

Class: Seven

Subject- Creative Writing

Project work

Read "The Diary of a young girl" once again and write a similar diary about your experience in lockdown making the note of major events.

Subject- Life Skills

Topic - The Do's and Don'ts of Fighting Fair

Study the following text, copy it in medium-sized paper and paste it on the wall next to your study table/bed:

The Do's & Don'ts of Fighting Fair 

Are you accidentally lashing out? How to keep it sane:

<p>DON'T: TOSS OUT BLAME.</p> <p>DO: SAY HOW YOU FEEL.</p> <p>When people are accused, they either shut down or retaliate. So always use gentler / statements ("I feel like sometimes you ignore me") Instead of <i>you</i> statements ("You always ignore me!").</p>	<p>DON'T: INTERRUPT.</p> <p>DO: LISTEN QUIETLY.</p> <p>To solve any issue, you need to step into the other person's shoes, even if you disagree with them. When they're done talking, repeat their side back to them so that they know you <i>really</i> heard what they said.</p>	<p>DON'T: USE ABSOLUTES.</p> <p>DO: FOCUS ON RIGHT NOW.</p> <p>Absolutes like <i>always</i> and <i>never</i> ("You never text me back!") make the issue larger than life, but focusing on the current situation ("You didn't text me back earlier") gives you a clear problem to solve.</p>	<p>DON'T: CROSS YOUR ARMS.</p> <p>DO: MAKE EYE CONTACT.</p> <p>Body language counts! Eye contact shows that you're open to hearing the other person's side (yay!), but crossed arms, finger pointing, and clenched fists say you're closed off to it (grrr).</p>
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विषय - नेपाली

व्याकरण किताबको ११३ पाना नम्बरको ३ नम्बर गर।

The End.