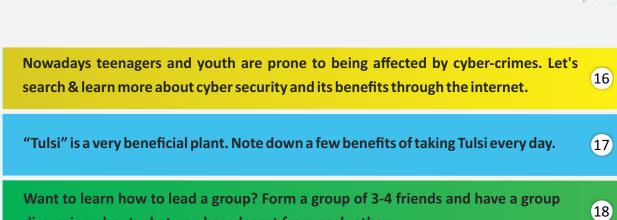
7	7	CLASS: 9 TH - 10 TH	
9		Cognitive Skills Social Skills Health Skills Emotional Skills	
	1	Interested to decide your future career? Your passion can also become your career. You can choose your stream for +2 by referring to the Career Booklet.	
	2	Ever thought of saying a few positive words to your Parents? Well, note down the role of parents in your life.	
	3	How well do you know your best friend? Find out 5 bad habits of your best friend and discuss how he/she can change those bad habits.	
	4	Let's not be a 'Frog in a well'. Let's explore more, by reading the current affairs of our Region, State, Country and the World from the newspaper to expand our Knowledge.	
	5	Have you ever seen an animal being mistreated? Search and learn about the organization named "PETA" and see how they save lives of animals and birds.	
	6	How often do you compliment your friends and siblings? Write a few sentences in English and Odia to compliment them.	
	7	If you become a Mechanic after completing your ITI course, what other qualifications are required in your career to prosper? Go through the career booklet to know more.	
	8	Do you know anybody who is very successful in his/her career? What special abilities does he/she have which motivate you?	
	9	To serve in Defence, should we choose the Science, Arts or Commerce streams? Find out the suitable stream from the Career Booklet.	
	10	Let's be honest! How do you utilize your leisure time? Make a list of your hobbies and find out how to utilize your leisure time better.	
	11	Have you ever stepped up to make your environment clean? What steps would you take to make your environment clean?	
	12	Awareness begins from home. Learn "Self-awareness" from the Interactive Personality Development book and note how it is beneficial for you.	
	13	If you were the headmaster/headmistress of your school for a day, what changes would you bring in your school?	A Transport
	14	Are your friends, cousins or any family members addicted to intoxicants? What steps would you take to keep them away from the addiction?	
	15)	Do you have a "dream career"? If yes, then make a note of the preparatory steps	

to reach your dream career.







discussion about what you have learnt from each other.

Do you know we use 22 major languages in India? Note down the languages you know other than your mother tongue.

Have you ever helped people in need? Recall five such incidents and write how they 21 have inspired you. Also reflect on how others should be motivated to act for social

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Hygiene is our primary need and a regular activity in our life. Note down a few sanitation and hygiene activities which were held recently in your locality.

Feeling bored and dull? Let's solve a sheet from the worksheet and find out how many right answers you get?

We know that there are beautiful historical places in Odisha! Write about your experiences of a historical place that you have recently visited.

Your teachers play an important role in your day to day life. Write down some 25 appreciative words for your teachers.

Do you know that even 15 minutes of meditation can help you by strengthening 26 your memory? Elaborate on how long you meditate and how it helps you.

"Sarasatia" is a famous sweet in Sambalpur district. Note down other famous sweets you know, write it on your career workbook.

Do you like to research and verify before reaching a conclusion? Find out how you can 28 be a scientist and invent new things in life by referring to the Career Booklet.

If you were a Social Activist, what would you like to change in society? Please

How passionate are you about sports? Did you know that you can have a very successful career in Sports Management? Find out from the Career Booklet.

Do you know about the "5+3+3+4" Education system? To learn more about it, research on the "New Education Policy" via the internet.