

Chapter 1 Living in Pakistan

1. Key Definitions (Pages 4-5) (Students should understand these area)

- **City:** A big place with tall buildings, many shops, schools, and busy traffic (e.g., Karachi, Lahore).
- **Town:** A medium-sized area, not as busy as a city but has good facilities like hospitals and markets.
- **Village:** A small area with open fields and farms. Most people work as farmers.
- **Kachi Abadi:** A crowded area with houses made of simple materials.

2. Activity: Common Professions (Page 7)

- **Farmer:** Grows crops (wheat, rice) in villages.
- **Butcher:** Sells meat in cities and towns.
- **Teacher:** Teaches children in schools.
- **Cobbler:** Makes and repairs shoes.

3. Exercise Q1. Select the best option (Page 10)

1. Where do most farmers live? **b) Villages**
2. What is a kachi abadi? **b) A crowded area with simple houses**
3. Who teaches children in schools? **c) Teacher**
4. What type of buildings are common in cities? **a) Tall buildings**
5. What do people in different cultures share? **a) Respect and kindness**

4. Exercise Q2. Fill in the blanks (Page 10) (Word Bank: offices, villages, schools, kindness, simple)

1. People in cities often work in **offices** and businesses.
2. A farmer works in **villages** to grow crops.
3. Teachers teach children in **schools**.
4. Friendship is based on **kindness** and respect.
5. A kachi abadi has **simple** houses.

5. Exercise Q3. Answer these questions (Page 10)

1. **Name the four types of areas where people live in Pakistan.**
 - Village, City, Town, and Kachi Abadi.
2. **How is life in a city different from life in a village?**
 - **City life:** Fast and busy, with tall buildings, heavy traffic, and offices.
 - **Village life:** Simple and quiet, with open fields, farms, and fewer cars.
3. **What is your favourite profession, and why?**
 - (Student's own answer, e.g., "My favourite profession is a Doctor because they help sick people.")
4. **What makes friendship special across different areas and cultures?**
 - Kindness and respect.
5. **How can we learn more about the work people do?**
 - By asking people about their jobs.

Chapter 2 Sharing and Helping Each Other

1. Activity: How People Help Each Other (Page 14) (*Draw pictures of two things you like to share and explain why*)

- **Example Drawings:**
 1. **Toys:** I share my toys with my friends so we can play together happily.
 2. **Food:** I share my lunch with my sister because sharing is caring.

2. Activity: Role-Play Scenarios (Page 15) (*Discussion on waiting for your turn*)

- **At the Canteen:** We stand in a line and wait for our turn to buy food.
- **At the Bus Stop:** We wait for the bus to stop completely, before riding it.
- **In Class:** We raise our hands and wait for the teacher .

3. Exercise Q1. Select the best option (Page 16)

1. Why is sharing important? **a) It makes others happy.**
2. What can you share with your friends? **c) Both a and b** (Toys & Books).
3. Who helps you at school? **a) Teacher**
4. Where should you wait for your turn? **c) Both a and b**
5. Who sells vegetables in the market? **a) Shopkeeper**

4. Exercise Q2. Fill in the blanks (Page 17) (*Word Bank: think, Teachers, wait, grow, earn*)

1. **Sharing** teaches us to **think** about others.
2. We **wait** for our turn.
3. **Teachers** help students by teaching lessons.
4. Farmers **grow** food which shopkeepers sell.
5. Parents **earn** money to buy food for the family.

5. Exercise Q3. Answer these questions (Page 17)

1. **Why is it important to share?**
 - Sharing is important because it makes others happy.
2. **List two things you can share with your friends.**
 - Toys
 - Lunch/Snacks
3. **How do teachers help students in school?**
 - Teachers help students by teaching them new things and guiding them.
4. **Give one example of how you depend on someone in your daily life.**
 - I depend on my parents for food and clothes.
5. **What should you do while waiting at the canteen?**
 - I should stand in a line and wait for my turn patiently.

Chapter 3 Respecting Everyone

1. Activity: Ways to Show Respect (Page 19)

- **Actions:**
 - Listening when someone speaks.
 - Helping others in need.
 - Sharing things with friends.

2. Activity: Magic Words (Page 20)

- Say "**Please**" when asking for something.
- Say "**Thank you**" when receiving something.
- Say "**Sorry**" when you make a mistake.

3. Exercise Q1. Select the best option (Page 22)

1. Why is sharing important? **c) Both a and b**
2. What makes people different from each other? **c) Both a and b**
3. What should you do if you hurt someone) **say sorry**
4. Why are mistakes important? **a) They help us learn.**
5. Fairness means treating everyone... **c) Equally**

4. Exercise Q2. Fill in the blanks (Page 23)

1. Everyone deserves **respect** and kindness.
2. Words like "thank you" and "please" show **kindness**.
3. If you hurt someone, always **apologize** for what you did.
4. Mistakes are a part of **learning**.
5. Fairness means treating everyone **equally**.

5. Exercise Q3. Answer these questions (Page 23)

1. **Why is it important to respect people with different abilities and cultures?**
 - Because everyone is unique.
2. **List two ways you can show respect at school.**
 - Listening to the teacher.
 - Waiting for our turn to speak.
3. **What should you say when you hurt someone's feelings?**
 - I should say "sorry" and promise not to do it again.
4. **How do mistakes help us become better?**
 - Mistakes teach us to improve.
5. **What is an example of fair behavior at home?**
 - Sharing toys with siblings or helping parents.

Chapter 4 Being Responsible and Safe

1. Activity: Traffic Lights (Page 25) *(Draw and explain the lights)*

- **Red Light:** Means **Stop**.
- **Yellow Light:** Means **Wait** (get ready).
- **Green Light:** Means **Go**.

2. Activity: Taking Care of the Environment (Page 27) *(Write three ways to take care of the environment)*

1. Avoid littering (throw garbage /trash in bins).
2. Plant more trees.
3. Reuse /recycle things like paper and plastic.

3. Exercise Q1. Select the best option (Page 28)

1. What should you do before crossing a road? **b) Look both ways and use the zebra crossing.**
2. Which is a service provided by the government? **b) Running schools**
3. Which of these is a citizen's right? **a) The right to food**
4. Why should we use resources carefully? **b) To save for others and the future**

4. Exercise Q2. Fill in the blanks (Page 29) *(Word Bank: education, carefully, food, sidewalk/pavement, Wait for it to stop completely)*

1. The government provides **education** for children to study.
2. Use resources like water and food **carefully**.
3. The right to **food** ensures that no one goes hungry.
4. Walk on the **sidewalk/pavement** when using the road.
5. **Wait for it to stop completely** is one of the safety rules while traveling by bus.

5. Exercise Q3. Answer these questions (Page 29)

1. **List three services the government provides for people.**
 - Education (Schools).
 - Health Care (Hospitals).
 - Safety (Police and Firefighters).
2. **Why should we wait for our turn on the road or bus stops?**
 - To stay safe and avoid accidents.
3. **What can happen if you don't follow traffic rules?**
 - Accidents can happen and people might get hurt.
4. **Describe how you can take care of nature.**
 - We can take care of nature by not throwing trash on the ground and by saving water.
5. **Write two ways you can save resources at home.**
 - Turn off the lights when leaving/going out from a room.
 - Keep the tap turned off while brushing teeth.

Chapter 5 Religions and Places of Worship

1. Activity: Religions in Pakistan (Page 31)

- **Islam**
- **Christianity**
- **Hinduism**
- **Sikhism**

2. Activity: Places of Worship (Page 32) (*Match the religion with its place of worship*)

- **Masjid:** Islam
- **Church:** Christianity
- **Gurdwara:** Sikhism.
- **Temple:** Hinduism.

3. Exercise Q1. Select the best option (Page 34)

1. Where do Christians pray? **b) Church**
2. What should you do when you visit a place of worship? **b) Be respectful and quiet**
3. What is the place of worship for Muslims called? **c) Masjid**
4. What is the place of worship for Sikhs called? **d) Gurdwara**
5. Why is it important to respect all places of worship? **c) Both a and b**

4. Exercise Q2. Fill in the blanks (Page 35) (*Word Bank: Masjid, Gurdwaras, religion, Temple, respect*)

1. **Masjid** is a place where Muslims pray.
2. Sikhs worship in **Gurdwaras**.
3. Everyone has the right to practice their own **religion**.
4. A **Temple** is a place where Hindus worship.
5. We should always **respect** people's places of worship.

5. Exercise Q3. Answer these questions (Page 35)

1. **Name the places of worship for the following religions: Islam, Christianity, Hinduism, Sikhism.**
 - **Islam:** Masjid
 - **Christianity:** Church
 - **Hinduism:** Temple
 - **Sikhism:** Gurdwara
2. **Why is it important to allow people to practice their own religion?**
 - Because everyone has the right to practice their own religion
3. **How can we show respect for other religions and their places of worship?**
 - By not disturbing the rules of their religion.
4. **What activities take place in a masjid?**
 - Offer prayers (Namaz)
 - Recite The Holy Quran
 - Hifz The Holy Quran and
 - Learn about Islam.
5. **Discuss why respecting religions promotes peace in society.**

Chapter 6 Pakistan and Its Cultural Identity

1. Key Facts: National Symbols (Page 38)

- **National Capital:** Islamabad.
- **National Animal:** Markhor.
- **National Fruit:** Mango.
- **National Flower:** Jasmine.
- **National Bird:** Chukar Partridge.
- **National Sport:** Hockey.
- **National Flag :**
 - **Green colour:** Represents Muslims.
 - **White colour:** Represents Minorities.
 - **Crescent and Star:** Represents progress and light.

2. Exercise Q1. Select the best option (Page 42)

1. How many provinces does Pakistan have? **b) 4**
2. What does the crescent and star on the flag represent? **b) Progress and light**
3. Which is the national bird of Pakistan? **a) Chukar Partridge**
4. Which festival is celebrated by Muslims after Ramadan? **a) Eid-ul-Fitr**
5. Which province is famous for Ajrak and Sindhi Topi? **a) Sindh**
6. What does the green part of the Pakistani flag represent? **b) Muslims**

4. Exercise Q2. Fill in the blanks (Page 43) (Word Bank: Hockey, Islamabad, Mango, Sindh, green and white)

1. **Hockey** is the national sport of Pakistan.
2. The capital of Pakistan is **Islamabad**.
3. **Mango** is the national fruit of Pakistan.
4. Ajrak and Sindhi Topi are cultural symbols of **Sindh**.
5. The AJK flag is **green** and **white**.

4. Exercise Q3. Answer these questions (Page 43)

1. **Name the four provinces and three areas of Pakistan.**
 - **Provinces:** Punjab, Sindh, Khyber Pakhtunkhwa (KPK), Balochistan.
 - **Areas:** Azad Jammu and Kashmir (AJK), Gilgit-Baltistan (GB), Islamabad Capital Territory (ICT).
2. **Why do we have national symbols?**
 - Pakistan's national symbols represent its identity.
3. **Draw and colour the national flag of Pakistan. What do its colours represent?**
 - (Student Activity: Draw the flag).
 - **Green:** Represents Muslims.
 - **White:** Represents Minorities /non-Muslims.
4. **How do people celebrate Eid-ul-Fitr in Pakistan?**
 - People offer special prayers, wear new clothes, and share food.
5. **Describe the cultural diversity of any region of Pakistan.**
 - **Punjab:** People wear colourful dresses, perform Bhangra dance, and drink Lassi.

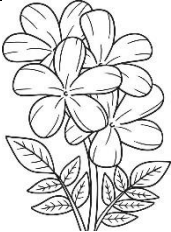
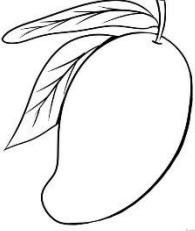
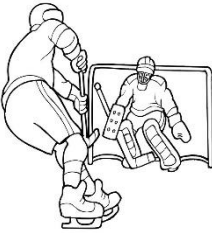
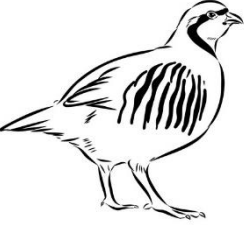

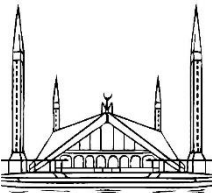
Chapter 6 Pakistan and Its Cultural Identity

Worksheet Grade II

Name: _____

Date: _____

Match the symbol with its name.

National Capital	
National Animal	
National Fruit	
National Flower	
National Bird	
National Sport	

Chapter / Professions and Contributions

1. Key Learning: Common Professions (Page 45)

- **Teaching:** Teach and guide students.
- **Farming:** Grow crops.
- **Medicine (Doctors & Nurses):** Treat patients.
- **Business (Shopkeepers):** Sell goods.

3-4 sentences about your favourite profession (Pg 46)

Medicine is my favourite profession. Because
A doctor treats patient.
He is a community helper.
He helps us to be healthy / live healthy life

2. Key Learning: Celebrated Pakistanis (Pages 47)

- **Dr. Abdul Qadeer Khan:** Made us proud Pakistani and an Atomic power. We are proud of him. He is a savior of Pakistan. May Allah rest his soul in peace.

3. Exercise Q1. Select the best option (Page 48)

1. Which profession helps us when we are sick? **b) Medicine**
2. Who provides food by growing crops? **c) Farmers**
3. Who among these is a celebrated Pakistani in education? **b) Malala Yousafzai**
4. Arfa Karim was known for her achievements in: **b) Computer Science**
5. Which profession would you associate with selling goods? **b) Business**

4. Exercise Q2. Fill in the blanks (Page 49) (Word Bank: food, education, Microsoft, leprosy, Physics)

1. Farmers provide us **food** by growing crops.
2. Malala Yousafzai is known for her work in promoting **education**.
3. Arfa Karim was the youngest **Microsoft** Certified Professional.
4. Ruth Pfau was known for helping patients with **leprosy**.
5. Dr. Abdus Salam won a Nobel Prize for his contributions to **Physics**.

5. Exercise Q3. Answer these questions (Page 49)

1. **Name three professions and describe their roles in daily life.**
 - **Teachers:** Educate students.
 - **Doctors:** Treat sick people / patients.
 - **Farmers:** Grow crops /food for us.
2. **What is your favourite profession, and why do you like it?**
 - (Student's own answer, e.g., "I like to be a Pilot because I want to fly planes.") or see activity pg 46
3. **Describe one professional achievement of a celebrated Pakistani.**
 - **Abdul Sattar Edhi** created the world's largest volunteer ambulance service to help people in need. Or see answer of activity pg 47
4. **How do professions like medicine and teaching help the community?**
 - Medicine help sick people. Teaching help to educate/ teach students.

Chapter 8 Agriculture and Livestock

1. Key Learning: Major Crops (Page 51)

- **Wheat & Rice:** Used for food.
- **Cotton:** Used to make cloth.
- **Sugarcane:** Used to make sugar.
- **Maize:** Used for food and oil.

2. Key Learning: Livestock (Page 52) Draw yourself

3. Activity: Cotton Processing (Page 52) (*Sequence of making clothes*)

1. **Cotton:** Grow in fields.
2. **Thread:** Cotton is spun into thread / make thread
3. **Cloth:** Thread is woven into cloth / make cloth
4. **Garments:** Cloth is stitched into clothes / stitch cloth

4. Exercise Q1. Select the best option (Page 53)

1. Which of the following is not a major crop in Pakistan? **c) Apples**
2. Which livestock provides wool? **b) Sheep**
3. Cotton is processed into: **b) Cloth**
4. Sugar is made from: **c) Sugarcane**
5. Which livestock animal is commonly used for transport in Pakistan? **b) Camel**

5. Exercise Q2. Fill in the blanks (Page 54) (*Word Bank: Sugarcane, Chickens/Poultry, thread/cloth, Wheat and Rice, Goats*)

1. **Sugarcane** is processed to make sugar.
2. **Chickens (or Poultry)** provide us with eggs and meat.
3. Cotton is turned into **thread/cloth** before becoming garments.
4. **Wheat and Rice** are major crops of Pakistan.
5. Milk comes from cows, buffaloes, and **goats**.

6. Exercise Q3. Answer these questions (Page 54)

1. **Name any three agricultural crops in Pakistan and explain how they are used.**
 - **Wheat:** Used to make flour (roti)
 - **Cotton:** Used to make clothes.
 - **Sugarcane:** Used to make sugar.
2. **What is livestock, and why is it important?**
 - Livestock are farm animals (like cows, goats, and chickens).
 - They are important because they give us food (milk, meat, eggs) and materials like wool.
3. **Describe the process of turning cotton into clothes.**
 - First, cotton grows in fields. Then, it is made into thread. The thread is woven into cloth which is finally stitched into clothes. **May see activity pg 52**
4. **Which livestock do you find the most useful and why?**
 - (*Student's own answer, e.g., "I find the Cow most useful because it gives us milk to drink and meat to eat."*)


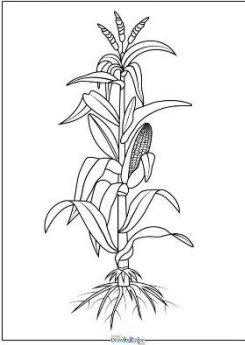



Chapter 8 Agriculture and Livestock

Worksheet Grade II

Name: _____

Date: _____

Identify and colour picture of the crops

<p>Wheat</p>	
<p>Rice</p>	
<p>Cotton</p>	
<p>Sugarcane</p>	
<p>Maize</p>	

Chapter 9 Plants and Animals

1. Key Learning: Parts of a Plant (Page 56)

- **Root:** Absorbs water and nutrients.
- **Stem:** Supports the plant and carries water to other parts.
- **Leaf:** Makes food for the plant using sunlight (Photosynthesis).
- **Flower:** Produces seeds and fruit.

2. Key Learning: What Plants Need (Page 59) Do both the activities by your self

Five ways in which plants are useful.(Page 60)

- Give oxygen
- Shade
- Food
- Wood
- Habitat for animals

3. Key Learning: Young Ones of Animals (Page 61)

- **Horse** Foal
- **Cat** Kitten
- **Dog** Puppy

4. Exercise Q1. Select the best option (Page 63)

1. Which part of the plant helps to anchor it to the soil? **a) Root**
2. What do plants need to grow? **b) Sunlight, water, and air**
3. Which animal's baby is called a kitten? **b) Cat**
4. Which of the following grows from a seed? **b) Apple**
5. Which of these is a water animal? **c) Fish**

5. Exercise Q2. Fill in the blanks (Page 64) (Word Bank: root, fish, sunlight, horse, Caterpillar)

1. The **root** helps to take in nutrients from the soil.
2. Animals like the **fish**, live in water.
3. Leaves make food for plants in the presence of **sunlight**.
4. The baby **horse** is called a foal.
5. **Caterpillar** grows into butterfly after going through the pupa stage.

6. Exercise Q3. Answer these questions (Page 64)

1. **Why are leaves important for a plant?**
 - Leaves are important because they make food for the plant .
2. **What do plants need to grow and make their food?**
 - Plants need sunlight, air, water, and soil nutrients to grow and make food.
3. **What is the role of flowers in a plant's life cycle?**
 - Flowers help the plant to reproduce by producing seeds, which grow into new plants.

4. **How do frogs grow from young ones into adults? (Draw diagram)**
 - Frogs start as **eggs**, then become **tadpoles** (which live in water), and then grows into adult frogs.
5. **How are land animals different from water animals?**
 - **Land animals** usually have legs to walk and lungs to breathe in air.
 - **Water animals** have fins to swim and gills to breathe underwater.

Chapter 10 Materials, Heat, and Light

1. Exercise Q1. Select the best option (Page 71-72)

1. Which of the following is a natural material? **b) Wood**
2. Which material is known for being elastic? **a) Rubber**
3. Which of the following can float on water? **b) Wood**
4. What produces heat when burned? **a) Wood**
5. Which is an example of a human-made source of light? **c) Light bulb**

2. Exercise Q2. Fill in the blanks (Page 72) (Word Bank: Plastic, Sun, Natural, Man-made, Light bulb, Sun)

1. **Plastic** is a man-made material used for packaging.
2. **Light** (or Light bulb) helps us see at night.
3. **Natural** materials grow in nature, while **man-made** materials are made by humans.
4. A **Light bulb** is a common source of light we use in homes.
5. The **Sun** is a natural source of both heat and light.

3. Exercise Q3. Answer these questions (Page 72)

1. **What are some common materials found in our surroundings?**
 - Wood, plastic, metal, glass, and fabric.
2. **How can we differentiate between natural and man-made materials?**
 - **Natural materials** come from nature (like plants and rocks), while **man-made materials** are created by humans (like plastic and glass).
3. **What is an example of an elastic material, and what does it do?**
 - **Rubber** is an elastic material. It can stretch and then return to its original shape.
4. **How do we produce heat through rubbing?**
 - We can produce heat by rubbing two objects together, like rubbing our hands to make them warm.
5. **How does the intensity of light and heat change as you move closer to the source?**
 - The heat and light become stronger (hotter and brighter) as we move closer to the source.

Chapter 11 Push and Pull Forces

1. Key Learning: Push and Pull

- **Push:** A force that moves something **away** from you (e.g., Kicking a ball, Pushing a door).
- **Pull:** A force that moves something **closer** to you (e.g., Pulling a rope, Dragging a suitcase).

2. Key Learning: Effects of Force

- **Speed:** Greater force makes objects move **faster** and farther.
- **Direction:** Force can change the **direction** of a moving object.
- **Stopping:** Force can stop a moving object (e.g., catching a ball).

3. Exercise Q1. Select the best option (Page 76)

1. Which force moves an object closer to you? **b) Pull**
2. If you want to move a toy faster, you should: **b) Push it hard**
3. When you push a door, what happens to the door? **b) It moves away from you**
4. Which of the following uses a pull force? **c) Pulling a rope**
5. Which of the following changes the direction of an object? **c) Both pushing and pulling**

4. Exercise Q2. Fill in the blanks (Page 77) (*Word Bank: push, pull, greater, direction, push*)

1. A **push** is a force that moves an object away from you.
2. A **pull** is a force that brings an object closer to you.
3. The **greater** the force, the faster or farther something moves.
4. Force can change the **direction** of an object's movement.
5. Pushing a shopping cart is an example of **push** force.

5. Exercise Q3. Answer these questions (Page 77)

1. **What happens when you push a ball lightly?**
 - It moves slowly and covers a short distance.
2. **Describe how a push and a pull are different.**
 - A **push** moves things away from us, while a **pull** brings things closer to us.
3. **How can you stop the movement of a toy?**
 - We can stop it by holding it with our hand.
4. **Give two examples where you use force to change the direction of an object.**
 - Hitting a moving ball with a bat.
 - Steering the handle of a bicycle.
5. **Why is it important to use different amounts of force on different objects?**
 - Because heavy objects need more force to move, while light objects need less force.

Chapter 12 Earth and Natural Resources

1. Key Learning: Natural Resources

- **Land:** Used for farming, building houses, and roads.
- **Forests/Plants:** Provide oxygen, food, shelter, and medicines.

- **Air:** Required for breathing and sustaining life.
- **Sun:** Provides energy, light, and warmth.

2. Activity: Manufacturing from Natural Resources (Page 80)

- **Wood (from trees):** Used to make furniture and paper.
- **Cotton (from plants):** Used to make clothes.
- **Water (from rivers/lakes):** Processed into drinking water.

3. Activity: Ways to Save Water (Page 82)

- Turn off the tap while brushing teeth.
- Use a bucket of water instead of a running shower.
- Fix leaky faucets.
- Collect rainwater for gardening.

4. Exercise Q1. Select the best option (Page 84)

1. Which of the following is not a natural resource? **c) Plastic**
2. What do trees provide us with? **b) Oxygen and wood**
3. Which natural resource is essential for farming? **a) Land**
4. Where can we find natural water resources? **b) Rivers and lakes**
5. What is one way to conserve water? **b) Use a bucket of water for washing**

5. Exercise Q2. Fill in the blanks (Page 84) (Word Bank: Plants, Deforestation, turning off, Water, Plants/Forests)

1. **Plants** (or Forests) provide oxygen for us to breathe.
2. People use **plants** (wood and cotton) to make products like clothes and paper.
3. One way to save water is by **turning off** the tap while brushing your teeth.
4. **Water** is a resource that humans cannot live without.
5. **Deforestation** can lead to the destruction of forests.

6. Exercise Q3. Answer these questions (Page 84)

1. **What are the main natural resources that come from the Earth?**
 - The main natural resources are Land, Water, Air, Plants (Forests), and Sunlight.
2. **How do people use wood from trees?**
 - People use wood to make furniture (like chairs and tables) and paper.
3. **Why is water so important for survival?**
 - Water is important because all living things (humans, animals, plants) need it to drink and grow. We also use it for cooking and cleaning.
4. **Name one area in Pakistan that experiences water shortage and why.**
 - (Based on text concepts): Areas with **overuse of water, pollution**, or low rainfall (like deserts) experience water shortages.
5. **How can deforestation harm the land and the environment?**
 - Deforestation (cutting down trees) destroys the homes of animals, reduces oxygen, and harms the soil.