



You are Unique



✿ Introduction

You are equipped with numerous talents. You may have not identified them yet. Once you identify and develop them you will be a beacon light to the society and you can be proud of yourself.

Select what is relevant to you from among the various attractive things around you and march ahead on the right track to achieve your goals. Then your self-esteem will be recognized and accepted by others.



You are unique

There has been no one like you in the past. Look at yourself. How pleasant you are?

You have the strength to be any one you would wish to be or to do anything you like. Indeed you are special.



1.1 You are unique

This was told by an educationalist known as Pablo Kasel.



You are special

You are not totally similar in any aspect to anyone else in the world. Once the well-known writer Guy de Maupassant said, not only two hands but even two grains of sand, are not to be found any where in the world that are completely identical to each other. There is no one else in this world who is similar to you in talents. You are an essential and special person in the world.

Given below are the imprints of palms, thumbs and the signatures of two male and female students of Grade Seven. Observe the differences between them.



Himash Mahishka



Ansika Prabodhani



1.2



Signature

हिमाश महिष्का

अंसिका प्रबोदनी



Thumb impressions



1.3

These imprints and signatures are completely different from each other. Even if ten such imprints and signatures are compared

they would be of ten different types. This means that each person has his or her own inborn features.



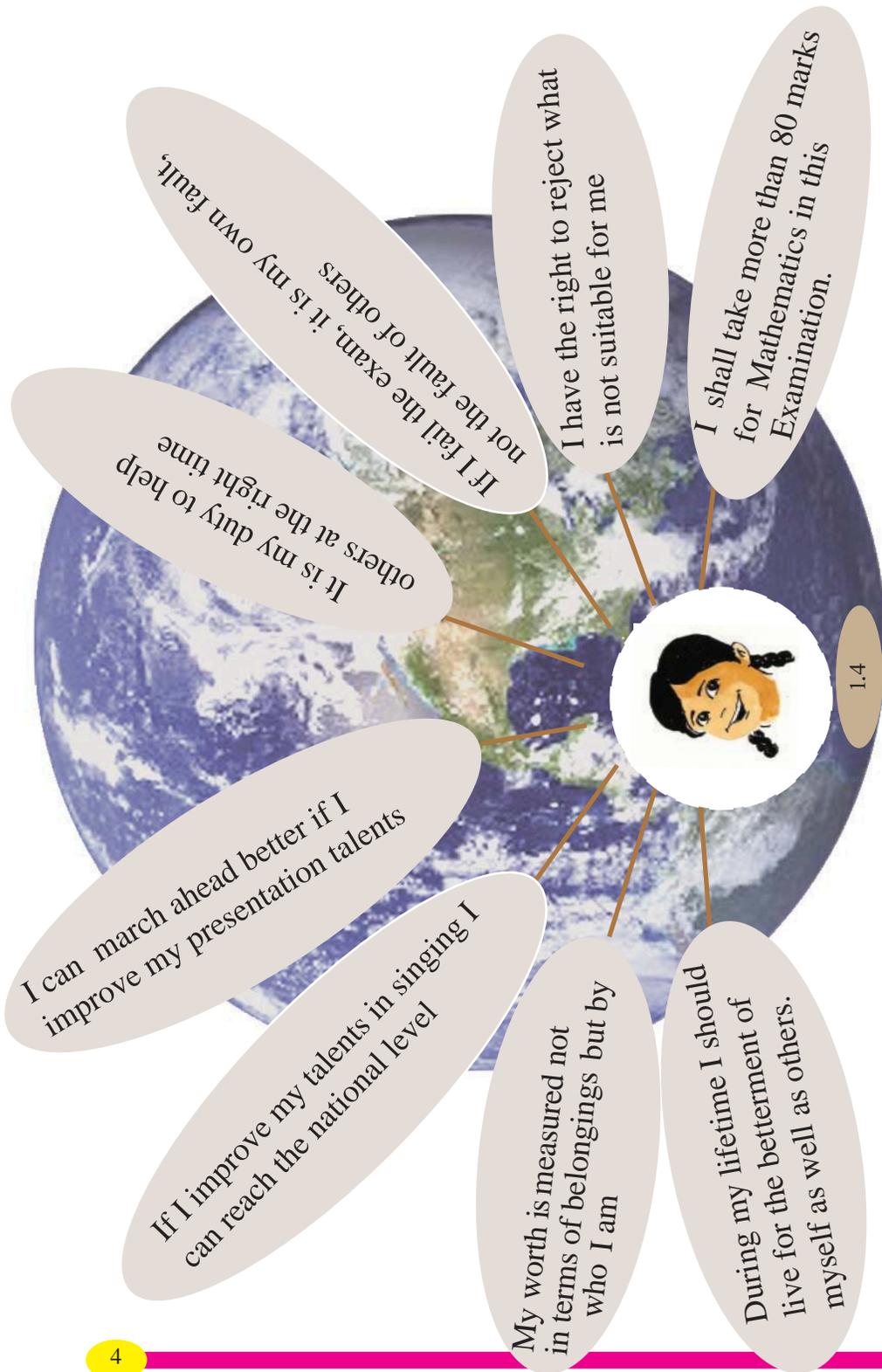
Be yourself

How is your identity built up? In addition to biological patterns given earlier, the traits which have been growing for a long time and your behavioural patterns make you different from others.

When you were in Grade Six, you have realized yourself, your strength and weaknesses under the theme “Who am I?”

“Be yourself” Your identity will be determined by yourself.

To enhance your specific identity, it is important to be concerned about your values, rights, responsibilities, obligations and your necessities.



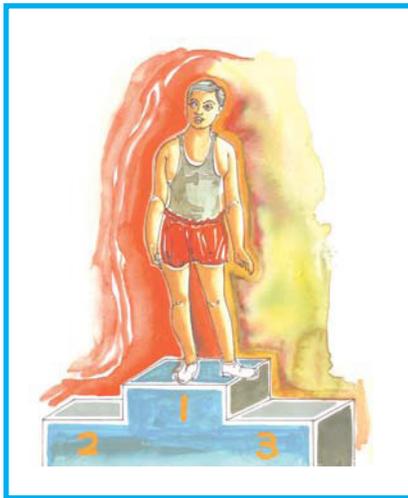
Think about yourself

By behaving well, protect your identity and self respect and keep it up.



Self esteem

You can assess yourself when others appreciate your noble qualities, exemplary behaviour and unique talents, which in turn makes you feel happy and proud. This assessment is called self-esteem.



1.5

Towards self - esteem



“Self-esteem is not mere pride”

Abraham Lincoln

You must always try to be a person with self-esteem, but not a proud person. Self-esteem is a great feeling you have on account of your good qualities and straight forward policies.

Your good qualities help you to build up your self-esteem. You would realize this by reading the following story.

Samitha was staring at Picasso’s famous painting “The Old Couple”. She went there with the intension of buying the painting, but she was disappointed in hearing the price Rs. 200/- as she had only Rs. 100/-.

The hawker said, “This is the only one left. It too will be taken away by somebody soon.”



1.6

The importance of good qualities used between two parties.

She did not have a thought of going back without buying the painting.

“It is alright, I will buy it some other day. Give that Mona Lisa painting priced at Rs. 50/-” Samitha said.

The trader put the money into his pocket and gave a balance of Rs. 450/-. Samitha’s friend whispers in her ear.

“Oh, he has made a mistake ! Now you can easily buy Picasso’s painting and also some money will remain with you.”

Samitha looked at the poor hawker’s face. She was so moved and uttered “Oh! What an innocent fellow”.

“Madam, buy the other picture too. I will give you a discount”.

This is enough for me now, Hereafter, be careful when you return the balance. Otherwise you will have to go home with empty hands. I gave you only a hundred rupee note.”

The trader was shocked to hear this.

Thank you, Madam if not for you I would have lost all my earnings today. I have to buy



1.7

Good qualities are important when dealing with others

medicine for my sick son with this money. May you earn merit Madam.”

She saw his eyes wet with tears.

Her friend quipped “You lost a fine chance to buy what you wanted. Now you must be feeling sorry”.

“No, not at all”, Samitha answered, “I am very happy for being able to do a good deed”.

Samitha experienced some sort of self-esteem by suppressing her desire to buy the painting encouraged by her feelings of honesty, justice and mercy.



Activities

1. What are the qualities Samitha had, to promote her experience of self-esteem?.
2. Briefly narrate an experience you have had which gave you a feeling of self - esteem.
3. The following is a list of eminent persons and their epithets based on their special capabilities.

Mahatma Gandhi - Father of non - violence.

Albert Einstein - The greatest Scientist of the 20th century.

S.W.R.D. Bandaranaike - Silver tongue of Asia.

D.S. Senanaiyake - Father of the Nation.

Bertrand Rassel - Messenger of Peace

Collect the names of more such persons along with their epithets regarding them.

4. Make a speech of self introduction assuming that you are a hero like Madduma Bandara or Weera Puran Appu.



Identify the favourable and unfavourable forces in the society we live.

Class Teacher of Grade 7, Miss. Malini exhibited a set of verses on the blackboard. The pupils recited the poems very gladly. You also may recite them.

“Do not go astray, my son”.

Respect your parents
and your teachers
Choose the correct path
and march ahead
my dear son and daughter



1.8

Worshipping Parents

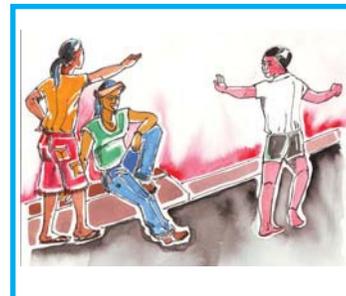
Read good books
and listen to good advice
Be choosy to
select good things
from the bad.



1.9

Reading Books

Pay attention
My dear child
to fine programmes
which enhance
your knowledge and
always broaden
your wisdom



1.10

Avoid bad friends

Control your anger
Do not raise even a finger
allow joy to be
with your life
for ever.

Bad friends
worse than the worst enemies
who push you to vice,
ruining themselves
as well as you.

True friends
are like frescoes
they bring you
happiness while
Sharing your
Sorrows.

Monsters bring
and praise the fags
We are not deceptive
Gods guard us from
such deception.

Do not savour the fag
with the tongue
which tasted the
mother's milk
keep away from
Drugs which is
the worst monster
of all.
When theft and war
rule the day
turning the country into
"a pool of mud"
you still can shine
As a Lotus above the mud.



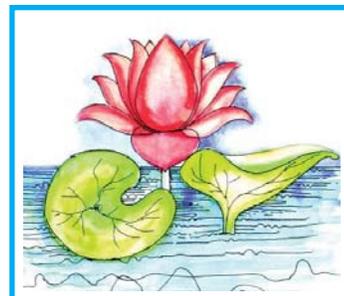
1.11

Associating good friends



1.12

Apart from cunning people



1.13

A Lotus from a pool of
mud

After reciting the verses students compiled a list of persons and institutions which direct society in the right direction and some unfavourable things given in the poem.



Persons who divert people in the right direction.

- ✧ The clergy
- ✧ Teachers
- ✧ Parents
- ✧ Poets, Writers
- ✧ Elders.
- ✧ officers
- ✧ Social Workers
- ✧ Educationists



Institutions which promote Social Welfare

- ✧ Temple
- ✧ Church
- ✧ Kovil
- ✧ Mosque
- ✧ School
- ✧ Hospital
- ✧ Library
- ✧ Welfare Societies
- ✧ Environmental Protection Institutes
- ✧ Drug Prevention Institutes.
- ✧ Temperance Movements
- ✧ Associations promoting kindness to animals



Temple



Church



Kovil



Mosque



School



Hospital



Various other things which help towards the well-being of Society.

- ✦ Good Books and Periodicals
- ✦ Paintings and Frescoes
- ✦ Fruitful Media programmes.



Qualities which promote social welfare

- ✦ Positive thinking
- ✦ Beneficial interpersonal relationships
- ✦ Creative thinking
- ✦ Sensitivity
- ✦ Empathy



Individuals who have harmful effects on society.

- ✦ Drug Suppliers
- ✦ Criminals
- ✦ Terrorists
- ✦ Thieves
- ✦ Murderers
- ✦ Burglars

What is the purpose of a life which brings Terror and Sorrow to others

1.15



Institutions which have an adverse effect on society

- ✦ Taverns,
- ✦ Gambling Dens.

When Taverns and gambling dens are allowed to function prisons should be provided with more accommodation.

1.16





Let's get close to the congenial forces in life



1.17

Keeping good paddy while removing chaff

Like a farmer who separates the chaff from the good paddy seeds, you should be able to get rid of what is uncongenial to your life while adding up the congenial things to yourself. For this, the identification of favourable forces is important. In this matter, the following forces are prominent.

Add favourable things to life while discarding the bad things.



Good Books and other Reading Material

Maxim Gorky says, a good book is a very good friend to man, and a good guide for a successful life. Once Lord Macaulay's grand daughter wrote to him, that if she is given a choice to select between the crown of the British Empire and a small room filled with a lot of books, she would select the small room filled with lot of books without any hesitation.

Great books have been written by Great Writers. The time we devote to read such books, is equivalent to the time we devote to associate such writers. This will finally bring about a revolution in our lives.



Good Friends

Think for a moment about the best friend you have had in your life. He or she would have been helpful to you in numerous ways. He or she would have pointed out many weaknesses and shortcomings in you and tried to correct them. When you were in distress this friend would have consoled you and shared happiness and joy with you.

Maxim Gorky could appear before his readers as a great writer, because of his poor friend, a cook he met when he was working as a kitchen helper who guided him and encouraged him to read.



Good Media Programmes

There is a very wide choice in television and Radio programmes and we should select the appropriate ones only. Select the best by avoiding the wrong as the swan separates wholesome milk from water. See that your life is enriched by what you get from them.



Good thoughts

For a favourable life style and good society, the most important factor is wholesome thoughts, because every good action begins with such a thought.

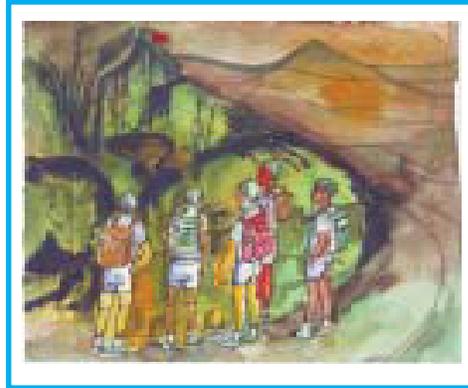
One day a Grade 7 student Nilmini expressed on of her experiences in the class. “I got up in the morning with a firm idea of helping others, at least to talk and smile nicely to someone. I maintain this attitude throughout the day and I found that all the people whom I came across returned me nice words and smiles” she said. If all of us try to be good to each other we will receive the same and accordingly society will be a nice place to live.



Towards right objectives in life

If you want to go to Colombo you must get into a Colombo - bound bus. Your life is also somewhat similar. You should decide on your destination. Your future plans should be designed accordingly.

The aim of Sameera, Prasad, Kumara, and Abhaya is to climb the hill. You can see the flag on the top of the hill. That is the victorious target of this team. That target brings them challenges. Look at their faces. They are full of expectations, confidence, determination and friendship. They look very cheerful. The hatch bags on their shoulders are full of various items, needed for the journey. All these are needed to reach the desired target.



1.18

Towards victory

Set high goals to achieve a successful life. It will be beneficial to you, as well as others and the whole society.

Build up your targets in life with high expectations.



Build up definite targets to;

- ✦ Pass the examination
- ✦ win a game

You should have definite targets regarding these.



Plan your activities

It will benefit you as well as others if you plan all you work systematically. If you pack up a suitcase in a systematic way, it will have the capacity to carry more items than you would otherwise pack.

When you move ahead towards a planned goal your time and labour are saved. When you prepare for an examination, if you work according to a time schedule and plan your studies you are certain to achieve good results.

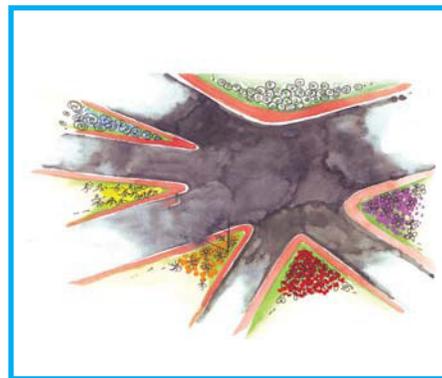
Identify your obstacles when marching towards goals. Get self confidence. Gain Victory.



Use alternative ways, if necessary

There are various ways of reaching the same target. If one is difficult we should think of alternatives.

When one avenue is closed we should have other alternatives to select. What you have to do is, to be conscious of these alternatives.



1.19

Paths to the same target



Commitment in achieving goals

We have to make sacrifices to obtain what we want in our life. For this, we may have to dedicate time, labour, money and other factors. We must develop qualities like self-confidence and mental stability to face obstacles, challenges, mistakes and misadventures.



Let us select only what is suitable from the attractive things available

You may often watch television programmes and advertisements of dances, music and songs with colourfully and beautifully dressed actors and actresses.

Further they would give you signals such as:

- How to behave in a particular way on various occasions.
- The food and drinks you should take.
- The fashions or clothes you should wear.
- Particular set of words to be used when talking.

Such messages may automatically creep into your mind without your sense.

Most of these messages have commercial purposes; that is, to sell a particular brand of a product.

We should know how to select what is really needed and suitable for us out of many alternatives available. To make such a selection you should have special competence.

It is important to have the ability to identify what is suitable to you and to reject what is not.

Given below are some of the ideas expressed by some students, after selecting what was appropriate to them from a set of various attractions.



1.20

Don't get carried away by advertisements.

They try to deceive us. But we know what is best for us and let's select that.



Why should we buy food and beverages according to the wishes of the traders ? We will select what we want to suit our health and needs.

1.21

Fresh food



Identify Good Friends

You may find various people and attractive things from internet, newspapers etc. If you can select good people from them, using your mind creatively you are an intelligent child. Given below is an experience of Sameera in Grade 7. Read it to see whether you also have had similar experiences.

“Seeing my photograph and a short introduction about me on a children’s page of a national newspaper, two friends had written to me. One of them is ‘Lahiru’. He had invited me to join a project on creative work. He had made preparations to hold a Science Exhibition with the help of some teachers and students of his area.



1.22

A letter from a friend

The second letter was from Viraj, who was a much senior student. He had sent a photograph of his, which looked like that of a popular Hindi film star, whom I like most. He had addressed his

letter in a very intimate manner, as if we had known each other for a long time. Somehow he had guessed that I was keen to have a video camera. He had proposed to meet me soon at a place in the town closest to us. He had offered me an expensive video camera also, in his first letter itself. However I felt that he was trying to get too intimate. Why should he give me such a valuable item even before seeing me?” Sameera took the letter sent by Viraj and put it in the bin. Then he decided to reply to Lahiru, who seemed to be a keen student of his own age.



Activities

1. Mention a lofty goal you have in your life and explain briefly, how you are going to achieve it.
2. Write down five objectives you hope to achieve in your life according to their importance, through education.



SYNOPSIS

Identify your special talents and good qualities and develop them further. Also identify your shortcomings and weaknesses as well and try your best to minimize them. You would realize that you are a unique person not similar to anyone else in this world.

Get close to the favourable forces around you, while moving away as far as possible from those harmful and unfavourable to us, found around you. Select only the suitable ones from the many attractive things around you while discarding the unfavourable ones. While achieving your lofty goals, march forward bravely as a dignified individual.