

NCERT Solutions for Class 6 English Unit 7 - The Wonder Called Sleep

We offer NCERT Solutions for Class 6 English, Unit 7 - The Wonder Called Sleep. These solutions are available for free download at ThoughtChakra. They will help students write correct answers and understand the English language better. Our experts have solved the NCERT Solutions for Class 6 English to provide accurate solutions for Class 6 students.

The story "The Wonder Called Sleep" teaches students about the importance of sleep for maintaining good health. It explains how our body rests during sleep, improving functions like heartbeat, body temperature, and blood pressure. Sleep is a blessing that rejuvenates us and provides the energy needed for the next day after a tiring day's work. To learn more about the story, students can use the NCERT Solutions.

You can easily download these NCERT Solutions for Class 6 English in PDF format using the link below.

NCERT Solutions for Class 6 English Unit 7 – The Wonder Called Sleep

Exercise Questions

Question 1:

What is the most obvious advantage of sleep?

Answer:

Sleep is really good for us. When we sleep, our body gets a chance to rest and recover from being tired during the day. It calms our minds and gives our tired bodies a break. After a nap, we feel more awake and ready to do things for the rest of the day.

Question 2:

What happens to our body when we sleep?

Answer:

When we sleep, our muscles relax, our heart beats slower, and our body temperature and blood pressure decrease.

Question 3:

Define a dream in your own words.

Answer:

A dream is when our mind shows us a series of images, feelings, and emotions without us choosing to do so. This usually happens while we are sleeping.

Question 4:

Why are dreams important? Mention two reasons.

Answer:

Dreams are important for two main reasons:

1. They help us understand our hidden fears and concerns within us.
2. At times, they offer solutions to specific mental issues we are dealing with.

Question 5:

Why has sleep been called a wonder?

Answer:

Sleep is considered a wonder because we don't fully understand what causes it. It's a state of deep rest where we go into a world of dreams, providing an escape from reality. Having good sleep is seen as important for a person's overall physical, mental, and emotional growth.

Question 6:

Describe briefly to the class an improbable dream you have ever had.

Answer:

Once, I had the most extraordinary dream. I found myself in a world where gravity was upside down – I could walk on the sky and the clouds were below me! The sun was a giant glowing flower, and I could hop from one star to another like stepping stones. It was a land of candy trees and chocolate rivers. The unicorns were the size of buildings and spoke in riddles. I even had wings made of shimmering light that allowed me to soar through the cotton candy clouds. It was a whimsical adventure where the impossible was the norm, and every step was a surprise.

Frequently Asked Questions on NCERT Solutions for Class 6 English Supplementary Chapter 7

Q1. Why is sleep described as a wonder in the NCERT Solutions for Class 6 English Supplementary Chapter 7?

Sleep is called a wonder because no one knows exactly what causes it. When we sleep, we are unconscious and enter a world of dreams, which allows us to escape reality. Having good sleep is very important for our body and mind to grow well. The NCERT Solutions are made by teachers who have a lot of knowledge and help students understand the topic better.

Q2. Where can I get the right NCERT Solutions for Class 6 English Supplementary Chapter 7?

You can find the correct NCERT Solutions for Class 6 English Supplementary Chapter 7 from ThoughtChakra. The teachers make these solutions in a way that helps students do well in exams. The solutions cover all the questions from the NCERT textbook, which helps students finish their assignments on time. If students don't understand the chapter in class, they can use these solutions to get a summary.

Q3. Why are ThoughtChakra's NCERT Solutions for Class 6 English Supplementary Chapter 7 the best study material for students?

The NCERT Solutions at ThoughtChakra are created by very experienced teachers to help students get good marks in exams. The solutions are organized well, giving students a clear view of important questions. The solutions highlight the main points, making it easier for students to answer questions and save time during exams. The chapter-wise solutions are available in PDF format for free download, and students can access them anytime and anywhere.

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