Reading B: The Duck and the Kangaroo (Poem)

Reading C: Little Bobby





# Humour

Look at the picture and answer the questions that follow.



- 1. What would have prompted the monkey to look at its own reflection in the mirror?
- 2. What could be the monkey thinking at this point?

Oral Discourse: Speech - "Role of humour in our life."

Now read the story, in which a doctor describes a snake that looks into a mirror.

# A Reading

# The Snake and the Mirror

"Has a snake ever coiled itself round any part of your body? A full-blooded cobra?" All of us fell silent. The question came from the homeopath. The topic came up when we were discussing snakes. We listened attentively as the doctor continued with the tale.

"It was a hot summer night about ten o' clock. I had my meal at the restaurant and returned to my room. I heard a noise from above as I opened the door. The sound was a familiar one. One could say that rats and I shared the room. I took out my box of matches and lighted the kerosene lamp on the table.



The house was not electrified; it was a small rented room. I had just set up medical practice and my earnings were meagre. I had about sixty rupees in my suitcase. Along with some shirts and *dhotis*, I also possessed one solitary black coat which I was then wearing.

I took off my black coat, white shirt and not-so-white vest and hung them up. I opened the two windows in the room. It was an outer room with one wall facing the open yard. It had a tiled roof with long supporting gables that rested on the beam over the wall. There was no ceiling. There was a regular traffic of rats to and from the beam. I made my bed and pulled it close to the wall. I lay down but I could not sleep. I got up and went out to the veranda for a little air, but the wind god seemed to have taken time off.

I went back into the room and sat down on the chair. I opened the box beneath the table and took out a book, *The Materia Medica*. I opened it at the table on which stood the lamp and a large mirror; a small comb lay beside the mirror.

One feels tempted to look into a mirror when it is near. I took a look. In those days I was a great admirer of beauty and I believed in making myself look handsome. I was unmarried and was a doctor. I felt I had to make my presence felt. I picked up the comb and ran it through my hair and adjusted the parting so that it looked straight and neat. Again I heard that sound from above.

I took a close look at my face in the mirror. I made an important decision – I would shave daily and grow a thin moustache to look more handsome. I was, after all, a bachelor, and doctor!

I looked into the mirror and smiled. It was an attractive smile. I made another earth-shaking decision. I would always keep that attractive smile on my face . . . to look more handsome. I was after all a bachelor, and doctor too on top of it!

Again came that noise from above.

I got up, lit a *beedi* and paced up and down the room. Then another lovely thought struck me. I would marry. I would get married to a woman doctor who had plenty of money and a good medical practice. She had to be fat; for a valid reason. If I made some silly mistake and needed to run away, she should not be able to run after me and catch me!

With such thoughts in my mind I resumed my seat in the chair in front of the table. There were no more sounds from above. Suddenly there came a dull thud as if a rubber tube had fallen to the ground. . . surely nothing to worry about. Even so I thought I would turn around and take a look. No sooner had I turned than a fat snake wriggled over the back of the chair and landed on my shoulder. The snake's landing on me and my turning were simultaneous.



I didn't jump. I didn't tremble. I didn't cry out. There was no time to do any such thing. The snake slithered along my shoulder and coiled around my left arm above the elbow. The hood was spread out and its head was hardly three or four inches from my face!

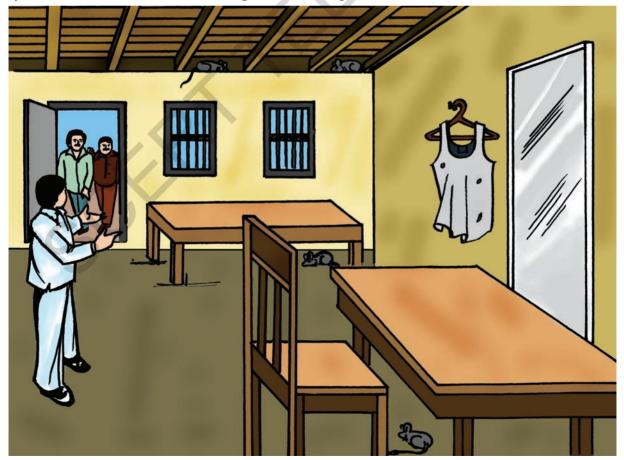
It would not be correct to say merely that I sat there holding my breath. I was turned to stone. But my mind was very active. The door opened into darkness. The room was surrounded by darkness. In the light of the lamp, I sat there like a stone image in the flesh.

I felt then the great presence of the Creator of this world and this universe. God was there. Suppose I said something and he did not like it. I tried in my imagination to write in bright letters outside my little heart the words 'O God!'.

There was some pain in my left arm. It was as if a thick leaden rod – no, a rod made of molten fire – was slowly but powerfully crushing my arm. The arm was beginning to be drained of all strength. What could I do?

At my slightest movement the snake would strike me! Death lurked four inches away. Suppose it struck, what was the medicine I had to take? There were no medicines in the room. I was but a poor, foolish and stupid doctor. I forgot my danger and smiled feebly at myself.

It seemed as if God appreciated that. The snake turned its head. It looked into the mirror and saw its reflection. I do not claim that it was the first snake that had ever looked into a mirror. But it was certain that the snake was looking into the mirror. Was it admiring its own beauty? Was it trying to make an important decision about growing a moustache or using eye shadow and mascara or wearing a vermilion spot on its forehead?



I did not know anything for certain. What sex was the snake, was it male or female? I will never know; for the snake unwound itself from my arm and slowly slithered into my lap. From there it crept onto the table and moved towards the mirror. Perhaps it wanted to enjoy its reflection at closer quarters.

I was no mere image cut in granite. I was suddenly a man of flesh and blood. Still holding my breath I got up from the chair. I quietly went out through the door into the veranda. From there I leapt into the yard and ran for all I was worth."

"Phew!" Each of us heaved a sigh of relief. All of us lit *beedis*. Somebody asked, "Doctor, is your wife very fat?"

"No," the doctor said. "God willed otherwise. My life companion is a thin reedy person with the gift of a sprinter."

Someone else asked, "Doctor, when you ran, did the snake follow you?"

The doctor replied, "I ran and ran till I reached a friend's house. Immediately I smeared oil all over myself and took a bath. I changed into fresh clothes. The next morning at about eight-thirty I took my friend and one or two others to my room to move my things from there. But we found we had little to carry. Some thief had removed most of my things. The room had been cleaned out! But not really, the thief had left behind one thing as a final insult!"

"What was that?" I asked.

The doctor said, "My vest, the dirty one. The fellow had such a sense of cleanliness . . .! The rascal could have taken it and used it after washing it with soap and water."

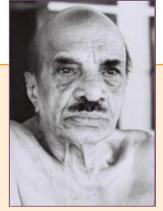
"Did you see the snake the next day, doctor?"

The doctor laughed, "I've never seen it since. It was a snake which was taken with its own beauty!"

- Vaikom Muhammad Basheer (Translated by V.Abdulla)

## About the author

**Vaikom Muhammad Basheer** (21 January 1908 – 5 July 1994) was a Malayalam fiction writer from the state of Kerala in India. He was a humanist, freedom fighter, novelist and short story writer. He is noted for his down-to-earth style of writing that made him equally popular among literary critics as well as the common man. He is regarded as one of the most successful



and outstanding writers from India. Translations of his works into other languages have won him worldwide acclaim. The story '*The Snake and the Mirror*' was translated into English. His notable works include *Baalyakaalasakhi*, *Shabdangal*, *Mathilukal*, and *Anarga Nimisham*. He was awarded the Padma Shri in 1982. He is fondly remembered as the Beypore Sultan.



full-blooded (adj) : strong

meagre (adj) : small in quantity

solitary (adj) : single

vest (n) : a garment worn under a shirt / a piece of underwear

gable (n) : upper part of a wall below a sloping roof

parting (n) : a line on a person's head where the hair is divided with

a comb

pace (v) : to walk up and down many times

thud (n) : (here) a dull sound made when a heavy object falls

wriggled (v) : moved by twisting and turning

slithered (v) : moved/glided

quarters (n) : parts of the body

hood (n) : an expanded part of a snake's head

molten (adj) : heated to a very high temperature

lurk(ed)(v) : be about / lie in wait

mascara (n) : a substance put on eyelashes to make them look dark

and thick

vermilion (adj) : bright red in colour

I was no image cut

in granite : the doctor no longer stood there like a statue

a man of flesh

and blood : a normal man (The doctor became normal.)

reedy (adj) : not pleasant sprinter (n) : a fast runner taken with (phr.v) : attracted by

#### I. Answer the following questions.

1. The doctor heard a sound coming from above three times. What was it?

2. Why did the doctor sit like a stone?

- 3. What made the doctor forget his fears and have a sense of relief?
- 4. Did the snake admire its beauty? Yes or no? Pick the lines from the passage in support of your answer.
- 5. Why did the doctor want to marry a doctor? What kind of woman doctor would he like to marry?
- 6. In those days, I was a great admirer of beauty. Do you think looks are more important than skills and behavior? Why?
- 7. What did the doctor think about the snake when it looked into the mirror?
- 8. Why did the doctor run to his friend's house? Did the snake want to harm the doctor? Why or why not?

# II. Here is a list of sentences from the story. Tick ( ) the sentences that tell you that the doctor was afraid of the snake.

Sl. No.	Sentence	Boxes for Ticking		
1.	I didn't tremble. I didn't cry out.			
2.	I sat there holding my breath.			
3.	I forgot my danger and smiled feebly at myself.			
4.	Holding my breath I got up from the chair.			
5.	I leapt into the yard and ran for all I was worth.			
6.	I don't claim that it was the first snake that had ever			
	looked into a mirror.			



### I. Tick $(\checkmark)$ the correct meaning of the words underlined below.

- 1. The house was not electrified.
  - a. There was no electricity in the house.
  - b. The house was not away from the electricity board.
  - c. The house was not lit up.

^	TD1 .
)	The earnings were meagre.
<i>Z</i> .	The carmings were meagic.

- a. very high
- b. very small
- c. nil
- 3. I also possessed one solitary black coat.
  - a. single
  - b. unique
  - c. expensive
- 4. I made another earth-shaking decision.
  - a. valuable
  - b. dangerous
  - c. important
- 5. The room was surrounded by darkness.
  - a. full of
  - b. covered
  - c. encircled
- 6. Some thief had removed most of my things.
  - a. damaged
  - b. destroyed
  - c. stolen

# II. Read the following sentence from the text and notice the underlined word.

Suddenly there came a dull thud as if a rubber tube had fallen to the ground.

'Thud' means a low dull sound.

Here is a list of words related to sounds. Say what these words mean. Refer to a dictionary.

Word	Meaning
bang	
clang	
buzz	
ring	

# III. Use the linkers given in the box to complete the story. A linker may be used more than once.

A young doctor lived in a village. The doctor told his fi	riends an interesting story
about himself and a cobra. It was a hot summer night.	he
opened the door, he heard a sound	_ was well known to him.
He and rats shared the same room. There was no	electricity in the house,
he took out a box of matches an	d lit a kerosene lamp. He
took off his clothes and lay down	he could not sleep. He got
up from the bed and started reading a story-book. Near th	ne table there was a mirror,
tempted him to look into at him	mself. He was unmarried
he was particular about his hand	dsomeness. He wanted to
marry a woman doctorhad plenty	y of money and should be
fat he was having such tho	
a rubber tube had fallen to the gro	und
a snake landed on his shoulder. At that time the only thing	he could do was to pray to
God. The snake would bite him at any moment	suddenly it
turned its head and started admiring its beauty in the m saved.	irror. The doctor was thus

as if, but, who, when, which, so, while

## Grammar

### I. Read the following sentences from the story.

We found we had little to carry. Some thief had removed most of my things. *In the above two sentences, the first one is in the simple past (found, had) and* 

the second is in the past perfect tense (had removed).

As you can see, the action which occurred earlier, is expressed in the past perfect tense, whereas the action which occurred later, is expressed in the simple past tense.

#### Here are a few more examples.

1. Sujatha had arrived at the station before the train came.

- 2. The doctor arrived after the patient had died.
- 3. I bought the ticket as soon as I boarded the bus.

  When two actions occur nearly simultaneously in the past, both are expressed in the simple past tense.

Now combine the following pairs of sentences using the past perfect and the simple past.

(use *after*, *before* or *when* as linkers)

The first one has been done for you.

- 1. I brushed my teeth. I took my breakfast.
- **A.** After I had brushed my teeth, I took my breakfast.

or

I had brushed my teeth before I took my breakfast.

- 2. She started to go to market. It rained heavily.
- A.
- 3. He completed his homework. He went to bed.
- A. \_\_\_\_\_
- 4. I finished my dinner. My father came.
- A. \_\_\_\_\_
- 5. I fell seriously ill. I met my family doctor.
- A. \_\_\_\_\_
- 6. I locked the door. I went out to meet my friend at a restaurant.
- A. \_\_\_\_\_

#### II. Phrasal Verbs

Look at the following phrasal verbs and their meanings.

- 1. take out to remove something from inside
- 2. set up to arrange for something to happen / to start
- 3. take off to remove
- 4. lie down to take rest
- 5. take time off to take some time for something
- 6. look into to observe keenly

7.	look at	-	to have a	look	at son	nething

8. get up - to wake up

9. change into - to turn into

10. leave behind - to leave something as a token of memory or gift

As you can see, a phrasal verb is a unit of a verb and one or more particles / a preposition. It cannot be understood on the basis of the meanings of the individual parts in isolation, but rather it must be taken as a whole.

Use the above phrasal verbs in the blanks. Make necessary changes in the verb forms.

Venkata Rao was a rich man. He want	ated to some
business in the town. So he	a lot of money from the
bank. On an auspicious day he started his	s medical business, which prospered by
leaps and bounds. He became	so busy that he could not
for any rest	t. He used to
very early in the morning and go to b	his office. In the afternoon he would
his shi	nirt and on his couch
in the office. After a nap he would put on	his shirt. Then he would
the mirror andhim	nself admiringly.
Anyhow he	some fame in the town even when he
went abroad. Everybody believed that he	a new man.

# Writing

I. Write a descriptive essay on any unusual or humorous incident you might have witnessed or experienced.

#### **Features:**

- Title
- Providing main ideas / details
- Sequencing of ideas

- Introduction / thesis statement
- Providing supporting ideas / details
- Giving appropriate conclusion

### II. Preparation of a Poster

Tell the names of some important events / happenings. If you want to publicise the matter, what will you do?

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#### Now reflect on the following questions.

What are the elements of an effective poster? (colour, size, layout, font size, language etc.)

- Who issued the poster?
- What is the purpose of the poster?
- What is the deadline?
- What are the other details highlighted?
- What should be highlighted in a poster?
- Who are the targetted audience of the poster?

Now prepare a poster using the information given below by arranging it in a proper sequence.

Highlights	Information			
Theme	Humour			
Occasion	The Laughter Day			
Category	Stories, Songs, Poems, Essays, Articles			
	and Cartoons			
Award	Best Comic Writer Award			
Prize Amount	₹ 10,000			
Contact No.	98XXXXXX49			
Deadline	9th August			
Issued by	ABC Laughing Club, Dhannur,			
	Adilabad Dist 504 304			
Target Audience	Writers, Journalists, Poets,			
	Essayists, Cartoonists and Lyricists			



Here is a short narration. Read it carefully and make a list of important points., especially with regard to what are facts and what are superstitions. Suggest a suitable title for it.

The young doctor married an intelligent and kind girl. He told her the episode of 'The Snake and the Mirror'. She laughed heartily. He went on talking about cobras and some funny facts (associated) related to them. He said to her, "Cobras are the most poisonous, active and dangerous snakes. But, surprisingly, most Hindus worship them. It is funny to know that some women drop eggs and pour milk into the ant hills where cobras usually reside.

It is funny to know that some people believe cobras dance to the tunes of charmers. In fact, they have no ears. It is equally humorous to be aware of the fact that most cobra victims go to the charmers instead of the doctors. The charmers enchant some so-called *mantras* taking some neem leaves into their hands. The cobra victim dies and they say the victim came late to them. It is funnier to know that some farmers cremate cobras and perform funeral rites as if one of the members of their family died." "Are there any other funny stories related to cobras?" the young wife enquired. "Yes. There are so many stories to tell but I will tell them tomorrow. The patients may be waiting for me at hospital," the doctor said and left for hospital in a hurry.



- I. Your teacher will tell you the story, 'Master of the Game.' Listen to it carefully and answer the following questions.
  - 1. What made the old man talk to the boys?
  - 2. Why did the boys stop playing cricket in the night outside the old man's house?

# **B** Reading

# The Duck and the Kangaroo



Said the Duck to the Kangaroo,

"Good gracious! How you hop!

Over the fields and the water too,

As if you never would stop!

My life is a bore in this nasty pond,

And I long to go out in the world beyond!

I wish I could hop like you!"

Said the Duck to the Kangaroo.

"Please give me a ride on your back!"

Said the Duck to the Kangaroo.

"I would sit quite still, and say nothing but 'QUACK',

The whole of the long day through!

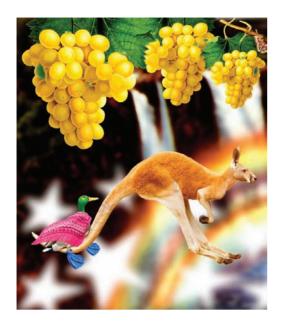
And we'd go to the Dee and the Jelly Bo Lee,

Over the land, and over the sea;

Please take me a ride! O do!"

Said the Duck to the Kangaroo.





Said the Kangaroo to the Duck,

"This requires some little reflection;

Perhaps on the whole it might bring me LUCK,

And there seems but one objection,

Which is, if you'll let me speak so bold,

Your feet are unpleasantly wet and cold,

And would probably give me the roo
Matiz!" said the Kangaroo.

Said the Duck, "As I sat on the rocks,
I have thought over that completely.
And I bought four pairs of worsted socks
Which fit my web feet neatly.
And to keep out the cold I've bought a cloak,
And everyday a cigar I'll smoke,
All to follow my own dear true
Love of a Kangaroo!"



Said the Kangaroo, "I'm ready!

All in the moonlight pale;

But to balance me well, dear Duck, sit steady!

And quite at the end of my tail!"

So away they went with a hop and a bound,

And they hopped the whole world three times round;

And who so happy – O who,

As the Duck and the Kangaroo?

- Edward Lear

## About the poet

**Edward Lear** (12 May 1812 – 29 January 1888) was a British artist, illustrator, author, and poet, renowned today primarily for his literary nonsense, in poetry and prose. In his childhood he suffered from ill health. After a long decline in health, he died of heart disease. His principal areas of work as an artist were threefold: as a draughtsman employed to illustrate birds and animals; making coloured drawings during his journeys;



as an author, Lear is principally known for his popular nonsense works, rather than as a travel writer. These show a great ability to use with relish the sound of real and invented English words. The poem '*The Duck and the Kangaroo*' is a poem with a touch of light humour.

## Glossary

long (v) : want/wish very much

hop (v) : move by jumping ride (n) : a short journey

the Dee and the Jelly Bo Lee (n): wonderful places imagined by the poet

reflection (n): thought / careful thought

bold (adj) : (here) frank

roo-matiz (n) : a disease that makes the muscles and joints painful

worsted socks : woolen socks

web feet (n) : feet that have toes connected by membrane

cloak (n) : a coat that protects from cold

### I. Answer the following questions.

- 1. Why did the Duck get bored in life? What did it want to do?
- 2. What problem did the Kangaroo find with the Duck? How was it solved?
- 3. Who was happy in the end? Why?
- 4. What is the underlying message in the poem?

# II. Read the above poem once again and choreograph it as described here under.

Do you know how to process choreography?

Here is the process.

#### Think of the following.

- 1. How do we begin the poem?(Sing the poem three or four times to register the tune and rhythm.)
- 2. What are the characters in the poem? (*The Duck and the Kangaroo*)
- 3. What is the theme of the poem? (Wish of the Duck to go round the world)
- 4. What is the theme of each stanza? (sub themes)

Sl. No.	Stanza	Theme		
1.	First	First Wish of the Duck to hop and go round the world		
2.	Second	Requesting the Kangaroo to take her for a ride		
3.	Third	Conditional acceptance of the Kangaroo		
4.	Fourth	rth Assurance of comfort from the Duck's side		
5.	Fifth	Fulfilment of desire		

- 5. Convert the themes into incidents and performable actions.
- 6. What are the actions involved in the poem?
  - Boredom with present life (feelings of boredom, pain)
  - Desire to go round the world (miming)
  - Wearing socks and smoking cigarettes (joy)
  - Displeasure due to wet and cold feet (gestures)
  - Sitting on kangaroo at the end of the tail (miming)
  - Joy (facial expression and gestures)
- 7. Who are the characters involved in?

(The Duck, the Kangaroo and other creatures in the pond like frogs, fish etc.)

- 8. Where does the incident take place (Location)? (By the side of the pond)
- 9. Presentation of the choreography on the stage:
  - The chorus team sings the poem
  - The characters perform their actions
  - The action of the Duck and the Kangaroo– expressing boredom, wish, discomfort, joy etc.
  - The actions related to miming, facial expressions and gestures
  - Actions related to hopping, sitting, walking, jumping etc.

# **C** Reading

# **Little Bobby**

Little Bobby came into the kitchen where his mother was making dinner.

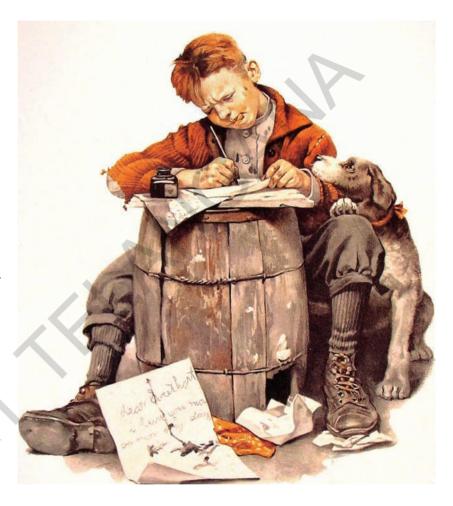
His birthday was coming up and he thought this was a good time to tell his mother what he wanted.

Mom, I want a bike for my birthday.

Little Bobby was a bit of a troublemaker.

He had gotten into trouble at school and at home.

Bobby's mother asked him if he thought he deserved to get a bike for his birthday.



Little Bobby, of course, thought he did.

Bobby's mother wanted Bobby to reflect on his behaviour over the last year and said, "Go to your room, Bobby, and think about how you have behaved this year. Then write a letter to God and tell Him why you deserve a bike for your birthday."

Little Bobby stumped up the steps to his room. Jessy, his pet dog followed him. Bobby thought for some time and sat down to write a letter to God. Jessy sat beside him and started watching what Bobby was doing.

#### Letter 1

Dear God,

I have been a very good boy this year and I would like a bike for my birthday.

I want a red one.

Your friend,

#### **Bobby**

Bobby knew that this wasn't true. He had not been a very good boy this year, So he tore up the letter and started again to write another letter.

#### Letter 2

Dear God,

This is your friend Bobby. I have been a good boy this year and I would like a red bike for my birthday. Thank you,

Your friend,

#### **Bobby**

Bobby knew that this wasn't true either. So, he tore up the letter and started again.

#### Letter 3

Dear God,

I have been an OK boy this year. I still would really like a bike for my birthday.

#### **Bobby**

Bobby knew he could not send this letter to God either. So, Bobby wrote the fourth letter.

#### Letter 4

God.

I know I haven't been a good boy this year. I am very sorry.

I will be a good boy if you just send me a bike for my birthday.

Please! Thank you,

### Bobby

Bobby knew, even if it was true, this letter was not going to get him a bike.

Now, Bobby was very upset. He went downstairs and told his mom that he wanted to go to church.

Bobby's mother thought that her plan had worked, as Bobby looked very sad.

Just be home in time for dinner, Bobby's mother told him.

Bobby walked down the street to the church on the corner.

Little Bobby went into the church and up to the altar.

He looked around to see if anyone was there.

Bobby bent down and picked up a small statue of Mary, the mother of God.

He slipped the statue under his shirt and ran out of the church, down the street, into the house, and up to his room.

He shut the door of his room and sat down with a piece of paper and pen.

Bobby began to write his letter to God.

#### Letter 5

God,

I'VE KIDNAPPED YOUR MOM, IF YOU WANT TO SEE HER AGAIN, SEND THE BIKE!!!

**Bobby** 

#### Glossary

- Ritcha Rao

troublemaker (n) : a person who often causes trouble

deserved (v) : qualified to have something

reflect (v) : think

stumped (v) : walked in a noisy way in an upset mood

#### Answer the following questions.

- 1. Which is the most humorous action? Give reasons in support of your answer.
- 2. If you wanted a bike, what would you write to God?
- 3. Would you like the behaviour of Little Bobby? Why or why not? Give a reason.
- 4. Do you think Bobby deserved a bike?
- 5. Suggest a different ending to the story.



Collect data from 30 families (including men, women and children) on the following programmes they watch on TV.

#### Family information sheet

Sl. No.	Name of the	No. of Women	No. of Men	No. of Children
	Programme	Watching	Watching	Watching
1	News			
2	Cookery			
3	Film Reviews			
4	Daily Serials		. (	
5	Reality Shows			
6	Cartoon			
	Programmes			
7	Movies			
8	Discussions			
9	Games and Sports			

#### Follow the process given below.

**Before conducting the survey:** Form into three groups.

**During the survey:** Collect the information to know how frequently people watch different programmes on T.V. depending on their gender and age.

• Each group should collect data from ten families by using the above format.

### After the survey:

- On the basis of 10 individual sheets, prepare one consolidated sheet giving the profile of the families visited.
- Analyse the results in groups and write a brief report on the result of your survey.
- You may use the following phrases:
   Very large number of men/women/children (above 75%)
   Very few number of men/women/children (below 15%)
   A good number of men/women/children (15%-75%)

Present the project work before the class.

#### **Self Assessment**

#### How well have I understood this unit?

#### Read and tick ( $\checkmark$ ) in the appropriate box.



Indicators	Yes	Somewhat	No
I read and understood the text:			
A. The Snake and the Mirror			
B. The Duck and the Kangaroo			
C. Little Bobby	-		
I was able to do the exercises given under 'Vocabulary'.			
I was able to use the combination of 'the Past Perfect and			
the Simple Past'.			
I was able to use the phrasal verbs given under 'Grammar'.			
I was able to write a descriptive essay on a humorous incident.			
I was able to prepare a poster.			
I listened to and understood the story 'Master of the Game'			
and answered the questions.			
I was able to choreograph the poem 'The Duck and the Kangaroo'.			
I was able to make a list of important points from the given			
narration under 'Study Skills' and suggested a suitable title.			
I was able to complete the 'Project Work'.			

Sometimes we get teased for the way we look. Friends family, media and advertisements can also influence how we feel about our body. We may even think about changing our looks. But we do not make our body. Nature does. We need not take pride in or feel ashamed of our body. Pride and shame come from behaviour. When others tease or bully you, it tells us about the character of the bullier. They need to feel ashamed of their behaviour, not us.

When someone troubles us by teasing or breaking rules we can do the following: Say 'NO' to that person; GO away from that person as and when I can; TELL a safe adult about this person.

We may feel ashamed and find it difficult to speak about it to others. Shame and blame are not in any part of our body. Those who break rules are to be blamed. Our laws provide for punishment for those who break rules.