

4. The Turning Point

Worksheet 1

COMPREHENSION

Insects and animals are nearly always busy; preparing for winter, getting ready for spring, washing themselves, cleaning their nests, feeding their young and doing the things that animals and insects do. They are a hundred per cent alive and involved. They also appear to be particularly content.

We can learn from animals. To be happy, we need to be industrious. When we let things slide, it costs us. Things don't improve when we neglect them: sailors know this about boats, athletes know it about their bodies, students know it about their minds, we all know it about the state of our garage. Any gardener finds out early that weeds come up automatically. You don't have to plant a single weed to have undergrowth right across your backyard. Things only improve with effort.

Our attitude to effort is important.

We need to put in the effort because we want to do it; because it is our privilege and joy to learn, to test ourselves, to experiment and experience. The mistake that many people make is to work only for end results and not for the joy of working. Then, if they don't get the results they want, they are disappointed.

Emerson said, "The reward of a thing well done is to have done it." Getting too hung up on results takes us out of the present moment. We are focusing on what is ahead and not what we are doing. This approach removes us from the enjoyment of the present moment.

(From: *Being Happy* by Andrew Mathews)

A. Read the passage above and answer the following questions.

1. What does the writer say about animals and insects?
2. What should we learn from animals and insects?
3. What happens when we neglect a garden?
4. Why is our attitude to effort important?
5. What happens if we only work for end results?

B. What do the following sentences mean?

1. When we let things slide, it costs us.

2. Getting too hung up on results takes us out of the present moment.

C. Complete the following sentences.

1. To be happy, we need to be _____.
2. Our _____ to effort is important.
3. If they don't get the results they want, they are _____.
4. This _____ removes us from the enjoyment of the present moment.

Worksheet 2

GRAMMAR AND USAGE

A. State the type of pronouns underlined in the following sentences.

1. Which is the office of the Director? _____
2. I have asked Mr Pandit for the book. _____
3. He himself spoke to me. _____
4. All the pencils are hers. _____
5. That is Hari's car. _____
6. They helped themselves to the cakes. _____
7. Is the lady to whom the purse belongs? _____
8. I found the gloves that I had misplaced. _____

B. Fill in the blanks by selecting the right pronouns from the brackets.

1. Mr Bale had carried the bag _____. (yours/himself/which)
2. _____ has been crying in the neighbourhood. (Someone/Myself/His)
3. Please find the pen _____ belongs to Papa. (who/whom/that)
4. The basket is kept in _____ kitchen. (mine/herself/her)
5. Is this _____ dog? (I/ourselves/your)
6. Give _____ child some sweets. (he/mine/each)

Worksheet 3

VOCABULARY AND WRITING

A. Make sentences to show the difference in meaning between each pair of words.

1. stares _____
stairs _____
2. suit _____
suite _____
3. bough _____
bow _____
4. male _____
mail _____

B. Fill in the blanks with suitable phrases from the help box.

put away left out got off let go puts on

1. She always _____ airs.
2. Manish was feeling _____ when his friends did not speak to him.
3. The passengers _____ the train at Jhansi.
4. Please _____ your books now.
5. Toto did not _____ the leg of the thief.