

K3 KarmaBro
— KIDS SERIES —

BY KIDS
FOR KIDS

LEARN.
SHARE.
GROW.

BOOK 1

KIDS TEACHING KIDS

VALUES, CULTURE & BASICS

Simple lessons.
Strong values.
Better tomorrow.



KINDNESS



RESPECT



TRUTH



DISCIPLINE



OUR CULTURE



NATURE

LEARN ✦ REFLECT ✦ SHARE ✦ INSPIRE

Building good humans. Creating a better world.

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KarmaBro Kids Series

Book 1: *Kids Teaching Kids – Values, Culture & Basics*

First Edition

Printed in the United States of America

Disclaimer

This book is created for educational and inspirational purposes.

The content is designed to encourage children to:

- Think independently
- Develop values
- Build confidence

Parents and teachers are encouraged to guide children in understanding and applying these ideas in daily life.

HOW TO USE THIS BOOK

This book is designed to help children learn, think, and share.
It is not just a book to read—it is a book to experience.

For Students

- Choose one topic at a time
- Read and understand the idea
- Think about how it connects to your daily life
- Try to explain it in your own words

Each child can become a teacher.

1. Pick a topic
2. Learn it in simple words
3. Share it with others
4. Ask a question at the end

There is no pressure to be perfect.
The goal is to learn and grow together.

You can also use this book to:

- Prepare a short talk
- Share with friends
- Practice speaking with confidence

For Parents & Teachers

- Encourage children to choose topics
- Help them understand the meaning
- Allow them to speak freely
- Appreciate effort, not perfection
-

This book helps children build:

- Confidence
- Communication skills
- Values and character

Kids Teaching Kids Method

Remember

Learning is not about memorizing.

It is about:

- Understanding
- Practicing
- Becoming a better person every day

A Weekly Kids Talk Where Children Learn, Share, and Teach Each Other

Welcome to *Kids Teaching Kids*





Every week, one child becomes the **teacher**.

The child learns something new—from this book, from elders, from stories, or from life—and comes forward to **explain it to everyone else**.

There is **no right or wrong**.

There is **no fear**.

This space is about:

-  Learning with curiosity
-  Speaking with confidence
-  Listening with respect
-  Sharing values with friends

When kids teach kids,
learning becomes joyful,
confidence grows,
and wisdom spreads.

We believe:

Every child can learn.

Every child can speak.

Every child can teach.


DEDICATION

This book is lovingly dedicated to
parents, teachers, and elders
who guide children with patience, values, and love.


To the parents
who answer endless questions,
who teach by example,
and who plant the first seeds of culture and kindness at home.

To the teachers and mentors
who listen, encourage,
and give children the courage to speak, think, and lead.
Every child who stands up to teach another child
is carrying the wisdom passed down by you.


May this book be a bridge,
between generations,
between learning and living,
and between knowledge and values.
With gratitude and respect,
Kids Teaching Kids Talk

 **CATEGORY 1: VALUES & LIFE SKILLS**
(Very Popular with Kids)

1. What does it mean to be kind every day?
2. How to say sorry and forgive
3. Why telling the truth is brave
4. Respecting parents, teachers, and elders
5. Helping without being asked
6. Sharing vs. being greedy
7. What is discipline and why it helps us
8. How to control anger
9. What makes a good friend?
10. Listening is also a superpower


 **CATEGORY 2: THINK & REFLECT**
(Confidence + Speaking Skills)

11. One good habit I want to practice
12. Something I learned from a mistake
13. What I do when I feel scared
14. What makes me calm
15. Why silence is important sometimes
16. My role model and why
17. What I am grateful for
18. How I solved a problem
19. What does responsibility mean to me
20. Why effort matters more than winning


 **CATEGORY 3: HINDU CULTURE & WISDOM** (Non-ritual, Kid-Friendly)

21. What OM teaches us
22. Three Gunas in daily life
23. Four Yugas and my behavior
24. Why we respect nature

25. What is Dharma? (doing the right thing)
26. Why we light a lamp
27. What sacred symbols teach us
28. What festivals teach us (pick one)
29. Why elders are important in our culture
30. What yoga teaches beyond exercise

 **CATEGORY 4: NATURE & WORLD AWARENESS**

31. Why trees are our friends
32. How water teaches us sharing
33. Sun, Moon, and time
34. Why animals are respected in Hindu culture
35. How seasons teach balance
36. What does Earth need from us
37. One small way I protect nature
38. Why cleanliness matters
39. How food reaches our plate
40. Why farmers are important


 **CATEGORY 5: KIDS TEACHING FROM HOME** (Easy Prep)

41. A story my grandparents told me
42. Something my parents taught me
43. One rule in my home and why
44. What I learned from my sibling
45. My favorite book and its lesson
46. One cultural tradition in my family
47. A food and the value behind it
48. A prayer or value we follow at home (explained)
49. How my family helps others
50. What makes my family special


KIDS TEACHING KIDS TALK – SPEAKER PROMPT CARDS

CARD 1: INTRODUCTION CARD

(All Speakers Use This)

 Hello, My Name Is:

 Today I Will Talk About:

 Why I Chose This Topic:

- I learned it from _____
- It is important because _____

 *Start with:*


"Today I want to share something I learned..."

CARD 2: WHAT I LEARNED

 What I Learned:


(Write or think about 2–3 points)

1. _____
2. _____
3. _____


 *Helpful sentence:*

"I learned that..."

CARD 3: EXPLAIN TO FRIENDS

 How I Explain It to My Friends:

- In simple words, it means _____
- An example from daily life is _____

 *Helpful sentence:*


"This means that in our daily life..."

CARD 4: VALUE OR LESSON

 One Value This Teaches Us:

- Kindness
 - Truth
 - Discipline
 - Respect
 - Patience
 - Courage
 - Gratitude
-

(Or write your own): _____


 *Helpful sentence:*

"The lesson I learned is _____"

CARD 5: PERSONAL CONNECTION

 How I Will Practice This:

- At home: _____
- At school: _____
- With friends: _____

 *Helpful sentence:*

"I will try to practice this by..."

CARD 6: QUESTION FOR FRIENDS


(Optional but Powerful)


 Question I Want to Ask:

 *Example:*

"What would you do in this situation?"

CARD 7: CLOSING CARD

 My Final Message:

 *End with:*

"Thank you for listening."

MAHIMA SPEAKER REMINDER (Back of Every Card)

- Speak slowly
- Look at your friends
- No one is perfect
- Be confident
- Be kind

"You are teaching. You are learning."

PRINT & DESIGN TIPS

- Size: A6 (pocket-size) or A5
- Colors:
 - Younger kids → bright colors
 - Older kids → soft calm colors

Aum

What does it all mean?!

We can learn a little from the **Mandukya Upanishad**.
Here's a summary of what it says:



4 stages of consciousness, as seen in the Aum (Om) symbol:

1. **waking state** (Vaishvanara, Jagrat): The "a" in aum. This is our conscious mind. The entire world.
2. **dream state** (Tajjasa, Swapna) - The "u" in aum. This is the subtle world...our active unconscious.
3. **deep sleep state** (Pranaja, Susupti) - The "m" in aum. Our latent unconscious.
4. **samadhi** - pure consciousness. The silence after aum. Stilling the fluctuations of the mind. Yoga's purpose.

THE SACRED SYMBOLISM OF OM



Component	Symbolism	State of Consciousness	Deities	Time	Yogic Practices
Upper Curve	Transcending the material world	Deep Sleep (Prajna)	Shiva (Pure consciousness)	Eternal: Beyond time	Meditation: Self-realization
Middle Curve	The creative aspect of consciousness	Dream State (Swapna)	Vishnu (Preserver of Life)	Past: Memory and Dreams	Bhakti Yoga: Devotion
Lower Curve	The physical world and everyday reality	Waking State (Jagrat)	Brahma (Creative Energy)	Present: Action and Experience	Karma Yoga: Action
Dot (Bindu)	The singularity from which all forms arise	Transcendental consciousness (Turiya)	Nirguna Brahman (Formless Universal Essence)	Timeless: Beyond past, present, future	Jnana Yoga: Knowledge
Half-Moon	The ignorance of our true nature	Delusion (Maya)	Goddess Saraswati (Knowledge)	Future: Potential and Dreams	Mantra Yoga: Chanting



What Is OM?

OM is the **first sound of the universe**.

Before there were people, animals, or even stars, there was **OM**.

OM is made of **three sounds**:

A – U – M

When we say **A**, it means **beginning or creation**.

When we say **U**, it means **growing and living**.

When we say **M**, it means **rest and change**.

So OM reminds us that **everything begins, grows, and changes**.

When we chant OM, it helps our **mind feel calm**, our **heart feel peaceful**, and our **body feel relaxed**.

OM teaches us to be **kind, focused, and grateful**.

Now let's sit tall, close our eyes gently, and chant OM together 🌻

OM Chanting Script with Meaning

“Sit comfortably. Keep your back straight.

Place your hands on your knees.

Close your eyes softly.”

Step 1: Deep Breath

“Take a deep breath in...
and slowly breathe out.”

Step 2: Chant OM (3 times)

First Chant – A

“Let's chant **Aaaaa...**

This means **beginning and new energy**.”

Second Chant – U

“Now chant **Uuuuu...**

This means **learning, growing, and living**.”

Third Chant – M

“Now chant **Mmmmm...**

This means **rest, peace, and calm**.”

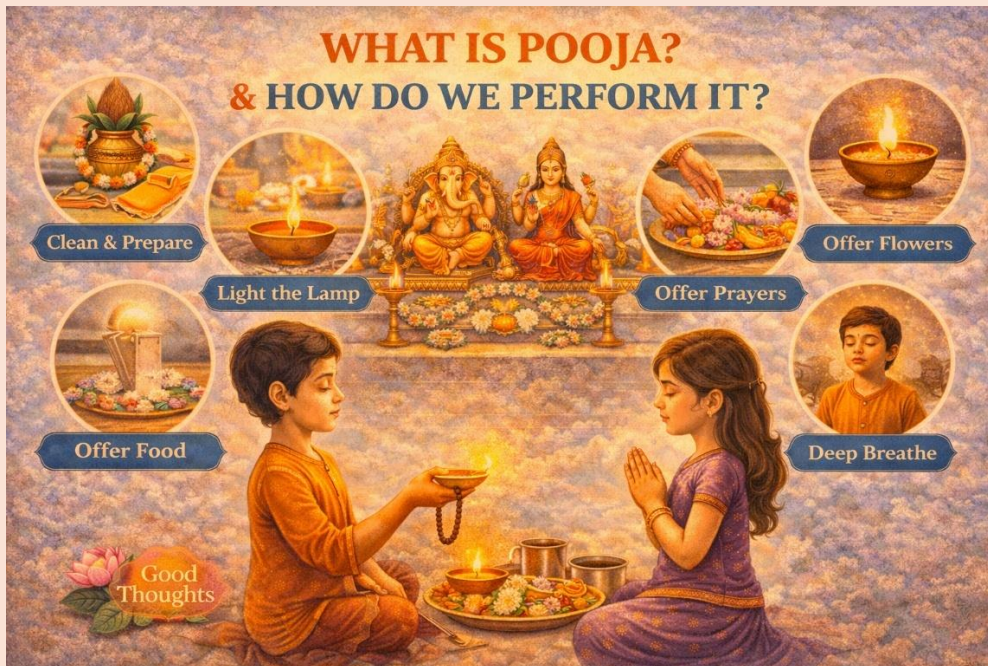
Final Chant – Full OM

“Now let's chant **OM** together-slow and peaceful.”

Oooooommmm...

“**OM helps us feel calm, happy, and connected.**

Thank you for chanting OM together.”



What Is Pooja & How Do We Perform It?

Pooja means showing **love, respect, and gratitude** to God.

It is a special time when we sit quietly and remember God with a **calm mind and kind heart** 🧡.

To perform Pooja, we first **clean ourselves and the place**.

Clean space helps us feel peaceful.

Then we **join our hands**, take a deep breath, and say **OM** or a short prayer.

We may **light a lamp**, offer **flowers**, or chant a prayer.

The lamp means **light over darkness**, and flowers mean **love**.

At the end, we **thank God** and promise to be **kind, truthful, and helpful**.

Remember-Pooja is not about many things.

It is about **pure thoughts and a loving heart** 🙏

HOW TO PERFORM POOJA

1 Get Ready

- Wash hands & face
- Sit in a clean, quiet place

2 Begin

- Join hands 🙏
- Take a deep breath
- Say **OM** or a short prayer

3 Offer with Love

- 🌸 Flowers → Love
- 🕯️ Lamp → Light & wisdom

4 Pray or Chant

- Simple mantra
- Thank God

5 End with Gratitude

- Bow gently
- Share kindness with others

🌈 Message

“Pooja is not about perfect actions, but a pure heart.”

How to Chant a Mantra

A **mantra** is a **special sound or prayer** that helps our mind feel **calm and focused**.

First, we **sit comfortably** with our back straight.

We take a **deep breath** and relax our body.

Next, we **close our eyes gently** and think of God in our heart 🧡.

We chant the mantra **slowly and clearly**, not too loud and not too fast. We can chant **OM** or any simple prayer we know.

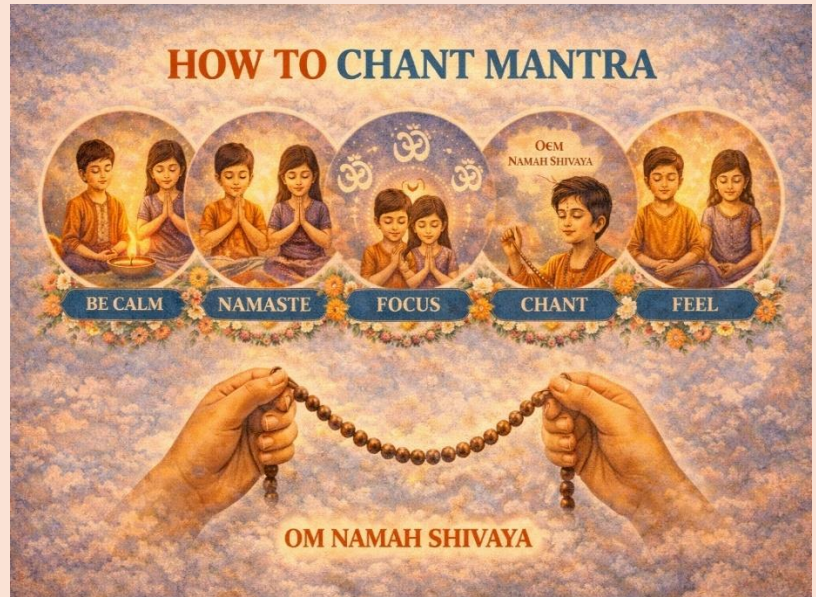
While chanting, we **listen to the sound**.

The sound helps our mind become peaceful.

When we finish, we **sit quietly for a few seconds** and feel the calm inside us.

Remember-mantra chanting is not about shouting.

It is about **peace, focus, and love** 🙏



🙏 HOW TO CHANT A MANTRA (KIDS GUIDE)

1 SIT COMFORTABLY

- Back straight
- Hands on knees
- Body relaxed

2 TAKE A DEEP BREATH

- Inhale slowly
- Exhale gently

3 CLOSE YOUR EYES

- Think of God
- Keep a calm smile 😊

4 CHANT THE MANTRA

- Slowly
- Clearly
- With feeling

Example:

🙏 OM
(or any simple prayer)

5 SIT IN SILENCE

- Feel peaceful
- Thank God

🌈 Message

“Chant with your heart, and your mind will listen.”

THE THREE GUNAS

Tamas Ġuna

darkness



inertia and destruction

This Ġuna is associated with the past or being stuck

Feeling unmotivated, depressed and stagnant

Rajas Ġuna

passion



activity and desire

This Ġuna is future-oriented and a product of manifesting

Experience passion and a sense of hyperactivity

Sattva Ġuna

harmony



truth and knowledge

This Ġuna brings joy in our life

Feeling harmony and clarity

The Three Gunas

In Hindu wisdom, our mind is made of **three qualities**, called **Gunas**:

Tamas, Rajas, and Sattva.

☾ **Tamas** means **sleepy or lazy**.

It helps us rest, but too much Tamas makes us feel stuck.

🔥 **Rajas** means **energy and action**.

It helps us run, play, and work-but too much Rajas can make us restless or angry.

☀️ **Sattva** means **calm, clarity, and kindness**.

It helps us think clearly, learn well, and make good choices.

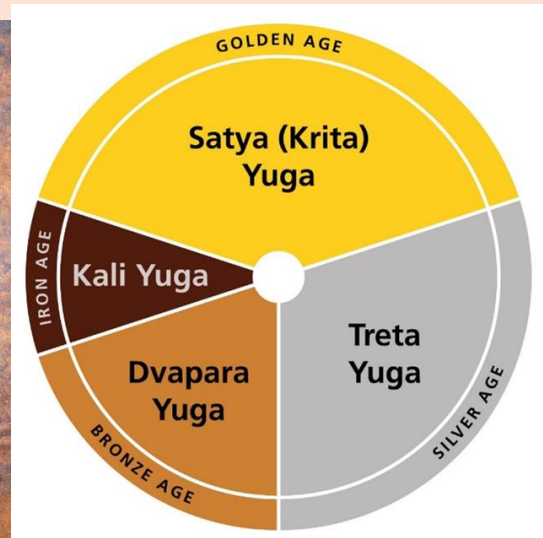
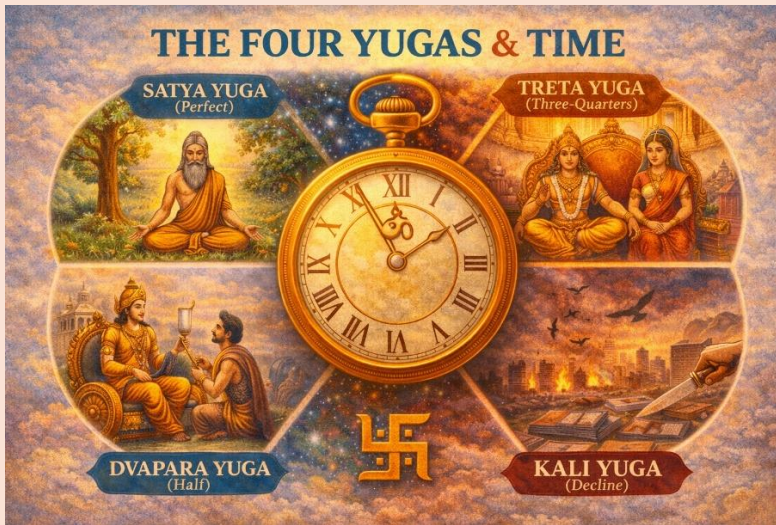
All three Gunas live inside us.

We are never just one.

At Mahima, we learn to:

- Rest when we need (**Tamas**)
- Act when it's time (**Rajas**)
- Choose calm and kindness (**Sattva**)

Balance is the key 🌸



The Four Yugas & Time

how **time works in Hinduism**.

In Hindu thought, time is **not a straight line**.
It moves in a **circle**, just like seasons



This circle of time is made of **four ages**,
called the **Four Yugas**.

☀️ **Satya Yuga** is the age of **truth and kindness**.

People were honest and peaceful.

🌸 **Treta Yuga** is when **goodness was still strong**,

but people had to work a little harder to stay good.

🔥 **Dvapara Yuga** is when **good and bad were equal**.

People needed guidance and learning.

🌙 **Kali Yuga** is the age we live in now.
It is fast, noisy, and confusing-but **goodness still exists**.

After Kali Yuga, the cycle starts again with **Satya Yuga** 🌈

At Mahima, we learn that even in Kali Yuga,
we can choose truth, kindness, and dharma.

Time changes-but **values never change** 🙏

Yugas in Our Daily Life

Did you know the **Four Yugas** don't just belong to the past?

They also live **inside us every day**.

When we tell the truth, help others, and feel peaceful,

we are living in **Satya Yuga** ☀️.

When we try to do the right thing-even if it's hard-

that is **Treta Yuga** 🌸.

When we feel confused and must choose between good and bad,
that is **Dvapara Yuga** 🔥.

When we fight, lie, feel greedy, or forget kindness,
that is **Kali Yuga** 🌙.

So the Yuga we live in **depends on our actions**.

At Mahima, we learn that even in Kali Yuga,
our good behavior can create Satya Yuga-
right here, right now 🌈.



Hindu Holidays

In Hinduism, festivals are not just holidays. They teach us **gratitude, discipline, nature love, and family values.**

🔥 **Vishu** is the **Kerala New Year.**
It reminds us to start the year with **hope and positivity.**

🙏 **Maha Shivaratri** teaches us **self-control and inner peace.**
We remember Lord Shiva and the power of calmness.

💡 **Diwali** is the festival of **light over darkness.**
It reminds us to choose good thoughts and good actions.

🌸 **Onam** is the festival of **thankfulness and unity.**
We thank nature, farmers, and welcome King Mahabali with joy.

🎉 **Holi** is the festival of **joy and friendship.**
It teaches us to forgive, share happiness, and celebrate together.

🌺 **Navaratri** is nine nights of **strength and devotion.**
We remember Goddess Durga and the power of goodness.

🙏 **Janmashtami** celebrates **Lord Krishna's birth.**
It teaches us love, courage, and doing the right thing.

☀️ **Makar Sankranti / Pongal** celebrates the **sun and farmers.**
It reminds us to respect nature and be thankful.

🌞 **Thiruvathira** celebrates **balance, devotion, and family bonding.**
Each festival teaches us how to live better-not just how to celebrate.

We learn that festivals help us **remember our roots and live our values every day** 🙏



Yoga

Move, Breathe, Be Calm

Yoga means **connection-**
connection of our **body, breath, and mind.**

Yoga helps us become **strong on the outside**
and **calm on the inside** 🌈

There are different **types of Yoga**, and each one helps us in a special way.

🧑 **Asana Yoga** is about **body postures.**
It helps us stay strong, flexible, and healthy.

🧘 **Pranayama** is about **breathing.**
It helps us feel calm, focused, and relaxed.


🧘 **Dhyana (Meditation)** is about **quiet time.**
It helps our mind slow down and feel peaceful.

🕉️ **Mantra Yoga** uses **sounds like OM.**
It helps our heart feel happy and balanced.

We learn that yoga is not just exercise-
it is a way to **live healthy, calm, and kind** 🙏


YOGA CARD - (FOCUS & STRESS RELIEF)

Theme: *Release • Focus • Reset* 🌿





 **TOTAL TIME: ~10 MINUTES**


1 GROUNDING BREATH (2 MIN)

- Sit tall
- Inhale **4 seconds**
- Exhale **4 seconds**
- Repeat 5 times

 *Calms stress & anxiety*


2 STRETCH & RELEASE (4 MIN)

-  **Mountain Pose** – posture & grounding
-  **Forward Fold** – release tension
-  **Cobra Pose** – open chest
-  **Chair Pose** - strength & focus

 *“Strong body, steady mind.”*


3 PRANAYAMA (2 MIN)

- Slow nasal breathing
- Count breath mentally (1–5)

 *Improves focus*

4 MEDITATION + OM (2 MIN)

- Eyes closed
- Chant **OM** once
- Sit silently for 1 minute

 *“I am calm. I am focused.”*

MESSAGE

Balance your breath, and your mind will follow.

Sacred Symbols

Sacred symbols are special signs that help us remember God, values, and good thoughts.

🕉️ **OM** is the most sacred sound. It reminds us of **peace, focus, and the universe.**

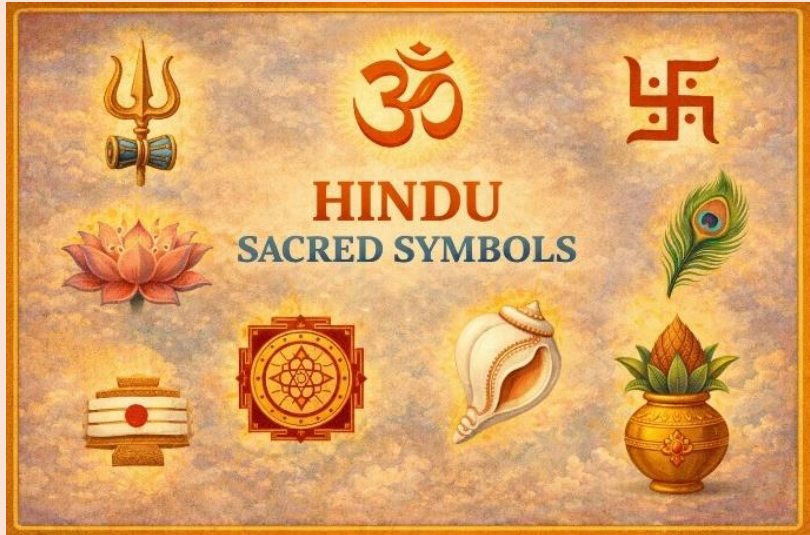
🌸 **Lotus** grows in muddy water but stays clean. It teaches us to stay **pure and kind**, even when life is hard.

⚔️ **Trishul** (trident) reminds us of **balance-** mind, body, and soul.

🔔 **Bell** wakes up our mind. When we ring it, we tell our thoughts to **pay attention.**

💡 **Lamp (Diya)** shows **light over darkness.** It reminds us to choose **good over bad.**

We learn that sacred symbols are not decorations- they are **lessons for how to live** 🙏



🕉️ SACRED SYMBOLS IN HINDUISM

🕉️ **OM**
Meaning: Peace & universe
Teaches: Calm and focus

🌸 **LOTUS**
Meaning: Purity
Teaches: Stay good in all situations

⚔️ **TRISHUL**

Meaning: Balance
Teaches: Control mind, body, soul

🔔 **BELL**
Meaning: Awareness
Teaches: Be present and alert

💡 **LAMP (DIYA)**
Meaning: Light
Teaches: Good wins over bad

🌈 **Message**
“Symbols guide our mind, values guide our life.”

Ganesh Symbolism

Hello everyone! 🙌

Today we are going to learn about **Lord Ganesh** and what he teaches us.

Lord Ganesh is easy to recognize because he has an **elephant head** and a **big belly**.

Every part of Ganesh has a **special meaning**.

🐘 His **elephant head** teaches us to be **wise and think before we act**.

💡 His **big ears** remind us to **listen carefully**.

👁️ His **small eyes** help us **focus**.

🐉 His **big belly** teaches us to **accept life happily**, both good and bad.

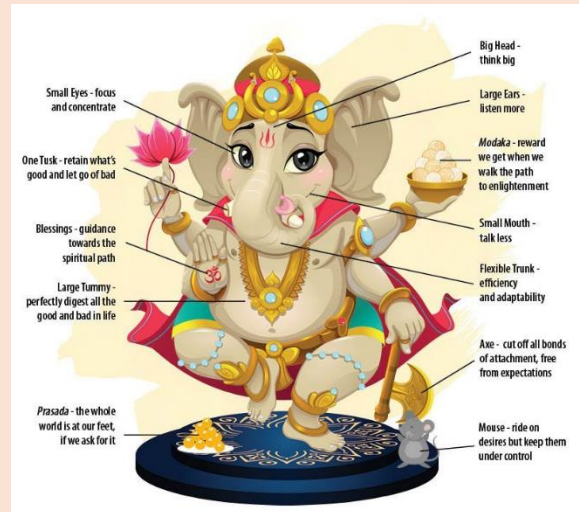
🐭 His **mouse** reminds us to **control small distractions**.

🙌 His **blessing hand** tells us, “Don’t be afraid. Do good.”

That is why we pray to Ganesh **before starting anything new**.

We learn that Ganesh is not just a God we pray to-

he is a **teacher who shows us how to live wisely and kindly** 🙏



🐘 GANESH SYMBOLISM - WHAT HE TEACHES US

🐘 ELEPHANT HEAD

Meaning: Wisdom

Lesson: Think before you act

🐉 BIG BELLY

Meaning: Acceptance

Lesson: Stay calm in all situations

💡 BIG EARS

Meaning: Listening

Lesson: Listen more, talk less

🐭 MOUSE

Meaning: Control desires

Lesson: Don't let small problems control you

👁️ SMALL EYES

Meaning: Focus

Lesson: Pay attention

🙌 BLESSING HAND

Meaning: Protection

Lesson: Do good, don't fear

🌈 Message

“Be wise like Ganesh, calm like Ganesh, and kind like Ganesh.”

Shiva Symbolism

Lord Shiva is calm and powerful at the same time. Every part of Shiva has a **special meaning**.

- 🌙 The **crescent moon** on his head reminds us that **time changes**, but calmness stays.
- 👁️ The **third eye** teaches us **wisdom and awareness**-to see what is right and wrong.
- 👉 The **Trishul** shows **balance** of mind, body, and soul.
- 🐍 The **snake** means **control over fear and ego**.
- 🌊 The **river Ganga** flowing from his hair shows **purity and compassion**.
- 🧘 Shiva sitting in meditation teaches us the power of **silence and inner peace**.

That's why Shiva is called the **God of calm strength**.

We learn from Shiva to stay **peaceful, brave, and balanced**-even when life is difficult 🙏



SHIVA SYMBOLISM – WHAT HE TEACHES US

🌙 CRESCENT MOON

Meaning: Time & calmness

Lesson: Stay peaceful as life changes

🐍 SNAKE

Meaning: Control

Lesson: Don't let fear or anger control you

👁️ THIRD EYE

Meaning: Wisdom

Lesson: Think before you act

🌊 RIVER GANGA

Meaning: Purity

Lesson: Keep your thoughts clean

👉 TRISHUL

Meaning: Balance

Lesson: Balance mind, body & soul

🧘 MEDITATION

Meaning: Inner peace

Lesson: Silence gives strength

🌈 Message

“Be calm like Shiva, strong like Shiva, and kind like Shiva.”

Subramanya Symbolism

Hello everyone! 🙌

Today we are going to learn about **Lord Subramanya**, also called **Murugan** or **Kartikeya**.

Lord Subramanya is the **god of courage, wisdom, and discipline**.

Everything about him teaches us an important lesson.

👉 His **Vel (spear)** shows **knowledge and truth**.
It helps us remove ignorance and fear.

🦚 His **peacock** teaches us to **control pride and ego**.
Even though the peacock is beautiful, it stays humble.

🐓 The **rooster flag** means **alertness and bravery**.
It reminds us to wake up and do the right thing.

😊 Subramanya is shown as **young and strong**,
teaching us that **age does not matter-values do**.

That's why we pray to Subramanya for **confidence, focus, and strength**.

We learn from Subramanya to be **brave, disciplined, and full of wisdom** 🙏



🕉 SUBRAMANYA SYMBOLISM - WHAT HE TEACHES US

👉 VEL (SPEAR)

Meaning: Wisdom & truth

Lesson: Knowledge removes fear

🦚 PEACOCK

Meaning: Ego control

Lesson: Be confident, not proud

🐓 ROOSTER FLAG

Meaning: Alertness

Lesson: Wake up to do good



YOUTHFUL FORM

Meaning: Energy & discipline

Lesson: Start good habits early



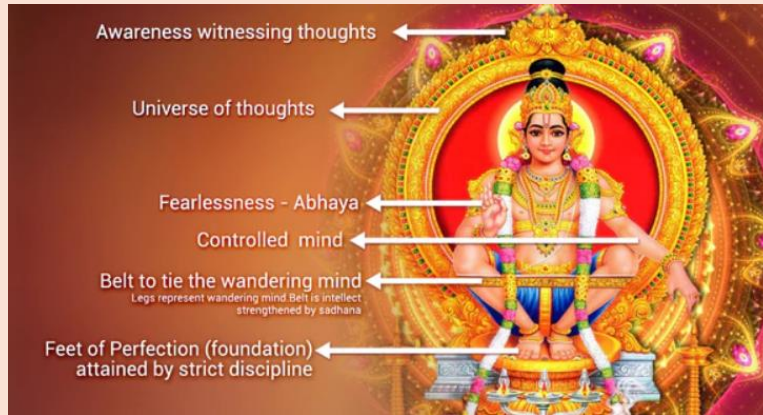
WARRIOR NATURE

Meaning: Courage

Lesson: Face problems bravely

🌈 Message

“Be brave like Subramanya, wise like Subramanya, and humble in victory.”



Ayyappa Symbolism

Lord Ayyappa is the **god of discipline, self-control, and equality**.
Everything about him has a lesson for our daily life.

- 🧘 Ayyappa sits in **yoga posture**, teaching us **control of mind and body**.
- ⚖️ He teaches **equality**-everyone is the same, no matter who they are.
- 🌿 His simple life shows **detachment**, not being greedy or proud.
- 🔥 The **41-day vratham** teaches **discipline, patience, and effort**.
- 💖 Calling everyone **“Swami”** reminds us to **respect all people**.

That’s why people pray to Ayyappa to become **strong inside**, not just outside.
At Mahima, we learn from Ayyappa that
true strength comes from discipline, kindness, and self-control 🙏

🙏 AYYAPPA SYMBOLISM - WHAT HE TEACHES US

🧘 YOGA POSTURE

Meaning: Self-control
Lesson: Control mind & body

Meaning: Detachment
Lesson: Be content, not greedy

⚖️ EQUALITY

Meaning: Oneness
Lesson: Everyone is equal

🔥 41-DAY VRATHAM

Meaning: Discipline
Lesson: Practice patience & focus

🌿 SIMPLE LIFE

💖 “SWAMI” CALLING

Meaning: Respect
Lesson: See God in everyone

🌈 Message

“Discipline builds strength. Respect builds greatness.”

Ayyappa Vratham

 *Learning values from Lord Ayyappa*

DISCIPLINE

What it means: Doing good habits every day

For kids:

- Wake up on time
 - Finish homework
 - Follow rules
-

RESPECT (SWAMI FEELING)

What it means: Everyone is equal

For kids:

- Be kind to all
 - No teasing or bullying
 - Say thank you & sorry
-

SIMPLE LIVING

What it means: Being happy with what we have

For kids:

- Share toys
 - Don't be greedy
 - Appreciate parents & food
-

SELF-CONTROL

What it means: Controlling anger and bad habits

For kids:

- Calm down before reacting
 - Use kind words
 - Control screen time
-

MESSAGE

“You don't need to go to Sabarimala to follow Ayyappa Vratham-practice these values every day.”



PURITY (CLEAN BODY & MIND)

What it means: Clean actions and thoughts

For kids:

- Keep surroundings clean
 - Speak truth
 - Think good thoughts
-

SERVICE (SEVA)

What it means: Helping others

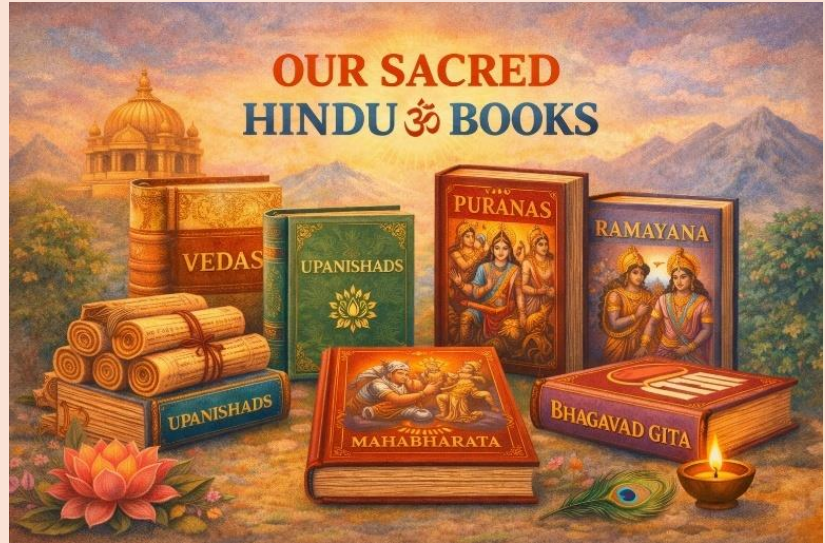
For kids:

- Help parents at home
- Help friends at school
- Care for nature

Sacred Hindu Books

The books that teach us **how to live, think, and be kind.**

We don't have just one holy book. We have **many books**, and each one teaches us something special 📖 ✨
Let's learn them together!



🌸 First: The Vedas

The oldest books are called the **Vedas.**

There are **four Vedas.**
They teach us about:

- Nature 🌳
- Prayers 🙏
- Respect
- Living in harmony

The Vedas remind us to **respect the sun, water, air, earth, and fire.**

👉 *Question to class:*

“Who remembers what we should say to nature?”

🌱 Next: The Upanishads

The **Upanishads** teach us about **big questions.**

They ask things like:

- Who am I?
- What is happiness?
- What is the soul?

They teach us that **God lives inside all of us** ❤️

👉 *Kid says:*

“So we should respect others-because God is inside everyone!”

🐘 Then: The Puranas

The **Puranas** are full of **stories.**

They tell us stories of:

- Ganesh 🐘
- Shiva ॐ
- Vishnu
- Devi 🌸

These stories help us learn values like:

- Courage
- Kindness
- Truth

👉 *Ask:*

“Who likes stories?”

Great Epics: Ramayana & Mahabharata

Ramayana

The **Ramayana** teaches us:

- Truth
- Obedience
- Respecting parents

Lord Rama shows us how to be a **good son, leader, and human being**.

Mahabharata

The **Mahabharata** teaches us about **choices**.

It shows that life is not always easy,
but **doing the right thing matters**.

Inside the Mahabharata is a very special book...

Bhagavad Gita

The **Bhagavad Gita** is a conversation between **Krishna and Arjuna**.

Krishna teaches:

- Do your duty
- Don't give up
- Be calm and brave

👉 *Kid says:*

“The Gita teaches us what to do when we feel confused.”

