

English and Digital for Girls' Education (EDGE)

Self-Access
Learning Materials



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Level 1

This section consists of six different topics that will help you with your everyday English. You can either listen to the audio scripts from your SD card or read the transcripts and do the exercise. You can turn to the end of the booklet to check your answers.



Introducing a friend

Sumi, Pablo are friends. Sumi wants Pablo to meet her friend Greta.

Instructions - Do the preparation task first. Then listen to their conversation (audio1_introducing a friend) from your SD card and do the tasks that follow. If you do not have the audio, you can read the transcript and do the tasks.

Transcript for **Introducing a friend**

Sumi: Hi, Pablo. How are you?

Pablo: Hi, Sumi. I'm fine, thanks.

Sumi: Pablo, this is Greta.

Pablo: Hi, Greta. I'm Pablo.

Greta: Hi. How are you?

Pablo: I'm fine, thanks. Where are you from, Greta?

Greta: I'm from Germany. Where are you from?

Pablo: I'm from Argentina. Nice to meet you.

Greta: Nice to meet you too.

Listen to the conversation and do the exercises to practise and improve your listening skills.

Preparation

Do this exercise before you listen. Circle the best option for what people normally say when they first meet.

1. Hi, it's Pablo. / Hi, I'm Pablo.
2. Hi. Who are you? / Hi. How are you?
3. Where are you? / Where are you from?
4. You are nice. / Nice to meet you.

1. Check your understanding: gap fill

Do this exercise while you listen. Complete the gaps with the correct name.

Greta	Sumi	Pablo
-------	------	-------

1. _____ introduces Greta to Pablo.
2. _____ is German.
3. _____ is Argentinian.

2. Check your understanding: gap fill

Do this exercise while you listen. Write the words to fill the gaps.

- Sumi:** Hi, Pablo. How are you?
- Pablo:** Hi, Sumi. _____, thanks.
- Sumi:** Pablo, this is Greta.
- Pablo:** Hi, Greta. _____ Pablo.
- Greta:** Hi. How are you?

Pablo: I'm fine, thanks. _____ from, Greta?

Greta: I'm from Germany. Where are you from?

Pablo: I'm from Argentina. _____ meet you.

Greta: Nice to meet you too.

Discussion

What questions do you like to ask when you meet new people?

Vocabulary Box

Write any new words you have learnt in this lesson.

Meeting people

It's Makayla's first day at a new school and she's lost. Do you want to find out what happens to her?

Instructions - Do the preparation exercise first. Then listen to the audio (audio2_ meeting people) from your SD card and do the tasks that follow. If you do not have the audio, you can read the transcript and do the tasks.

Transcript for Meeting people

Gemma: Hello.
Makayla: Hi.
 Gemma: Are you OK? You look lost.
Makayla: Er, yeah. I'm new at this school. I don't know anyone.
 Gemma: What's your name?
Makayla: Makayla.
 Gemma: That's a cool name. How do you spell it, with a 'k' or a 'c'?
Makayla: With a 'k'. What's your name?
 Gemma: I'm Gemma ... with a 'g'! What year are you in?
Makayla: I'm in Year 11.
 Gemma: So am I. So, you're 16?
Makayla: No, I'm 15. My birthday's in May.
 Gemma: Ah, OK. What class are you in?
Makayla: I don't know yet. What class are you in?
 Gemma: I'm in 11B.
Makayla: Oh no! I'm late!
 Gemma: Don't worry. Come with me, Makayla with a 'k', and we can ask my teacher about your class.
Makayla: Really? Oh, thanks a lot.

...

Gemma: Hello.
Makayla: Hi.
 Gemma: Are you OK? You look lost.
Makayla: Er, yeah. I'm new at this s _____. I d ____ know anyone.
 Gemma: What's your name?
Makayla: Makayla.
 Gemma: That's a cool name. How do you spell it, with a 'k' or a 'c'?
Makayla: With a 'k'. What's y ____ n ____?
 Gemma: I'm Gemma ... with a 'g'! What year are you in?
Makayla: I' ____ i ____ Year 11.
 Gemma: So am I. So, you're 16?
Makayla: No, I' ____ 15. My b _____ i ____ May.
 Gemma: Ah, OK. What class are you in?
Makayla: I d ____ k ____ yet. What class are you in?
 Gemma: I'm in 11B.
Makayla: Oh no! I' ____ late!
 Gemma: Don't worry. Come with me, Makayla with a 'k', and we can ask my teacher about your class.
Makayla: Really? Oh, t _____ a l ____.

It's Makayla's first day at a new school and she's lost.

Do the preparation exercise first. Then watch the video and follow the instructions to practise your speaking.

Preparation

Write the words in the correct order to make sentences and questions.

1. ? | OK | you | Are
.....
2. school. | I'm | new | this | at
.....
3. your | ? | name | What's
.....
4. do | you | it? | spell | How
.....
5. birthday | November. | My | in | is
.....
6. you | in? | class | What | are
.....
7. lost. | am | I
.....
8. yet. | know | don't | I
.....

1. Check your understanding: true or false

Circle *True* or *False* for these sentences.

- | | | |
|---|-------------|--------------|
| 1. It's Makayla's first day at a new school. | <i>True</i> | <i>False</i> |
| 2. Makayla knows a lot of people at the school. | <i>True</i> | <i>False</i> |
| 3. Gemma is friendly and helpful. | <i>True</i> | <i>False</i> |
| 4. Makayla is 18. | <i>True</i> | <i>False</i> |
| 5. Gemma and Makayla are both in Year 11. | <i>True</i> | <i>False</i> |
| 6. Gemma will help Makayla find her teacher. | <i>True</i> | <i>False</i> |

2. Check your understanding: ordering

Write numbers (1–7) to put the conversation in order.

- | | |
|-------|---|
| | I need to go to the library. Do you know where it is? |
| | Where do you need to go? |
| | Yes, I do. I'm going to the library now. Let's go together. |
| | No problem. Come with me. |
| | Hi, how are you? |
| | Really? OK, great! Thank you! |
| | Hello. I'm OK, thanks ... but I'm lost. |

3. Check your understanding: gap fill

Complete the sentences with a word from the box.

- | | | | | | |
|----|----|-------|-------|------|----------|
| in | am | don't | spell | year | birthday |
|----|----|-------|-------|------|----------|

1. I _____ know anyone.
2. How do you _____ it? With a 'p' or a 'b'?
3. What _____ are you in at school?
4. I'm _____ Year 8.
5. I'm 15. My _____ is in June.
6. I _____ late!

Discussion

What do you usually say in English when you meet someone new for the first time?

Not feeling well

Gemma and Jack are having a picnic. But Jack doesn't feel well. Do you want to know what happened to him?

Instructions - Do the preparation exercise first. Then listen to the audio (audio3_not feeling well) from your SD card and do the tasks that follow. If you do not have the audio, you can read the transcript and do the tasks.

Transcript for Not feeling well

- Gemma: I love picnics. Hey Jack, do you want another sandwich?
Jack: Urgh, no thanks.
 Gemma: Oh go on ... there's cheese and tomato or egg.
Jack: No, really, I'm fine.
 Gemma: What about some chocolate cake?
Jack: Oh, no thanks, I ...
 Gemma: What's wrong?
Jack: I ... I ... I don't feel well.
 Gemma: Yeah, you don't look too good.
Jack: Urgh ... I've got a headache.
 Gemma: You're a bit red.
Jack: Yeah, can I have some water?
 Gemma: Yeah, sure, here you are.
Jack: Thanks.
 Gemma: It's very hot today. Do you want some sun cream?
Jack: No, I've got some, but can I wear your hat?
 Gemma: Yeah, here you are. Come on, let's get out of the sun. It's too hot.
Jack: Yeah, let's go home.
- ...
- Gemma: I love picnics. Hey Jack, do you want another sandwich?
Jack: Urgh, no t_____.
 Gemma: Oh go on ... there are cheese and tomato or egg.
Jack: No, really, I'__ fine. Gemma: What about some chocolate cake?
Jack: Oh, no t_____.
 Gemma: What's wrong?
Jack: I d__ feel well.
 Gemma: Yeah, you don't look too good.
Jack: Urgh ... I'____ got a headache.
 Gemma: You're a bit red.
Jack: Yeah, c__ I h__ some water?
 Gemma: Yeah, sure, here you are.
Jack: Thanks.
 Gemma: It's very hot today. Do you want some sun cream?
Jack: No, I've g__ some, but c____ I wear y__ hat?
 Gemma: Yeah, here you are. Come on, let's get out of the sun. It's too hot.
Jack: Yeah, let's g__ home.

Gemma and Jack are having a picnic. But Jack doesn't feel well ...

Do the preparation exercise first. Then watch the video and follow the instructions to practise your speaking.

Preparation

Match the things people say with the answers and write a–d next to the numbers 1–4.

- | | | | |
|--------|-------------------------------|----|---------------------------|
| 1..... | How are you? | a. | No, thanks. |
| 2..... | Do you want another sandwich? | b. | Yeah, let's go home. |
| 3..... | Can I have some water? | c. | I'm fine, thanks. |
| 4..... | It's too hot. | d. | Yeah, sure, here you are. |

1. Check your understanding: true or false

Circle *True* or *False* for these sentences.

- | | | |
|---------------------------------|-------------|--------------|
| 1. Gemma likes picnics. | <i>True</i> | <i>False</i> |
| 2. Jack wants another sandwich. | <i>True</i> | <i>False</i> |
| 3. Jack doesn't feel well. | <i>True</i> | <i>False</i> |
| 4. Jack has a stomach ache. | <i>True</i> | <i>False</i> |
| 5. Jack wants some sun cream. | <i>True</i> | <i>False</i> |
| 6. They decide to go home. | <i>True</i> | <i>False</i> |

2. Check your understanding: gap fill

Complete the sentences with a word from the box.

feel	no	wear	thanks	
fine	got	can	home	I've

Gemma: I love picnics. Hey Jack, do you want another sandwich?

Jack: Urgh, no ¹_____.

Gemma: Oh, go on ... there's cheese and tomato or egg.

Jack: No, really, I'm ²_____.

Gemma: What about some chocolate cake?

Jack: Oh, ³_____, thanks.

Gemma: What's wrong?

Jack: I don't ⁴_____ well.

Gemma: Yeah, you don't look too good.

Jack: I've ⁵_____ a headache.

Gemma: You're a bit red.

Jack: ⁶_____ I have some water?

Gemma: Yeah, sure, here you are.

Jack: Thanks.

Gemma: It's very hot today. Do you want some sun cream?

Jack: No, ⁷_____ got some, but can I ⁸_____ your hat?

Gemma: Yeah, here you are. Come on, let's get out of the sun. It's too hot.

Jack: Yeah, let's go ⁹_____.

3. Check your understanding: ordering

Write a number (1–6) to put the conversation in order.

- No thanks ... no food, thanks.
- I don't feel well. Can I have some water?
- Thanks.
- No food? What's wrong?
- Ah, I love the beach! Do you want some bread and cheese?
- Yes, of course. Here you are.

Discussion

Did you like the video? Can you answer Gemma's questions?

At the shop

Gemma goes to the shop. She wants to buy a magazine.

Instructions - Do the preparation exercise first. Then listen to the audio (audio4_at the shop) from your SD card and do the tasks that follow. If you do not have the audio, you can read the transcript and do the tasks.

Transcript for **At the shop**

Shopkeeper: Hi. Can I help you?
Gemma: Hello. How much is this magazine?
 Shopkeeper: Let's see ... Top Sounds, that's £1.99.
Gemma: OK, can I have the magazine and do you have a bottle of water?
 Shopkeeper: Yes.
Gemma: Have you got cold ones?
 Shopkeeper: Over there in the fridge. Is that everything?
Gemma: I think so. Oh ... and these sweets.
 Shopkeeper: OK.
Gemma: How much is that?
 Shopkeeper: That's £3.40, please.
Gemma: Here you are.
 Shopkeeper: Thank you ... and there's £1.60 change. Would you like a bag?
Gemma: No, it's fine, thanks. Bye.
 Shopkeeper: Bye.

...

Shopkeeper: Hi. Can I help you?
Gemma: Hello. H__ m__ is this magazine?
 Shopkeeper: Let's see ... Top Sounds, that's £1.99.
Gemma: OK, c__ I h__ the magazine and d__ you h__ a bottle of water?
 Shopkeeper: Yes.
Gemma: H__ you g__ cold ones?
 Shopkeeper: Over there in the fridge. Is that everything?
Gemma: I t__ s__. Oh ... and these sweets.
 Shopkeeper: OK.
Gemma: How m__ is that?
 Shopkeeper: That's £3.40, please.
Gemma: H__ you a__.
 Shopkeeper: Thank you ... and there's £1.60 change. Would you like a bag?
Gemma: No, it's f__, t__. Bye.
 Shopkeeper: Bye.

Gemma goes to the shop.

Do the preparation exercise first. Then watch the video and follow the instructions to practise your speaking.

Preparation

Who says it, a customer or a shopkeeper? Put these phrases in the correct group.

A bottle of water, please.	Can I help you?	How much is this?	Would you like a bag?
Do you have a bottle of water?	Can I have a bottle of water?	That's £1.99.	Is that everything?

1. Check your understanding: multiple choice

Circle the correct option.

- Gemma is talking to ...
 - a shopkeeper.
 - a friend.
- The magazine costs ...
 - £0.99.
 - £1.99.
- Gemma buys a bottle of ...
 - water.
 - juice.
- Gemma also buys some ...
 - chocolate.
 - sweets.
- It costs ...
 - £3.40 in total.
 - £4.30 in total.
- Gemma ...
 - wants a bag.
 - doesn't need a bag.

2. Check your understanding: gap fill

Complete the dialogue with phrases from the box.

Have you got	Would you like	How much is	Is that everything
No, it's fine	please	Can I help you	that's

Shopkeeper: Hi. ¹ _____ ?

Gemma: Hello. ² _____ this magazine?

Shopkeeper: Let's see ... Top Sounds, ³ _____ £1.99.

Gemma: OK, can I have the magazine and a bottle of water?

Shopkeeper: Yes.

Gemma: ⁴ _____ cold ones?

Shopkeeper: Over there in the fridge. ⁵ _____ ?

Gemma: I think so. Oh ... and these sweets.

Shopkeeper: OK.

Gemma: How much is that?

Shopkeeper: That's £3.40, ⁶ _____.

Gemma: Here you are.

Shopkeeper: Thank you ... and there's £1.60 change. ⁷ _____ a bag?

Gemma: ⁸ _____, thanks. Bye.

Shopkeeper: Bye.

3. Check your understanding: ordering

Write a number (1–9) to put these sentences in order.

- A: That's £2.00, please.
- A: These ones? Let me see ... they're £1.00.
- B: Yes, thanks.
- B: OK, can I have these sweets and a cola, please?
- A: Thanks a lot. Bye.
- A: Hi. Can I help you?
- A: Of course. Is that everything?
- B: Hi, how much are these sweets?
- B: Here you are. Thanks.

Discussion

What new phrases have you learned from this video?

Online safety conversation

Charlie is discussing something important with his mother. They are talking about online safety.

Instructions - Do the preparation exercise first. Then listen to the audio (audio5_online safety conversation) from your SD card and do the tasks that follow. If you do not have the audio, you can read the transcript and do the tasks.

Transcript for **Online safety conversation**

- Charlie:** Mum! That's my computer!
- Mum:** I know, I know. Don't worry, I'm changing your privacy settings.
- Charlie:** Privacy settings?
- Mum:** Yes. There are privacy settings on your social networking sites. Your account is totally public at the moment, and you're logged in!
- Charlie:** Oh. What are the privacy settings for?
- Mum:** To make you safe online. You want to be safe, don't you? And for the right people to see your information, not EVERYONE.
- Charlie:** Everyone?
- Mum:** Yes. If you don't change your privacy settings, when you upload a photo, anyone can see it. It's important to change them so only your friends can see them. You don't want everyone to see everything, do you?
- Charlie:** No! But I can delete things, can't I?
- Mum:** Well, you can, but it's very difficult. Some things stay there forever.
- Charlie:** That's really scary, Mum.
- Mum:** Don't worry, but you must learn how to stay safe. You mustn't tell anyone your password!
- Charlie:** I won't!
- Mum:** Crazy Charlie one two one, isn't it?
- Charlie:** Mum! Yes, it is. How ...
- Mum:** It's on your notebook. Right there. On your desk. It isn't a very secret place, is it?
- Charlie:** No, it isn't.

Listen to the conversation and do the exercises to practise and improve your listening skills.

Preparation: matching

Match the words to make common phrases and write a–e next to the numbers 1–5.

- | | | |
|---------|----------------|-------------|
| 1 | privacy | a. site |
| 2 | social network | b. settings |
| 3 | log | c. a photo |
| 4 | upload | d. safe |
| 5 | stay | e. in |

1. Check your understanding: true or false

Circle True or False for these sentences.

- | | | |
|--|------|-------|
| 1. Charlie's mother is doing something with his computer. | True | False |
| 2. Charlie isn't logged in at the moment. | True | False |
| 3. If you don't change your privacy settings, everyone can see your information. | True | False |
| 4. It is easy to delete everything you put online. | True | False |
| 5. Charlie's mother knows his password. | True | False |
| 6. Charlie's notebook is in a secret place. | True | False |

2. Check your understanding: matching

Match the two parts of the sentence and write a–f next to the numbers 1–6.

- | | | |
|---------|--------------------|---------------------------------|
| 1 | Charlie's account | a. is on his desk. |
| 2 | Charlie's mum | b. is totally public. |
| 3 | Anyone can | c. is in his notebook. |
| 4 | CrazyCharlie121 | d. see Charlie's photos. |
| 5 | Charlie's password | e. wants him to be safe online. |
| 6 | Charlie's notebook | f. is Charlie's password. |

Study tips

Ben and Katy are best friends. Katy is helping Ben with some study tips.

Instructions - Do the preparation exercise first. Then listen to the audio (audio6_study tips) from your SD card and do the tasks that follow. If you do not have the audio, you can read the transcript and do the tasks.

Transcript for **Study tips**

- Ben:** You always get good marks at school. You're lucky! I study but I don't always get good marks.
- Katy:** I'm not lucky! I know how to study. I always do three things. Do you want to know them?
- Ben:** Yeah, please!
- Katy:** OK, number one. Always study in a quiet place.
- Ben:** I usually study in my bedroom. It's very quiet.
- Katy:** Number two. Have a clear desk!
- Ben:** Right. A clear desk. My desk isn't clear. There are lots of papers and books and pens on it.
- Katy:** Well, that isn't very good!
- Ben:** What's tip number three?
- Katy:** Have lots of breaks. I always study for thirty minutes. Then I have a break for five minutes. I move my arms and legs and drink some water. Then I study again for thirty minutes.
- Ben:** I never have a break. I sometimes study for two or three hours.
- Katy:** That isn't a good idea! It's important to get up and move your body.
- Ben:** OK. Thanks. Next time I think I can get good marks!

Listen to the conversation and do the exercises to practise and improve your listening skills.

Preparation: matching

Match the opposite adjectives and write a-f next to the numbers 1-6.

- | | | |
|---------|-----------|----------------|
| 1 | good | a. unlucky |
| 2 | lucky | b. untidy |
| 3 | always | c. noisy |
| 4 | quiet | d. bad |
| 5 | clear | e. unimportant |
| 6 | important | f. never |

1. Check your understanding: multiple choice

Circle the best answer to these questions.

- Ben ...**
 - a. doesn't study
 - b. studies and does well.
 - c. studies and doesn't do well.
- Ben usually studies ...**
 - a. in the library.
 - b. at home.
 - c. in his friend's house.
- On Ben's desk there are ...**
 - a. papers, books and pens.
 - b. pencils, books and pens..
 - c. a pencil case and pens.
- Katy ...**
 - a. has a break for thirty minutes.
 - b. exercises for thirty minutes.
 - c. studies for thirty minutes.
- When Ben studies ...**
 - a. he doesn't take breaks.
 - b. he has a break for two or three hours.
 - c. he has two or three breaks each hour.

2. Check your understanding: grouping

Write the ideas in the correct group.

a. Study for two or three hours without a break	b. Get up and move your body	c. Stay in your chair when you take a break	d. Have lots of papers and books on your desk
e. Play loud music while you study	f. Take lots of breaks	g. Have a clear desk	h. Study in a quiet place

Good ideas	Bad ideas

3. Check your vocabulary: gap fill

Complete the sentences with a word from the box.

good	body	quiet	three	legs	marks
------	------	-------	-------	------	-------

- You always get good _____ at school!
- I always do _____ things. Do you want to know them?
- I usually study in my bedroom. It's very _____.
- I move my arms and _____ and drink some water.
- It's important to get up and move your _____.
- Next time I think I can get _____ marks!

Level 2

This section consists of eight different topics to help you develop your reading skills. You can also learn lots of new vocabulary. Enjoy doing the tasks and turn to the end of the booklet to check your answers.



Reflection and Moving Forward

Glossary list

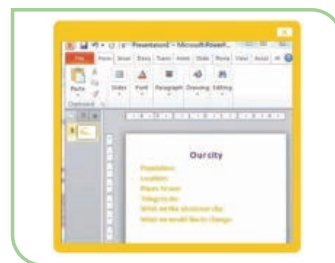
agreed - सहमतहनु	allow - अनुमति दिनु	essential - आवश्यक	delay - ढिलो गर्नु
enough - पर्याप्त	opportunity - मौका	rest of - अरु बाँकी	

1. What's the word?

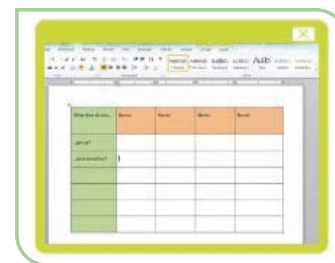
Mobile Phone	MS-Word	MS-Power Point
Tablet	Headphone	Laptop



a. headphone



b.



c.



d.



e.

Read the stories of three EDGE club members, Ramila, Israt and Saima.



Ramija

Ramija, was a member of an EDGE club in Manikganj, Bangladesh. She attended club sessions every week and developed her English and ICT skills. She then became a Peer Group Leader when she was 16.

In early 2013, Ramija's parents wanted her to get married, but she wanted to continue her schooling. She asked her mother to delay the marriage (to wait until she was older). However, her mother could not make decisions in her family because her father decided everything. Ramija spoke to her father directly. She told him about what she had learnt in the EDGE clubs. She explained to him how she could use English and digital skills to earn money and pay for her education. Her father agreed to delay her marriage. Ramija stayed in school to class nine. She planned to get a job working with computers after finishing her education.



Saima

Saima came from a family of six children. Her parents were poor. She had never used a computer before. She didn't think she would have the opportunity. Her friends asked her to join an EDGE club. The club was near her house, so her parents allowed her to attend and to learn how to use a computer.

After attending the club Saima was able to use a computer. The owner of a computer centre in her community heard about Saima's new ICT skills, so he offered her a job in his shop. Saima started to work there part-time after school. She helped visitors use the computers and created documents for them. She earned 2,000 Taka per month. This money was enough to pay for her education and she gave the rest of the money to her family.



Israt

Israt started in an EDGE club when she was 14. She had seen computers many times before but had never used one. She was afraid of using a computer but she wanted to learn. She heard about the clubs and asked to join.

After attending the EDGE club, Israt learnt essential IT tasks and how to use English in her everyday life. Before the club, Israt was very afraid and nervous about speaking English. Now she finds English much easier. She has also improved her school grades of English. In the future she wants to open a computer shop in her community and earn money from this.

2. Tick (✓) the correct answer.

a. Ramija did not want to get married because

- i) she wanted to continue her studies. (✓)
- ii) she had a health problem.
- iii) she wanted to start a business.

b. Ramija became the Peer Group Leader when she was.....

- i) 14 years old.
- ii) 15 years old.
- iii) 16 years old.

c. Saima used her salary to.....

- i) pay for her education.
- ii) buy expensive clothes.
- iii) make a house.

d. Before joining the EDGE club, Ishrat was afraid of

- i) making new friends.
- ii) riding a bicycle.
- iii) using a computer.

e. Ishrat's future plan is to open a

- i) computer shop.
- ii) tea shop.
- iii) toy shop.

3. Write True or False.

- a. Ramija's father agreed to let her marry later. True
- b. Ramija wanted to work as a tailor after finishing her studies. _____
- c. Saima's parents were rich. _____
- d. Saima helped people who visited the computer center to use the computers. _____
- e. After joining the EDGE club, Ishrat learned how to use English in her everyday life. _____

4. What do you think you are good at? Choose an area from the box and write some sentences.

तपाईंलाई आफु कुन कुरामा राम्रो हुनुहुन्छ जस्तो लाग्छ? तल दिईएका मध्य कुनै कुरा छान्नुहोस् र लेख्नुहोस् ।

using computer	speaking English
playing games	writing stories
solving mathematical problems	

For example: I think I am good at speaking English. I can give answers in English in my class. I talk in English with my friends in the EDGE club.

Kalpana's Plans

Glossary list

successful - सफल
emotional - भावनात्मक

hard - कष्टप्रद/गहन
struggle - संघर्ष

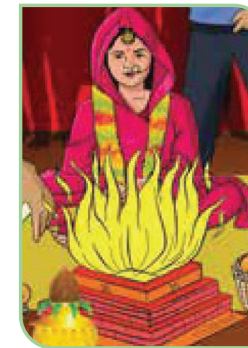
overcome - सामना गर्नु
independent - स्वतन्त्र

1. Find the given jobs and circle them.

TAILOR	TEACHER	NURSE
DOCTOR	FARMER	DRIVER

V	R	D	H	S	O	B	D	P
E	T	O	A	T	N	O	R	F
A	E	C	P	A	U	O	I	A
C	R	T	P	I	R	K	V	R
H	Y	O	Y	L	S	S	E	M
E	E	R	M	O	E	M	R	E
R	S	E	E	R	M	E	I	R

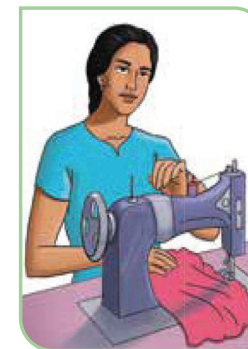
Read the passage and answer the questions given below:



Kalpana's plans

Today Kalpana Saroj is successful and rich, but she was born in a very poor family. Her parents got her married when she was 12 years old. She left the village and moved to Mumbai. Life was hard for Kalpana. She had to work a lot and her husband and his family beat her and were very cruel. She was very unhappy. After some time, her father saved her. He took her back to the village, but she was very sad. She tried to commit suicide but she was saved again, this time by her aunt.

'The Kalpana before the suicide was very emotional and easily hurt. For her, there was nothing but darkness in life. When I got out of the hospital, I figured that if I have a life, it will have struggles and it is my job to face them.' says Kalpana. At the age of 16, Kalpana moved back to Mumbai and started working in a garment factory. Soon, she started her own tailoring business. It was successful. Next, she started a furniture shop. This was also successful.



Today Kalpana is the owner of a big company, Kamani Tubes. She says, 'Only you can find an answer to your problems.' Now, Kalpana wants to go back to her village in Akola and help the girls in the village get good jobs and become independent. In the future she plans to start a pilot

2. Circle the wrong word. Write the correct word.

- Kalpana wants to help the boys in her village.
- Kalpana's family was very rich.
- Kalpana's husband was kind.
- Kalpana's mother brought her back to the village from her husband's house.
- Kalpana worked in a chocolate factory at the age of 16.

Correct Word

Girls

3. Answer the questions in short.

- What does Kalpana plan to do in the future?
Start a management training school.
- At what age did Kalpana get married?

c. Why was Kalpana unhappy at her husband's house?

d. What is the name of Kalpana's company?

e. At what age did Kalpana move back to Mumbai?

4. Imagine that you got a chance to meet Kalpana. What questions will you ask her? Write a short dialogue.

यदि तपाईंले कल्पनासँग भेट्ने मौका पाउनुभयो भने उनलाई के के प्रश्न सोध्नुहुन्छ? एउटा छोटो संवाद लेख्नुहोस् ।

For example:

Me: Hello! How many people are working in your company?

Kalpana: There are more than 500 people.

Planning a schedule: My future plans

Glossary list

ahead - अगाडि	salary - तलब	self defense - आत्म रक्षा
attend - उपस्थित हुनु	cashier - पसल, कार्यालय आदिमा नगदको कारोबार गर्ने कर्मचारी	

1. Where do they work. Choose the word from the box.

hotel	health post	school
post office	shop	bank

- | | | | |
|------------------|---|--------|-------|
| a. Teacher | - | school | _____ |
| b. Health Worker | - | | _____ |
| c. Shopkeeper | - | | _____ |
| d. Banker | - | | _____ |
| e. Postman | - | | _____ |

Read about Rozeena's week.

I have a very busy week ahead. On Sunday morning, I am going to take a bus from Kathmandu to Hetauda. I am going to stay with my brother. He has just had a baby girl. On Tuesday, I'm going to take a taxi back to Kathmandu because I have my EDGE club meeting. I'm going to learn to use Microsoft Excel. I think computers are very interesting, and I love using the Internet to search for interesting stories and videos.

On Wednesday morning, I go to college and my part-time job. I am in my final year at college and I work in a school as a cashier. I like my job because I get a good salary and I enjoy using my computer skills. I speak in English with the children and teachers, and now I feel more confident.

On Friday, I start work early in the morning and in the afternoon I am going to attend a workshop at my college. The workshop is on self-defense. On Saturday I am going to the mall with my EDGE club friends. We are going to watch a movie and I'm excited about that!

2. Decide whether these sentences about Rozeena's week are True or False.

- a. Rozena's aunt has a new baby. False _____
- b. Rozena does not like computers. _____
- c. Rozena works in a school. _____
- d. Rozena does not speak in English to the children and teachers at the school. _____
- e. Rozena is excited about going to the cinema with her EDGE club friends. _____

3. Complete Rozeena's table for the week.

Day	Activity
a. Sunday	Going to Hetauda from Kathmandu.
b. _____	Coming back to Kathmandu.
c. _____	Go to college and part - time job
d. _____	Starting work early in the morning and attending a workshop in the afternoon.
Saturday	e. _____

4. What will you do next week? Write down four sentences.

तपाईंको अर्को हप्ता के के गर्ने योजना छ? चार वाक्यहरु लेख्नुहोस् ।

For example: I am going to my EDGE club meeting on Tuesday.

Ruma's Sister

Glossary list

tears - आँसु	bruises - चोट	torn - च्यातिष्टको
husband - श्रीमान/पति	beat - पिट्नु	expensive - महँगो

1. Find the given jobs and circle them.

MOTORBIKE	TELEVISION	MONEY
PHONE	CAR	GOLD

T	R	S	Y	U	I	C	A	R	P
A	D	M	O	N	E	Y	B	S	Y
T	E	L	E	V	I	S	I	O	N
G	I	L	O	M	O	N	E	Y	U
T	T	B	M	P	H	O	N	E	N
M	O	T	O	R	B	I	K	E	N

Read the passage and answer the questions given below:

Ruma wakes up to hear her mother crying. Tears are streaming down her face. She doesn't understand what has happened. Her father is sitting by the door, looking at the sky with his tired, sad eyes. She doesn't know what to do. She goes out and sees her sister, Sharmin, sitting in the kitchen. Ruma didn't expect to see her here. Her sister went back to her husband's house just yesterday, and today she's back again. She's wearing a torn dirty dress, and looking down at the ground. The bruises on her face and hands tell Ruma everything. Sharmin's husband beat her.

This is not the first time Sharmin's husband has beaten her. He's beaten her many times before. Once he beat her for a TV, another time for a mobile phone and another time for money. This time he wants a motorbike. Every time he beats her sister, Ruma's father gives him what he wants. It is not easy for their poor father to buy these things. How can Ruma's father buy a motorbike now? It's too expensive. The poor farmer has tried to buy happiness for his daughter by buying her husband a colour TV, a mobile phone and many more things, but it has not helped. Ruma understands it is not the right thing to do. Her father can't buy happiness for his daughter by giving more dowry. They have to do something.

2 Write true or false.

- a. Ruma's father is sitting in the kitchen.
- b. He is very happy.
- c. Ruma's mother is sad.
- d. Ruma's sister, Sharmin, is wearing clean clothes.
- e. Sharmin's husband beat her.

False

3. Circle the correct answer.

a. What is Ruma's sister's name?

- i. Suman
- ii. Sharmin
- iii. Shaheen

b. How many times did her husband beat Ruma's sister?

- i. once
- ii. twice
- iii. many times

c. What does the husband want now?

- i. a TV
- ii. a mobile phone
- iii. a motorbike

d. Ruma's father can't buy a motorcycle because ...

- i. he doesn't want to buy it.
- ii. he doesn't have any money.
- iii. he wants to buy a TV.

4. Look at the two pictures. Write down which one you think shows equality. Why?

यी दुई चित्रहरू हेर्नुहोस् । कुन चित्रले समानता देखाउँछ? किन? लेख्नुहोस् ।



Jhamak Ghimire's story

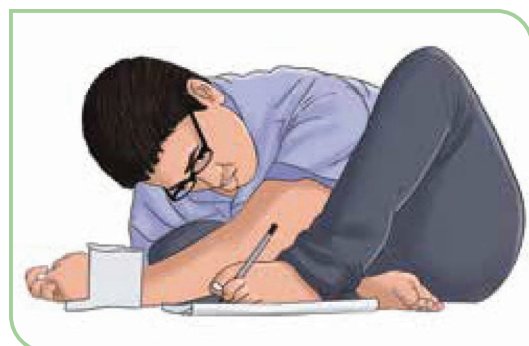
Glossary list

cerebral palsy - मस्तिष्क पक्षघात/दिमागको भागको क्षति	repeat - दोहो-च्याउने	journalist - पत्रकार
communicate - कुराकानी गर्नु	beat - पिट्नु	award - पुरस्कार
bled - रगत बग्नु	alphabet - वर्णमाला	

1. Where do they work. Choose the word from the box.

eyes	smell
nose	walk
mouth	see
ears	→ speak
legs	hear

Read the passage about Jhamak Ghimire and answer the questions given below.



This is Jhamak Ghimire. She has an illness called cerebral palsy. She can't move her hands or her arms very well. She was born into a poor family in a village in Nepal. When she was small, her parents could not help her. The people in the village were cruel to her and called her 'snake', because she didn't walk, she crawled on her stomach. Jhamak was very sad, but she was alive. She could think, hear and she wanted to talk. She wanted to write and communicate with others. She wanted to go to school.

Jhamak wants to communicate, but she can't. She can't speak and she can't write. She wants to go to school, but she can't. In her village people like her can't go to school, so she decides to learn to read and write at home. Her young sister reads and says the letters of the alphabet with her father. But Jhamak can't say them because she has no voice. She listens and repeats each letter in her mind twice, three times and even more. She also follows her sister when she writes. She wants a notebook to write on but her parents do not give her one. Soon she starts writing letters with her feet. She writes the first letter of the Nepali alphabet, 'ka', in the dust on the ground. She is so happy and rewrites the letter many times in the dust and on rocks, using water from the leaves. She wants her family to see it but no one sees that she has written it. One day her parents beat her. They say writing on the ground will bring bad luck.

2 Write true or false.

- a. Jhamak could talk to other people False
- b. Jhamak wanted to learn to read and write. _____
- c. Jhamak went to school to learn to read and write. _____
- d. Jhamak's parents were happy when they saw her writing on the ground. _____
- e. The villagers were kind to Jhamak. _____

3. Circle the correct answer.

- a. Jhamak listened to her **sister** reading and saying the letters. (sister/mother)
- b. Jhamak has written _____ poetry books. (two/four)
- c. Jhamak has won _____ prizes. (nine/ten)
- d. Now Jhamak is a _____. (nurse/journalist)
- e. Jhamak used her _____ to write. (hands/feet)

4. How do you take care of your body? Write five ways.

तपाईं आफ्नो शरीरको हेरचाह कसरी गर्नुहुन्छ? पाँच तरिका लेख्नुहोस् ।)

For example: I eat healthy food.

Who Does What?

Glossary list

groceries - किरानाको सामान	breakfast - बिहानको खाजा	make bed - ओछ्यान मिलाउनु
get dressed - लुगा लगाउनु	shop (verb) - पसल जानु	make a mess - फोहोर गर्नु

1. Look at the picture. What is happening? (Remember to use -ing form of the verb (eg: playing, singing etc.)

cook	write	play	carry
watch	stand	sleep	



- The girl is watching TV.
- The woman is _____ the baby.
- The big girl is _____.
- The man is _____.
- The boy is _____.

Preethi is talking about her family. Read the text and answer the questions below.

Hi. My name is Preethi. I've got a big family – my parents, my two sisters and two brothers. My mother works in an office and my father works in a bank. We all help with the housework. My mother shops and buys groceries. I help with taking care of my sisters. Before he goes to work, my father cooks breakfast and helps my brothers get dressed for school. My brothers make their beds and wash the dishes. My sisters are very young so they can't do anything except make a mess!

2. Write True or False.

- Preethi's father is a teacher. False
- Preethi's mother stays at home. _____
- Preethi's father doesn't help in the house. _____
- Preethi's brothers cook and clean. _____
- Preethi's sisters are very young. _____

3. Write down the works you do at home.

तपाईंको आफ्नो घरमा के के काम गर्नुहुन्छ? लेख्नुहोस् ।

For example: I wash my clothes.

Struggle to Success

Glossary list

business - व्यापार
famous - प्रख्यात

training - तालिम
successful - सफल

strong minded - दृढ
bael - एक प्रकारको फल (बेल)

1. Unscramble the word.



a. ebal – bael _____



b. efstor- _____



c. erramiga- _____



d. iecuj- _____



e. emnow- _____

Read the story about Sita and answer the questions given below.

My name is Sita. I live in Sunaul in Nawalparasi in Nepal. When I was 12 years old, I got married. My husband was 15 years older than me. We were very poor at that time. I was not able to send my children to school. I was always sad. I wanted to do some business. But I did not have any skill or training. One day, I heard that the Community Forest Group (CFG) was going to give some training to women. The members of the CFG had a meeting. I went to the meeting. After that, we talked about different plans for business.

Our forests were full of beal fruit. We decided to make beal juice and sell it. The CFG gave us the material for making juice and also gave us the training. After that, my friends and I started our own business. In the beginning, it was difficult to sell the juice. Some of my friends left the business. But I was strong-minded. I believed that women should earn and I wanted to be successful.

I asked many groups organisations for help. The forestry office saw that I was working hard. They helped us to buy machines. Slowly the business got better. Poor women from our community got a chance to work in our business. Today we are doing this business with ten other women as partners. I am earning money and can send my children to school. Today our bael juice has made Nawalparasi famous. I feel very happy and proud. Struggle leads to success.

2 Write true or false.

- a. Sita lives in Bangladesh. False _____
- b. She got married when she was 15. _____
- c. She was sad because she wanted to go to school. _____
- d. The CFG did not help the women. _____
- e. The forestry office helped Sita to buy machines. _____

3. Complete the sentences with the correct words from the brackets.

- a. Sita could not send her children to good school. (hospital / school)
- b. The forests were full of _____ (mango / bael) fruit.
- c. The CFG gave them _____ (material / machines) for making juice.
- d. In the beginning it was _____ (easy / difficult) to sell the juice.
- e. Sita believed that women should _____ (earn / stay at home).

4. Write down five things we should do to get a good job.

राम्रो काम पाउन हामीले के के गर्नु पर्छ, पाँच कुरा लेख्नुहोस् ।

For example: We must learn digital skills

Change Is Possible

Glossary list

sold - बेचिएको | slave - दास | salary - तलब | rescued - उद्धार गरिएको

1. Where do they work. Choose the word from the box.

doctor

hairdresser

driver

pilot

dentist

teacher



a. driver



b. _____



c. _____



d. _____



e. _____

Read the story about Suma and answer the given questions.

When Suma was nine years old, her parents sold her to a farm owner. Suma became a kamlari or bonded labourer. This means that she had to do what her master told her. She was a slave. She was just a child and had to work very hard. She did not get a salary for the work she did. But Suma could sing and her singing helped her become happy even when the work was difficult. After six years as a kamlari, Suma was rescued. She was so happy so could start studying again. She worked hard and became a Community Medical Assistant. She wants to open a health care centre in her village.

2. Circle the wrong word. Write the correct word.

a. Suma was paid for the work she did..

True

b. Suma loved singing.

c. Suma's life as a kamlari was easy.

d. Today Suma works as a kamlari.

e. Suma wants to work in a big city.

3. Write down what job you want to do in future and why?

तपाईं भविष्यमा के काम गर्न चाहनुहुन्छ र किन, लेख्नुहोस् ।

Level 3

This section consists of six different topics to help you become even better readers. You can also learn lots of new vocabulary. Enjoy doing the tasks and turn to the end of the booklet to check your answers.



Life Skills: Critical Thinking

Glossary list

argument - तर्क/बहस	respect - आदर	hug - अंगालो हाल्नु	handshake - हात मिलाउनु
interrupt - अवरोध गर्नु	solve - समाधान	carefully - ध्यानपूर्वक	listen - सुन्नु

1. Fill in the missing letters.

- I have a cousin sister.
- I have a small b__ o__ h__ r in my family.
- My big s__ s__ e__ is taller than me.
- My f__ t__ e__ is handsome.
- My m__ t__ e__ is beautiful.

Read Rozena and Ferhana’s views on arguing with their friends or family and answer the given questions.



Rozena

My cousins and I are always arguing. I am elder to them so I feel they should listen to me. Sometimes, when I am wrong in an argument I don't like to say so. They still need to respect me. I either shout at them to listen to me or I stop speaking to my cousins and walk away. After some hours or days we start talking again.



Ferhana

It's normal for me and my brother to argue! I argue with my friends too! But it is important for me to try and solve our arguments. I wait till we are both less angry, then I calmly ask them what is making them angry. I listen carefully to what they have to say. I ask some questions to understand how they feel. I try not to interrupt when they answer. Then I explain what made me angry and how I felt hurt by it. We try to Find a solution to the argument together. We usually end our discussion with a hug or a handshake. Sometimes, I can't solve all my arguments, but I always try!

2. Circle the correct word.

For example: Ferhana does not **listen** / **interrupt** when her friends answer.

- Rozena always argues with her **parents** / **cousins**.
- Rozena feels that her cousins should **respect** / **scold** her.
- Ferhana argues with her **brother** / **sister** and friends.
- Ferhana tries to find a solution to the argument **alone** / **together** with her friends.

3. Write three things that Ferhana does to solve an argument.

फरहानाले बहसको समाधान गर्न के के गर्छिन? तीन कुरा लेख्नुहोस्

For example: She waits until they are less angry.

4. Write three things you do to keep yourself happy.

तपाईं आफु खुशी रहन के गर्नु हुन्छ, तीन कुरा लेख्नुहोस्)

For example: I spend a lot of time with my family and friends.

Healthy Body, Healthy Mind

Glossary list

mental health - मानसिक
separate - फरक

physical health - शारीरिक स्वास्थ्य
affect - असर

develop - विकास
stretches - जिउ तन्काउने व्यायाम

1. What are they doing? Choose and write from the box.

doing yoga	hiking	playing cricket
swimming	running	playing tennis



a. She is hiking.



b. She is _____.



c. She is _____.



d. She is _____.



e. They are _____.

Read the text below on healthy body and healthy and answer the given questions.

Being active is great for your physical health and Fitness. However, did you know that it can also be good for your mental health? People sometimes think that the body and brain are separate. This is not true. Being active can make you feel better physically and mentally.

Poor physical health may mean you are more likely to develop mental health problems. Similarly, if you have poor mental health, this may affect your physical health.

Hopefully, in the future, more and more doctors and nurses will link the two. But there is a lot that you can do to help yourself. This does not mean spending hours and hours in the gym every day. 'Physical activity' means any movement of your body. This might mean walking to college rather than taking the bus. It could mean walking quickly rather than walking slowly. You can also do lots of exercise in your house as well – for example, stretches, skipping, sit-ups, press-ups and running on the spot.

2. Write True or False.

- a. We must spend a lot of time doing exercise if we want to keep ourselves healthy. False
- b. If we are physically unhealthy, we may also be mentally unhealthy. _____
- c. We cannot do any exercise at our house. _____
- d. Walking can be one of the ways to keep ourselves healthy. _____
- e. Being active is good for our body and brain. _____

3. Write some suggestions that you can give to these girls.

यी केटीहरुलाई तपाईंले के के सुझावहरु दिनुहुन्छ? लेख्नुहोस)



Because I have to run my business, I don't have a lot of time for sports. I don't do much.

For example: Manage your time in the morning.



I don't really play much sports. Nobody in my family does. It's not good for girls when they become teenagers.

4. Write three types of exercise you can do to keep yourself healthy.

For example: I play badminton.

Life Skills Self Care: Period Count

Glossary list

hot water bottle - सेकन प्रयोग गरिने तातो पानीको ब्याग | period - महिनावारी

1. Write the words.

- school
- girls
- fruit
- hot water bag
- sanitary pad
- milk



a. sanitary pad



b. _____



c. _____



d. _____



e. _____

2. Read the table on Rozena's period and answer the questions.

Asoj 2077B.S.						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

Kartik 2077 B.S.						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

 **Period days**

- a. On which day did Rozena's period start in Asoj?

Saturday

- b. How many days did Rozena's period last in Asoj?

- c. On which day did Rozena's period start in Kartik?

- d. On which date did Rozena's period start in Kartik?

- e. How much time was there between her periods?

3. Write five ways to stay clean and healthy during periods.

महिनावारी हुँदा सफा र स्वस्थ रहन गरिने पाँच कुरा लेख्नुहोस्

For example: Change pads regularly.

- a. _____

- b. _____

- c. _____

- d. _____

- e. _____

Relationships

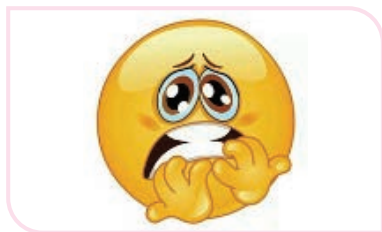
Glossary list

honest - ईमानदार	fair - सुन्दर, राम्रो	social media - सामाजिक सञ्जाल	magazine - पत्र पत्रिका
wedding - विवाह	positive - सकारात्मक	truthful - सत्यवादी, ईमानदार	

What's the word?

1. Write the word under the pictures.

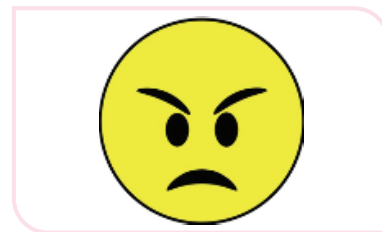
sad happy angry afraid confused hungry surprised



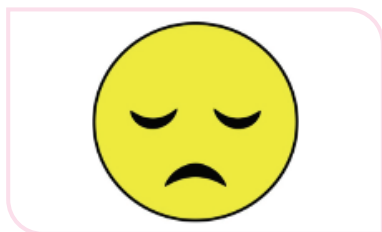
a. afraid _____



b. _____



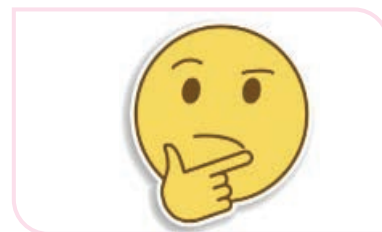
c. _____



d. _____



e. _____



f. _____

Read Monica, Ruma and Ferhana's descriptions on being honest online and answer the given questions.



Monica

Sometimes, people are not honest online. Two of my friends are always posting selfies. But they look different in real life. I don't know why they do that! They want to look fair and have clear skin. It looks like they use photo editing apps. It is these magazines and social media full of beautiful and handsome models and film stars – it's not real!



Ruma

I know a friend who told all her Facebook friends that she got 98% in her exams. When actually I know she got 75%. She wanted to show she is clever. Also her parents want her to get married soon. They want her to show that she has a good family. It's so sad!



Ferhana

My elder sister's friend Shalia got married two years ago. Shalia posted pictures of her wedding on Facebook and Instagram. I wanted a dream wedding like that! A few years later, Shalia and her husband posted photos of their Dubai holiday. They looked so happy and positive. But I am not sure if Shalia is being truthful – my sister tells me Shalia and her husband are unhappy and fight a lot.

2. Fill in the blanks with the words given in the box.

honest photo editing apps clever wedding social media unhappy

- a. Sometimes people are not **honest** online.
- b. People use _____ to look fair and beautiful.
- c. Shalia posted pictures of her _____ on Facebook and Instagram.
- d. Shalia and her husband are _____ and fight a lot.
- e. Magazines and _____ are full of beautiful and handsome models.

3. When do you do the following? Write: sometimes / always / never

Use Facebook _____ never _____
 Send emails _____
 Take photos _____
 Use WhatsApp _____
 Read online news _____
 Call friends _____

4. How do you stay safe online? Write three ways.

तपाईं इन्टरनेट वा अन्य संचारका माध्यम प्रयोग गर्दा कसरी आफूलाई सुरक्षित राख्नुहुन्छ? लेख्नुहोस् । तीन तरिका लेख्नुहोस् ।

For example: I do not share my password with my friends.

Right to Education

Glossary list

interview - अन्तरवार्ता | observation - अवलोकन | focus group - लक्षित समूह | period - महिनावारी

1. Find the words and circle them

TOILET	HOMEWORK	TEACHER	SISTERS	STUDENT	PARENTS
A	T	B	V	S	S H
S	E	S	T	I	P O
T	A	Z	O	S	A M
U	C	U	I	T	R E
D	H	R	L	E	E W
E	E	N	E	R	N O
N	R	I	T	S	T R
T	Y	K	Y	R	S K

Read and answer.

an interview: asking a person questions about an important topic
focus group: a small discussion group where people share their views about a topic important to them
observation: when you carefully write down what you watch and listen to

Methods:

We interviewed the school principal, Mr Gopal, for 30 minutes.
 We had one focus group of four teachers, and another focus group with seven students.
 We also spent two days doing observations of teachers teaching in the school classrooms.

Main Findings:

- The number of boys and girls was mostly from standards 1–3, but in standards 4 and 5 there were more boys than girls.
- There were not enough toilets for girls. Sarita said she has to wait in line for the toilet at break time. Arita and Aishwarya agreed. When the girls get their period, they don't come to school as there are not enough toilets or they are not clean.
- All the students, and three of the teachers, said that classes were too long (60 minutes), and that they should be 40 minutes.
- Teacher attendance was quite good. However, Mr Gopal said that some teachers were late for lessons. Many of the students said the same thing.
- All the teachers said that parents were interested in helping their children with homework.

2. Underline the correct answer.

- a. In classes 4 and 5, there were more boys / girls.
- b. The girls do not come to school when they get their periods because there are not enough sanitary pads / toilets.
- c. The students want the classes to be for _____ 40 / 60 minutes.
- d. All / Some teachers were late for lessons.
- e. Parents / Neighbours wanted to help the children with homework.

3. Write short answers.

- a. How long was the principal interviewed for?
 30 minutes _____
- b. How many days were spent for observation of teachers teaching in the classrooms?

- c. Who said that they have to wait in line for the toilet during break time?

- d. Are the toilets in the school clean?

- e. How many teachers said that the classes were too long?

4. Do you go to school or not when you have your periods? Write your reasons.

तपाईं महिनावारी भएको बेलामा पनि स्कूल जानुहुन्छ कि जानुहुँदैन? किन, लेख्नुहोस् ।

Life Skills: Time Management

Glossary list

conversation - कुराकानी	busy - व्यस्त	stretch - तन्काउनु
cheaper - सस्तो	lunchtime - खाना समय	tired - थकित

What's the time?

1. Write the given time in digits.



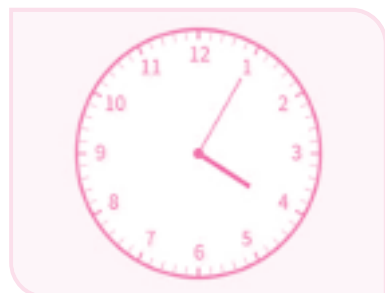
a. **7:15** _____



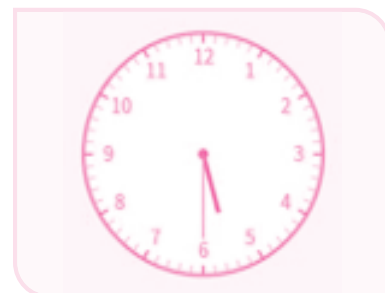
b. _____



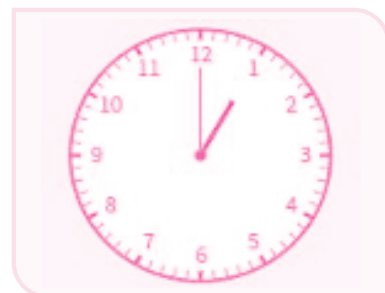
c. _____



d. _____



e. _____



f. _____

Read the conversation and answer the given questions.

One girl is Monica and the other one is Ruma.

Monica

Ruma



Do you do much exercise Ruma?

Not really. I don't have the time. Every day I work from 8:30 to 5:30.



What about in the evenings?

I have coding club two evenings a week. I also have things I have to do at home.



I know it's so difficult. But there are still ways you can keep fit, even if you are busy.

Like what?



For example, how do you get to work?

I take a bus from near my house. Then I have to change and get another bus.



How long does that take you?

About 45 minutes. I sometimes have to wait quite a long time for the buses.



How far is it from your house to the office?

Maybe three kilometres.



How long would it take you to walk there?

Probably about 45 minutes! That's something to think about. It would also be cheaper.



What do you do at lunchtime?

Usually I don't do anything. I sit and eat my lunch and check my phone.



Me too. But I also do 'desk gym'.

Desk gym? What's that?



When you do exercises at your desk. You can just move your head from side to side or stretch your arms. It helps a lot. You feel much better in the afternoon.

I might try that. When I do coding club I often feel tired. This might help. Thanks Monica!



1. Give short answers.

- a. Why doesn't Ruma do much exercise?
She has no time.
- b. Is Ruma free in the evening?
- c. How long does it take Ruma to get to work by bus?
- d. What does Ruma do at lunchtime?
- e. Who does 'desk gym'?

2. Write True or False.

- a. Ruma works in her office for six hours. False
- b. Monica thinks that we can keep ourselves fit, even if we are busy. _____
- c. Ruma's office is five kilometers away from her house. _____
- d. Monica suggests Ruma to go to office on foot. _____
- e. Doing 'desk gym' helps Monica to feel better. _____

3. Write down what you do on Saturdays.

Time	Activities
For example:	
8 am	I get up at 8 am.
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	I sleep.

Answers - Level 1

Introducing a friend - exercises

Preparation

- 1. Hi, I'm Pablo.
- 2. Hi. How are you?
- 3. Where are you from?
- 4. Nice to meet you.

1. Check your understanding: gap fill

- 1. Sumi
- 2. Greta
- 3. Pablo

2. Check your understanding: gap fill

Sumi: Hi, Pablo. How are you?
Pablo: Hi, Sumi. **I'm fine**, thanks.
Sumi: Pablo, this is Greta.
Pablo: Hi, Greta. **I'm** Pablo.
Greta: Hi. How are you?
Pablo: I'm fine, thanks. **Where are you** from, Greta?
Greta: I'm from Germany. Where are you from?
Pablo: I'm from Argentina. **Nice to** meet you.
Greta: Nice to meet you too.

Meeting people – exercises

Preparation

- 1. Are you OK?
- 2. I'm new at this school.
- 3. What's your name?
- 4. How do you spell it?
- 5. My birthday is in November.
- 6. What class are you in?
- 7. I am lost.
- 8. I don't know yet.

1. Check your understanding: true or false

- | | |
|----------|----------|
| 1. True | 4. False |
| 2. False | 5. True |
| 3. True | 6. True |

2. Check your understanding: ordering

- | | |
|---|---|
| 4 | I need to go to the library. Do you know where it is? |
| 3 | Where do you need to go? |
| 5 | Yes, I do. I'm going to the library now. Let's go together. |
| 7 | No problem. Come with me. |
| 1 | Hi, how are you? |
| 6 | Really? OK, great! Thank you! |
| 2 | Hello. I'm OK, thanks ... but I'm lost. |

3. Check your understanding: gap fill

- | | |
|----------|-------------|
| 1. don't | 4. in |
| 2. spell | 5. birthday |
| 3. year | 6. am |

Not feeling well – exercises
Preparation

- | | |
|------|------|
| 1. c | 3. d |
| 2. a | 4. b |

1. Check your understanding: true or false

- | | |
|----------|----------|
| 1. True | 4. False |
| 2. False | 5. False |
| 3. True | 6. True |

2. Check your understanding: gap fill

- | | |
|-----------|---------|
| 1. thanks | 6. Can |
| 2. fine | 7. I've |
| 3. no | 8. wear |
| 4. feel | 9. home |
| 5. got | |

3. Check your understanding: ordering

- Ah, I love the beach! Do you want some bread and cheese?
- No thanks ... no food, thanks.
- No food? What's wrong?
- I don't feel well. Can I have some water?
- Yes, of course. Here you are.
- Thanks.

At the shop – exercises
Preparation

- | A customer | A shopkeeper |
|--------------------------------|-----------------------|
| A bottle of water, please. | Can I help you? |
| How much is this? | Would you like a bag? |
| Do you have a bottle of water? | That's £1.99. |
| Can I have a bottle of water? | Is that everything? |

1. Check your understanding: multiple choice

- | | |
|------------------|------------------------|
| 1. a shopkeeper. | 4. sweets. |
| 2. £1.99. | 5. £3.40 in total. |
| 3. water. | 6. doesn't need a bag. |

2. Check your understanding: gap fill

- | | |
|-------------------|-----------------------|
| 1. Can I help you | 5. Is that everything |
| 2. How much is | 6. please |
| 3. that's | 7. Would you like |
| 4. Have you got | 8. No, it's fine |

3. Check your understanding: ordering

- A: Hi. Can I help you?
- B: Hi, how much are these sweets?
- A: These ones? Let me see ... they're £1.00.
- B: OK, can I have these sweets and a cola, please?
- A: Of course. Is that everything?
- B: Yes, thanks.
- A: That's £2.00, please.
- B: Here you are. Thanks.
- A: Thanks a lot. Bye.

Online safety conversation – exercises

Preparation

- 1. b
- 2. a
- 3. e
- 4. c
- 5. d

1. Check your understanding: true or false

- 1. True
- 2. False
- 3. True
- 4. False
- 5. True
- 6. False

2. Check your understanding: matching

- 1. b
- 2. e
- 3. d
- 4. f
- 5. c
- 6. a

Answers to Study tips – exercises

Preparation

- 1. d
- 2. a
- 3. f
- 4. c
- 5. b
- 6. e

1. Check your understanding: multiple choice

- 1. c
- 2. b
- 3. a
- 4. c
- 5. a

2. Check your understanding: grouping

- | | |
|-------------------|------------------|
| Good ideas | Bad ideas |
| b. | a. |
| f. | c. |
| g. | d. |
| h. | e. |

3. Check your vocabulary: gap fill

- 1. marks
- 2. three
- 3. quiet
- 4. legs
- 5. body
- 6. good

Answers - Level 2

Reflection and Moving Forward

- | | | | |
|----------------------|------------|-----------|-----------------|
| 1. b. Ms-Power Point | c. Ms-Word | d. laptop | e. mobile phone |
| 2. b. ii | c. i | d. iii | e. i |
| 3. b. False | c. False | d. True | e. True |

Kalpana’s Plan

1.

T	R	D	H	S	O	B	D	P
E	T	O	A	T	N	O	R	F
A	E	C	P	A	U	O	I	A
C	R	T	P	I	R	K	V	R
H	Y	O	Y	L	S	S	E	M
E	E	R	M	O	E	M	R	E
R	S	E	E	R	M	E	I	R

2. b. rich-poor c. kind-cruel
 d. mother-father e. chocolate-garment

3. b. At the age of 12
 c. Any one of these
 She had to work a lot.
 She had to work hard.
 Her husband and his family beat her.
 Her husband and his family were very cruel.
 d. Kamani tubes
 e. At the age of 16

Planning A Schedule: My Future Plans

- | | | | | |
|----|----------------|--------------|-----------|--|
| 1 | b. health post | c. shop | d. bank | e. post office |
| 2 | b. False | c. True | d. False | e. True |
| 3. | b. Tuesday | c. Wednesday | d. Friday | e. Going to the mall / going to watch a movie. |

Ruma's Sister

- | | | | | | | |
|----|-----------|------------|----------|---------|-----|------|
| 1. | motorbike | television | money | phone | car | gold |
| 2. | b. False | c. True | d. False | e. True | | |
| 3. | b. iii | c. iii | d. ii | | | |

Jhamak Ghimire's Story

- | | | | | |
|----|----------|------------|---------------|-----------|
| 1. | eyes-see | nose-smell | ears-hear | legs-walk |
| 2. | b. True | c. False | d. False | e. False |
| 3 | b. four | c. nine | d. journalist | e. feet |

Who Does What?

- | | | | | |
|---|-------------|------------|------------|------------|
| 1 | b. carrying | c. writing | d. cooking | e. playing |
| 2 | b. False | c. False | d. False | e. True |

Struggle To Success

- | | | | | |
|----|-----------|-------------|--------------|----------|
| 1. | b. forest | c. marriage | d. juice | e. women |
| 2. | b. False | c. False | d. False | e. True |
| 3. | b. bael | c. machine | d. difficult | e. earn |

Change Is Possible

- | | | | | |
|----|------------|----------------|----------|-----------|
| 1. | b. dentist | c. hairdresser | d. pilot | e. doctor |
| 2. | b. True | c. False | d. False | e. False |

Answers - Level 3

Critical Thinking

- | | | | | |
|----|---------------------|------------|------------|------------------------------|
| 1 | b. brother | c. sister | d. father | e. mother |
| 2 | b. cousins | c. respect | d. brother | e. together with her friends |
| 3. | Any three of these. | | | |

She calmly asks them what is making them angry.

She listens carefully to what they have to say.

She asks some questions to understand how they feel.

She tries not to interrupt when they answer.

She explains what made her angry and how she felt hurt by it.

She tries to find solution to the argument together with her friends.

She and her friends end discussion with a hug or a handshake.

Healthy Body, Healthy Mind

- | | | | | |
|---|-------------------|------------|--------------------|---------------|
| 1 | b. playing tennis | c. running | d. playing cricket | e. doing yoga |
| 2 | b. True | c. False | d. True | e. True |

Life Skills Self Care: Period Count

- | | | | | | |
|---|-----------------|-----------|----------------------------|----------|-----------|
| 1 | a. sanitary pad | b. fruit | c. hot water bag | d. girls | e. school |
| 2 | b. 5 | c. Friday | d. 21 st Kartik | e. 27 | |

NOTE:

तपाईंको महिनावारी चक्रको अवधि कति लामो छ मन्ने गणना गर्न तपाईंको अन्तिम महिनावारी चक्रको दिन १ बाट शुरु गर्नुहोस् र तपाईंको फेरी रक्तस्राव शुरु हुनुभन्दा अघिको अन्तिम दिनसम्म जोडनुहोस् ।

(उदाहरण: यहाँ असोज २४ देखि कार्तिक २०)

Relationships

- 1 b. happy c. angry d. sad e. surprised f. confused
 2 b. photo editing app c. wedding d. unhappy e. social media

Right To Education

1.

A	T	B	V	S	S	H
S	E	S	T	I	P	O
T	A	Z	O	S	A	M
U	C	U	I	T	R	E
D	H	R	L	E	E	W
E	E	N	E	R	N	O
N	R	I	T	S	T	R
T	Y	K	Y	R	S	K

- 2 b. toilets c. 40 d. Some e. Parents
 3 b. Two c. Sarita d. No e. Three

Time Management

- 1 b. 3:45 c. 7:02 d. 4:05 e. 5:30 f. 1:00
 2 b. No c. 45 minutes d. sits and eats lunch and checks her phone e. Monica
 3 b. True c. False d. True e. True

English and Digital for Girls' Education (EDGE)

The British Council's English and Digital for Girls' Education (EDGE) programme is one of the components of the wider SfS-II programme which aims to improve the life prospects of adolescent girls in socioeconomically marginalised communities in Nepal. The programme enhances participants' English proficiency, digital skills and awareness of social issues. As a result, they will be able to make more informed and independent life choices, as is their right, in order to contribute more fully to the family, the economy and the society. The project, prior to the COVID-19 pandemic, was being delivered through after-school clubs which are 'safe-spaces' in their communities.

Since the beginning of 2020, the whole world has been affected by the global COVID-19 pandemic, which has also affected Nepal. Now, more than ever, girls' education will face more challenges due to this situation. As girls are "go-to persons" for domestic support, they have lesser access to a supportive learning environment. According to the latest information from UNICEF, it is estimated that 23 million children, majority of them being girls, will likely drop out of school as a result of this pandemic and developing countries will be hit the hardest.

The government of Nepal has recently endorsed a set of guidelines that support an alternative approach to learning which includes learning through TV, radio and print materials. This booklet is prepared to bridge the learning gaps resulting from this crisis and aims to support remote learning of English and other social issues in order to build the confidence and skills of young girls to not just read about and understand real life issues but also to prepare them to return to school later.

For further information:

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