Judo are from Japan. Tae-Kwon-Do is from Korea and Karate is from India.

Manipur is equally blessed with numerous indigenous games and forms of martial arts. Let us have a brief account of some of the popular traditional games of Manipur.

Sagol Kangjei (Manipuri

Polo): *Sagol Kangjei* has been adapted and adopted by the international enthusiasts of the game as Polo and now it is now being played worldwide. Today, the world has accepted that the game of Modern Polo originated



from Manipur. *Sagol Kangjei* is played with seven players (in each side) who mount and ride Manipuri Ponies. Each player is fitted with polo-stick made of bamboo. The mounted player gallop after the ball (made of bamboo root) to hit it straight into the goal.

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Yubi Lakpi (Manipuri Rugby):

“Yubi” in Manipur means coconut and “Lakpi” means snatching. The game is played on an open ground. Each side has 7 players in a field that is about 45×18 metres in area one side of which forms the central portion of the goal line. The coconut serves the purpose of a ball and is offered to the king or the judges who sit just beyond the goal line.



Hiyang Tannaba (Boat Race): It is generally held in the month of November at Thangapat (Moat). The boats called Hyang Hiren are regarded to be invested with spiritual powers and the game is associated with religious rites. The rowers wear traditional dresses and head-gears. The game is also conducted during spells of natural calamity.



Hiyang Tannaba

Mukna (Manipuri Wrestling):

The game is the Manipuri style of wrestling played between two male rivals for trial of strength by sheer physical strength and skill. Athletes of the same or approximately the same physical built, weight or ages are made to fight with each other.



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Almost every community in Manipur their own variant of Mukna, which can be witnessed during traditional festivals.

Kang: It is an indoor game played on the mud floor of a big out house. Fixed targets are hit with “Kang” which is a flat and oblong instrument made of either tortoise shell or lac. Normally each team has 7 male partners. The game is also played as a mixed



doubles contest during the period between Cheiraoba (New Year’s Day of Manipur) and the Rath Yatra festival.

Thang-Ta & Sarit Sarat: These are the forms of Manipuri Martial Arts, the traditions of which had been passed down over the centuries. The indigenous martial art-forms were meant to hone one’s battle-craft during peace times in the olden days when Manipuri was a warrior required to serve his country during war-times.



ACTIVITY

1. Make a list traditional games which your parents played during their childhood for amusement and fun (for example, Marum Konbi). Request them to show you how to play.
2. Learn to play a local game under the supervision of a teacher.