

Master Lesson Plan

For

A Shelter so High

Board	Standard	Subject	Chapter	Language	Reference Link	Creatio
CBSE	STD V	EVS	A Shelter so High	English	A Shelter so High!	2020-07

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A Shelter so High

1. MS_Objectives_A shelter so high

Students will be able to

- use the learning in mountainous trips
- describe the journey from Mumbai to Delhi
- mark the different listed places on the map
- correlate the different construction of houses to climatic, economic and other conditions
- take delight on the information of an extraordinary achiever
- evaluate the lifestyles of the Changpas and Bakarwals
- relate some animals involved in human lives
- construct a model of a tent with locally available materials
- understand how to live happily irrespective of the size of their house
- examine the mountainous landscape

Time to teach	Asset Type	Theme	SubTheme
2 Minutes	Main Script	Houses	Types of Houses, Types of H

2. Climb up way up high!

Mountaineering



Mountaineering is a sport, hobby or profession of walking, hiking, trekking and climbing up mountains.

Training needed for mountaineering

- Aerobic or physical training is a prerequisite.

Institutes for mountaineering training



There are institutes that offer training programmes for adventure seekers. The Directorate of Mountaineering and Allied Sports in Himachal Pradesh is one such institute.

Things you need to carry during mountaineering

1. A backpacking bag with spare clothing, emergency food supply, map, compass, medicines, etc.
2. Mountaineering boots called crampons.
3. Sleeping bags, tents, ice-axe, rope, slings, pitons.
4. Motivation and courage.

Preparation needed for mountaineering

1. Get the medical fitness test done beforehand.
2. Gain proper training of handling mountaineering equipment.
3. Rest for minimum two days before the climb.
4. Keep your pace steady and slow.
5. Use trekking poles.
6. Learn how to deal with high-altitude sickness.
7. Follow mountaineering guidelines, high-heights survival techniques and first-aid techniques.
8. Protect yourself from snow blindness, injury to any part of the body after excessive exposure to extreme cold and sun-burning during the expedition.

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Time to teach	Asset Type	Theme	SubTheme
3 Minutes	Day-to-day Relevance	Sports	Adventure Sports, Adventure

3. Journey from Mumbai to Delhi

Planning for a road trip from Mumbai to Delhi? Hit the road for a journey full of great sightseeing, adventure, local cultures and customs, grand flavours all along the NH8 connecting the two cities and you will cherish the memories for a lifetime. The NH8 covers a distance of around 1420 kms and passes through the state capitals of Gandhinagar and Jaipur as well as important cities like Surat, Vadodara, Ahmedabad, Udaipur and Ajmer. If we are travelling from Mumbai to Kashmir we have to pass through Maharashtra, Gujarat, Rajasthan, Punjab, Haryana, Himachal Pradesh and Jammu and Kashmir. Let us explore few places from **Mumbai to New Delhi** via road journey.



Indulge in the rich cultural heritage that the different stops on your way have to offer. Leave from the capital city of Maharashtra, Mumbai via Bandra and move towards Gujarat. While passing through Vadodara, the 'Sanskar Nagari', do not miss the spectacular Lakshmi Vilas Palace and the Fatehsingh Museum. Gandhinagar is the capital of Gujarat.



Ahmedabad, the fifth largest city of India, is on the banks of the Sabarmati river. The city that witnessed several landmarks of the Indian independence movement, houses Gandhiji's Sabarmati Ashram.



A "Gujarati thaali" of roti, daal, rice, shaak and buttermilk, will make you feel refreshed. A visit to 'Rangeela Pol' for some tie and dyed "bandhunis", will show you the art and culture of the people of Gujarat. Please visit the cobbler shops of Madhupura for "Mojri footwear", then hop around the Manek Chowk famous for its jewellery and streetfood.' Dhoklas and theplas' are the popular snacking choices.

From here, you can head straight to the "Venice of the East" Udaipur, Rajasthan.



This “Lake City” is adorned by Lake Pichola, Fateh Sagar Lake, Udai Sagar and Swaroop Sagar lakes to name a few. Places of interest are the City Palace, Lake Palace, Monsoon Palace, Jag Mandir etc

Jaipur or the ‘Pink city’, is the capital of Rajasthan, 135 kms from Ajmer, boasts of the spectacular Hawa Mahal, Jantar Mantar, Amer Fort, Nahargarh Fort, City Palace and Jal Mahal.



The NH8 then leads you to Gurgaon, the ‘Millennium City’, an ever growing city with more than 1100 residential skyscrapers. Gurgaon is in Haryana. Chandigarh is the capital of Haryana.

Take the 27.7 kms Delhi-Gurgaon expressway and head to the national capital of New Delhi.



Your journey from the Gateway of India to the India Gate will leave you with a lifetime of wonderful memories and with a feeling of pride to be part of such a colourful and diverse nation.

Note to the teacher: [The teacher should hang a map of India in the classroom and highlight the Mumbai-Delhi roadmap and show the locations of the different cities from time to time]

Image source:

1. Map : [https://www.srisathyaivaividyaahini.org/alfresco/d/direct/workspace/SpacesStore/88447403-53d8-41ec-b481-1c9b2b7e4379/map-8386?](https://www.srisathyaivaividyaahini.org/alfresco/d/direct/workspace/SpacesStore/88447403-53d8-41ec-b481-1c9b2b7e4379/map-8386?ticket=TICKET_b095ad7ba24b78d65dd1c7d60d7e75477903491e)

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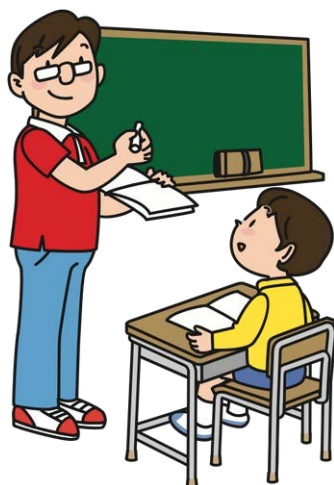
8480adeb195c/Political_Map%20of%20India_Jammu_Ladakh_Updated_01-01?ticket=TICKET_26bcf5f1d39d08f1eb325b8a79a209b1f359d9c4

Time to teach	Asset Type	Theme	SubTheme
10 Minutes	Main Script	Travel	Travel Journal, Travel Journ

4. Mumbai to Kashmir on map

Aim: To mark the different listed places on the map on a political outline map of India.

Materials Required: A large political map of India, one small political outline blank map of India for each student, sketch pens and colour pencils.



Procedure:

1. The teacher displays a large political map of India in front of the class. The teacher also distributes small political outline maps of India to all students.
2. The teacher asks the students to recollect the names of the states that one has to pass through while travelling from Mumbai to Kashmir.
3. Students recollect the states as Maharashtra, Gujarat, Rajasthan, Punjab, Haryana and Himachal Pradesh while travelling from Mumbai to Kashmir. The students also have to recollect the important cities that come across while travelling to Kashmir from Mumbai.
4. Teacher could ask the students if they know the capitals of these states.

Maharashtra	Mumbai
Gujarat	Gandhinagar
Rajasthan	Jaipur
Punjab and Haryana	Chandigarh
Himachal Pradesh	Shimla

5. The teacher asks the students to mark the capitals and important places, with colour pencils, on their maps.

6. Now, the teacher asks the students to exchange their maps with their partners.

7. The teachers displays the PPT slides showing the capitals and important places.

8. Each student corrects his/her partner's map, looking at these slides.

9. The teacher goes around the class, helping the students, if necessary.



Observation: The students, by locating the regions on the map, will remember these places vividly.



Conclusion: The students are able to mark the capitals of the states on the outline map of India.

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1. <https://publicdomainvectors.org/en/free-clipart/Male-teacher-and-student/73269.html>

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Time to teach	Asset Type	Theme	SubTheme
20 Minutes	Suggested Activity	Maps	Political Maps, Political Map

5. Shelter of dreams

[Notes to the teacher - Teacher may enable the students to think and come out with as many answers as possible before giving out the right answer/ answers]

1. Why are houses made of different types?

Suggested Answer: Houses are usually built from **types** of material that can easily be **made** or bought near the place where the **house** is built. So even in the same country we will find different types of houses with different materials used for construction.

2. What kind of houses do you find in hilly regions?

Suggested Answer: In hilly areas we find houses which have slopes.

3. Why do people build houses with slopes in hilly areas?

Suggested Answer: People build houses with slopes because, when it snows, the snow and water can easily slip down without accumulating on the slab of the house.

4. Why houses are made of wood in cold regions?

Suggested Answer: A wooden house keeps the house warm.

5. Where do we find houses with flat roofs?

Suggested Answer: Houses with flat roofs are seen in places where there is hot climate.

6. Where do you find houses that are usually made of cement, bricks and glass?

Suggested Answer: We find houses that are usually made of cement, bricks and glass in cities..

7. What is the advantage of houses built with cement and bricks?

Suggested Answer: Houses built with cement and bricks are strong and can withstand heavy rains and storms.

8. What is the disadvantage of houses built with mud and bamboo?

Suggested Answer: Houses with mud and bamboo can collapse when there are heavy rains.

Time to teach	Asset Type	Theme	SubTheme
10 Minutes	Inquisitive Questions	Houses	Types of Houses, Types of H

6. Story of Arunima Sinha

- Arunima Sinha is the first Indian female to climb the Mount Everest with an artificial leg.



- She was a national level volleyball player.
- She lost her legs in a train accident. A passing train crushed her left leg.
- Doctors removed her leg below the knee to save her life. She was provided a prosthetic leg (artificial). While still being treated in the hospital, she resolved to climb Mount Everest.
- Arunima was trained for over a year by Bachendri Pal, the first Indian woman to climb Mount Everest.
- Sinha reached the summit of Mount Everest on 21st May 2013. She took 52 days to reach the summit.
- She was awarded Padma Shri, the fourth highest civilian award of India, in 2015.

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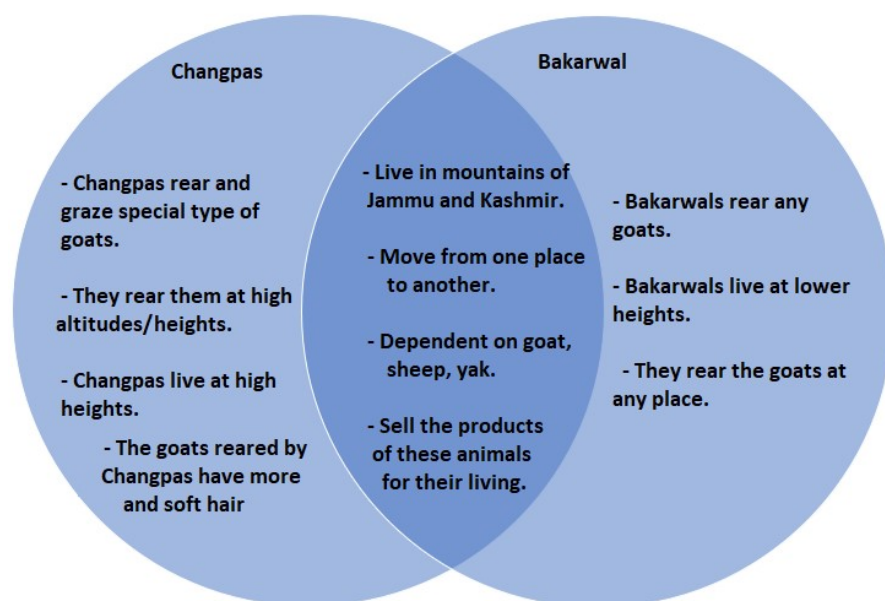
CC BY 2.0 license.Mount Everest

by [watchsmart](#)

Time to teach	Asset Type	Theme	SubTheme
2 Minutes	Interesting Asides	Sports	Adventure Sports, Adventure

7. Life of Changpa and Bakarwal communities

Changpa tribe



Changpa tribe is a community in which the members of the community do not have a permanent place to live. They keep moving from one place to another. There are only about 5000 people in this community. These people are seen in the mountains of Ladakh and Jammu and Kashmir areas.



In the language of the Changpa 'changthang' means a place where very few people live. These people raise animals like yaks, goats and sheep. Their life is fully dependent on these animals. They are shepherds and goatherds.



Changpas rear the goats, sheep and yak. They consume and sell the produce from these animals such as milk hair and meat and earn money. These animals are the source of income for these people. These animals provide them milk, meat, skin for tents and wool for coats and sweaters. If anyone from their communities has more animals, then he is considered the richest person in the community. Changpas graze and rear special type of goats in these mountains. The goats are reared at higher and colder places so that the goats have more and softer hair (fur). These goats develop more and softer hair at such heights. The wool that they get from these goats is the world's famous pashmina wool. These special goats can live only in these climatic conditions. Changpas carry their luggage on horses and yaks. They pack and carry their entire house on these animals and move from one place to another. They build their tents very quickly. Their tents are called rebo. They also use yak hair to stitch the tents. The yak hair keeps them warm and protects them from cold. The tents are too big just like a big, room.



The design of the tent is thousands of years old. Just next to the rebo, they also build a place where the sheep and goats are kept. This place is called as lekha. Lekha is built with stone. All the animals are marked so that they can easily recognise their animals. All the members from the family count the animals daily and take them out of the lekha.

Bakarwals:



The word Bakarwal came from the word Bakara. Bakara means goat or sheep. Wal means one who takes care. So Bakarwal means people who take care of goat and sheep.

They are traditionally goatherds and shepherds. These are also nomadic people which means they keep moving from one place to another. They are also found in the Himalayan regions.



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<https://search.creativecommons.org/photos/271c65e4-9ada-469f-b106-3af4c919b346>

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Time to teach	Asset Type	Theme	SubTheme
10 Minutes	Main Script	Resources	People living in Ladakh, Peo Ladakh

8. Animals in our life



Animals like dogs protect our house and property from robbers and strangers.



Cows, buffaloes, goats, camel give us milk.



Sheep, yak, goat, etc. give us wool.



Few people use, horses, donkeys, ass to carry loads while moving from one place to another.



Oxen is used in the farm for ploughing.



Horses are used in race.

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Time to teach	Asset Type	Theme	SubTheme
5 Minutes	Day-to-day Relevance	Animals	Uses of Animals, Uses of An

9. Making Tent

Aim: To make a simple tent



Materials required: [Old Chart/ Greeting card/ Marriage Card/ Thumb pins/oil pins, glue, ice-cream sticks, wool, plastic fibre sheet/ net]

Setting for the Activity [Indoor]

This activity will take place in the classroom

Type of Activity: [Demonstration]

Making of simple tent

Procedure:

1. Take the cover of the card.



2 .Cut the corners



3. Take the thermocol sheet as the base.



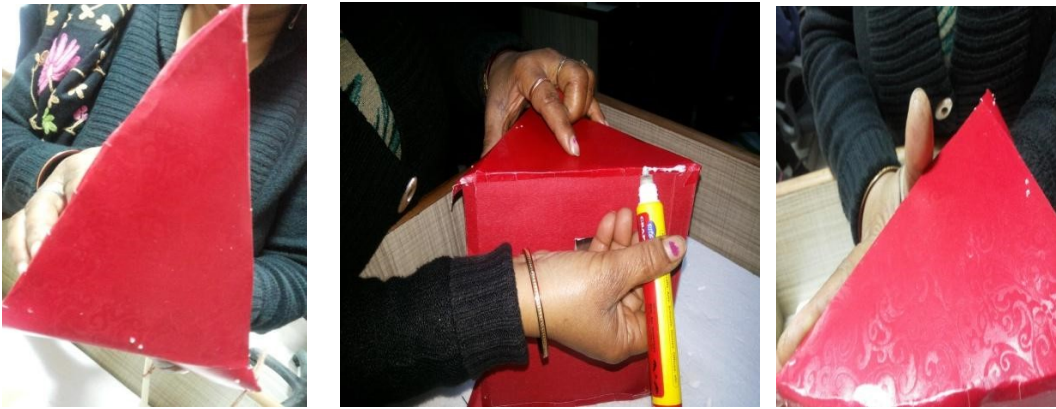
4. Fold the card from the bottom and place it on a thermocol sheet.



5. Make a window on each side for heat and light with plastic fibre sheet.



6. Cut two triangular shape sheets to cover both the sides (Back and Front)



7. Make a slit on the front side for the entrance.



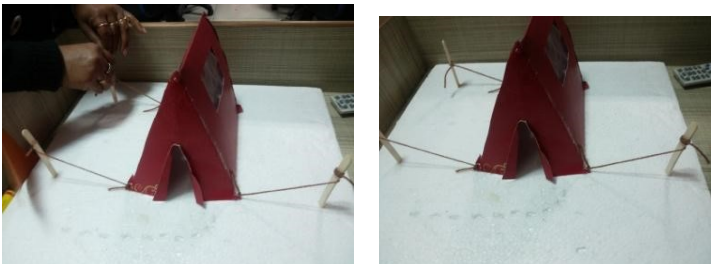
8. To show the warming of earth's surface, cut (window size) both the sides of the card in rectangular shape.



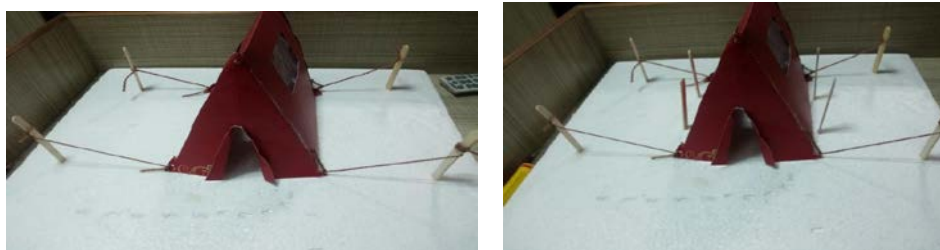
9. Now place the ice-cream sticks at a distance to show the fencing effect



10. Tie threads on all the four corners.



11. The tent is ready now.



Observation: Tents are generally used in cold mountainous areas. Tent is made in such a way that it has the capacity to absorb heat and is self-explanatory for the usage of natural light.

Conclusion:

With this we come to the conclusion that it lays stress on the Three R's i.e. Reduce (usage of electricity) Reuse (waste material) and Recycle (paper).

Instructions to Teacher:

1. It is a team based activity.
2. Children will bring their own waste material.
3. The activity will be conducted by dividing the students in groups and telling them to make the tent while demonstrating in front of them.
4. The teacher will tell the importance of natural light verses artificial light.
5. Teacher will explain about the conservation of electricity.
6. Uses of carbon dioxide
7. Harmful effects of global warming (coastal areas get submerged because of melting of glaciers)

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All images of tent making - Original Contribution

Time to teach	Asset Type	Theme	SubTheme
15 Minutes	Suggested Activity	House	Types of Houses, Types of H

10. Simple rules to be happy in life

“There are different kinds of houses in different regions. The same area may also have different kind of houses. The reasons include climate, economic conditions and also the availability of local raw material (stone, mud, wood).”

Children! Some of you might be living in a big house with a garden, terrace, etc. whereas some of you might be living in a small mud house with basic necessities. But does it really matter? What matters most is the happiness experienced by the people inside the house. How each one of you treats others with love and affection extending it to outside your homes as well?

Let us see how you can live happily irrespective of your house being big or small.

The 92-year-old, petite, well-poised and proud lady lost her husband. Finding it not sensible to live alone, she moved to a nursing home one day.

After many hours of waiting patiently in the lobby of the nursing home, a nurse came and told her that her room is ready. The old lady smiled sweetly. As she was taking the old woman to the room, the nurse provided a visual description of her tiny room, including the curtains that had been hung on her window.

“I love it,” the old lady stated with the enthusiasm of an eight-year-old having just been presented with a new puppy.

“Mrs. Jones, you haven’t seen the room just wait.”

“That doesn’t have anything to do with it,” the lady replied. “Happiness is something you decide on ahead of time. Whether I like my room or not does not depend on how the furniture is arranged, it’s how I arrange my mind. I already decided to love it. It’s a decision I make every morning when I wake up. I have a choice; I can spend the day in bed recounting the difficulty I have with the parts of my body that no longer work or get out of bed and be thankful for the ones that do. Each day is a gift, and I focus on the new day with all the happy memories in my life.”

And with a smile, she said: “Remember the five simple rules to be happy:

1. Free your heart from hatred.
2. Free your mind from worries.
3. Live simply.
4. Give more.
5. Expect less

Time to teach	Value Type	Value Sub Type	Value Attribute
5 Minutes	Peace		Quotation

11. Mountain Landscape

Question 1: What kind of places do you usually choose to visit for a vacation?

Answer: Beaches, forests, hilly areas, areas of historical interest etc.

Question 2: In what kind of a place is this person vacationing?

Answer: Mountain / hilly area

Question 3: When we climb up a hill, we get tired very easily. Can you guess why?

Answer: Higher the height, lower the levels of oxygen in air and breathing becomes difficult. So we get tired easily.

Question 4: What do we usually do while facing a breathing problem when we are climbing up a hilly slope?

Answer: Deep breathing, increasing the rate of breathing, by not moving higher up till the body adjusts to the changes

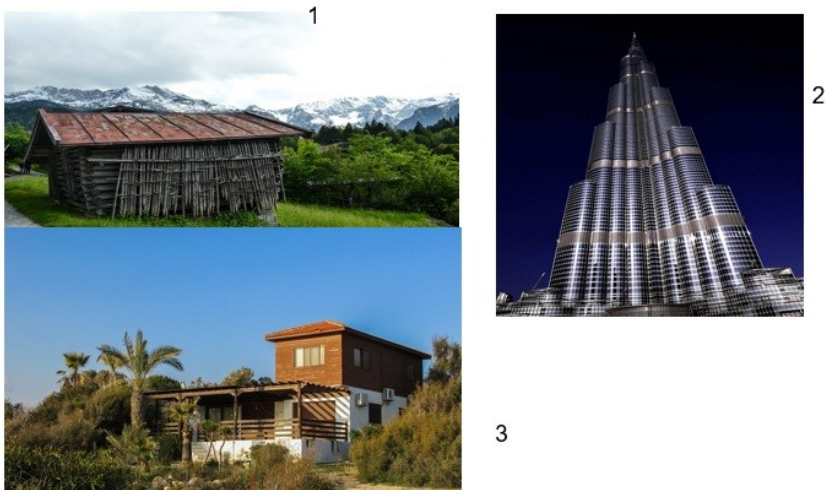
Question 5: Do you know of some other difficulties that one might face while at a high height?

Answer: Headache, loss of water, vomiting, breathlessness, injury to any part of the body after excessive exposure to extreme cold

Question 6: Our body tends to get dehydrated when we are living at a high altitude. How can we overcome this problem?

Answer: Drinking plenty of water. Having tea, soups, salads, fruits, fruit juices, drinks, lemonade etc. also helps

Question 7: Can you guess which houses out of these do we get to see in hilly areas?



Answer: 1

Question 8: Now look at the houses and try to say what these are made up of.



Answer: Wood, stone, limestone etc.

Question 9: Can you correlate these materials with the general landscape of the area?

Answer: Yes, the locally available timber, wood are used

Question 10: Let us now have a look at the insides of a house. What in the picture/video tells you that this is a house in a hilly area?



Answer: Wooden planks on the floor, fireplace, firewood, thick carpet, room-heater etc.

Question 11: What are the homes decorated with? Notice the furniture, wall-hangings etc

Answer: Students answer whatever they see

Question 12: What are the factors that influence the materials and designs of handicrafts of the region?

Answer: The materials commonly found, designs/motifs inspired by traditions and customs of the local community, the wood from trees found in abundance eg. fir, birch, pine, rhododendrons etc.

Question 13: What kind of dry food would you carry if you go for a mountain trek?

Answer: Dry fruits, candies, etc.

Question 14: Cooking food or boiling water takes a very long time in hilly areas. Do you know why?

Answer: Cooking food takes longer time in hilly areas because it is cold in hilly areas and so some of the heat is lost. Secondly as we go up the air pressure (force exerted by the air) is less. In low air pressure, cooking is not efficient.

Question 15: What work do people living in hilly areas normally do? How do they earn a living?

Answer: Tea cultivation and processing, terrace farming (agriculture), local handicrafts, tourism etc.

Question 16: Let us suppose you are planning for your next trip to the mountains. Other than the usual things, what will you carry in your backpack?

Answer: Warm clothing-woollens, jackets, caps, mufflers etc., boots, emergency medicine, inhalers, oxygen puffs, energy drinks, torch, peanut bars, binoculars etc

Question 17: Name 2 animals found in mountain areas.

Answer: Yak, Mountain goats.

II. Word Search

Summer Capital- Srinagar

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

JHELMRIVER HOUSEBOATS KHATAMBAND DALLAKE
 KASHMIR MEHRAAB SHAWLS DONGA
 JAMMU DAB

Answer

Word Search

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

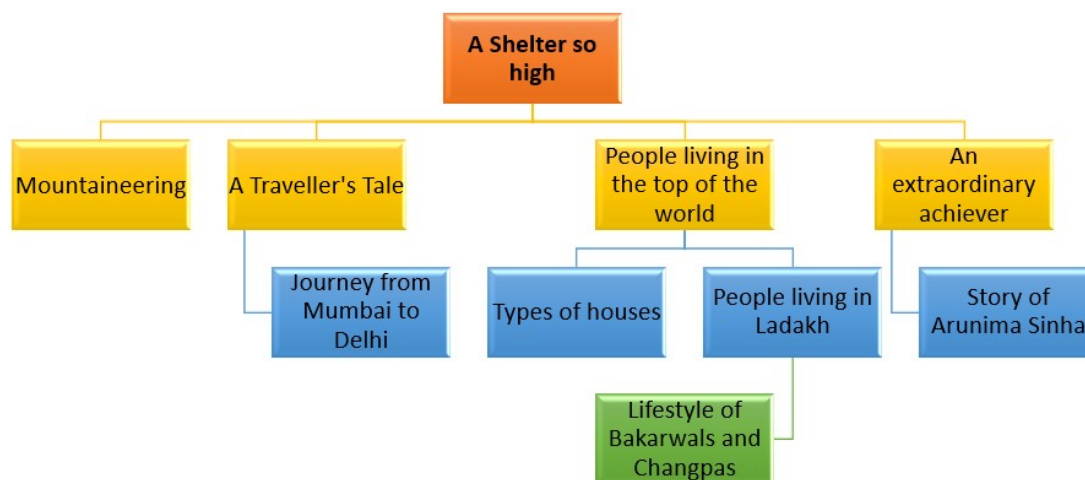
JHELMRIVER HOUSEBOATS KHATAMBAND DALLAKE
 KASHMIR MEHRAAB SHAWLS DONGA
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Time to teach	Asset Type	Theme	SubTheme
10 Minutes	Assessments	Travel	Travel Journal, Travel Journ

12. MS_Summary_A shelter so high



Time to teach	Asset Type	Theme	SubTheme
2 Minutes	Main Script	Houses	Types of Houses, Types of H