

According to Single National Curriculum 2020

One Nation, One Curriculum

3rd EDITION

Teacher's Resource Manual

Topline junior

SOCIAL STUDIES

Programme

features

- ✔ *Citizenship*
- ✔ *Economy*
- ✔ *Geography*
- ✔ *Atlas*
- ✔ *Government*
- ✔ *History*
- ✔ *Culture*
- ✔ *Photo Album*



Khurram Ali Shafique

3-time recipient of Presidential Iqbal Award

Book

3

UNIT 1 (Safety first)

(A) Look at the following newspapers. There is news about some accidents. Write in your own words how these accidents occurred and how they could have been avoided?

2 Children in hospital: People should not fly kites with sharp or metal strings. Children should also wear helmets and ride safely.

Child hurt in fire: Children should never play with matchsticks or fire. Matches and lighters must be kept out of children's reach.

Three men drowned in the sea: People should not go into deep water without safety equipment or without knowing how to swim.

(B) Collect information from the lesson.

Q1. Why is it important to follow safety?

Answer 1: It is important to follow safety rules to protect ourselves and others from getting hurt.

Q2. What should you do when crossing a road?

Answer 2: We should look both ways and make sure there is no traffic. We should cross only when the signal is red and vehicles have stopped.

Q3. Why is it dangerous to touch an electric pole?

Answer 3: Electric poles may have wires with strong electric current. Touching them can cause a serious shock.

Q4. Why we should not leave sharp objects lying around on the floor?

Answer 4: We should not leave sharp objects lying around on the floor because someone might step on them or fall and get hurt.

Project Work

Make your own safety rules for the following situations

Sample Safety Rules (for Teacher Reference)

1. When the light goes off at night

- Stay calm and don't run.
- Use a torch or call an adult for help.
- Do not touch switches or wires.
- Stay in one place until you can see clearly.

2. If you are working in the kitchen

- Do not touch hot pots or the stove.
- Keep matchsticks and lighters away.
- Always have an adult with you.
- Wash your hands before and after handling food.

3. If you are at the seaside

- Stay close to your family or group.
- Do not go into deep water.
- Wear a life jacket if needed.
- Do not run on wet rocks—they can be slippery.

4. If you are on the road

- Walk on the footpath.
- Always use a zebra crossing.
- Don't play or run on the road.
- Watch traffic signals before crossing.

UNIT 2 (Keeping healthy)

(A) Circle the healthy foods and cross out the unhealthy foods among the following pictures.

The Students should do this activity themselves.

(B) Choose the correct answer.

1. Sleeping too much is.

a. **nice** b. healthy c. Bad

2. Germs are tiny:

a. plants **b. living things** c. animals

3. Active games are a good form of:

a. **exercise** b. food c. singing

(C) Collect information from the lesson.

Q1. Why is food important for us?

Answer 1: Food is necessary to keep us alive. Food gives us energy to work and play. Food helps us to grow and to keep healthy.

Q2. What can we do to keep our body clean?

Answer 2: We should brush our teeth, take regular baths, and wash our hands before and after each meal. We should also wash our hands after using the toilet and every time we enter our home.

Q3. List the things you need to do to stay healthy.

Answer 3: Here is a list of things you need to do to stay healthy:

1. Eat healthy food
2. Drink clean water
3. Sleep well at night
4. Keep your body clean
5. Wash your hands regularly

(D) Are you healthy?

How much do you care about your health?

Write down Yes or No against each statement to find out.

“Students should respond to this activity based on their own experiences”.

UNIT 3 (Responsibilities and rights)

(A) Write T against true and F against false statements.

1. You are the only person living in the society. **(F)**
2. Life will become easier if you fulfil your responsibilities and know your rights. **(T)**
3. It is not your responsibility to give other people their rights. **(F)**
4. Others should not take anything from you without your permission. **(T)**
5. A society becomes a sad place when everybody fulfils their responsibilities and gives other people their rights. **(F)**

(B) Collect information from the lesson.

Q1. What do responsibilities mean?

Answer 1: Responsibility means the duties, daily work or chores and the due respect the person has to give to others around him and to the society in general.

Q2: What do rights mean?

Answer 2: Rights are the things that others should give you, like love, care, safety, and respect. You also have a duty to give the same rights to others.

Q3. What kind of a society will we have if everyone fulfils their responsibilities?

Answer 3: If everyone does their duties and gives others their rights, our society will be a happy and kind place to live.

(C) Make a list of your responsibilities and your rights.

Responsibilities

1. Always tell the truth
2. Speak gently
3. Always ask for permission from others before using their belongings.
4. Keep environment clean
5. I should do my homework

Rights

1. Other should tell me the truth
2. My things should not be used without my permission
3. Healthy and clean environment

4. Others should not hurt me
5. Others should speak to me gently

(D) Write 5 to 6 lines on how you can fulfil your responsibilities to the society.

- I can help keep my surroundings clean.
- I will throw waste in the dustbin.
- I will be kind and helpful to others.
- I will follow rules and obey elders.
- I will not waste water or electricity.
- I will take care of plants and animals.

UNIT 4 (CURRENCIES OF THE WORLD)

(A) Choose the correct answer.

1. To sell and buy by exchanging things or services is called:
✓ **(b) barter**
2. In the old days money was in the form of:
✓ **(a) coins**
3. The currency of Pakistan is:
✓ **(c) rupee**
4. The currency of the United States of America is:
✓ **(c) dollar**

(B) Collect information from the lesson.

Q1. What is barter system?

Answer 1: To buy and sell by exchanging things without the use of money is called the barter system.

Q2. Why was money invented?

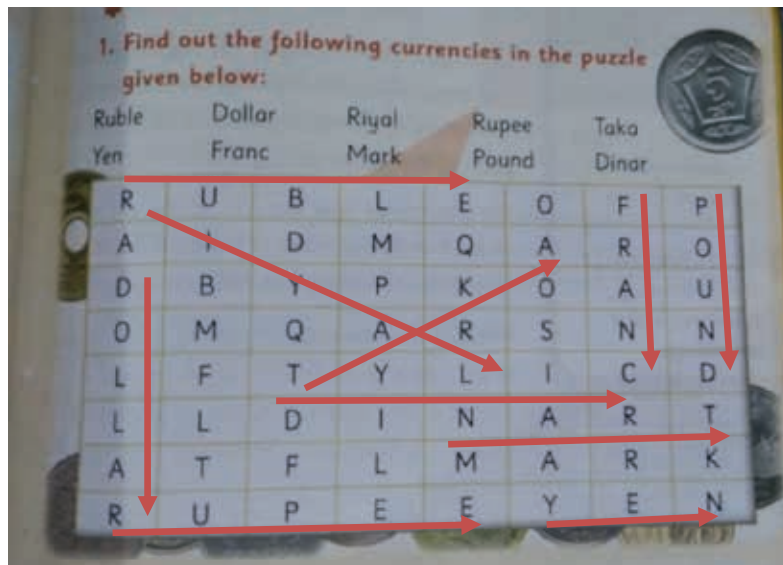
Answer 2: Money was invented to make trade easier and replacing the limitations of the barter system.

Q3. Write the names of currency of any five countries.

Answer 3:

Countries	Currencies
Japan	Yen
Bangladesh	Taka
United States	Dollar
United Kingdom	Pound sterling
Saudi Arabia	Riyal

Project work



2. Collect information from your elders about how these payment method works?

Card swipe on machine: You give your card to the shopkeeper, who swipes it on a machine and enters the amount. The money is taken directly from your bank account.

QR scan: You scan a code using your mobile banking app, enter the amount, and confirm the payment. The money is sent instantly to the shopkeeper's account.

UNIT: 5 (Our universe)

(A) Match the words in list A with their descriptions in list B.

A	B
Earth	The planet we live on.
Moon	A smaller body revolving around the Earth.
Planet	A smaller body revolving around a star.
Mars	Which appears as a red star in the sky.
Space	The region beyond our planet Earth.
Sun	Earth revolves around this star.

(B) Write 'T' against True and 'F' against false statements.

1. A star gives out light. **T**
2. Earth is a planet. **T**
3. Space is the name given to the distance between the Earth and the Sun. **F**
4. The humans landed on the moon in 1969. **T**

5. The moon revolves around the sun. **F**

(C) Collect information from the lesson.

Q1. What is space? And what is it made up of?

Answer 1: Space is the big, dark area high above the sky. It is the area beyond our planet Earth.

It is made up of **nothing at all**, but it has many things in it—like **stars, planets, and other objects** in the universe.

Q2. Who was the first man to land on the moon and when?

Answer 2: On July 20, 1969, Neil Armstrong was the first man to land on the Moon.

Q3. Why there is no life on moon?

Answer 3: There is no life on moon because;

- **No air** – All living things need air to breathe.
- **No water** – All living things need water.
- **Too hot and too cold** – The Moon is very hot in the day and very cold at night.
- **No plants or animals** – Nothing can grow or live there.

UNIT: 6 (Some Continents)

(A) Choose the correct answer.

1. The largest continent of the world is:

✓ (a) Asia

2. The highest peak of the world, Everest, is situated in:

✓ (c) Asia

3. The continent whose countries are trying to develop a united community is:

✓ (a) Europe

(B)Collect information from the lesson.

Q1.What are continents?

Answer 1: The continents are large masses of land.

Q2. How many continents are there in the world, and what are their names?

Answer 2: There are 7 continents in the world.

1. Asia

2. Africa

3. Europe

4. North America

5. South America

6. Antarctica

7. Australia

Q3. In this lesson, you studied in details about three continents. Which of those did you find most interesting, and why?

Answer 3: I found Africa the most interesting continent. It has many wild animals like lions, elephants, and giraffes. It also has big rain forests and the Sahara Desert. Africa also has tall mountains like Kilimanjaro. I liked learning about the different people and cultures there.

Africa is full of amazing nature and fun facts, so I enjoyed learning about it the most.

Note: This is the sample answer, the actual answer should be varied from student to student.

(C) Look at the map of Asia on page 41. Some countries are not mentioned there, such as Sri Lanka, Nepal, Bhutan, UAE etc. Find these countries and mark them on the map.



Project work

Choose a continent you have studied in this lesson. List ten countries from that continent. Then collect information about the capital city, currency and the national language of each country. You can ask your teacher to help you.

Sample Solution

Continent: Europe			
Countries	Capital	Currency	Language
United Kingdom	London	Pound sterling	English
Germany	Berlin	Euro	German
France	Paris	Euro	French
Poland	Warsaw	Polish złoty	Polish
Belarus	Minsk	Belarusian Rubble	Belarusian, Russian
Spain	Madrid	Euro	Spanish
Italy	Rome	Euro	Italian
Croatia	Zagreb	Euro	Croatian
Sweden	Stockholm	Swedish krona	Swedish
Finland	Helsinki	Euro	Finnish, Swedish

UNIT: 7 (All about Weather)

(A) Match the words in List A with their descriptions in List B.

Temperature ----- the amount of heat

Fast blowing winds----- make an area feel colder

Rainfall ----- caused by the clouds

Weather ----- depends upon sunlight, rainfall and wind

(B) Collect information from the lesson.

Q1. What is weather?

Answer 1: Weather is the changing condition of the air around us, like when it becomes sunny, rainy, windy, or cloudy.

Q2. Why are storms dangerous?

Answer 2: Storms are dangerous because sometimes they tear down small buildings and carry the pieces several miles away. Storms at sea are dangerous for small boats, and sometimes even for ships.

Q3. Why do we need rain?

Answer 3: We need rain to grow plants and crops. Rain also provides fresh drinking water, without which we cannot live.

Q4. What is Climate change?

Answer 4 : Earth’s climate is slowly getting warmer. This change is called climate change. It is happening because of many reasons, like using too many machines, cutting down trees, and other human activities.

Project Work

Look at the map below. It shows some imaginary places. With the help of the key given on the side make a list of the type of weather shown on the map.

Places	Weather Types
Mangoland	Rainy
Roseland	Cloudy
Dreamland	Snowy
Pina	Sunny
Bogaria	Windy

Candia	Rainy
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UNIT: 8 (Altitude)

(A) Write T against true and F against false statements.

1. Altitude means the height of a place as compared to the sea level. **T**
2. Altitude of a place is greater if it is closer to the sea level. **F**
3. Altitude of the mountains is usually high. **T**

(B) Look at the following picture. These people are going to climb mountains that are very high. What are they carrying on their backs? Why are they carrying it?

Mountain climbers usually carry; water bottle, dry fruits, climbing ropes, boots, tents, sleeping bag, first-aid kit and oxygen cylinder with them. They carry these things to stay safe and prepared.

(C) Collect information from the lesson.

Q1. What is altitude?

Answer 1: Altitude means the height of a place.

Q2. What causes altitude sickness?

Answer 2: Altitude sickness is caused by a decrease in oxygen level at great height.

Q3. Why do mountaineers carry oxygen while they climb mountains?

Answer 3: Mountaineers carry oxygen with them to avoid altitude sickness.

Q4. How is the altitude of a place measured?

Answer 4: Altitude or height of a place is measured from the level of the nearest sea.

Project Work

With the help of the map on pages 58 and 59, complete the following table of the five highest mountain peaks in the world and their altitudes.

No.	Name of the Peaks	Altitudes
1	Everest	8849
2	K2	8611
3	Kanchenjunga	8586 meter
4	Lhotse	8516 meter
5	Makalu	8485 meter

UNIT: 9 (Directions)

(A) Look at the map of Pakistan given below carefully, and write the directions of the following in the given box.

Places	Directions
India	East
China	Northeast
Iran	Southwest
Afghanistan	Northwest
Arabian Sea	South

(B) Look at these pictures.

1. West

2. South
3. North
4. Northwest
5. Southeast

(C) Collect information from the lesson.

Q1. Why do we use compass?

Answer 1. We use a compass to find directions. It helps us know where to go like North, South, East, and West.

Q2. How can we find direction without using a Compass?

Answer 2. We can find directions without a compass by looking at the Sun, shadows, or stars.

Q3. Name any country to the northwest of Pakistan.

Answer 3. A country to the northwest of Pakistan is Afghanistan.

UNIT: 10 (Distances on a map)

(A) Look at the following map.

It is drawn on the scale of 1 cm = 1 km

Now answer the following questions with the help of the map.

Q1. What is the distance between the house and the hospital?

Answer 1: 2 km.

Q2. What is the distance between the house and the park?

Answer 2: 4 km.

Q3. What is the distance between the library and the office?

Answer 3: 3 km.

Q4. What is the distance between the hospital and the library?

Answer 4: 2 km.

Q5.If you wanted to put a shop on this map 2 km east to the house where will you put it? Make a dot to show its position.

Answer 5: Let the students do this on their own in their book.

B) Draw a map of Rubina's neighbourhood according to the details given below. You should use the scale 1 cm = 100 meters

Motivate students to perform activity on their own.

UNIT: 11 (Some countries of the world)

A Match the countries with their capitals

Canada Ottawa

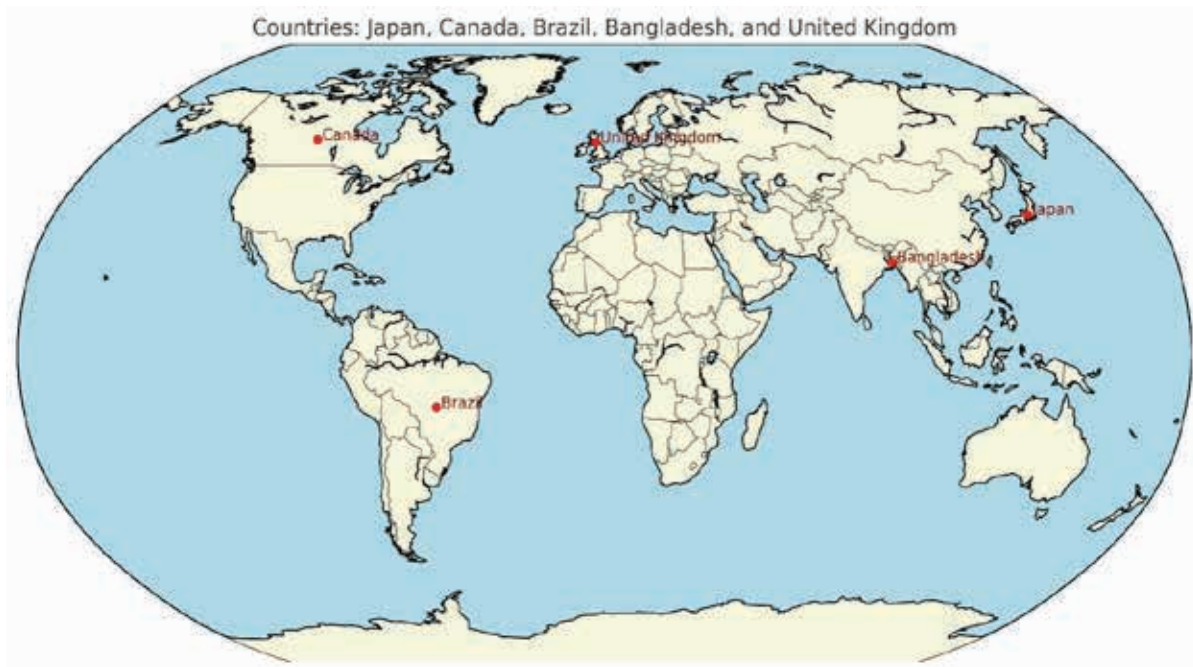
Japan Tokyo

Bangladesh Dhaka

Brazil Brasilia

Britain London

B Find and label the countries named in this lesson.



C) Collect information from the lesson.

Q1. Which country was a part of Pakistan from 1947 to 1971?

Answer 1. It was a part of Pakistan from 1947 to 1971 and it was called East Bengal and East Pakistan. It became a separate state in 1971.

Q2. How did Canada come into being in 1867?

Answer 2. It used to be ruled by the United Kingdom until 1867 when four of its provinces decided to unite and become a single independent country.

Q3. What is the national motto of Brazil?

Answer 3. The national motto of Brazil is "**Ordem e Progresso**", which means "**Order and Progress**" in English.

Q4. From which country did the English language start?

Answer 4. The English language started from United Kingdom (England).

Q5. Name a country which has decided never to declare war.

Answer 5. Japan is a peace loving country, which has decided never to declare war.

D Group Activity: Make a poster.

The Students should do this activity themselves.

UNIT: 12 (Bibi Marium and hazrat Issa (A.S))

(A) Fill in the blanks.

1. Bibi Marium belonged to a noble family of **Bani Israel**.
2. God gave Hazrat Issa (A.S.) many **power** and **miracles**.
3. Hazrat Issa (A.S.) could cure the **blind** and **lepers**.
4. Bibi Marium did not speak to the visitors because she was keeping a **fast**.
5. God gave Hazrat Issa (A.S.) a divine book called **Injeel**.
6. Jerusalem was ruled by **Roman**.
7. Hazrat Issa (A.S.) asked Bani Israel to follow the teachings of **Torah**.

B) Collect information from the lesson.

Q1. Who was Bibi Marium?

Answer 1. Bibi Marium was a pious woman, who lived in Jerusalem nearly 2,000 years ago. She belonged to a noble family of the tribe called Bani Israel.

Q2. What did Angel Jibraeel told Bibi Marium?

Answer 2. One day the angel jibraeel came to Bibi Marium told her that he would be born without a father.

Q3. What did the young infant say when the visitors came to see Bibi Marium?

Answer 3. As an infant, Hazrat Issa (A.S.) said, "Indeed, I am the servant of Allah; He has given me the Book and made me his Prophet.

Q4. What miraculous powers were given to Hazrat Issa (A.S) by God?

Answer 4. Hazrat Issa (A.S.) was given miraculous powers by Allah, including speaking as a baby, healing the blind and the lepers, raising the dead, and creating birds from clay.

Q5. What did Hazrat Issa (A.S) ask Bani Israel?

Answer 5. Hazrat Issa (A.S) asked bani Israel to follow the teachings of Hazrat Musa Written in the Torah.

C) Find out some information about the life of Hazrat Musa (A.S) another prophet of God, and write it in the space given below.

Sample Answer: Hazrat Musa عليه السلام was a very important prophet of Allah. He was born in Egypt at a time when the king, Pharaoh, was very cruel. Pharaoh was afraid of baby boys from Bani Israel, so he ordered to harm them. To protect baby Musa, his mother put him in a basket and placed it in the river.

UNIT: 13 (The Pious Caliphs (R.A.))

(A) Write the name of the caliph in the correct box.

1. Hazrat Abu Bakr (Razi Allah Anhu)
2. Hazrat Umar Farooq (Razi Allah Anhu)
3. Hazrat Usman (Razi Allah Anhu)

4. Hazrat Ali (Razi Allah Anhu)

B) Collect information from the lesson.

Q1. Who were the pious caliphs and why were they famous?

Answer 1. The "Pious Caliphs" were the first four caliphs after Prophet Muhammad, celebrated for their righteous rule, piety, and guidance in shaping early Islamic governance.

Q2. Whom did the Muslims choose after the death of Holy Prophet (P.B.U.H) to become their leader?

Answer 2. The Muslims chose Hazrat Abu Bakr (R.A.) to become their leader after the death of the Holy Prophet (P.B.U.H).

Q3. What relation did Hazrat Ali (R.A) have with the Holy Prophet?

Answer 3. Hazrat Ali (R.A.) was the cousin of the Holy Prophet (P.B.U.H). He also became his son-in-law after marrying the Prophet's daughter, Hazrat Fatima (R.A.). He was very close to the Prophet and loved him very much.

Q4. What point did Hazrat Usman (R.A) prove?

Answer 4. Hazrat Usman (R.A.) proved that a true Muslim always helps others and works for Islam. He spent his money to help poor people and spread the message of Islam.

Q5. What does "Abu Turab" mean?

Answer 5. "Abu Turab" means "Father of the Soil" and was a nickname given to Hazrat Ali (R.A.) by Prophet Muhammad (P.B.U.H.). When Hazrat Ali (R.A.) grew up, he was married to Bibi Fatima (R.A.).

C) Look at map on pages 90 and 91, and complete the following boxes.

Countries that were part of the Muslim Empire in the days of Hazrat Abu Bakr are	Saudi Arabia, Oman and Yemen
Countries that became part of the Muslim Empire in the days of Hazrat Umar	Egypt, Jordan, Lebanon, Israel, Syria, Turkey, Georgia, Armenia, Iran and parts of Afghanistan
Countries that became part of the Muslim Empire in the days of Hazrat Usman and also remained in the days of Hazrat Ali are	Spain, Portugal, Morocco, Algeria, Tunisia, Libya, Turkmenistan, Afghanistan and Parts of Pakistan

UNIT: 14 (Some great Muslim woman)

(A) Fill in the blanks.

1. Hazrat Ayesha (R.A) is also called **Ummul Momineen**.
2. Ummul Momineen means **Mother of Momineens**.
3. Hazrat Ali (R.A.) was the son of **Hazrat Abu Talib**.
4. Hazrat Rabia Basri lived more than a **hundred years** after the death of Holy Prophet (p.b.u.h.).
5. Bibi Khadija (R.A.) was the **mother** of Bibi Fatima (R.A.)

B) Collect information from the lesson.

Q1. Who was Bibi Ayesha (R.A)?

Answer 1: Bibi Ayesha (R.A) was the daughter of Hazrat Abu Bakr Siddique (R.A) and the wife of the Holy Prophet (P.B.U.H.).

Q2. Why did the people come to Bibi Ayesha (R.A)?

Answer 2: When the Holy Prophet (p.b.u.h.) passed away people began coming to Bibi Ayesha (R.A) in order to learn the teachings of the Holy Prophet (p.b.u.h.).

Q3. Who was Bibi Fatima (R.A)?

Answer 3: Bibi Fatima (R.A) was the youngest daughter of the Holy Prophet (p.b.u.h) and wife of Hazrat Ali (R.A). She was also the mother of Hazrat Imam Hasan (R.A.), Hazrat Imam Hussain (R.A.) and Bibi Zainab (R.A).

Q4: What did Rabia Basri reply when the master asked her why she prayed during the night?

Answer 4: She replied, 'If I can work for you all day, when you are just a human being, how could I refuse to do the work of God at night, who is my real master.

(C) Guess the name of the personality.

1. Hazrat Bibi Fatima (R.A).
2. Hazrat Rabia Basri
3. Hazrat Bibi Ayesha (R.A)

UNIT: 15 (A Great poet)

(A) Fill in the blanks.

1. Rumi was born in **Afghanistan**
2. Rumi was a great **poet** and **teacher**
3. The most famous book of Rumi is **Masnavi Maanavi**.

4. The most famous book of Rumi includes interesting **stories**.

5. Merchant had an **Indian bird** in a cage.

6. Bird asked the merchant to visit a **jungle** in India.

7. **Silence** is more powerful than words.

(B) Collect information from the lesson.

Q1. Who was Jalaluddin Rumi?

Answer 1. He was a great poet and a teacher. His most famous book is a long poem in Persian, called Masnavi Maanavi.

Q2. What did the bird want?

Answer 2. The bird wanted to be free. It said, "Please set me free," to the merchant.

Q3. What did the bird in the jungle do when it heard the message of the merchant's bird?

Answer 3. When the birds heard it, one of them fell on to the ground.

Q4. How did the Merchant's bird get free?

Answer 4. The bird pretended to be dead. When the merchant opened the cage, it flew away and became free.

Q5. What is the name of the most famous book of Rumi?

Answer 5. His most famous book is a long poem in Persian, called Masnavi Maanavi.

Project work

Collect verses from other poets. In the boxes of this page, write the name of the poets and then write down the verses

Poet	Allama Iqbal
Verse	Haris مرے اللہ! برائی سے بچانا مجھ کو نیک جو راہ ہو اس رہ پہ چلانا مجھ کو
Poet	Tajoor Najeebabadi
Verse	اماں بجلی چمکی بارش کی یہ دھمکی ہے گھر میں سبق سناؤں گا میں اسکول نہ جاؤں گا
Poet	Ismail Mirthi
Verse	کرے دشمنی کوئی تم سے اگر جہاں تک بنے تم کرو درگزر
Poet	Hafeez Jalandhari
Verse	صبح کا سونا خوب نہیں ہے اچھایہ اسلوب نہیں ہے

UNIT: 16 (Change Cities)

(A) Match the name of the city in list A with the relevant description in list B.

List A	List B
New York	The headquarters of the United Nations.
Moscow	It has a population of more than 13 million.
Cairo	It is the largest city in the continent of Africa.

Istanbul	It belongs to two continents.
Paris	It is situated on the bank of the River Seine.
Lahore	It is a “twin city” of Istanbul.

(B) Fill in the blanks.

- 1. New York** is the largest city of the United States.
- The Mausoleum of Vladimir Lenin is in the city of **Moscow**.
- Topkapi Museum is inside the Topkapi Palace in the city of **Istanbul**.

(C) Collect information from the lesson.

Q1. Is it easy to say what is a city? Why or why not?

Answer 1. It is very difficult to say that what is a city. In some countries, only a very big area with a large population is called a city. In other countries, even a small area with a few people may be called city.

Q2. What is the name of the world’s largest museum?

Answer 2. The name of the world’s largest museum is the Louvre Museum in Paris, France.

Q3. Which city is the capital of Russia?

Answer 3. The capital of Russia is Moscow.

Q4. What is the name of the one of the oldest universities of the world that is still functioning in Egypt?

Answer 4. One of the oldest universities in the world that is still functioning in Egypt is Al-Azhar University.

Q5. What are the names of the two continents to which the city of Istanbul belongs?

Answer 5. The city of Istanbul belongs to two continents: Europe and Asia.

Q6. What are some of the famous historical places in the city of Paris?

Answer 6. Famous historical places in Paris include the Eiffel Tower, Louvre Museum, Notre-Dame Cathedral.

Q7. Which city has been declared a “Twin city” of Lahore?

Answer 7. Istanbul, a city in Turkey, has been declared the “Twin city” of Lahore.

Project work

Make a photo album of your own. Choose any five cities in the world, paste the pictures of famous monuments or historical places of the cities. Also write few lines about each picture.

The Students should do this activity themselves.

