OM AYURVEDA CHILDREN'S CARE INITIATIVE

108 CHILDREN'S CARE PROGRAMS

Nurturing Healthy Bodies, Peaceful Minds, Strong Values & Bright Futures

HOLISTIC CARE FOR COMPLETE CHILD DEVELOPMENT

108 PROGRAMS
For a Healthy, Happy & Value-Based Generation

6 PILLARS OF CHILD WELLNESS

- HEALTH & AYURVEDA
- NUTRITION & HEALTHY FOOD
- YOGA & PHYSICAL FITNESS
- MENTAL & EMOTIONAL WELLBEING
- EDUCATION & LEARNING SKILLS
- VALUES, LIFE SKILLS & SOCIAL CARE

108 PROGRAMS. ENDLESS POSSIBILITIES. BRIGHTER TOMORROWS.

Healthy Food Habits

Yoga, Pranayama & Fitness

Meditation & Mindfulness

Study Skills & Personal Growth

Nature, Environment & Sustainability

Values, Kindness & Compassion

OUR 108 PROGRAMS COVER

- Nutrition & Healthy Food
- Ayurveda & Natural Wellness
- Yoga, Movement & Fitness
- Mental & Emotional Wellbeing
- Education & Learning Skills
- Values, Character & Spiritual Growth
- Nature, Environment & Sustainability
- Safety, Hygiene & Life Skills

BENEFITS FOR CHILDREN

- Strong Immunity & Better Health
- Sharp Mind & Better Concentration
- Emotional Balance & Confidence
- Discipline, Values & Respect
- Healthy Habits for Life
- Happy Childhood, Bright Future

Let's work together for a generation that is healthy, happy, confident, compassionate and connected to our roots and nature.

TOGETHER, WE CAN SHAPE A BETTER TOMORROW!

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BE THE LIGHT, SPREAD THE LIGHT

MOTHER EARTH
TRAVEL & TOURISM

ONE CHILD AT A TIME. ONE FAMILY AT A TIME. ONE COMMUNITY AT A TIME.

108 CHILDREN'S CARE PROGRAMS

NURTURING HEALTHY BODIES, PEACEFUL MINDS,
STRONG VALUES & BRIGHT FUTURES

15 NUTRITION & HEALTHY FOOD PROGRAMS

A STRONG FOUNDATION FOR A HEALTHY CHILDHOOD

Good nutrition builds immunity, supports growth, improves learning and develops lifelong healthy habits.

15 IMPORTANT PROGRAMS FOR CHILDREN'S NUTRITION & HEALTH

1. 
   Healthy Food for Growing Children
2. 
   Balanced Diet for Children
3. 
   Traditional Indian Nutrition for Children
4. 
   Understanding Protein, Carbohydrates & Healthy Fats
5. 
   Importance of Fresh Fruits & Vegetables
6. 
   Healthy Breakfast for School Children
7. 
   Healthy Lunchbox Program
8. 
   Healthy Snacks Instead of Junk Food
9. 
   Reducing Excess Sugar in Children's Diet
10. 
    Understanding Processed & Packaged Foods
11. 
    Hydration & Healthy Drinking Habits
12. 
    Natural Sources of Vitamins & Minerals
13. 
    Iron-Rich Foods for Children
14. 
    Calcium-Rich Foods for Growing Bones
15. 
    Family Healthy Cooking Workshop

BENEFITS FOR CHILDREN

- Stronger Immunity
- Better Brain Development
- Improved Concentration
- Healthy Growth
- Better Digestion
- Stronger Bones
- Lifelong Healthy Habits

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JOIN THE MOVEMENT. NURTURE THE FUTURE.

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108 CHILDREN'S CARE PROGRAMS

NURTURING HEALTHY BODIES, PEACEFUL MINDS,

STRONG VALUES & BRIGHT FUTURES

NUTRITION & HEALTHY FOOD PROGRAMS

A STRONG FOUNDATION FOR A HEALTHY CHILDHOOD

100% PURE VEGETARIAN • NATURAL • SATTVIC • NUTRITIOUS

Healthy Food Healthy Growth | Stronger Immunity | Better Concentration | Good Habits | Happy Childhood

15 IMPORTANT PROGRAMS FOR CHILDREN'S NUTRITION & HEALTH (100% VEGETARIAN)

1. 
Healthy Food for Growing Children

2. 
Balanced Diet for Children

3. 
Traditional Indian Nutrition for Children

4. 
Understanding Protein, Carbohydrates & Healthy Fats

5. 
Importance of Fresh Fruits & Vegetables

6. 
Healthy Breakfast for School Children

7. 
Healthy Lunchbox Program

8. 
Healthy Snacks Instead of Junk Food

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Reducing Excess Sugar in Children's Diet

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Natural Sources of Vitamins & Minerals

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Iron-Rich Foods for Children

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Calcium-Rich Foods for Growing Bones

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Family Healthy Cooking Workshop

BENEFITS FOR CHILDREN

Stronger Immunity | Better Brain Development | Improved Concentration | Healthy Growth | Better Digestion | Stronger Bones | Healthy Habits | Happy Childhood

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NURTURING HEALTHY BODIES, PEACEFUL MINDS,
STRONG VALUES & BRIGHT FUTURES

100% VEGETARIAN

PROGRAM 1

HEALTHY FOOD FOR GROWING CHILDREN

Good nutrition is the foundation of a healthy childhood. It builds immunity, supports growth, improves concentration and develops lifelong healthy habits.

WHY HEALTHY FOOD IS IMPORTANT

- BUILDS STRONG IMMUNITY
- SUPPORTS GROWTH & DEVELOPMENT
- IMPROVES CONCENTRATION & MEMORY
- PROMOTES BETTER DIGESTION
- STRENGTHENS BONES & TEETH
- ENCOURAGES HEALTHY HABITS FOR LIFE

A HEALTHY PLATE FOR CHILDREN

- **WHOLE GRAINS** — Energy for active play and learning
- **FRUITS & VEGETABLES** — Vitamins, minerals & natural fiber
- **PULSES & PROTEIN-RICH FOODS** — Growth, strength & repair
- **GOOD FATS & NUTS** — Healthy brain and hormone development

HEALTHY HABITS FOR EVERYDAY

- Drink enough water
- Eat fresh, home-cooked meals
- Choose natural, seasonal foods
- Eat together as a family
- Limit processed & packaged foods
- Encourage mindful eating

> Healthy food today, healthy childhood tomorrow.

LET'S WORK TOGETHER FOR A HEALTHIER GENERATION

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MOTHER EARTH TRAVEL AND TOURISM

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PROGRAM 2

BALANCED DIET FOR CHILDREN

A balanced diet gives children the right nutrition to grow, learn, play and stay healthy.

100% VEGETARIAN · NATURAL · SATTVIC · NUTRITIOUS

THE KEY FOOD GROUPS FOR CHILDREN

WHOLE GRAINS

Provide energy for active play, growth and learning.

Examples: Brown rice, Millets, Oats, Whole wheat, Poha

PULSES & PROTEIN-RICH FOODS

Support growth, muscles, repair and overall development.

Examples: Dal, Rajma, Chickpeas, Moong, Paneer, Sprouts, Soybeans

VEGETABLES

Rich in vitamins, minerals, fibre and antioxidants.

Examples: Carrot, Beetroot, Spinach, Broccoli, Beans, Peas, Capsicum

FRUITS

Provide natural vitamins, minerals, fibre and natural sweetness.

Examples: Banana, Apple, Orange, Papaya, Berries, Guava, Pomegranate

HEALTHY FATS (NUTS & SEEDS*)

Support brain development, hormone balance and healthy growth.

Examples: Almonds, Walnuts, Flaxseeds, Sesame seeds, Pumpkin seeds

*Choose according to age, allergies and individual needs.

THE BALANCED PLATE

WATER: Drink enough water throughout the day

HEALTHY HABITS FOR EVERY DAY

- Eat a variety of foods every day
- Include seasonal fruits and colourful vegetables
- Eat home-cooked, natural food
- Eat together as a family
- Limit processed & packaged foods
- Stay hydrated and drink water
- Eat mindfully and enjoy your food
- Stay active and play outdoors

BENEFITS OF A BALANCED DIET

- Strong Immunity
- Healthy Growth & Development
- Better Concentration & Memory
- Healthy Weight & Energy
- Stronger Bones & Muscles
- Happy Mood & Better Sleep

HEALTHY FOOD TODAY, HEALTHY CHILDHOOD TOMORROW.
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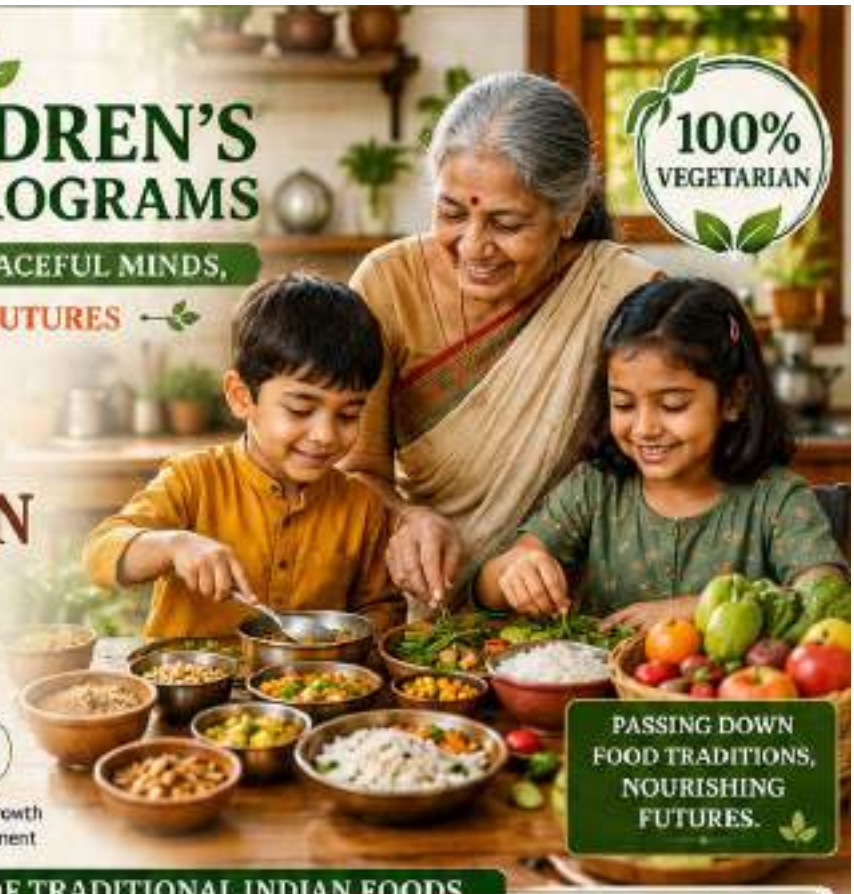
LET'S WORK TOGETHER FOR A HEALTHIER GENERATION

108 CHILLDREN'S CARE PROGRAMS

NURTURING HEALTHY BODIES, PEACEFUL MINDS,
STRONG VALUES & BRIGHT FUTURES

100% VEGETARIAN



PROGRAM 3

TRADITIONAL INDIAN NUTRITION FOR CHILDREN

Timeless food wisdom from our traditions, for a healthier generation.

Natural & Wholesome | Rooted in Our Culture | Builds Strong Immunity | Supports Growth & Development

PASSING DOWN FOOD TRADITIONS, NOURISHING FUTURES.

GOODNESS OF TRADITIONAL INDIAN FOODS

TRADITIONAL GRAINS & MILLETS

Provide lasting energy, improve digestion and support growth.

PULSES & LEGUMES

Excellent source of plant protein, iron and essential nutrients.

SEASONAL VEGETABLES

Rich in vitamins, minerals, fibre and antioxidants.

FRESH FRUITS

Natural vitamins, minerals and fibre for overall wellbeing.

NUTS & SEEDS*

Support brain development and healthy growth.

*Choose according to age, allergies and individual needs.

NOURISHING TRADITIONAL MEALS FOR GROWING CHILDREN

IDLI | DOSA | POHA | UPMA

KHICHDI | DAL & RICE | VEGETABLE PORIYAL / SABZI | CURD RICE

Simple • Satvic • Seasonal • Home-cooked

WISDOM FROM OUR TRADITIONS

- Eat according to the season
- Use natural spices and herbs
- Prefer home-cooked fresh meals
- Eat together as a family
- Respect food and reduce waste

BRING TRADITION INTO MODERN LIFE

- Cook traditional recipes in simple, healthy ways
- Use millets and whole grains regularly
- Involve children in meal preparation
- Follow regular meal times and routines
- Drink plenty of water and stay active

LET'S NURTURE OUR CHILDREN WITH THE GOODNESS OF OUR ROOTS.
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100% VEGETARIAN

PROGRAM 4

UNDERSTANDING PROTEIN, CARBOHYDRATES & HEALTHY FATS

The right balance of nutrients helps children grow, learn, play and stay healthy.

Stronger Immunity · Better Concentration · More Energy · Healthy Growth · Overall Well-being

THREE IMPORTANT NUTRIENTS EVERY GROWING CHILD NEEDS

PROTEIN

Builds & repairs body tissues, supports growth and immunity.

Good Sources (Vegetarian):
Dal, Lentils, Beans, Chickpeas, Soy Foods, Paneer, Curd, Nuts & Seeds

CARBOHYDRATES

Provide energy for daily activities, learning and play.

Good Sources (Vegetarian):
Whole Grains, Millets, Rice, Oats, Potatoes, Sweet Potatoes, Fruits, Vegetables

HEALTHY FATS

Support brain development, hormone balance and absorption of vitamins.

Good Sources (Vegetarian):
Nuts, Seeds, Nut Butters, Avocado, Sesame, Coconut, Olive Oil, Flaxseeds

THE BALANCED PLATE

Teach children to enjoy a variety of foods from all groups.

- Protein
- Carbohydrates
- Healthy Fats
- Fruits & Vegetables
- Water / Milk

TIPS FOR PARENTS

- Offer a variety of foods every day.
- Include local, seasonal and natural foods.
- Limit highly processed and sugary foods.
- Encourage home-cooked meals.
- Eat together as a family.
- Stay hydrated - drink enough water.

BENEFITS OF A BALANCED DIET

Stronger Immunity · Better Brain Function · Stronger Bones · More Energy & Stamina · Healthy Weight · Better Mood & Sleep · Healthy Growth

"Good nutrition today, healthy childhood tomorrow."

LET'S WORK TOGETHER FOR HEALTHIER CHILDREN & BRIGHTER FUTURES.

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STRONG VALUES & BRIGHT FUTURES

100% VEGETARIAN

PROGRAM 5

IMPORTANCE OF FRESH FRUITS & VEGETABLES

COLOURFUL FOOD. HEALTHY HABITS.
BRIGHTER FUTURES.

WHY FRUITS & VEGETABLES ARE IMPORTANT FOR CHILDREN

- Strengthens Immunity
- Supports Brain & Memory
- Supports Growth & Development
- Improves Digestion
- Rich in Vitamins, Minerals & Fibre
- Promotes Overall Well-being

EAT THE RAINBOW

Different Colours, Different Nutrients

RED	Supports heart health Tomato, Strawberry, Apple, Watermelon, Beetroot	
ORANGE	Good for eyes & immunity Carrot, Pumpkin, Orange, Papaya, Sweet Potato	
YELLOW	Supports skin & growth Banana, Mango, Corn, Pineapple, Yellow Pepper	
GREEN	Rich in iron & fibre Spinach, Broccoli, Cucumber, Green Beans, Capsicum	
PURPLE	Protects cells & improves concentration Brinjal, Purple Cabbage, Grapes, Blueberries	

SIMPLE WAYS TO ADD MORE FRUITS & VEGETABLES EVERY DAY

- Add fruits to breakfast
  Smoothies, chopped fruits, fruit bowls
- Add vegetables to lunch & dinner
  Include a variety of colours
- Keep healthy snacks ready
  Fresh fruits, veggie sticks, salads
- Choose seasonal & local
  Eat what nature provides
- Involve children in choosing, washing & preparing food
- Drink enough water
  Stay hydrated, stay healthy

Fresh today, healthy tomorrow.

Children learn by watching us.

Let's build healthy habits together as a family.

BRING CHILDREN'S WELLNESS TO YOUR SCHOOL & COMMUNITY

- Workshops
- Nutrition Education
- Healthy Recipes
- Community Programs

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A Healthy Morning
A Brighter Day
A Healthier Future

PROGRAM 6

HEALTHY BREAKFAST FOR SCHOOL CHILDREN

A good breakfast today for a better learning and brighter tomorrow.

Better Concentration | More Energy | Stronger Immunity | Healthy Growth | Improved Mood

WHAT MAKES A HEALTHY BREAKFAST?

WHOLE GRAINS
Provide energy to start the day.

Examples: Poha, Upma, Dalia, Oats, Whole Grain Dosa, Idli

PROTEIN-RICH FOODS
Supports growth, repair and overall development.

Examples: Dal, Moong, Chana, Sprouts, Paneer, Curd, Peanut Chutney

FRUITS & VEGETABLES
Rich in vitamins, minerals, fibre and antioxidants.

Examples: Banana, Apple, Papaya, Berries, Carrot, Cucumber, Tomato

HEALTHY FATS
Important for brain health and energy.

Examples: Nuts, Seeds, Flaxseeds, Peanut, Sesame, Ghee (in limits)

BENEFITS OF EATING BREAKFAST

- Improves concentration and memory
- Provides steady energy for school
- Helps maintain healthy weight
- Supports overall well-being

HEALTHY BREAKFAST IDEAS (100% VEGETARIAN)

IDLI

DOSA

VEGETABLE POHA

UPMA

OATS PORRIDGE WITH FRUITS

ALSO INCLUDE: Fresh Fruits • Dry Fruits (as per age) • Milk / Buttermilk • Herbal Drink (in place of sugary drinks)

SIMPLE TIPS FOR BUSY MORNINGS

- Plan ingredients the night before
- Keep healthy options ready and visible
- Involve children in preparing breakfast
- Keep it simple, balanced and tasty
- Eat together as a family

CHILDREN LEARN HEALTHY HABITS WHEN FAMILIES MAKE THEM PART OF EVERYDAY LIFE.

BRING CHILDREN'S WELLNESS TO YOUR SCHOOL & COMMUNITY

- Workshops & Sessions
- Nutrition Awareness Programs
- Healthy School Initiatives
- Parent & Teacher Training
- Community Wellness Activities

LET'S BUILD A HEALTHIER GENERATION TOGETHER.

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PROGRAM 7

HEALTHY LUNCHBOX PROGRAM

A nutritious lunchbox today for a better learning and brighter tomorrow.

Better Concentration | More Energy | Stronger Immunity | Healthy Growth | Improved Mood

WHAT MAKES A HEALTHY LUNCHBOX?

GRAINS / WHOLE GRAINS

Provide energy to keep children active throughout the day.

PROTEIN-RICH FOODS

Supports growth, muscle development and overall health.

VEGETABLES

Rich in vitamins, minerals, fibre and antioxidants.

FRUITS

Natural source of vitamins, minerals and fibre.

WATER

Keeps the body hydrated and energized.

SIMPLE & NUTRITIOUS LUNCHBOX IDEAS (100% VEGETARIAN)

VEGETABLE PARATHA with Curd | IDLI with Vegetable Sambar | LEMON RICE with Vegetables & Peanuts | DAL RICE with Vegetables | VEGETABLE POHA with Fruit

SMART SNACKS TO ADD

Fresh Fruits | Roasted Chickpeas | Nuts & Seeds* | Homemade Snacks

*Choose according to age, allergies and individual needs.

TIPS FOR PARENTS

- Plan the night before to save morning time.
- Use a variety of colours and textures.
- Include seasonal fruits and vegetables.
- Use reusable containers and water bottles.
- Involve children in choosing and preparing lunch.
- Keep portions appropriate for your child's age.

LET'S WORK TOGETHER

Bring Children's Wellness to Your School & Community

Workshops & Sessions | Nutrition Awareness | Parent & Teacher Training | Healthy School Initiatives | Community Wellness

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PROGRAM 8

HEALTHY SNACKS INSTEAD OF JUNK FOOD

BETTER CHOICES TODAY, HEALTHIER HABITS TOMORROW

Nutritious snacks give children the energy to learn, play and grow every day.

WHY CHOOSE HEALTHY SNACKS?

- Provides steady energy for active children
- Rich in vitamins, minerals & fiber
- Helps maintain healthy weight
- Supports immunity and overall well-being
- Improves focus, mood & concentration

LIMIT JUNK FOOD

Highly processed snacks are often high in salt, sugar and unhealthy fats.

SMART SWAPS: BETTER ALTERNATIVES

Potato Chips	SWAP →	Roasted Chickpeas
Sugary Biscuits	SWAP →	Fresh Fruit
Sugary Drinks	SWAP →	Water / Buttermilk
Fried Snacks	SWAP →	Homemade Veg Bites

HEALTHY SNACK IDEAS (100% VEGETARIAN)

*Choose according to age, allergies and individual needs.

TIPS FOR PARENTS

- Plan snacks in advance.
- Include a variety of colours, flavours and textures.
- Choose seasonal fruits and local ingredients.
- Involve children in choosing and preparing snacks.
- Keep portions age-appropriate.
- Make water the everyday choice.

Children learn healthy habits when families make them a way of life.

LET'S BUILD A HEALTHIER GENEERATION TOGETHER

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PROGRAM 9

REDUCING EXCESS SUGAR IN CHILDREN'S DIET

Better choices today,
healthier habits for life.

WHY REDUCE EXCESS SUGAR?

- Supports dental health
- Helps maintain healthy weight
- Provides steady energy
- Supports better concentration
- Supports immunity and overall well-being

DID YOU KNOW?

The World Health Organization (WHO) recommends reducing free sugars to less than 10% of total energy intake. Below 5% is even better.

(Free sugars include added sugars and sugars in honey, syrups and fruit juices.)

HIDDEN SOURCES OF SUGAR

⚠ Too much added sugar can contribute to tooth decay, weight gain and low energy.

SMART SWAPS: BETTER CHOICES

HEALTHY SNACK IDEAS

(100% VEGETARIAN)

*Choose according to age, allergies and individual needs.

TIPS FOR PARENTS

- Read nutrition labels and check the ingredient list.
- Choose whole foods more often.
- Limit sweetened drinks and sugary snacks.
- Serve water as the everyday choice.
- Offer a variety of colours, flavours and textures.
- Involve children in choosing and preparing snacks.
- Don't ban sweets completely. Teach balance and moderation.
- Be a role model. Children learn by watching us.

WATER FIRST

Water keeps the body hydrated, fresh and active.

HEALTHY HABITS BEGIN AT HOME

Children learn healthy habits when families choose them together.

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PROGRAM 10

UNDERSTANDING PROCESSED & PACKAGED FOODS

Teach children to read, understand and choose better every day.

WHAT IS PROCESSED FOOD?

Processed simply means a food has been changed from its natural state. Some processing is simple (like washing, cutting or cooking) while some is more complex (like packaging with many ingredients).

NOT ALL PACKAGED FOODS ARE BAD

Some packaged foods can be nutritious and convenient. The key is to understand the food and how often it is eaten.

- Can be Nutritious
- Can be Convenient
- Look at the Whole Diet
- Use in Moderation

4 THINGS TO CHECK ON THE LABEL

1. **INGREDIENTS** — Look for simple and recognizable ingredients.
2. **SERVING SIZE** — Check the serving size and number of servings.
3. **ADDED SUGARS** — Compare and choose low added sugar options.
4. **SODIUM / SALT** — Choose lower salt options wherever possible.

LOOK AT THE WHOLE DIET

Balance packaged foods with more fresh, whole and homemade foods.

CHOOSE SIMPLE WHEN POSSIBLE

Make home-cooked meals with natural ingredients a regular part of your child's diet.

TEACH, DON'T SCARE

- Don't demonize packaged foods. Teach children to understand and make informed choices.
- Encourage questions.
- Build knowledge.
- Build confidence.
- Build healthy habits for life.

WATER IS THE BEST CHOICE

Choose water over sugary drinks and limit sweetened beverages.

FAMILY HABITS MATTER

Children learn from what adults do.

Read labels together.

Cook together.

Eat together.

Grow together.

LET'S WORK TOGETHER FOR HEALTHY, INFORMED AND HAPPY CHILDREN.

BRING CHILDREN'S WELLNESS TO YOUR SCHOOL & COMMUNITY

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- Community Wellness Activities

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Om Ayurveda PANCHAKARMA CENTER RISHIKESH

Best Care AYURVEDA & NATURAL PRODUCTS

GodItsYou.net Understanding Your Own Self – Realizing the Divine Within

MOTHER EARTH TRAVEL AND TOURISM

ONE CHILD AT A TIME. ONE FAMILY AT A TIME. ONE COMMUNITY AT A TIME.

108 CHILDREN'S CARE PROGRAMS

Nurturing Healthy Bodies, Peaceful Minds,
Strong Values & Bright Futures

PROGRAM 11

HYDRATION & HEALTHY DRINKING HABITS

WATER FIRST, HEALTH ALWAYS

Good hydration is essential for children's growth, energy, concentration and overall well-being.

WHY HYDRATION MATTERS

- Helps maintain body functions
- Supports energy & physical activity
- Improves focus, attention & learning
- Helps regulate body temperature
- Supports overall health & immunity

WATER FIRST

Make water your child's everyday drink.

- Choose plain water regularly.
- Encourage children to carry a reusable water bottle.
- Offer water throughout the day.
- Water is calorie-free and best for hydration.

LIMIT SUGARY DRINKS

Reduce drinks with added sugar.

- Avoid soft drinks, energy drinks & sweetened beverages.
- Limit artificial juices & flavoured drinks.
- Too much sugar can affect health & energy.

WHOLE FRUITS OVER JUICE

Whole fruits are better than fruit juice.

- Whole fruits provide fiber & nutrients.
- Juice has less fiber and more natural sugars.
- Choose fruits, not just juice!

SCHOOL & PLAY

Hydrate more during activity & heat.

- Drink water before, during and after play.
- Carry a water bottle to school.
- Increase water intake in hot weather.

MAKE WATER FUN!

Make water interesting for children.

- Add lemon, cucumber, mint or fruits.
- Use colourful bottles they love.
- Small changes make a big difference.

FAMILY HABITS MATTER

Children learn by watching us.

When the whole family drinks water regularly, healthy habits last a lifetime.

QUICK HYDRATION GUIDE

General daily guideline*

4–8 years	1.0 – 1.2 litres
9–13 years	1.4 – 1.6 litres
14+ years	1.6 – 2.0 litres

*Needs may vary based on age, body size, physical activity, climate & health conditions. Consult a qualified professional for specific advice.

LET'S BUILD A HEALTHIER TOMORROW – ONE CHILD, ONE FAMILY, ONE COMMUNITY AT A TIME.

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108 CHILDREN'S CARE PROGRAMS

NURTURING HEALTHY BODIES, PEACEFUL MINDS,
STRONG VALUES & BRIGHT FUTURES

PROGRAM 12

NATURAL SOURCES OF VITAMINS & MINERALS

"A variety of natural foods
nourishes the body, mind and future.

WHY VITAMINS & MINERALS ARE IMPORTANT FOR CHILDREN

- Support Immunity
- Support Growth & Development
- Support Brain Function & Concentration
- Support Strong Bones & Teeth
- Support Energy Production

Vitamins and minerals are micronutrients that the body needs in small amounts for many important functions.

NATURAL SOURCES – EAT A RAINBOW EVERY DAY

GREEN
(VITAMIN A, C, FOLATE, IRON, CALCIUM)

- Spinach
- Fenugreek Leaves
- Broccoli
- Peas
- Green Beans

ORANGE & YELLOW
(VITAMIN A, C, POTASSIUM, FIBER)

- Carrots
- Pumpkin
- Sweet Potato
- Yellow Capsicum
- Mango

RED
(VITAMIN C, LYCOPENE, ANTIOXIDANTS)

- Tomato
- Beetroot
- Red Capsicum
- Pomegranate
- Watermelon

PURPLE & BLUE
(ANTIOXIDANTS, VITAMIN C, FIBER)

- Blueberries
- Grapes
- Purple Cabbage
- Jamun
- Brinjal

WHITE & OTHERS
(CALCIUM, POTASSIUM, FIBER)

- Cauliflower
- Garlic
- Mushroom
- Onion
- Banana

PULSES & LEGUMES
(IRON, PROTEIN, FOLATE, ZINC, MAGNESIUM)

- Moong Dal
- Masoor Dal
- Chickpeas
- Rajma
- Black Beans

WHOLE GRAINS & MILLETS
(B VITAMINS, IRON, MAGNESIUM, FIBER)

- Brown Rice
- Oats
- Ragi
- Jowar
- Quinoa

NUTS & SEEDS*
(VITAMIN E, HEALTHY FATS, ZINC, MAGNESIUM)

- Almonds
- Walnuts
- Pumpkin Seeds
- Sunflower Seeds
- Flaxseeds

MILK & DAIRY
(CALCIUM, VITAMIN D, PROTEIN)

- Milk
- Curd / Yogurt
- Paneer
- Buttermilk

HEALTHY FATS
(ESSENTIAL FATTY ACIDS, VITAMIN E)

- Avocado
- Groundnuts
- Sesame Seeds
- Flaxseeds
- Cold-pressed Oils

* Consider age, allergies and choking safety.

TIPS FOR PARENTS

- Offer a variety of natural foods daily.
- Include at least 2-3 colours on the plate each meal.
- Choose seasonal fruits and vegetables.
- Prefer home-cooked, minimally processed foods.
- Encourage regular meal & snack timings.

IMPORTANT TO REMEMBER

- A balanced diet is the best source of vitamins & minerals.
- Do not rely on supplements as a substitute for real food.
- Children's nutritional needs vary by age, growth & activity.
- Consult a qualified health professional for specific concerns.

DRINK WATER
STAY HYDRATED

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PROGRAM 13

IRON-RICH FOODS FOR CHILDREN

Iron is an essential mineral that helps make haemoglobin and supports healthy growth, energy and development.

WHY IRON MATTERS

- Helps make haemoglobin
- Supports energy & immunity
- Supports growth & development
- Supports brain function

BEST NATURAL VEGETARIAN SOURCES OF IRON

GREEN LEAFY VEGETABLES

- Spinach (Palak)
- Amaranth Leaves
- Fenugreek Leaves
- Mustard Greens
- Drumstick Leaves

PULSES & LEGUMES

- Moong Dal
- Masoor Dal
- Chickpeas (Chana)
- Rajma
- Black Beans

WHOLE GRAINS & MILLETS

- Ragi (Finger Millet)
- Bajra (Pearl Millet)
- Jowar (Sorghum)
- Oats
- Quinoa

NUTS, SEEDS & DRIED FRUITS*

- Sesame Seeds (Til)
- Pumpkin Seeds
- Sunflower Seeds
- Raisins
- Dates

IRON + VITAMIN C (BETTER ABSORPTION)

- Guava
- Orange
- Lemon
- Amla (Indian Gooseberry)
- Strawberry

*Choose age-appropriate forms. Consider allergies and choking safety.

Vitamin C-rich foods help the body absorb iron from plant-based foods better.

BUILD SMART IRON-RICH MEALS

Dal + Greens + Lemon | Chickpeas Salad + Guava | Millets + Dal + Vegetables

FOODS THAT REDUCE IRON ABSORPTION

Avoid tea/coffee with iron-rich meals.

Have tea or coffee at least 1–2 hours before or after meals.

TIPS FOR PARENTS

- Include a variety of iron-rich foods daily.
- Combine with vitamin C-rich foods.
- Cook in iron cookware when possible.
- Encourage regular meal & snack times.
- Ensure adequate protein in the diet.
- Seek medical advice if your child shows signs of iron deficiency.

SIGNS OF LOW IRON (OBSERVE & CONSULT)

- Tiredness & low energy
- Pale skin
- Poor concentration
- Frequent illness

IMPORTANT NOTE

This information is for awareness & education only and not a substitute for medical advice. If you suspect iron deficiency or anaemia, please consult a qualified healthcare professional.

LET'S NOURISH CHILDREN – ONE MEAL AT A TIME, ONE FAMILY AT A TIME, ONE COMMUNITY AT A TIME.

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PROGRAM 14

CALCIUM-RICH FOODS FOR GROWING BONES

Calcium is an essential mineral that helps build and maintain strong bones and teeth for children's healthy growth and development.

100% VEGETARIAN

WHY CALCIUM MATTERS

- Builds strong bones & teeth
- Supports growth & development
- Supports muscle function
- Helps maintain overall health

BEST VEGETARIAN SOURCES OF CALCIUM

MILK & DAIRY
(EASY TO ABSORB)

- Milk
- Curd / Yogurt
- Paneer
- Buttermilk

RAGI (FINGER MILLET)
(NATURAL CALCIUM)

- Ragi Porridge
- Ragi Dosa
- Ragi Rotla
- Ragi Malt

SESAME SEEDS (TIL)
(CALCIUM POWERHOUSE)

- Sesame Seeds (Til)
- Til Chutney
- Til Ladoo
- Til Powder

GREEN LEAFY VEGETABLES
(PLUS OTHER NUTRIENTS)

- Amaranth Leaves
- Spinach
- Fenugreek Leaves
- Mustard Leaves

OTHER PLANT SOURCES
(GOOD ADDITIONS)

- Almonds
- Broccoli
- Soybeans
- Chickpeas
- White Beans

Choose age-appropriate forms. Consider allergies and choking safety.

VITAMIN D – THE CALCIUM HELPER

- Sunlight exposure helps the body make Vitamin D.
- Vitamin D helps the body absorb calcium better.
- Mushrooms (sun-exposed)

Include Vitamin D-rich foods and safe sunlight in your child's daily routine.

BUILD CALCIUM-RICH MEALS

Combine different sources for better nutrition.

Ragi + Curd + Greens + Dal + Sesame Chutney

Variety in meals = Better growth & stronger bones.

WHAT TO LIMIT

- Limit too much soda, caffeine & packaged drinks.
- Reduce excess salt & high-sodium foods.
- Limit excessive sweets & junk foods.

Healthy choices today build strong bones for tomorrow.

MOVE EVERY DAY

Physical activity strengthens bones and muscles.

- Play outdoor games
- Walk / Cycling
- Yoga & Stretching

Stay active, stay strong!

TIPS FOR PARENTS

- Offer calcium-rich foods daily.
- Include a variety of whole foods in meals.
- Encourage home-cooked meals.
- Teach children healthy eating habits.
- Be a role model – eat healthy together.

IMPORTANT NOTE

This information is for awareness & education only and not a substitute for medical advice.

If your child has any health concerns, please consult a qualified healthcare professional.

STRONG FOOD. ACTIVE LIFE. HAPPY CHILDHOOD.

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100% VEGETARIAN

PROGRAM 15

FAMILY HEALTHY COOKING WORKSHOP

COOK TOGETHER. EAT TOGETHER. GROW TOGETHER.

A hands-on workshop for families to learn, cook and enjoy 100% vegetarian, wholesome and nutritious meals together.

Healthy cooking is more than food – it's togetherness, "learning and love."

WHY FAMILY COOKING MATTERS

- Builds stronger family bonds
- Encourages healthy eating habits
- Improves concentration & learning
- Supports immunity & overall health
- Teaches responsibility & life skills

KEY LEARNING AREAS IN THE WORKSHOP

1. KNOW YOUR INGREDIENTS

- Fresh vegetables
- Seasonal fruits
- Whole grains & millets
- Pulses & legumes
- Nuts, seeds & herbs

2. BUILD A BALANCED PLATE

- Include variety
- Eat colourful foods
- Choose natural & minimally processed ingredients

3. COOK HEALTHIER TOGETHER

- Steaming, boiling, baking & light sautéing
- Use less oil, salt & sugar
- Make homemade meals a habit

4. FOOD SAFETY FIRST

- Wash hands properly
- Keep kitchen clean
- Use fresh & safe ingredients
- Adult supervision for cooking & tools

5. MAKE IT FUN AND CREATIVE

- Let children help safely
- Try new recipes together
- Make food colourful & appealing

COOK TOGETHER, LEARN TOGETHER

- Age-appropriate tasks
- Encourage questions & curiosity
- Celebrate small achievements

EAT TOGETHER, THRIVE TOGETHER

- Family meals build connection
- Share stories & gratitude
- Enjoy slow, mindful eating together

OUR WORKSHOP INCLUDES

- Nutrition education for families
- Hands-on cooking sessions
- Healthy recipe ideas
- Take-home recipe guide
- Fun activities for children
- Q & A with nutrition experts

GOOD HABITS START YOUNG

- Eat healthy
- Stay active
- Drink water
- Sleep well
- Be grateful

Be the change for a healthier tomorrow.

JOIN OUR FAMILY HEALTHY COOKING WORKSHOP AND MAKE HEALTHY LIVING A JOYFUL JOURNEY!

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B. Ayurveda & Natural Wellness

PROGRAMS 16–30

Ayurveda teaches us to live in harmony with nature. Simple daily habits, natural foods, self-care and family togetherness help children grow healthy, happy and confident.

Natural Living | Nourishing Food | Healthy Routines | Strong Immunity | Happy Families

PROGRAMS 16–30 AT A GLANCE

PROGRAM 16
INTRODUCTION TO AYURVEDA FOR CHILDREN

Learn the basics of Ayurveda in a simple and fun way.

PROGRAM 17
UNDERSTANDING PRAKRITI IN CHILDHOOD

Know that every child is unique and special.

PROGRAM 18
HEALTHY DINACHARYA FOR CHILDREN

Balanced daily routine for physical & mental well-being.

PROGRAM 19
AYURVEDIC MORNING ROUTINE

Start the day with simple, healthy Ayurveda habits.

PROGRAM 20
SEASONAL HEALTHY LIVING FOR CHILDREN

Adapt food, routines and activities with the seasons.

PROGRAM 21
NATURAL PERSONAL HYGIENE

Clean habits for a healthy and confident child.

PROGRAM 22
TRADITIONAL INDIAN SELF-CARE PRACTICES

Ancient self-care practices for modern children.

PROGRAM 23
SAFE USE OF HERBS IN CHILDREN'S WELLNESS

Use herbs wisely and only with expert guidance.

PROGRAM 24
KITCHEN HERBS & THEIR TRADITIONAL USES

Discover the goodness of herbs in our daily food.

PROGRAM 25
TURMERIC & TRADITIONAL WELLNESS

Golden spice with rich Ayurvedic tradition.

PROGRAM 26
TULSI & TRADITIONAL WELLNESS

Sacred herb for everyday health and harmony.

PROGRAM 27
GINGER & DIGESTIVE WELLNESS

Supports healthy digestion and overall comfort.

PROGRAM 28
AMLA & TRADITIONAL NUTRITION

Nature's gift of Vitamin C and vitality.

PROGRAM 29
HEALTHY SLEEP THROUGH AYURVEDIC LIFESTYLE

Good sleep for better growth and learning.

PROGRAM 30
AYURVEDA-INSPIRED HEALTHY FAMILY HABITS

Small habits, big impact for the whole family.

KEY TAKEAWAYS

- Learn Ayurveda in a simple, age-appropriate way.
- Follow daily and seasonal healthy routines.
- Eat natural, seasonal and vegetarian food.
- Use herbs and spices wisely in daily life.
- Build strong immunity and healthy habits.
- Spend quality time with family.

IMPORTANT NOTE

These programs are for education and wellness awareness only.
They are not a substitute for medical advice, diagnosis or treatment.
Herbal products or therapies for children should only be used under the guidance of a qualified healthcare professional.

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PROGRAM 16

INTRODUCTION TO AYURVEDA FOR CHILDREN

Ayurveda is an ancient way of living in harmony with nature. For children, it teaches simple habits for a healthy body, happy mind and balanced life.

100% VEGETARIAN

"Ayurveda is not just about herbs, it is about good food, daily routine, nature, self-care and happy living."

CORE PRINCIPLES OF AYURVEDA FOR CHILDREN

- Live in harmony with nature
- Eat fresh, natural & wholesome food
- Follow a healthy daily routine
- Stay active & play outdoors
- Get enough rest & good sleep
- Be kind, positive & grateful

AYURVEDIC GUIDANCE IN DAILY LIFE

NOURISHING VEGETARIAN FOOD

- Fresh fruits & vegetables
- Whole grains & millets
- Pulses & legumes
- Healthy fats in moderation
- Eat with gratitude

HEALTHY DAILY ROUTINE

- Wake up early
- Cleanse & freshen up
- Eat on time
- Study & play
- Sleep on time

CONNECT WITH NATURE

- Spend time outdoors
- Get sunlight
- Breathe fresh air
- Help grow plants
- Respect all living beings

SIMPLE SELF-CARE

- Personal hygiene
- Keep body & clothes clean
- Brush teeth daily
- Keep nails clean
- Drink clean water

CALM MIND & HAPPY HEART

- Be kind & respectful
- Practice gratitude
- Avoid too much screen time
- Talk & share feelings
- Relax & have fun

IMPORTANT SAFETY NOTE

Herbs and Ayurvedic products are not the same as regular food. Children are not small adults.

- Do not give medicinal herbs without professional guidance.
- Some herbs may cause side effects or interact with medicines.
- Always consult a qualified doctor or Ayurvedic practitioner.

AYURVEDA IS MORE THAN HERBS

It is a way of living with balance.

Small steps every day create a healthy and joyful childhood.

PARENTS ARE ROLE MODELS

Children learn the most by watching us.

- Eat together as a family
- Follow healthy habits yourself
- Create a loving & peaceful home
- Support your child's growth with care

LET'S NURTURE CHILDREN WITH AYURVEDA – FOR A HEALTHY TODAY & A BRIGHTER TOMORROW.

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PROGRAM 17

UNDERSTANDING PRAKRITI IN CHILDHOOD

Ayurveda teaches that every child is unique. Prakriti is an individual's natural constitution that influences physical, mental and emotional characteristics.
Understanding Prakriti helps us support children with love, not labels.

"Every child is a beautiful combination of nature's energies."

KEY POINTS TO REMEMBER

- Prakriti is natural, not good or bad.
- It is not a diagnosis or a fixed label.
- Observe your child's strengths, needs & tendencies.
- Support with balanced food, routine & love.
- Children can grow and thrive with the right environment.

TRADITIONAL AYURVEDIC VIEW: THE THREE DOSHAS

VATA
Air + Space

Qualities: Light, Dry, Cold, Mobile

Children may be:
Imaginative, Energetic, Quick to learn, Sensitive

Support with:
Warm routine, Nourishing food, Good sleep, Gentle activities

PITTA
Fire + Water

Qualities: Hot, Sharp, Light, Intense

Children may be:
Intelligent, Curious, Focused, Determined

Support with:
Cooling foods, Calm environment, Patience, Creative expression

KAPHA
Earth + Water

Qualities: Heavy, Slow, Steady, Soft

Children may be:
Calm, Loving, Patient, Stable

Support with:
Active play, Light & warm foods, Motivation, Variety

HOW PARENTS CAN USE THIS WISDOM

NUTRITION
Offer fresh, seasonal, 100% vegetarian food suitable for your child.

DAILY ROUTINE
Maintain regular sleep, meals, study, play and relaxation time.

CONNECT WITH NATURE
Encourage outdoor time, sunlight, plants and natural surroundings.

SELF-CARE
Teach hygiene, self-care habits and respect for body & mind.

LOVE & UNDERSTANDING
Listen, encourage and accept your child just the way they are.

⚠ IMPORTANT SAFETY NOTE

- Prakriti assessment is a traditional concept and not a medical test.
- Do not label or compare children.
- Herbal products or therapies should never be given without qualified professional guidance.
- Consult a qualified Ayurvedic practitioner or healthcare professional for any concerns.

REMEMBER

Prakriti can help us understand our child better, but love, patience and healthy habits help them grow best.

ONE CHILD AT A TIME.
ONE FAMILY AT A TIME.
ONE COMMUNITY AT A TIME.

THIS PROGRAM IS FOR

- Schools & Educators
- Parents & Families
- Child Wellness Programs
- Community & NGOs
- Anyone who cares about children's healthy future

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PROGRAM 18

HEALTHY DINACHARYA FOR CHILDREN

A HEALTHY ROUTINE TODAY, A HEALTHY TOMORROW.

Dinacharya is the Ayurvedic way of living each day with balance and awareness. Simple daily habits help children grow healthy, happy and confident.

YOUR CHILD'S DAILY ROUTINE – A SIMPLE GUIDE

1. WAKE UP EARLY
6:00 AM

- Wake up with gratitude
- Fresh air & morning light
- Drink water

2. MORNING HYGIENE
6:15 AM

- Brush teeth & clean tongue
- Wash face & eyes
- Keep body clean

3. NUTRITIOUS BREAKFAST
7:00 AM

- Eat warm, homemade vegetarian food
- Fruits, sprouts, nuts
- Eat mindfully

4. LEARNING TIME
8:00 AM – 12:30 PM

- School / Study
- Focus & curiosity
- Take short breaks

5. LUNCH
1:00 PM

- Eat a balanced lunch
- Include vegetables, pulses & grains
- Avoid overeating

6. PLAY & PHYSICAL ACTIVITY
4:00 PM

- Outdoor play
- Sports / Yoga
- At least 60 minutes of activity daily

7. FAMILY TIME
6:00 PM

- Spend quality time with family
- Talk, laugh, share
- Build strong bonds

. DINNER
7:30 PM

- Light & easy to digest
- Eat together as a family
- Stay hydrated

9. QUIET TIME
8:15 PM

- Read a book
- Meditation / Prayer
- Prepare for sleep

10. SLEEP
9:00 PM

- Sleep early, sleep deep
- 9–11 hours of sleep (as per age)
- Good sleep, good growth

KEY PRINCIPLES OF HEALTHY DINACHARYA

Consistency
Build a regular daily rhythm

Balance
Study, play, rest, eat – all matter

Mindfulness
Be aware of your thoughts & actions

Moderation
Avoid too much screen time & junk food

Safety
Always follow hygiene

Gratitude
Be thankful for every day

PARENTS ARE ROLE MODELS

Children learn by watching.
Your habits become their habits.

IMPORTANT NOTES

- Dinacharya should be age-appropriate, flexible and joyful.
- Every child is unique.
- Avoid comparing your child with others.
- For health concerns, consult a qualified healthcare professional.

BENEFITS OF A HEALTHY ROUTINE

- ✔ Better focus & concentration
- ✔ Stronger immunity
- ✔ Good digestion & energy
- ✔ Better sleep
- ✔ Emotional balance
- ✔ Healthy growth & development

LET'S BUILD HEALTHY HABITS TODAY FOR A BRIGHTER TOMORROW!

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100% VEGETARIAN

PROGRAM 20

SEASONAL HEALTHY LIVING FOR CHILDREN

Observe the season. Adapt wisely. Care lovingly.

SEASONAL HEALTH TIPS FOR CHILDREN

SUMMER CARE

- Drink plenty of water throughout the day.
- Wear light, loose and cotton clothes.
- Eat hydrating fruits like watermelon, cucumber, orange, berries.
- Avoid direct sunlight between 11 AM – 4 PM.
- Play in the shade and stay indoors during extreme heat.

MONSOON CARE

- Wash hands with soap regularly.
- Drink clean, boiled or filtered water.
- Eat freshly cooked, hygienic food.
- Keep clothes and feet dry.
- Strengthen immunity with a balanced diet and good sleep.

WINTER CARE

- Wear warm, layered clothes.
- Eat warm, nourishing and seasonal foods.
- Include nuts, seeds, ghee, and soups.
- Do regular exercises, yoga or stretching.
- Keep your environment warm but well ventilated.

EVERY DAY – EVERY SEASON (FOUNDATIONS OF HEALTH)

- Eat fresh, seasonal & vegetarian food
- Stay hydrated
- Be physically active
- Get enough sleep
- Manage stress & stay positive
- Maintain personal hygiene
- Spend quality time with family

BEST SEASONAL VEGETARIAN FOODS

SUMMER
Watermelon, Cucumber, Muskmelon, Orange, Mint, Coconut Water

MONSOON
Moong Dal, Ginger, Garlic, Turmeric, Tulsi, Steamed Vegetables

WINTER
Sesame, Jaggery, Almonds, Dates, Carrots, Spinach, Millets

PARENTS, YOUR ROLE MATTERS

- Lead by example – children learn by watching you.
- Create a daily routine that suits the season.
- Encourage healthy eating & outdoor play.
- Keep screens limited, especially in the morning.
- Listen to your child's nee in every season.

IMPORTANT NOTES

- Adjust daily routine according to temperature & climate.
- Avoid very cold or very hot extremes.
- If your child has any health condition, consult a qualified healthcare professional.
- This program is educational and promotes general wellness.

LET'S RAISE HEALTHY, HAPPY & CONFIDENT CHILDREN – IN EVERY SEASON!

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108 CHILDREN'S CARE PROGRAMS

NURTURING HEALTHY BODIES, PEACEFUL MINDS,
STRONG VALUES & BRIGHT FUTURES

100% VEGETARIAN

PROGRAM 21

NATURAL PERSONAL HYGIENE

Clean habits today. Healthy habits for life.

Good hygiene is the first step toward good health. Teach children simple, natural and effective personal care habits every day.

"Small daily habits create a healthy and confident child."

DAILY HYGIENE HABITS EVERY CHILD SHOULD PRACTICE

1. HANDWASHING

- Wash hands with soap and clean water.
- Before eating
- After toilet
- After outdoor play

2. ORAL CARE

- Brush teeth twice a day.
- Use a soft brush.
- Rinse well and keep your mouth clean.

3. BATHING

- Bath daily.
- Especially after play or sweating.
- Keeps body fresh and healthy.

4. NAILS & HAIR

- Keep nails short and clean.
- Wash hair regularly.
- Keep scalp and hair healthy.

5. CLEAN CLOTHES

- Wear clean clothes and clean.
- Change clothes after sweating or getting dirty.

6. FOOD HYGIENE

- Eat fresh, home-cooked, vegetarian food.
- Drink clean and safe water.
- Keep utensils clean.

7. PERSONAL CARE AS CHILD GROWS

- Teach age-appropriate body care.
- Respect privacy and personal space.
- For girls: menstrual hygiene awareness with love and respect.

8. PARENTS ARE ROLE MODELS

Children learn best by watching.
Your habits become their habits.

NATURAL HYGIENE ESSENTIALS

- Use natural and safe products.
- Avoid harsh chemicals.
- Simplicity is the key to lifelong habits.

BENEFITS OF GOOD PERSONAL HYGIENE

- Prevents illness
- Boosts confidence
- Promotes well-being
- Improves social relationships
- Supports better learning
- Creates positive lifestyle

IMPORTANT REMINDERS

- ✔ Make hygiene a fun and positive routine.
- ✔ Use clean water, soap and simple tools.
- ✔ Teach with love, not with fear.
- ✔ Encourage independence, step by step.
- ✔ Every child is unique. Be patient.

CLEAN HABITS. STRONG HEALTH. BRIGHT FUTURES.

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PROGRAM 22

TRADITIONAL INDIAN SELF-CARE PRACTICES FOR CHILDREN

Simple. Natural. Timeless.
Rooted in our culture. Relevant for today.

SIMPLE TRADITIONAL PRACTICES FOR EVERYDAY SELF-CARE

1. PERSONAL HYGIENE

- Wash hands with soap
- Brush teeth twice a day
- Bathe daily
- Wear clean clothes

2. TRADITIONAL OIL MASSAGE

- Gentle oil massage nourishes the body.
- Builds connection and relaxation.
- Use mild, child-friendly oils.

3. HAIR & SCALP CARE

- Keep hair clean and well combed.
- Natural oils can help keep scalp healthy.

4. YOGA & MOVEMENT

- Simple yoga postures improve flexibility.
- Deep breathing calms the mind.

5. NUTRITIOUS VEGETARIAN FOOD

- Eat fresh, seasonal, vegetarian food.
- Home-cooked meals with love and care.

6. CONNECT WITH NATURE

- Spend time outdoors.
- Play in nature.
- Observe, appreciate and protect the earth.

7. MINDFUL MOMENTS

- A few quiet minutes every day.
- Practice gratitude.
- Be present and peaceful.

8. TRADITIONAL CARE ITEMS

- Use natural, gentle and safe products.
- Choose what suits your child.

9. REST & SLEEP

- Adequate sleep refreshes the body.
- Early to bed, early to rise.

10. FAMILY TIME

- Share stories, values and traditions.
- Love, respect and togetherness heal.

WHY TEACH TRADITIONAL SELF-CARE?

- Builds confidence and independence.
- Creates healthy daily habits.
- Strengthens body, mind and immunity.
- Connects children to their culture and roots.
- Encourages simplicity and mindful living.

PARENTS ARE ROLE MODELS

Children learn best by watching us.

Let's practice self-care together as a family.

TIPS TO REMEMBER

- Keep it simple and age-appropriate.
- Be consistent, not perfect.
- Encourage, don't force.
- Use safe, natural and gentle products.
- Every child is unique—observe and understand.

SMALL DAILY PRACTICES, BIG LIFELONG BENEFITS

Strengthens Immunity | Improves Focus | Builds Discipline | Supports Emotional Balance | Encourages Mindfulness | Promotes Happiness

LET'S RAISE HEALTHY, HAPPY & CONSCIOUS CHILDREN

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PROGRAM 23

SAFE USE OF HERBS IN CHILDREN'S WELLNESS

Natural does not always mean safe – especially for children.

Let's learn, use and share traditional wisdom with knowledge, responsibility and care.

IMPORTANT THINGS TO REMEMBER

1. CHILDREN ARE NOT SMALL ADULTS

Children's bodies are growing and can react differently to herbs and supplements.

2. FOOD HERBS VS. MEDICINAL PRODUCTS

Culinary herbs used in food are different from concentrated herbal supplements or medicinal preparations.

3. KNOW WHAT YOU ARE USING

Check ingredients, dosage, age recommendations, and how the product should be used.

4. ASK A QUALIFIED PROFESSIONAL

Always consult a qualified healthcare or Ayurvedic professional before giving herbs to children.

5. DON'T SELF-MEDICATE

Never use herbs to replace prescribed treatment or delay proper medical care for any health concern.

6. CHECK FOR INTERACTIONS

Herbs may interact with medicines or other supplements. Inform the doctor about all products your child uses.

7. STORE SAFELY

Keep all herbal products out of children's sight and reach, away from food and everyday items.

8. WATCH & RESPOND

Stop use if any unwanted reaction occurs and seek appropriate medical advice immediately.

TRUSTED SOURCES, BETTER CHOICES

- ✔ Choose products from trusted, reliable manufacturers.
- ✔ Prefer products with clear labels and quality assurance.
- ✔ Be cautious of exaggerated claims like "miracle cure" or "100% safe".
- ✔ When in doubt, leave it out.
- ✔ Simple, natural and balanced lifestyle is always the best foundation.

TRADITIONAL WISDOM, MODERN RESPONSIBILITY

- Respect tradition but follow evidence
- Understand your child's age and unique needs
- Use herbs with knowledge, not guesswork
- Put children's safety above everything

NATURAL DAILY SUPPORT FOR CHILD WELLNESS

- Nutritious vegetarian food
- Adequate sleep
- Regular physical activity
- Cleanliness & hygiene
- Mindfulness & gratitude
- Love, care & family time

SAFETY FIRST. ALWAYS.

- Herbs can be helpful when used properly.
- But without knowledge, they can also be harmful.
- Be informed. Be careful. Be responsible.

This program is for educational and awareness purposes only and does not replace professional medical advice. Always consult a qualified healthcare professional for your child's needs.

KNOWLEDGE IS PROTECTION. WISDOM IS WELLNESS.

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PROGRAM 24

KITCHEN HERBS
& THEIR TRADITIONAL USES

Our kitchens are filled with herbs and spices that bring flavour, nutrition and wisdom. Let's learn, cook and appreciate—together!

COMMON KITCHEN HERBS & THEIR TRADITIONAL USES (AS PART OF FOOD)

TURMERIC (Haldi)

Used in cooking for colour and flavour. Traditionally valued in Indian culture.

Curries, Dal, Rice, Vegetables

GINGER (Adrak)

Adds warm, zesty flavour to food. Traditionally used in many home recipes.

Tea, Stir-fries, Soups, Chutneys

CUMIN (Jeera)

Aromatic spice used widely in Indian cooking for flavour and digestion.

Dal, Curries, Buttermilk, Rice

CORIANDER (Dhaniya)

Seeds and leaves are used in many dishes for their refreshing taste.

Curries, Chutneys, Salads, Soups

TULSI (Holy Basil)

Sacred plant in Indian tradition. Leaves are traditionally used in herbal preparations.

Herbal Teas, Decoctions

TEACH CHILDREN TO:

- Identify herbs and spices
- Notice aromas and flavours
- Understand food traditions
- Help safely in the kitchen
- Enjoy varied, nutritious meals

FOOD FIRST, ALWAYS

Herbs and spices enhance the taste of a balanced, vegetarian diet.

A varied diet with whole grains, pulses, vegetables, fruits and healthy fats supports healthy growth.

SAFETY FIRST – VERY IMPORTANT FOR CHILDREN

- Culinary herbs used in food are different from concentrated herbal supplements or medicinal products.
- Always ask a qualified healthcare or Ayurvedic professional before giving any herbal product to children.
- Never self-prescribe herbs or replace prescribed treatment with herbal products.
- Choose high-quality products from trusted, reliable sources.
- Store all herbal products out of children's sight and reach.
- Stop use and seek medical advice if any unwanted reaction occurs.

LET'S BUILD WISDOM, NOT JUST HABITS

- Respect tradition but follow evidence.
- Children learn best by watching us.
- Use herbs with love, knowledge and responsibility.

BRING CHILDREN'S WELLNESS EDUCATION TO YOUR SCHOOL & COMMUNITY

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PROGRAM 25

TURMERIC
& TRADITIONAL WELLNESS

Turmeric (Haldi) has been cherished in Indian kitchens and traditions for generations.

Learn the tradition. Enjoy the food. Use wisdom.

WHAT IS TURMERIC (HALDI)?

Turmeric is a golden spice made from the root of the Curcuma longa plant. It gives colour, flavour and aroma to food.

TRADITIONAL USES OF TURMERIC (AS A PART OF FOOD)

ENHANCES FLAVOUR & COLOUR
Adds beautiful golden colour and a mild, earthy flavour to many dishes.

PART OF INDIAN TRADITIONS
Used in festivals, rituals and home remedies as part of traditional culture.

USED IN DAILY COOKING
Commonly used in dal, vegetables, soups, rice, millets and many recipes.

CONNECTS GENERATIONS
Sharing food wisdom helps children learn about culture, nature and healthy living.

TURMERIC IN EVERYDAY VEGETARIAN FOOD


Dal & Kadhi


Vegetable Curries


Rice & Millets


Soups


Stir-fry & Sabzi


Golden Milk (Haldi Doodh)

TEACH CHILDREN TO:

- Recognise herbs and spices
- Smell and explore aromas
- Understand their origins
- Enjoy cooking together
- Appreciate healthy food

IMPORTANT TO REMEMBER

Food Ingredient, Not Medicine
Turmeric used in food is different from concentrated turmeric or curcumin supplements.

Natural ≠ Automatically Safe
Many supplements have not been adequately studied in children. Safety can vary.

Ask a Professional
Always consult a qualified healthcare professional before giving herbal supplements to children.

SAFETY GUIDELINES

- Use turmeric as a part of balanced, nutritious meals.
- Do not self-prescribe herbal supplements for children.
- Do not replace prescribed treatment with herbs.
- Stop use and seek medical advice if any unwanted reaction occurs.
- Store all herbal products out of children's reach.

NUTRITIOUS FOOD, HEALTHY CHILDHOOD

A varied vegetarian diet with whole grains, pulses, vegetables, fruits, nuts and healthy fats supports healthy growth and strong immunity.

"Food is our first medicine. Use herbs wisely in everyday life."

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PROGRAM 26

TULSI
& TRADITIONAL WELLNESS

A Sacred Plant • A Family Tradition • A Lesson for Life

Tulsi (Holy Basil) has a special place in Indian homes and culture.
Let children learn about nature, tradition and responsible wellness.

WHY TULSI IS SPECIAL

SACRED & CULTURAL PLANT

Tulsi is respected in many Indian traditions and is a symbol of purity, protection and positivity.

CONNECTS GENERATIONS

Children learn values, stories and traditions from grandparents and parents.

TRADITIONAL USES (IN FOOD)

Tulsi leaves are traditionally used in herbal teas, kitchens and everyday household preparations.

WELLNESS THROUGH LIFESTYLE

Healthy food, fresh air, prayer, good habits and family time support overall wellness.

RESPECT FOR NATURE

Caring for plants teaches responsibility, compassion and love for nature.

TEACH CHILDREN TO

- Identify Tulsi plant
- Water and care
- Observe leaves, flowers & aroma
- Learn stories & traditions
- Use in food wisely
- Share knowledge as a family

TULSI IN EVERYDAY VEGETARIAN FOOD

Tulsi Herbal Tea | Dal & Soups | Curries & Sabzi

Adds aroma, flavour and tradition to simple, healthy meals.

IMPORTANT REMINDERS

- **Food Ingredient, Not Medicine**
  Tulsi used in food is different from concentrated herbal supplements or medicinal products.
- **Natural ≠ Automatically Safe**
  Many supplements have not been adequately studied in children.
- **Ask a Professional**
  Always consult a qualified healthcare professional before using any herbal products for children.

SAFETY GUIDELINES FOR CHILDREN

- Use tulsi as part of a balanced, nutritious diet and healthy lifestyle.
- Do not self-prescribe herbal supplements for children.
- Do not replace prescribed treatment with herbs.
- Stop use and seek medical advice if any unwanted reaction occurs.
- Store all herbal products out of children's sight and reach.

HEALTHY HABITS, HEALTHY CHILDHOOD

- Wholesome vegetarian food
- Daily physical activity
- Cleanliness & hygiene
- Adequate sleep
- Mindfulness & gratitude
- Love, care & family connection

"Let children grow with roots of tradition and wings of knowledge."

LET'S NURTURE HEALTHY BODIES, PEACEFUL MINDS & BRIGHT FUTURES

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PROGRAM 27

GINGER & DIGESTIVE WELLNESS

A small root with a big role in traditional kitchens and wellness.

Food • Tradition • Healthy Habits • Happy Kids

WHY GINGER IS VALUED IN TRADITION

TRADITIONAL KITCHEN INGREDIENT

Ginger (Adrak) has been used in Indian kitchens for its aroma, flavour and warming nature.

SUPPORTS DIGESTIVE WELLNESS HABITS

Traditionally used to support digestion and comfort after meals as part of a healthy lifestyle.

ENHANCES FLAVOUR NATURALLY

Adds a fresh, zesty taste to dals, soups, stir-fries, chutneys, and many vegetarian dishes.

PART OF INDIAN TRADITION

Ginger is part of our cultural wisdom passed down through generations.

GOOD HABITS FOR CHILDREN

Encourages healthy eating, mindful living and respect for traditional foods.

HOW CHILDREN CAN LEARN & BENEFIT

SEE & IDENTIFY

Help children recognise ginger in its natural form.

SMELL & EXPLORE

Let them smell the aroma and understand its freshness.

COOK TOGETHER

Involve children in safe, age-appropriate cooking activities.

ENJOY WHOLESOME FOOD

Combine ginger with a balanced vegetarian diet for better digestion and nutrition.

DIGESTIVE WELLNESS STARTS WITH

- Balanced vegetarian meals
- Adequate hydration
- Regular physical activity
- Adequate sleep
- Regular meal times
- Mindful eating

IMPORTANT REMINDERS

Food Ingredient, Not Medicine
Ginger used in food is different from concentrated supplements or medicinal products.

Natural ≠ Automatically Safe
Many supplements have not been adequately studied in children.

Ask a Professional
Always consult a qualified healthcare professional before using any herbal products for children.

SAFETY GUIDELINES FOR CHILDREN

- Use ginger as part of a balanced vegetarian diet.
- Do not self-prescribe ginger supplements for children.
- Do not replace prescribed treatment with ginger.
- Stop use and seek medical advice if any unwanted reaction occurs.
- Store all herbal products out of children's sight and reach.

WHEN TO SEEK PROFESSIONAL HELP?

If your child has persistent digestive issues like stomach pain, acidity, bloating, constipation, nausea or poor appetite, consult a qualified healthcare professional.

TEACH TRADITION. PRACTICE WISDOM. NURTURE WELLNESS.

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PROGRAM 28

AMLA
& TRADITIONAL NUTRITION

A small fruit with a big tradition.
Learn from nature. Eat with variety.
Grow with wisdom.

WHY AMLA IS VALUED IN TRADITION

TRADITIONAL FRUIT

Amla (Indian Gooseberry) has been part of Indian food and wellness traditions for generations.

NATURAL SOURCE OF GOODNESS

Amla is naturally rich in nutrients and a source of Vitamin C.*

SUPPORTS DIGESTIVE WELLNESS

Traditionally used in food practices that support digestion and overall well-being.

PART OF INDIAN FOOD CULTURE

Used in pickles, chutneys, churnas and many traditional vegetarian preparations.

GOOD HABITS FOR CHILDREN

Encourages healthy eating, mindful living and respect for traditional foods.

WAYS TO ENJOY AMLA (AGE-APPROPRIATE)

Fresh Amla

Amla Chutney

Amla in Vegetable Dishes

Amla Drink (with little jaggery)

TEACH CHILDREN TO:

- Explore nature
- Identify real foods
- Cook together
- Make healthy choices
- Respect tradition

NUTRITION IS ABOUT VARIETY

A balanced diet includes a variety of foods from all food groups.

- Whole Grains
- Pulses & Legumes
- Vegetables
- Fruits
- Nuts & Seeds (age-appropriate)
- Healthy Fats

IMPORTANT REMINDERS

- Amla is a food, not a medicine.
- Healthy nutrition comes from a balanced and varied diet.
- Natural does not always mean suitable for every child.
- Do not rely on any single food for health.

SAFETY FIRST FOR CHILDREN

- Do not self-prescribe amla supplements or concentrated extracts for children.
- Some herbal products may cause side effects or interact with medicines.
- If considering an herbal product for your child, consult a qualified healthcare professional.
- If your child has any health concerns, seek professional medical advice.

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PROGRAM 29

HEALTHY SLEEP THROUGH AYURVEDIC LIFESTYLE

A calm evening creates a peaceful night
and a brighter tomorrow.

AYURVEDIC PRINCIPLES FOR BETTER SLEEP

REGULAR ROUTINE

Consistent daily routine helps regulate the body clock and improves sleep quality.

EARLY WIND-DOWN

Give at least 60 minutes of calm time before bed. Choose quiet, relaxing activities.

SCREEN-FREE EVENINGS

Avoid screens (TV, mobile, tablet, computer) at least an hour before bedtime.

LIGHT & NUTRITIOUS VEGETARIAN DINNER

Eat a light, balanced vegetarian meal 2–3 hours before sleep. Avoid heavy, oily or junk food.

CALM THE MIND

Reading, meditation, gratitude and gentle breathing calm the mind and prepare for sleep.

COMFORTABLE SLEEP ENVIRONMENT

Keep the room clean, quiet, dark & cool. Use comfortable bedding and remove distractions.

RECOMMENDED DAILY SLEEP DURATION*

Preschool (3–5 years)	10–13 hours
School-age (6–12 years)	9–12 hours
Teenagers (13–18 years)	8–10 hours

*Sleep needs vary from child to child. Follow consistency and quality sleep.

SIGNS YOUR CHILD MAY NEED BETTER SLEEP

- Difficulty falling or staying asleep
- Waking up tired
- Mood swings or irritability
- Poor concentration
- Frequent illness

TEACH CHILDREN

- Maintain daily routine
- Get natural sunlight
- Stay physically active
- Eat wholesome food
- Drink enough water
- Limit daytime naps
- Value early to bed, early to rise

IMPORTANT REMINDERS

- Food and lifestyle support healthy sleep, but are not a treatment for sleep disorders.
- Avoid self-prescribing herbal or supplement products for children.
- Every child is unique. Be patient and consistent.
- If sleep problems persist, consult a qualified healthcare professional.

WHEN TO SEEK PROFESSIONAL HELP

- Persistent difficulty sleeping
- Loud snoring or breathing problems
- Restless sleep affecting daytime excessive sleepiness
- Any concern about your child's sleep or health

GOOD ROUTINE TODAY, BETTER HEALTH TOMORROW.

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PROGRAM 30

AYURVEDA-INSPIRED HEALTHY FAMILY HABITS

Small Habits. Strong Family. Bright Future.

Children learn what they live.
Create a home where healthy choices become everyday habits.

AYURVEDA & MODERN WISDOM FOR HAPPY, HEALTHY FAMILIES

1. DAILY RHYTHM
Follow a regular daily routine.

- Wake up early
- Eat on time
- Study & play
- Sleep on time

2. NUTRITIOUS VEGETARIAN FOOD
Eat fresh, simple and wholesome food.

- More vegetables, fruits & whole grains
- Eat together as a family
- Avoid junk & over-processed food

3. MOVE TOGETHER
Stay active every day as a family.

- Walk, cycle, garden or play outdoors
- At least 60 minutes of physical activity daily

4. PROTECT SLEEP
Good sleep builds a healthy child.

- Consistent bedtime
- Calm evening routine
- No screens before bed
- Enough quality sleep

5. SCREEN-FREE FAMILY TIME
Less screen, more green.

- No phones during meals & study
- Screen-free zone before bedtime
- Spend time in real conversations

6. CALM THE MIND
Nourish thoughts, not just the body.

- Reading, prayer or meditation
- Deep breathing
- Gratitude practice
- Positive conversations

7. PERSONAL HYGIENE
Clean habits protect health.

- Wash hands regularly
- Brush twice a day
- Bathe daily
- Keep surrounding clean

8. EMOTIONAL CONNECTION
Strong hearts build strong children.

- Listen to your child
- Encourage & appreciate
- Be patient & kind
- Create a safe space to share feelings

9. NATURE & TRADITION
Stay close to nature and culture.

- Spend time in nature
- Celebrate festivals mindfully
- Respect elders & cultural values

10. CONSISTENCY OVER PERFECTION
Small daily efforts create big change.

- Be consistent
- Don't aim for perfect, aim for progress
- One day at a time, together

HOLISTIC BENEFITS FOR CHILDREN

- Stronger immunity and better health
- Emotional balance and confidence
- Better sleep and mood
- Better focus and learning
- Healthy digestion and energy
- Strong values and character

PRACTICAL TIPS FOR PARENTS

- Involve children in meal preparation and household work.
- Create family traditions like story time, gratitude sharing, etc.
- Lead by example. Children imitate what they see.
- Keep weekends balanced: fun + family + rest.

REMEMBER

A healthy family is not about having everything perfect.
It is about choosing better together.

ONE CHILD AT A TIME.
ONE FAMILY AT A TIME.
ONE COMMUNITY AT A TIME.

WHEN TO SEEK HELP

If your child has ongoing health, emotional or behavioral concerns, consult a qualified healthcare professional.

LIVE HEALTHY. LIVE MINDFULLY. GROW TOGETHER.

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NURTURING HEALTHY BODIES,
PEACEFUL MINDS,
STRONG VALUES & BRIGHT FUTURES

PROGRAMS 31–45

YOGA, MOVEMENT & PHYSICAL WELLNESS

Move More. Breathe Better. Grow Stronger.

Healthy Habits Today,
Stronger Children Tomorrow.

PROGRAMS 31–45 AT A GLANCE

31 CHILDREN'S YOGA PROGRAM

Introducing children to joyful, age-appropriate yoga and body awareness.

32 YOGA FOR FLEXIBILITY

Gentle stretches to improve flexibility and body comfort.

33 YOGA FOR STRENGTH & BALANCE

Fun poses to build strength, balance, coordination and confidence.

34 YOGA FOR HEALTHY POSTURE

Learn correct posture for a healthy spine and body alignment.

35 YOGA FOR SCHOOL CHILDREN

Simple yoga practices suitable for schools and classrooms.

36 YOGA BEFORE STUDY

Quick poses to refresh the mind and prepare for focused learning.

37 YOGA AFTER SCHOOL

Release stress, relax the body and energize after school.

38 CHILDREN'S PRANAYAMA INTRODUCTION

Safe, simple breathing exercises for children to relax and focus.

39 BREATH AWARENESS FOR CHILDREN

Learn to observe breath and calm the mind naturally.

40 SIMPLE RELAXATION TECHNIQUES

Easy relaxation methods to reduce tension and improve relaxation.

41 SURYA NAMASKAR FOR CHILDREN

Step-by-step Surya Namaskar to build strength, focus and gratitude.

42 YOGA GAMES FOR CHILDREN

Yoga through games makes learning exciting and fun.

43 MOVEMENT & PHYSICAL ACTIVITY AWARENESS

Understand the importance of daily movement for a healthy body.

44 SCREEN-TIME MOVEMENT BREAKS

Short movement breaks to reduce screen time and refresh the body.

45 FAMILY YOGA DAY

Move, breathe and bond together for a healthier, happier family.

BENEFITS OF YOGA & MOVEMENT FOR CHILDREN

- Strong Bones & Muscles
- Better Focus & Memory
- Improved Mood & Confidence
- Healthy Lungs & Heart
- Better Immunity & Energy
- Stronger Values & Discipline

IMPORTANT REMINDERS

- Always practice under the guidance of a qualified instructor.
- Listen to your body. Never force any pose.
- Eat light and healthy. Drink enough water.
- Consistency is more important than perfection.
- Yoga is not a competition; it is a joyful journey.

RECOMMENDED DAILY PHYSICAL ACTIVITY FOR CHILDREN (5–17 YEARS)

At least 60 minutes of moderate to vigorous physical activity every day.

Include muscle and bone strengthening activities at least 3 days a week.

TIPS FOR FAMILIES

- Encourage outdoor play and limit sedentary time.
- Make movement a part of daily routine.
- Create screen-free times and spaces.
- Support sleep, good nutrition and emotional well-being.

ONE CHILD AT A TIME. ONE FAMILY AT A TIME. ONE COMMUNITY AT A TIME.

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PROGRAM 31

CHILDREN'S YOGA PROGRAM

Move. Breathe. Play. Grow.

A joyful journey of movement, breath awareness and relaxation for children.

BENEFITS OF CHILDREN'S YOGA

- Improves flexibility & strength
- Boosts focus & concentration
- Enhances breathing & lung capacity
- Supports immunity & health
- Reduces stress & promotes emotional well-being
- Improves posture & body awareness

WHAT CHILDREN LEARN

- Body awareness & coordination
- Balance & posture
- Breath awareness
- Relaxation & self-calming
- Positive thinking & confidence
- Discipline & mindfulness
- Respect for self & others

SIMPLE & SAFE POSES

TADASANA (Mountain Pose)

VRIKSHASANA (Tree Pose)

BHUJANGASANA (Cobra Pose)

MAJARIASANA (Cat-Cow Pose)

BALASANA (Child's Pose)

- Practice in the morning or evening
- Use a clean yoga mat
- Drink water before & after practice
- Wear comfortable clothes
- Listen to your body. Never force any pose.

YOGA THROUGH PLAY

Learning is more fun when we play!

- Animal Poses
- Stories & Rhymes
- Yoga Games
- Group Activities

BREATH AWARENESS

Simple breathing for calm mind.

- Deep Breathing
- Count Your Breath
- Calm & Relax

RELAX & RECHARGE

End every session with relaxation.

- Gentle Relaxation
- Gratitude
- Positive Affirmations

IMPORTANT REMINDERS

- Yoga is not a competition. Do your best, not anyone else's.
- Always practice under the guidance of a qualified teacher.
- Move slowly and breathe naturally.
- Stop if you feel pain or discomfort.
- Yoga is for every body!

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PROGRAM 32

YOGA FOR FLEXIBILITY

Move Gently. Stretch Safely. Grow Naturally.

Helping children build flexibility, body awareness and confidence through yoga.

WHY FLEXIBILITY MATTERS FOR CHILDREN

- Improves range of movement and mobility
- Supports better posture and alignment
- Strengthens muscles and joints
- Reduces stress and promotes relaxation
- Builds body awareness and self-confidence

REMEMBER

- Every child is different.
- Don't compare.
- Comfort is more important than depth.
- Never force or push.
- Stretch with a smile.

SIMPLE & SAFE POSES

BUTTERFLY POSE
(BADDHA KONASANA)

Gently opens hips and improves flexibility.

SEATED SIDE STRETCH
(PARSHVA STRETCH)

Stretches the sides and improves posture.

CAT – COW POSE
(MARJARI – BITILASANA)

Improves spine flexibility and relieves stiffness.

CHILD'S POSE
(BALASANA)

Calms the mind and gently stretches the back.

FORWARD STRETCH
(PASCHIMOTTANASANA)

Stretches the back body and improves flexibility.

MAKE IT PLAYFUL

Yoga games, animal poses and stories make learning fun!

Learn through play. Grow with joy.

BREATHE & RELAX

Combine stretching with breath awareness and relaxation.

Breathe gently. Feel calm.

CONSISTENCY IS KEY

Short daily practice is better than long, occasional sessions.

Little by little, every day.

SAFETY FIRST

- Warm up before stretching.
- Move slowly and with control.
- Never bounce or jerk.
- Stop if you feel pain.
- Practice under the guidance of a qualified teacher.

PERFECT FOR

- School Programs
- After School Activities
- Family Yoga Time
- Wellness Camps

> "Yoga is not about being the best. It's about being better than yesterday."

BENEFITS FOR A LIFETIME

- Healthy body
- Peaceful mind
- Positive habits
- Emotional balance
- Better concentration
- Happy childhood

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PROGRAM 33

YOGA FOR STRENGTH & BALANCE

Strong Body. Steady Mind. Confident Child.

Children grow stronger and more confident when they move with control and balance.

WHAT IS STRENGTH & BALANCE IN YOGA?

It is the ability to hold the body steadily, move with control, and stay balanced in different positions.

BENEFITS FOR CHILDREN

- Builds muscle strength and body control
- Boosts confidence and focus
- Improves balance and coordination
- Supports healthy growth and bones
- Strengthens core and posture
- Encourages discipline and self-awareness

SIMPLE YOGA POSES TO BUILD STRENGTH & BALANCE

TREE POSE (VRIKSHASANA)

Improves balance, focus and stability.

CHAIR POSE (UTKATASANA)

Strengthens legs, hips and core.

WARRIOR II (VIRABHADRASANA II)

Builds leg strength, stamina and concentration.

BRIDGE POSE (SETU BANDHASANA)

Strengthens back, hips and glutes.

PLANK POSE (PHALAKASANA)

Strengthens core, arms and shoulders.

BUTTERFLY POSE (BADDHA KONASANA)

Improves hip flexibility and posture.

MAKE IT PLAYFUL

Use animal poses, stories and yoga games.

- Animal Walks
- Balance Games
- Story-Based Yoga
- Partner Activities

FOCUS ON BREATH

Breathe slowly and stay calm while moving.

- Inhale – Grow Strong
- Exhale – Stay Calm
- Breath = Power

NO COMPARISON

Every child is unique. Respect every body.

- Don't compare
- Celebrate effort
- Encourage progress

SAFETY FIRST

Yoga is not about forcing. It is about feeling good.

- Warm up before practice
- Move within comfort
- Stop if you feel pain
- Practice under guidance

PRACTICE DAILY

Short, regular practice brings the best results.

- 10–20 minutes daily
- Consistency > Intensity
- Small steps, big results

YOGA + ACTIVE LIFESTYLE

Yoga is one part of an active life. Encourage children to also play, run, walk, dance and enjoy outdoor activities.

PARENT TIPS

- Be a role model – practice with your child.
- Create a positive and relaxed environment.
- Praise effort, not perfection.
- Make movement a joyful family habit.

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PROGRAM 34

YOGA FOR HEALTHY POSTURE

Sit with Awareness. Move with Freedom.
Grow with Confidence.

Helping children develop body awareness, correct alignment and healthy posture habits through simple yoga and mindful living.

BENEFITS OF GOOD POSTURE FOR CHILDREN

- Supports healthy spinal alignment
- Improves breathing and lung capacity
- Builds core strength and body control
- Improves focus, learning & memory
- Increases confidence and self-esteem
- Reduces fatigue and body strain

SIMPLE YOGA POSES FOR HEALTHY POSTURE

MOUNTAIN POSE (TADASANA)

Improves posture and body awareness.

CAT – COW POSE (MARJARI – BITILASANA)

Improves spinal flexibility and reduces stiffness.

BRIDGE POSE (SETU BANDHASANA)

Strengthens back, hips and core.

CHAIR POSE (UTKATASANA)

Strengthens legs, back and improves posture.

PLANK POSE (PHALAKASANA)

Builds core strength and body control.

CHILD'S POSE (BALASANA)

Relaxes the back and calms the mind.

STUDY SMART

- Keep back straight and shoulders relaxed.
- Screen at eye level.
- Feet flat on the floor or supported.
- Take regular movement breaks.

MOVEMENT BREAKS

Get up every 30–45 minutes. Stretch, walk or play.

BREATHE & RELAX

Deep breathing helps relax the body and improve posture.

NO COMPARISON

Every child is different. Focus on progress, not perfection.

PRACTICE DAILY

Just 10–15 minutes daily can create healthy habits for life.

TIPS FOR HEALTHY POSTURE

- Sit, stand and walk with awareness.
- Keep head, neck and spine in a neutral position.
- Avoid slouching while using mobile, TV or laptop.
- Use a backpack with both straps.
- Sleep well and stay physically active.
- Eat nutritious vegetarian food for strong bones and and muscles.

YOGA + ACTIVE LIFESTYLE

Yoga is one part of an active life. Encourage children to run, play, cycle, swim, dance and enjoy outdoor activities.

Posture is not just about sitting straight, it's about living with awareness.

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PROGRAM 35

YOGA FOR SCHOOL CHILDREN

Learn. Move. Breathe. Grow.

Simple yoga for a healthy body,
focused mind and joyful school days.

WHY SCHOOL CHILDREN NEED YOGA

- Improves posture and body alignment
- Enhances focus, concentration and memory
- Builds strength, balance and coordination
- Reduces stress and supports emotional well-being
- Boosts energy levels and confidence
- Supports overall health and immunity

PERFECT FOR

- Morning assembly yoga sessions
- Between lessons movement breaks
- Physical education and wellness programs
- After long study periods
- All age groups

SIMPLE YOGA PRACTICES FOR SCHOOL

MOUNTAIN POSE (TADASANA)

Improves posture and body awareness.

CAT – COW POSE (MARJARI – BITILASANA)

Increases spinal flexibility and mobility.

SIDE STRETCH (PARSVA UTKATASANA)

Stretches the sides and improves posture.

TREE POSE (VRIKSHASANA)

Enhances balance, focus and stability.

CHAIR POSE (UTKATASANA)

Strengthens legs, back and core.

CHILD'S POSE (BALASANA)

Relaxes the body and calms the mind.

BREATHE & RELAX

Deep breathing calms the mind and refreshes the body.

MOVEMENT BREAKS

Take short breaks. Stretch, stand, walk and play.

STUDY SMART

- Sit straight but relaxed.
- Feet flat on the floor.
- Screen at eye level.
- Take regular breaks.
- Keep shoulders relaxed.

NO COMPETITION

Every child is unique. Focus on effort, not perfection.

BE ACTIVE EVERY DAY

Yoga is one part of an active lifestyle. Play, run, walk, dance and explore!

SAFETY FIRST

- Practice under the guidance of a qualified teacher.
- Use safe space and non-slip mats.
- Never force any posture.
- Stop if you feel pain or discomfort.

"Healthy children build a healthy nation."

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PROGRAM 36

YOGA BEFORE STUDY

Move the Body. Calm the Mind. Prepare for Learning.

A simple 5-minute routine to help children transition from school to study with ease, focus and fresh energy.

WHY YOGA BEFORE STUDY?

- Helps children relax and reset
- Improves focus and concentration
- Enhances memory and learning readiness
- Supports healthy posture and spine
- Reduces stress and restlessness
- Builds a positive study routine

5-MINUTE YOGA ROUTINE BEFORE STUDY

1 GENTLE STRETCH (1 MINUTE)

Roll shoulders, stretch arms and move gently from side to side.

2 MOUNTAIN POSE (1 MINUTE)

Stand tall, relax shoulders and take slow, natural breaths.

3 SIMPLE BALANCE (1 MINUTE)

Try Tree Pose or any comfortable balance pose with support.

4 CAT – COW (1 MINUTE)

Move your spine gently. Inhale up (Cow), Exhale round (Cat).

5 BREATHE & RELAX (1 MINUTE)

Sit comfortably. Close your eyes. Breathe naturally.

6 SMILE & BEGIN STUDY

Now your body and mind are ready to learn!

STUDY SMART

- Sit with a straight but relaxed back.
- Keep feet flat on the floor.
- Use a comfortable chair and desk.
- Keep screen at eye level.
- Take regular movement breaks.

MOVEMENT BREAKS

After 30-45 minutes of study, take a short break.

- Stand
- Stretch
- Walk
- Drink Water

TIPS FOR PARENTS

- Encourage, don't force.
- Keep it short and simple.
- Make it a daily habit.
- Be a role model.
- Praise their effort, not perfection.

SAFETY FIRST

- Age-appropriate activities.
- Plenty of space.
- No force or pain.
- Stop if uncomfortable.
- Consult a professional for any medical concerns.

Small movements today build healthy habits for life.

MOVE · BREATHE · RESET · LEARN

One Child at a Time.
One Family at a Time.
One Community at a Time.

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PROGRAM 37

YOGA AFTER SCHOOL

Move. Breathe. Relax. Connect.

A simple routine to help children transition from school time to home, play and study with ease and joy.

WHY YOGA AFTER SCHOOL?

- Helps children relax and release school-day tension
- Improves focus and prepares the mind for learning
- Supports healthy posture and spine
- Encourages body awareness and coordination
- Builds a balanced routine of study, play and rest

10–15 MINUTE YOGA ROUTINE AFTER SCHOOL

1 GENTLE STRETCH (2 MINUTES)

Roll shoulders, stretch arms and move gently from side to side.

2 MOUNTAIN POSE (1 MINUTE)

Stand tall, relax shoulders and take slow, natural breaths.

3 CAT – COW (2 MINUTES)

Move your spine gently. Inhale (Cow), Exhale (Cat).

4 SIMPLE BALANCE (2 MINUTES)

Try Tree Pose or any comfortable balance pose with support.

5 BREATH AWARENESS (2 MINUTES)

Sit comfortably. Close your eyes. Breathe naturally.

6 RELAXATION (2 MINUTES)

Lie down and relax the body. Let go of all the tension.

7 SMILE & BEGIN YOUR DAY!

Now your body and mind are ready to learn, play and grow!

BEFORE YOGA

- Place schoolbag and belongings in their place.
- Drink water and freshen up.
- Change into comfortable clothes.

AFTER YOGA – PLAY TIME!

- Encourage outdoor play, running, cycling or active games.
- Movement helps children stay happy, healthy and strong.
- At least 60 minutes of physical activity every day is recommended for children (WHO).

STUDY SMART

- Use a comfortable chair and desk.
- Keep feet flat on the floor.
- Screen at eye level (if using computer).
- Good lighting and fresh air.
- Take short breaks.

FAMILY CONNECTION

- Listen to your child.
- Talk about their day.
- Encourage, support and appreciate effort, not just results.

SAFETY FIRST

- Age-appropriate movements only.
- Avoid forcing any pose.
- Stop if there is pain or discomfort.
- Consult a professional for medical concerns.

YOGA IS A PART OF A HEALTHY LIFESTYLE

- Eat nutritious vegetarian food.
- Sleep well every night.
- Stay hydrated.
- Be kind, happy and positive.

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PROGRAM 38

CHILDREN'S PRANAYAMA INTRODUCTION

> When children breathe with awareness, they grow with peace and clarity.

BREATHE • NOTICE • RELAX • GROW

Pranayama is the gentle art of working with the breath. For children, we start with awareness, comfort and simple breathing practices.

BENEFITS OF PRANAYAMA FOR CHILDREN

- Improves breathing awareness
- Enhances focus, attention and concentration
- Helps reduce stress and restlessness
- Supports healthy posture and respiratory health
- Encourages calmness, emotional balance and self-control
- Strengthens immunity and overall well-being

WHEN TO PRACTICE?

- After school
- Before study
- In the morning
- Before sleep
- Any time for a calm reset

SIMPLE PRANAYAMA ROUTINE FOR CHILDREN (5–10 MINUTES)

1 NOTICE THE BREATH

Sit comfortably. Close your eyes. Notice your natural breath.

2 BELLY AWARENESS

Place your hand on belly. Feel it move in and out with your breath.

3 SLOW & EASY BREATHING

Take a slow comfortable breath in. Breathe out gently and completely.

4 BREATHING GAME

Smell the flower (inhale gently). Blow the feather (exhale slowly).

5 PAUSE & RELAX

Take a few natural breaths and relax. Notice how your body feels.

6 SMILE & CARRY THE CALM

Open your eyes. Smile and carry this calmness with you.

TIPS FOR CHILDREN

- Always practice on an empty or light stomach.
- Breathe through the nose.
- Keep your back straight but relaxed.
- Practice daily for a few minutes.
- Be gentle and patient with yourself.

SAFETY FIRST

- No forceful breathing.
- No long breath-holding.
- Stop if you feel dizzy or uncomfortable.
- Practice under the guidance of a qualified instructor or parent.

PRACTICE TOGETHER

Parents can practice simple breathing with children. A few minutes together can create a lifetime of healthy habits.

BEYOND PRANAYAMA

Pranayama is one part of a healthy lifestyle.

- Eat nutritious vegetarian food
- Sleep well
- Play & be active
- Think positive
- Be kind & grateful

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PROGRAM 39

BREATH AWARENESS FOR CHILDREN

Breathe. Notice. Pause. Grow.

Breath awareness helps children become more calm, focused and connected with themselves.

> A simple breath can bring calm to the body and peace to the mind.

BENEFITS OF BREATH AWARENESS

- Improves focus and attention
- Helps reduce stress and restlessness
- Encourages emotional balance and self-control
- Supports healthy breathing habits and lung health
- Strengthens immunity and overall well-being
- Builds awareness and connection within

WHEN TO PRACTICE?

- Before school
- After coming home
- Before study or homework
- Before play or sports
- Before sleep
- Any time you feel upset or overwhelmed

SIMPLE BREATH AWARENESS PRACTICE (5–7 MINUTES)

1. **SIT COMFORTABLY** — Sit with a straight back and relaxed shoulders. Close your eyes gently.
2. **NOTICE YOUR BREATH** — Notice your natural breath coming in and going out.
3. **FEEL YOUR BELLY** — Place your hand on your belly. Feel it move with your breath.
4. **GENTLE BREATH IN & OUT** — Breathe in slowly through your nose. Breathe out gently.
5. **COUNT YOUR BREATH** — Count in your mind 1...2...3... (inhale) 1...2...3... (exhale) 123
6. **BREATHE LIKE A NATURE GAME** — Smell the flower and blow the feather. Make it fun!
7. **PAUSE & RELAX** — Take a few moments in silence. Notice how you feel now.

TIPS FOR CHILDREN

- Always practice on an empty or light stomach.
- Breathe through the nose.
- Keep your body relaxed.
- Practice daily for better results.
- Be gentle and patient with yourself.

SAFETY FIRST

- No forceful breathing.
- No long breath-holding.
- Stop if you feel dizzy or uncomfortable.
- Practice under the guidance of a qualified instructor or parent.

PRACTICE TOGETHER

Parents and children can practice breath awareness together. A few minutes every day can create a lifetime of healthy habits.

BEYOND BREATH AWARENESS

Make it part of a healthy lifestyle.

- Eat nutritious vegetarian food
- Drink water regularly
- Play and be active
- Sleep well
- Be kind and positive

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PROGRAM 40

SIMPLE RELAXATION TECHNIQUES

PAUSE • BREATHE • RELAX • GROW

Simple relaxation techniques help children release tension, calm the mind and build resilience for everyday life.

> A relaxed child is more focused, happy and ready to learn.

WHY RELAXATION IS IMPORTANT FOR CHILDREN

- Reduces stress and anxiety
- Improves focus and attention
- Encourages emotional balance
- Supports better sleep
- Builds confidence and resilience
- Promotes overall well-being

WHEN TO PRACTICE?

- After school
- Before study or homework
- Before bedtime
- After play or sports
- Any time you feel tired, stressed or overwhelmed

6 SIMPLE RELAXATION TECHNIQUES FOR CHILDREN

1 RELAX THE BODY

Gently roll your shoulders, loosen your hands and soften your face.

2 NATURAL BREATH

Notice your natural breath. Breathe in comfortably and breathe out easily.

3 FIVE-SENSE PAUSE

Notice one thing you can see, hear, feel, smell and taste. Be present.

4 GENTLE STRETCH

Stretch your arms, back and sides gently. Move comfortably.

5 QUIET REST

Lie down or sit comfortably. Close your eyes and rest for 1 minute.

6 PEACEFUL IMAGINATION

Imagine a peaceful place – a garden, beach, river or forest.

TIPS FOR CHILDREN

- Practice in a quiet place.
- Wear comfortable clothes.
- Follow your own pace.
- It's okay to open your eyes.
- Relaxation is not about being perfect.

SAFETY FIRST

- No force or pressure.
- No breath-holding.
- Stop if you feel dizzy or uncomfortable.
- Practice under the guidance of a parent or trained instructor.

PRACTICE TOGETHER

Parents and children can practice relaxation together. A few calm minutes every day can create a lifetime of healthy habits.

BEYOND RELAXATION

- Eat nutritious vegetarian food
- Drink water regularly
- Play and be active
- Sleep well
- Think positive
- Be kind and grateful

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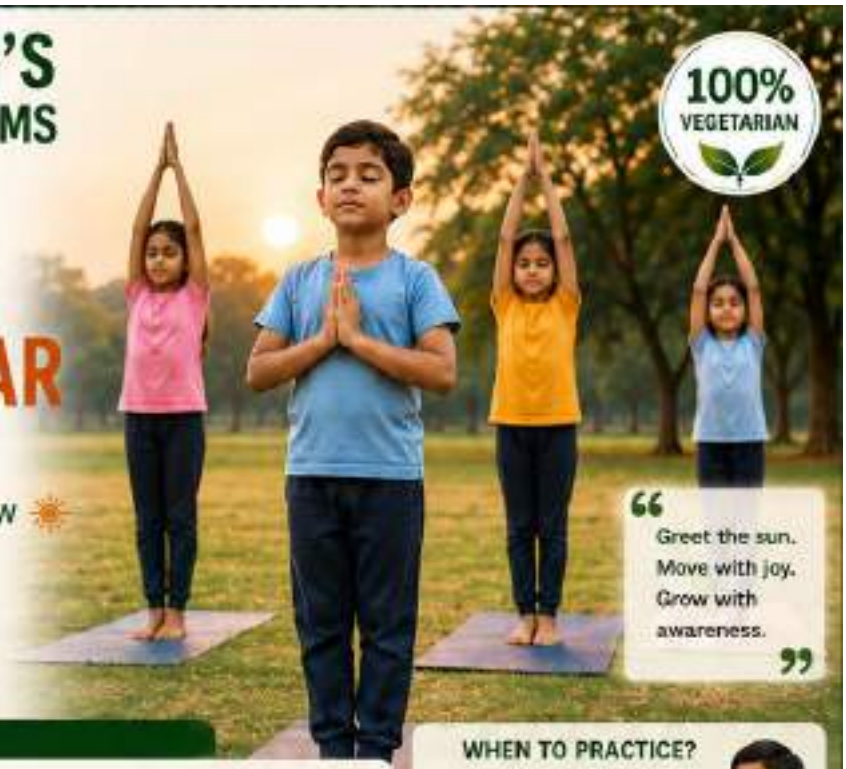

PROGRAM 41

SURYA NAMASKAR FOR CHILDREN

MOVE • BREATHE • BALANCE • GROW

Surya Namaskar (Sun Salutation) is a complete yoga sequence that connects movement with breath, awareness and gratitude.

> "Greet the sun. Move with joy. Grow with awareness."

BENEFITS FOR CHILDREN

- Improves strength, flexibility and posture
- Enhances breathing and lung capacity
- Improves focus, memory and concentration
- Reduces stress and supports emotional balance
- Boosts immunity and energy levels
- Encourages self-discipline and confidence

WHEN TO PRACTICE?

- Early morning (best time)
- Before school
- After play or sports
- Before study
- Any time you feel tired or stressed

12 STEPS OF SURYA NAMASKAR (CHILD-FRIENDLY VERSION)

1. Pranamasana

Stand straight. Hands in prayer. Take a breath.

2. Hasta Uttanasana

Inhale and raise arms up. Stretch gently.

3. Uttanasana

Exhale and fold forward. Keep it relaxed.

4. Ashwa Sanchalanasana

Inhale. Step one leg back. Look up.

5. Dandasana / Plank Pose

Step the other leg back. Body in a straight line.

6. Ashtanga Namaskara

Lower knees, chest and chin down. Hips slightly up.

7. Bhujangasana

Inhale. Slide forward. Lift chest up.

8. Parvatasana

Exhale. Lift hips up. Make an inverted 'V'.

9. Ashwa Sanchalanasana

Inhale. Step one leg forward. Look up.

10. Uttanasana

Exhale. Bring the other leg forward. Fold forward.

11. Hasta Uttanasana

Inhale. Raise arms up.

12. Pranamasana

Exhale. Bring hands to heart. Relax. Breathe naturally.

TIPS FOR CHILDREN

- Practice on an empty or light stomach.
- Wear comfortable clothes.
- Move slowly and breathe naturally.
- Listen to your body.
- It's okay to go slow.
- Be regular, not perfect.

SAFETY FIRST

- Don't force your body.
- Avoid pain or strain.
- No breath-holding.
- Stop if you feel dizzy or uncomfortable.
- Practice under the guidance of a trained instructor or parent.
- Modify as needed.

PRACTICE TOGETHER

Parents and children can practice together. A few minutes every day can create a lifetime of healthy habits and beautiful memories.

BEYOND SURYA NAMASKAR

- Eat nutritious vegetarian food
- Drink plenty of water
- Play and be active
- Sleep well
- Think positive
- Be kind and grateful

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PROGRAM 42

YOGA GAMES FOR CHILDREN

PLAY • MOVE • LAUGH • GROW

Yoga games combine fun, movement and awareness to help children build strength, balance, confidence and joy.

> When children play yoga, they build a healthy body and a happy mind.

BENEFITS FOR CHILDREN

- Improves strength, flexibility and coordination
- Enhances focus, memory and concentration
- Supports healthy breathing and energy levels
- Reduces stress and promotes relaxation
- Builds confidence, self-discipline and teamwork

WHEN TO PRACTICE?

- Morning time (best time)
- Before school
- After play or sports
- Before study
- Any time you feel tired, stressed or overwhelmed

6 FUN YOGA GAMES FOR CHILDREN

1 ANIMAL YOGA

Move like animals! Cat, Dog, Frog, Butterfly and more. Explore and have fun.

2 FLAMINGO BALANCE

Stand on one leg like a flamingo. Find your balance and stay steady.

3 YOGA FREEZE

Move when the music plays. Freeze in a yoga pose when it stops!

4 NATURE YOGA

Become a Tree, Mountain, River, Sun or Cloud. Use your imagination.

5 MIRROR GAME

Partner up and mirror each other's movements. Great for teamwork!

6 FLOWER & FEATHER BREATHING

Smell the flower (inhale) and blow the feather (exhale). Breathe gently.

TIPS FOR CHILDREN

- Wear comfortable clothes.
- Practice on an empty stomach.
- Listen to your body.
- It's okay to make mistakes.
- Have fun and enjoy every moment!

SAFETY FIRST

- Always warm up.
- Don't force any pose.
- No pushing or competition.
- Stop if you feel pain, dizzy or uncomfortable.
- Practice under the guidance of a qualified instructor or parent.

PRACTICE TOGETHER

Parents and children can practice yoga games together.

A few minutes every day can create a lifetime of healthy habits and beautiful memories.

BEYOND YOGA GAMES

- Eat nutritious vegetarian food
- Drink water regularly
- Play and be active
- Sleep well
- Think positive
- Be kind and grateful

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PROGRAM 43

MOVEMENT & PHYSICAL ACTIVITY AWARENESS FOR CHILDREN

MOVE • PLAY • EXPLORE • GROW

Regular physical activity helps children grow stronger, feel better, think clearly and enjoy a happy, healthy life.

> "Movement is not just exercise. It's a way of living!"

BENEFITS OF PHYSICAL ACTIVITY

- Strengthens bones and muscles
- Improves focus, learning and memory
- Supports heart health and immunity
- Reduces stress and improves mood
- Builds confidence, self-discipline and teamwork
- Helps maintain healthy weight and posture

HOW MUCH ACTIVITY?

WHO recommends that children and adolescents aged 5–17 years do an average of at least

60 MINUTES

of moderate-to-vigorous physical activity each day across the week. Include muscle and bone strengthening activities at least 3 days a week.

PHYSICAL ACTIVITY CAN BE FUN & EASY!

ACTIVE PLAY

Running, jumping, skipping, tag and traditional games.

WALKING

Walk to school, family walks and nature walks.

CYCLING

Cycling is fun and improves balance, strength and stamina.

DANCING

Dance to music and express yourself freely.

SPORTS

Football, cricket, badminton, swimming and many more.

YOGA & STRETCHING

Yoga improves flexibility, balance and mindfulness.

MAKE MOVEMENT A DAILY HABIT

- Move in the morning.
- Take short movement breaks between study.
- Play outside in the evening.
- Use stairs instead of lifts.
- Limit long sitting time.

LESS SITTING, MORE MOVING

- Reduce screen time.
- Do not sit for long periods.
- Stand up, stretch and move often.

MOVE MORE

PRACTICE TOGETHER

Parents are children's first role models. Be active together as a family.

SAFETY FIRST

- Choose age-appropriate activities.
- Ensure safe play spaces.
- Drink water and stay hydrated.
- Wear comfortable clothes.
- Listen to your body. Stop if you feel pain or dizziness.

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PROGRAM 44

SCREEN-TIME MOVEMENT BREAKS FOR CHILDREN

LOOK UP • STAND UP • MOVE • PLAY

Screens are part of modern life.
Movement should be too.
Take regular breaks. Move a little.
Feel better. Learn better. Live better.

WHY MOVEMENT BREAKS MATTER

- Improves energy, mood and focus
- Supports healthy growth, bones and muscles
- Reduces eye strain and mental fatigue
- Enhances learning and concentration
- Builds healthy habits for life

HOW MUCH ACTIVITY?

WHO recommends that children and adolescents aged 5–17 years do an average of at least

60 MINUTES A DAY

of moderate-to-vigorous physical activity across the week.
Include muscle and bone strengthening activities at least 3 days a week.

EVERY 20 MINUTES DURING SCREEN USE

20-20-20 RULE

Look at something 20 feet away for 20 seconds.

EASY MOVEMENT BREAK IDEAS

BREAK 1 STAND & STRETCH

Stand up, roll your shoulders and stretch your arms.

BREAK 2 WALK A LITTLE

Walk around, get some water or step outside for fresh air.

BREAK 3 LOOK AWAY

Give your eyes a break. Look into the distance for 20 seconds.

BREAK 4 ACTIVE PLAY

Jump, dance, play a game or enjoy outdoor activities.

BREAK 5 DANCE & MOVE

Put on some music and dance. Make movement fun!

BREAK 6 YOGA STRETCHES

Try simple yoga stretches to relax your body.

BUILD A HEALTHY ROUTINE

- Screen → Break → Screen → Play
- Use timers or reminders to help.
- Short breaks are better than no breaks!

MAKE IT A FAMILY HABIT

Parents, join in! Move together, play together, grow together.

LESS SITTING, MORE MOVING

- Reduce long periods of sitting.
- Limit recreational screen time.
- Balance with sleep, outdoor play and family time.

SAFETY FIRST

- Choose age-appropriate activities.
- Ensure safe spaces to play and move.
- Drink water and stay hydrated.
- Stop if you feel pain or discomfort.

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PROGRAM 45

FAMILY YOGA DAY

MOVE • BREATHE • CONNECT • GROW

Spend quality time together, build healthy habits and create happy memories through yoga!

> "The best inheritance we can give our children is health and happiness."

BENEFITS OF FAMILY YOGA

- Strengthens family bonds
- Improves physical fitness
- Reduces stress and promotes relaxation
- Boosts mood and positive energy
- Encourages healthy habits together

WHY PRACTICE TOGETHER?

- Children learn by example
- Builds trust, love and respect
- Improves communication
- Creates screen-free quality time
- Supports emotional well-being

SIMPLE FAMILY YOGA SEQUENCE

1. **WARM UP** — Gently warm up the body with stretches.
2. **MOUNTAIN POSE** — Stand tall, breathe and feel grounded.
3. **PARTNER POSE** — Support each other and build balance.
4. **FUN YOGA GAMES** — Try animal poses and movement games.
5. **BREATH TOGETHER** — Sit together, close your eyes and breathe.
6. **RELAX & REST** — Relax together and enjoy the calm.

MAKE IT A FAMILY HABIT

- Choose a regular day and time.
- Keep it simple and fun.
- Let everyone participate.
- Celebrate small moments.

MORE WAYS TO MOVE TOGETHER

- Take family walks
- Go cycling
- Dance to your favorite songs
- Play outdoor games
- Explore nature together

SAFETY TIPS

- Practice on an empty stomach.
- Wear comfortable clothes.
- Listen to your body.
- Avoid pushing beyond limits.
- Stay hydrated.
- Have fun and be gentle.

Always consult a healthcare professional if you have any medical condition.

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> Healthy minds build happy lives. Support, understand and guide them with love.

MENTAL & EMOTIONAL WELLBEING

PROGRAMS 46 - 60

46 UNDERSTANDING CHILDREN'S EMOTIONS

- Name the feelings
- Listen with empathy
- Help them express

47 BUILDING SELF-CONFIDENCE

- Encourage effort
- Celebrate small wins
- Avoid comparison

48 POSITIVE THINKING FOR CHILDREN

- Replace negative thoughts
- Focus on possibilities
- Practice affirmations

49 DEVELOPING EMOTIONAL INTELLIGENCE

- Understand emotions
- Build empathy
- Communicate kindly

50 MINDFULNESS FOR CHILDREN

- Be present
- Notice your breath
- Observe without judgement

51 MEDITATION FOR CHILDREN

- Sit comfortably
- Focus gently
- Stay calm

52 GRATITUDE PRACTICE

- Thank the little things
- Keep a gratitude journal
- Share with family

53 DEVELOPING PATIENCE

- Wait calmly
- Take turns
- Understand timing

54 MANAGING ANGER IN HEALTHY WAYS

- Recognize anger
- Take deep breaths
- Choose safe expression

55 MANAGING FEAR & WORRY

- Talk about fears
- Challenge worried thoughts
- Seek support

56 BUILDING RESILIENCE

- Learn from mistakes
- Stay hopeful
- Keep trying

57 COPING WITH SCHOOL PRESSURE

- Manage time well
- Take breaks
- Talk to trusted adults

58 HANDLING EXAMINATION STRESS

- Plan and prepare
- Eat well & sleep enough
- Stay positive

59 HEALTHY EXPRESSION OF FEELINGS

- Talk openly
- Use art or writing
- Express respectfully

60 CREATING A PEACEFUL MIND

- Breathe deeply
- Let go of negativity
- Focus on the good

HOW PARENTS & TEACHERS CAN HELP

- Be a good listener
- Spend quality time
- Encourage, don't criticize
- Respect their feelings
- Create a safe space
- Be a positive role model

DAILY HABITS FOR A PEACEFUL MIND

- Regular sleep
- Healthy food
- Physical activity
- Mindfulness / Meditation
- Family time
- Gratitude practice

Small steps every day
build a strong and peaceful mind.

WHEN TO SEEK PROFESSIONAL HELP

- Persistent sadness
- Extreme worry or fear
- Withdrawal from activities
- Changes in sleep or eating
- Self-harm thoughts or actions
- Difficulty in daily functioning

Seek help from a qualified healthcare professional.

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PROGRAM 46

UNDERSTANDING CHILDREN'S EMOTIONS

FEEL • EXPRESS • CONNECT • GROW

Every behaviour is a message.
Help children understand their feelings
and guide them with love and patience.

> "Listen to the feeling behind the behaviour. Create a safe space to talk."

CHILDREN EXPERIENCE MANY EMOTIONS

HAPPY · SAD · ANGRY · WORRIED · DISAPPOINTED · EXCITED

All feelings are normal and okay.
What children need is understanding and support.

4 STEPS TO UNDERSTAND EMOTIONS

1. **NAME THE FEELING** — Help your child identify what they are feeling.
2. **LISTEN** — Give your full attention. Listen without judging or interrupting.
3. **ACKNOWLEDGE** — Validate their feelings. Say, "I can see this is really hard for you."
4. **GUIDE & SUPPORT** — Teach healthy ways to express emotions and solve problems.

HELP CHILDREN EXPRESS THEIR FEELINGS IN HEALTHY WAYS

- **TALK** — Share with a trusted adult or friend.
- **DRAW** — Express through drawing or art.
- **WRITE** — Keep a feelings journal.
- **MOVE** — Physical activity helps release stress.
- **QUIET TIME** — Take deep breaths, meditate or relax.

WHAT PARENTS CAN SAY

INSTEAD OF...	TRY...
Stop crying.	I'm here. Tell me what happened.
Don't be angry.	It's okay to feel angry.
Calm down!	Take a deep breath. I'm with you.
You are overreacting.	I can see this is important to you.
Why can't you be like others?	You are you, and that's okay.

CREATE A SAFE SPACE

- Be patient and kind.
- Respect your child's feelings.
- Don't compare with others.
- Encourage open communication.
- Celebrate small improvements.
- Spend quality time together.

Safe relationships build strong, confident children.

WHEN TO SEEK EXTRA SUPPORT

Talk to a qualified professional if your child shows:

- Persistent sadness or worry
- Extreme mood changes
- Withdrawal from people
- Changes in sleep or eating
- Loss of interest in activities
- Difficulty in daily life or school

Asking for help is a sign of care, not weakness.

LET'S RAISE CHILDREN WHO FEEL, EXPRESS, CONNECT AND GROW WITH LOVE.

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> Encourage effort today, confidence will grow tomorrow.

PROGRAM 47

BUILDING SELF-CONFIDENCE

BELIEVE • TRY • LEARN • GROW

Self-confidence is not about being the best.
It is about believing in yourself, trying your best and learning from every experience.

WHAT SELF-CONFIDENCE MEANS

- Believing "I can try."
- Learning from mistakes.
- Asking for help when needed.
- Facing challenges with courage.
- Being proud of your progress.

A confident child is not a perfect child.
A confident child is a growing child.

REMEMBER: EVERY CHILD HAS FEELINGS

All feelings are normal and okay.
Teach children to express feelings, not to suppress them.

HOW PARENTS CAN BUILD CONFIDENCE

STOP COMPARING

Focus on your child's own progress.

PRAISE THE EFFORT

Appreciate hard work, not just results.

GIVE RESPONSIBILITY

Let children help and take part in family tasks.

LET THEM TRY

Allow them to solve problems on their own.

ACCEPT MISTAKES

Mistakes are part of learning and growing.

USE POSITIVE WORDS

"I believe in you."
"You can do it."
"I'm proud of you."

CREATE A SAFE SPACE

Listen patiently.
Make them feel heard and understood.

ENCOURAGE INTERESTS

Support their hobbies and passions.

WORDS THAT BUILD CONFIDENCE

- "I believe in you."
- "You can take your time."
- "Let's try together."
- "You worked really hard on that."
- "I am proud of your progress."
- "It's okay to make mistakes."

DAILY HABITS THAT HELP

- Spend quality time together
- Encourage reading and learning
- Eat nutritious food
- Get enough sleep
- Play and be physically active
- Practice gratitude
- Celebrate small achievements

WHEN TO SEEK EXTRA SUPPORT

Talk to a pediatrician or professional if your child shows:

- Persistent sadness or withdrawal
- Extreme self-criticism
- Loss of interest in activities
- Significant changes in sleep or eating habits
- Difficulty in school or with friends

Asking for help is a sign of strength and care. You are not alone.

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PROGRAM 48

POSITIVE THINKING FOR CHILDREN

THINK • BELIEVE • TRY • GROW

Positive thinking is not about ignoring problems.
It is about having hope, finding solutions
and believing in yourself.

> "A positive mind sees possibilities in every challenge."

CHANGE YOUR THOUGHTS, CHANGE YOUR FUTURE

4 STEPS TO POSITIVE THINKING

1. **NOTICE** — Pay attention to your thoughts. What are you telling yourself?
2. **REFRAME** — Turn negative thoughts into helpful ones.
3. **FIND SOLUTIONS** — Think of small steps you can take.
4. **TAKE ACTION** — Try it, learn from it and keep improving.

WHAT PARENTS & TEACHERS CAN DO

LISTEN FIRST — Listen to your child's feelings without judging.

USE ENCOURAGING WORDS — Use positive and supportive words every day.

PRAISE EFFORT — Praise hard work, improvement and good choices.

ALLOW MISTAKES — Mistakes are part of learning. Don't fear them.

GIVE RESPONSIBILITIES — Give age-appropriate responsibilities to build confidence.

BE A ROLE MODEL — Think positive yourself. Children learn by watching us.

POSITIVE DAILY PRACTICES

- Start the day with gratitude.
- Set realistic goals.
- Take deep breaths when stressed.
- Focus on what you can control.
- Celebrate small victories.
- End the day with self-appreciation.

EXAMPLES OF POSITIVE AFFIRMATIONS

- I believe in myself.
- I can learn anything.
- I will keep trying.
- I am getting better every day.
- I can handle challenges.
- I choose to think positive.

WHEN TO SEEK EXTRA SUPPORT

Talk to a pediatrician or mental health professional if your child shows:

- Persistent sadness or worry
- Loss of interest in activities
- Extreme self-criticism
- Major changes in sleep or appetite
- Withdrawal from family or friends
- Difficulty coping with daily life

COMPASSION + GUIDANCE + POSITIVE THINKING = CONFIDENT & HAPPY CHILDREN

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> A positive mind sees opportunities in every challenge.

PROGRAM 48

POSITIVE THINKING FOR CHILDREN

TEACH THEM TO SEE POSSIBILITIES, NOT OBSTACLES.

POSITIVE THINKING IS NOT PRETENDING. IT IS FINDING A BETTER WAY TO THINK.

INSTEAD OF...	THINK THIS WAY...
I can't do this.	I can try.
This is too hard.	I'll take it one step at a time.
I always fail.	Mistakes help me learn.
I'm not good enough.	I'm still learning and growing.

1 NOTICE YOUR THOUGHTS

Pay attention to what you tell yourself.
Are your thoughts helping you?

2 CHOOSE BETTER THOUGHTS

Replace negative thoughts with positive and realistic ones.

3 TAKE SMALL STEPS

Break big tasks into small steps and focus on progress, not perfection.

4 BELIEVE & KEEP TRYING

Believe in yourself. Don't give up.
Every try brings you closer.

WHAT PARENTS CAN DO

LISTEN WITHOUT JUDGING
Listen to your child's feelings and thoughts patiently.

USE ENCOURAGING WORDS
Use words like "You can try", "I believe in you", "Let's try" together".

PRAISE EFFORT, NOT JUST RESULTS
Appreciate hard work, improvement and effort.

BE A POSITIVE ROLE MODEL
Children learn by watching you. Stay calm and think positively in challenges.

DAILY PRACTICES FOR CHILDREN

GRATITUDE PRACTICE
Thank for 3 good things every day.

POSITIVE AFFIRMATIONS
Repeat positive sentences like "I am strong", "I can learn anything".

DEEP BREATH OR MINDFULNESS
Take slow breaths. It helps calm the mind.

WRITE & REFLECT
Write your thoughts and how you handled the day.

MOVE YOUR BODY
Physical activity boosts mood and energy.

REAL-LIFE POSITIVE AFFIRMATIONS

- I can learn anything.
- I will keep trying.
- I am getting better every day.
- Mistakes help me grow.
- I am proud of my effort.
- I choose to think positive.
- I can handle challenges.

POSITIVE THINKING HELPS CHILDREN

Think clearly | Improve learning | Feel happy & calm | Build confidence | Develop strong relationships

WHEN TO SEEK EXTRA SUPPORT

Talk to a pediatrician or counselor if your child shows:

- Persistent sadness or worry
- Extreme self-criticism
- Loss of interest in activities
- Withdrawal from family or friends
- Difficulty in school or daily life

REMEMBER

Thoughts Become Feelings.
Feelings Become Actions.
Actions Build Our Future.

Think Positive.
Stay Positive.
Grow Positive.

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PROGRAM 49

DEVELOPING EMOTIONAL INTELLIGENCE

UNDERSTAND • EXPRESS • RESPOND • GROW

Emotional intelligence helps children understand themselves, connect with others and make better choices.

> "A child who understands feelings builds better relationships and a brighter future."

THE 5 KEY AREAS OF EMOTIONAL INTELLIGENCE

1 SELF-AWARENESS

Recognizing and understanding your own feelings.

Ask:
What am I feeling right now?

2 SELF-REGULATION

Managing emotions and behaviour in a healthy way.

Try:
Pause, breathe, and choose a better response.

3 EMPATHY

Understanding how others feel and showing kindness.

Think:
How might the other person be feeling?

4 SOCIAL SKILLS

Communicating, listening and building positive relationships.

Practice:
Listen, share, take turns and work together.

5 RESPONSIBLE DECISION-MAKING

Thinking before acting and making good choices.

Ask:
What is the right thing to do?

HOW PARENTS CAN HELP

- Listen with patience and without judgment.
- Validate feelings. Don't dismiss.
- Use words that teach emotions.
- Be a role model. Children learn by watching you.
- Encourage problem-solving, not blame.
- Praise effort, kindness and good choices.

DAILY PRACTICES

- Name one feeling every day.
- Gratitude – share three good things.
- Mindful breathing for calmness.
- Talk about challenges and solutions.
- Encourage teamwork and cooperation.

USE EMOTIONS TO SOLVE PROBLEMS

1. Stop – Take a deep breath.
2. Identify – What am I feeling?
3. Think – What are my options?
4. Choose – What is the best choice?
5. Act – Do it respectfully.

WORDS THAT HELP CHILDREN

"I see you're feeling..."

"It's okay to feel that way."

"Let's figure this out together."

"You can handle this."

"I'm proud of how you tried."

WHEN TO SEEK EXTRA SUPPORT

Talk to a pediatrician or mental health professional if your child shows:

- Persistent sadness or worry
- Extreme mood changes
- Withdraws from family or friends
- Loss of interest in activities
- Difficulty in school or daily life

Strong emotions are not a problem. They are a part of life. The goal is to understand, express and manage them in healthy ways.

Healthy Minds
Happy Hearts
Better Lives

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> Mindfulness helps children understand themselves, manage emotions and make better choices every day.

PROGRAM 50

MINDFULNESS FOR CHILDREN

PAUSE • NOTICE • BREATHE • CONNECT

Mindfulness means paying attention to the present moment with kindness and curiosity.

WHAT IS MINDFULNESS?

- **Notice** what is happening right now.
- **Breathe** with awareness.
- **Feel** your body and emotions with kindness.
- **Listen** to sounds around you.
- **Observe** your thoughts without judging.

THE 5 SIMPLE STEPS

1. **STOP** — Pause for a moment. Come to stillness.

2. **BREATHE** — Notice your natural breathing.

3. **NOTICE YOUR BODY** — Feel your feet on the ground. Relax your body.

4. **LISTEN** — Listen to the sounds near and far.

5. **NOTICE THOUGHTS** — Thoughts will come and go. Gently return to the moment.

MINDFULNESS ACTIVITIES FOR KIDS

5-4-3 GAME
5 things you see,
4 things you feel,
3 things you hear.

THOUGHTS IN THE SKY
Imagine your thoughts as clouds. Watch them come and go.

MINDFUL WALK
Walk slowly. Notice your steps, the breeze, the sights and sounds.

GRATITUDE MOMENT
Think of one good thing about today. Say "Thank you" in your heart.

HOW PARENTS CAN HELP

- Practice together. Children learn by watching you.
- Keep it short and simple. Start with 1 minute.
- Create a calm routine. Morning, before bed or after school.
- Encourage, don't force. Mindfulness is not about being perfect.
- Listen to their feelings without judgment.
- Help them use mindfulness during stress or emotions.

BENEFITS FOR CHILDREN

- Improves focus and attention
- Reduces stress and anxiety
- Better emotional regulation
- Improves relationships
- Builds kindness and empathy
- Supports better sleep
- Increases self-awareness and confidence

WHEN TO SEEK EXTRA SUPPORT

Talk to a pediatrician or mental health professional if your child shows:

- Persistent sadness or worry
- Extreme mood changes
- Withdrawing from family or friends
- Loss of interest in activities
- Difficulty in school or daily life

Mindfulness is not about emptying the mind.
It is about filling life with awareness, kindness and peace.

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> Peace comes from within. Meditation helps children connect with their breath, thoughts and feelings.

PROGRAM 51

MEDITATION FOR CHILDREN

PAUSE • BREATHE • NOTICE • RETURN

Meditation helps children build focus, emotional balance and inner peace in a simple, natural way.

WHAT IS MEDITATION?

Meditation is paying attention, on purpose, to the present moment with kindness and curiosity.

- Brings calm to the mind
- Improves concentration
- Helps manage emotions
- Builds self-awareness
- Supports better sleep
- Promotes inner happiness

5 SIMPLE STEPS FOR CHILDREN

1 GET COMFORTABLE
Sit in a comfortable position. Chair or cushion is okay. Keep your back relaxed.

2 NOTICE YOUR BREATH
Close your eyes gently. Feel your natural breath coming in and going out.

3 CHOOSE YOUR FOCUS
Focus on your breath, a sound, or how your body feels.

4 THOUGHTS WILL COME
It's okay if thoughts come. Do not stop them or get upset.

5 GENTLY RETURN
Gently bring your attention back to your breath or focus.

MINDFUL ACTIVITIES FOR KIDS

5-4-3 GAME
5 things you see,
4 things you feel,
3 things you hear.

CLOUD WATCHING
Lie down and watch the clouds move. Let your thoughts float like clouds.

BALLOON BREATH
Breathe in slowly...
Breathe out slowly...
Like inflating and deflating a balloon.

SOUND LISTENING
Close your eyes and listen to the sounds around you.

MINDFUL WALK
Walk slowly.
Notice your steps, the breeze and everything around you.

HOW PARENTS CAN HELP

- Practice with your child. Children learn by watching you.
- Make it short and simple. 1–3 minutes is enough.
- Choose a quiet time. Morning or before bed is ideal.
- Use calm voice and gentle guidance. No pressure, no force.
- Celebrate the effort, not perfection.
- Be patient. Every child is different.

BEST TIME TO PRACTICE

- **Morning** — Start the day with calm
- **Night** — Better sleep and relaxation
- **After School** — Release stress and recharge

BENEFITS FOR CHILDREN

- Better focus and attention
- Less stress and worry
- Emotional balance
- Stronger self-control
- Increased confidence

IMPORTANT REMINDER

Meditation is a supportive practice, not a treatment for medical or mental health conditions.
If your child has ongoing difficulties, please seek guidance from a qualified professional.

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PROGRAM 52

GRATITUDE PRACTICE

♡ For Children ♡

Teaching children to notice the good, appreciate what matters and grow with a thankful heart.

> Gratitude turns what we have into enough.
> It helps children build positivity, kindness and emotional well-being.

WHAT IS GRATITUDE?

Gratitude is noticing and appreciating the people, experiences and little moments that bring meaning and joy to our lives.

- Stronger relationships
- More positivity & happiness
- Better emotional balance
- Improved sleep & well-being
- More focus & resilience

SIMPLE QUESTIONS TO ASK

- What is one thing you are grateful for today?
- Who helped you today?
- What made you smile?
- What did you enjoy the most today?
- What is something you are thankful for?

GRATITUDE CAN BE ABOUT...

CREATE A GRATITUDE JOURNAL

Encourage children to write or draw one thing they are grateful for each day.

- Use a notebook or gratitude jar
- Draw pictures or write a few words
- Look back and feel happy

HOW PARENTS CAN HELP

- Practice together as a family.
- Give your child time to share.
- Listen with love and patience.
- Celebrate the small things.
- Be a role model—share your gratitude too.
- Avoid comparing or forcing gratitude.
- Validate feelings first, gratitude can follow.

DAILY GRATITUDE PRACTICE IDEAS

Morning Gratitude
Start the day by thinking of one thing you are grateful for.

Mealtime Gratitude
Share one thing you enjoyed about your day.

Bedtime Reflection
Before sleep, talk about your favorite moment of the day.

Gratitude Walk
Go for a walk and notice beautiful things around you.

Thank You Notes
Help children write thank you notes to someone.

REMEMBER

Gratitude doesn't mean ignoring difficult feelings.

It means finding a little light, even on challenging days.

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PROGRAM 52

GRATITUDE PRACTICE

NOTICE • APPRECIATE • SHARE • GROW

Gratitude helps children notice the good, build positive emotions and create a happier, more connected life.

> A grateful child notices the good, finds joy in the simple and grows with a thankful heart.

WHAT IS GRATITUDE?

Gratitude means noticing and appreciating people, experiences and little moments that bring meaning to our lives.

It helps children feel happier, more connected and better able to handle difficult moments.

GRATITUDE IS NOT...

- Pretending everything is perfect
- Ignoring difficult feelings
- A competition
- Something children must say or feel

GRATITUDE IS...

- Noticing the good
- Feeling thankful
- Building positive relationships
- Creating a kinder, happier world

5 SIMPLE STEPS FOR CHILDREN

1 ASK
Ask your child one simple question.
"What is one thing you are grateful for today?"

2 NOTICE
Help them notice the good in daily life.
It could be a person, a moment or something simple.

3 SHARE
Let them express their gratitude.
Listen without judgment.

4 BUILD
Make it a daily habit.
Small moments create big change.

5 GROW
Watch their confidence, kindness and happiness grow.

IDEAS FOR GRATITUDE

PEOPLE
Family, friends, teachers, helpers

NATURE
Trees, animals, sunshine, fresh air

EXPERIENCES
A fun day, a new skill, a kind act

EVERYDAY MOMENTS
A good meal, a comfortable home, feeling safe

GRATITUDE JOURNAL

For children who enjoy writing or drawing, create a simple gratitude journal.

TODAY I AM THANKFUL FOR...

Write it | Draw it | Share it

FAMILY GRATITUDE

ONE MINUTE TOGETHER

PAUSE | NOTICE | CONNECT

IMPORTANT REMINDER
Gratitude is a wellness practice, not a treatment for mental-health conditions. If your child has persistent emotional difficulties, seek appropriate professional support.

A SIMPLE HABIT. A BRIGHTER FUTURE.
Teach children to notice the good, appreciate meaningful moments and grow with a thankful heart.

THIS IS PROGRAM 52
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GRATITUDE PRACTICE

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PROGRAM 53

DEVELOPING PATIENCE

PAUSE • BREATHE • WAIT • GROW

Helping children learn to handle waiting, frustration and delay with calmness, self-control and a positive mind.

> "Patience is not the ability to wait, but the ability to keep a good attitude while waiting."

WHAT IS PATIENCE?

Patience means being able to wait calmly, manage our feelings and make good choices, even when things don't happen right away.

- Wait calmly
- Manage emotions
- Make good choices
- Learn and grow

THE 4 STEP PATIENCE PRACTICE

1. **NOTICE** — Notice the feeling "I want it now!"
2. **PAUSE** — Stop. Take one slow breath.
3. **CHOOSE** — Ask, "What can I do while I wait?"
4. **PRACTICE** — Use the time to do something helpful or constructive.

IDEAS TO PRACTICE PATIENCE

- Take turns
- Complete puzzles
- Read a book
- Draw or color
- Gardening
- Observe nature

WHEN THINGS DON'T GO OUR WAY

- It's okay to feel disappointed.
- Take a breath and calm down.
- Look for what you can learn.
- Try again with a positive mind.

PARENTS CAN HELP BY

- Be patient and model calm behavior.
- Use kind and encouraging words.
- Give clear and realistic expectations.
- Praise effort, not just results.
- Create a peaceful and supportive home.

WHAT NOT TO DO

- Don't shout or criticize.
- Don't compare with others.
- Don't force or punish.
- Don't dismiss their feelings.

CREATE A GRATITUDE JOURNAL

Each day, write or draw 1 thing you are grateful for.

- Builds positivity
- Improves patience
- Strengthens emotional well-being

DAILY PATIENCE CHALLENGE IDEAS

- Wait 1 minute without complaining.
- Take turns in a game.
- Help in preparing a meal.
- Wait for something special.
- Grow a plant and watch it grow.
- Enjoy a slow sunset or quiet time.
- Do one act of kindness while you wait.

Patience today creates a stronger, calmer and happier child tomorrow.

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PROGRAM 54

MANAGING ANGER IN HEALTHY WAYS

NOTICE • PAUSE • CHOOSE • EXPRESS • SOLVE

Help your child understand anger, calm their emotions and choose safe, respectful actions.

> "Anger is normal. What matters is how we manage it."

ANGER IS A NORMAL EMOTION

Children feel angry for many reasons. Our role is to help them handle it in healthy ways.

- Hurt feelings
- Disappointment
- Frustration
- Unfair treatment
- Not getting what they want
- Feeling overwhelmed

1 NOTICE THE FEELING

Help your child notice the signs of anger in their body.

- Fast heartbeat
- Tight muscles
- Hot face
- Strong urge to react

2 PAUSE & BREATHE

Take a slow breath. Create a pause before reacting.

STOP • BREATHE • PAUSE

3 CHOOSE A SAFE WAY

Teach healthy ways to express anger.

- Talk about it
- Draw your feelings
- Take a walk
- Do gentle exercise
- Squeeze a pillow
- Deep breathing
- Ask for help

4 USE WORDS

Encourage your child to express their feelings with words.

"I feel angry because..."

"I need some space."

"I need help."

5 SOLVE THE PROBLEM

When calm, talk about what happened.

- What happened?
- What do I need?
- What can we do differently next time?

6 PARENTS: MODEL CALM

Children learn by watching you. Show them how you manage anger.

"I'm feeling frustrated. I will take a moment."

7 REPAIR & APOLOGIZE

If someone gets hurt, teach repair.

- Say sorry
- Take responsibility
- Make it right
- Try again

8 PRACTICE EVERY DAY

Practice small steps daily. Turn it into a habit.

- ✓ Short breathing
- ✓ Pause before reacting
- ✓ Use kind words
- ✓ Take turns
- ✓ Talk and solve

WHAT NOT TO DO

- ✗ Don't shout or criticize.
- ✗ Don't label your child.
- ✗ Don't punish the feeling.
- ✗ Don't ignore their emotions.
- ✗ Don't compare with others.

IMPORTANT REMINDER

Anger is normal.

Harming others is not.

Teach skills, not silence.

Feelings are okay.

Actions need to be safe.

WHEN TO SEEK HELP

Seek professional support if anger is frequent, intense and leads to harm, self-harm, severe distress or affects daily life.

Early support makes a big difference.

DAILY ANGER MANAGEMENT CHALLENGE FOR KIDS

- Take 1 minute calm pause
- Talk about your feelings
- Draw how you feel
- Go for a short walk
- Read a page mindfully
- Do 5 deep breaths
- Do one kind action
- End the day with gratitude

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> Fear is a feeling. Courage is taking one small step forward anyway.

PROGRAM 55

MANAGING FEAR & WORRY IN HEALTHY WAYS

LISTEN • CONNECT • PLAN • TAKE ONE STEP

Help your child feel safe, understood and supported so they can face their fears one step at a time.

WHAT IS FEAR & WORRY?

Fear and worry are normal emotions. Children may feel this when facing new situations, changes, separation, school, exams, the dark, or things they do not understand.

- New situations
- Separation anxiety
- School, exams
- Night fears
- Worry about family/health
- Uncertainty & change

10 STEPS TO HELP YOUR CHILD MANAGE FEAR & WORRY

1 LISTEN FIRST

Give your child your full attention.

Let them talk without interrupting.

2 VALIDATE THE FEELING

Say, "I can see this is scary for you."

This makes them feel understood.

3 IDENTIFY THE WORRY

Ask gently, "What are you worried might happen?"

4 NOTICE THE BODY SIGNS

Help them notice how worry feels in their body – tight chest, fast heartbeat, butterflies, sweaty palms.

5 CALM & CONNECT

Practice slow breathing, gentle stretches or take a short walk together. Stay close.

6 SEPARATE FACT FROM FEAR

Ask, "Is this worry likely to happen?" What are the facts?"

7 MAKE A PLAN

If there is something you can do, make a simple step-by-step plan together.

8 TAKE ONE SMALL STEP

Face the fear gradually.

Small steps build big confidence.

9 POSITIVE SELF-TALK

Teach helpful self-talk:
"I can try."
"I am safe."
"I can handle this one step at a time."

10 ROUTINE & WELL-BEING

Good sleep, healthy food, exercise, play and family time make children feel stronger and safer.

WHAT CHILDREN CAN DO

- Talk about your feelings.
- Draw or write your worries.
- Practice deep breathing.
- Spend time in nature.
- Play, move and have fun.
- Ask for help when needed.

WHAT PARENTS CAN DO

- Stay calm and patient.
- Do not dismiss their fears.
- Encourage, do not force.
- Be a role model.
- Praise small steps.
- Create a safe space for expression.

WHEN TO SEEK HELP

Seek professional support if worry or fear:

- Lasts for weeks or months
- Interferes with sleep
- Affects school, play or friendships
- Causes physical symptoms
- Leads to avoiding normal activities

Early support brings relief and builds coping skills.

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PROGRAM 56

BUILDING RESILIENCE

CONNECT • COPE • TRY • LEARN • GROW

Helping children develop th e ability to adapt, bounce back and grow stronger through life's challenges with support and confidence.

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> "Resilience is not about avoiding problems.
> It is about learning how to recover, adapt and keep moving forward."

WHAT IS RESILIENCE?

Resilience is the ability to handle difficulties, adapt to changes and keep going even when things are hard.

- Strong relationships
- Managing emotions
- Problem solving
- Adapting to changes
- Believing in oneself

10 WAYS TO HELP CHILDREN BUILD RESILIENCE

1 CONNECT

Build strong, loving relationships. Listen, spend time and show you care.

2 VALIDATE FEELINGS

Accept their feelings. Say, "It's okay to feel sad, scared or frustrated."

3 NAME THE CHALLENGE

Help them talk about the problem. What happened? What is hard?

4 BREAK IT DOWN

Big problems can feel overwhelming. Break them into small steps.

5 ENCOURAGE EFFORT

Praise effort, not just results. "I'm proud of how you tried."

6 LET THEM TRY

Allow safe challenges. Mistakes are part of learning.

7 TEACH COPING SKILLS

- Deep breathing
- Positive self-talk
- Journaling or drawing
- Physical activity
- Mindfulness

8 ASK FOR HELP

Teach them that asking for help is a strength, not a weakness.

9 HAVE A ROUTINE

Regular sleep, healthy food, exercise and daily routines create security.

10 LOOK FOR THE LESSON

Help them reflect: "What did you learn? What can you do differently next time?"

WHAT PARENTS CAN DO

- Be a calm and positive role model.
- Encourage independence.
- Set realistic expectations.
- Provide choices and responsibilities.
- Create a safe space to talk.
- Celebrate small wins.
- Stay patient and consistent.

WHAT NOT TO DO

- Don't overprotect.
- Don't dismiss their feelings.
- Don't compare with others.
- Don't focus only on results.
- Don't solve every problem for them.
- Don't ignore when they need help.

WHEN TO SEEK HELP

Seek professional support if worry, fear, sadness or stress:

- Lasts for weeks or months
- Interferes with sleep or daily life
- Affects school, friendships or activities
- Leads to avoiding normal situations
- Causes physical symptoms

Early support brings relief and builds stronger coping skills.

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PROGRAM 57

COPING WITH SCHOOL PRESSURE

LISTEN • UNDERSTAND • PLAN • BALANCE • SUPPORT

Helping children handle school stress in healthy ways so they can learn, grow and thrive.

> "Marks are important, but your child's well-being is more important. ♥"

WHAT IS SCHOOL PRESSURE?

School pressure is stress from academic demands, expectations, exams, homework, competition, friendships and busy schedules.

- Heavy homework
- Exams & tests
- Competition & comparisons
- Tight schedules
- Friendships & social issues
- Fear of disappointing others

10 WAYS TO HELP YOUR CHILD COPE WITH SCHOOL PRESSURE

1 LISTEN FIRST

Give your child your full attention. Let them share their feelings without interrupting.

2 UNDERSTAND THE PRESSURE

Validate their feelings. Say, "I understand this is hard right now."

3 PRIORITIZE TOGETHER

Help your child identify what needs to be done first.

4 BREAK BIG TASKS INTO SMALL STEPS

Divide big assignments into smaller, manageable parts.

5 SET REALISTIC GOALS

Focus on effort and progress, not perfection or ranks.

6 MAINTAIN A HEALTHY ROUTINE

- Regular sleep
- Nutritious food
- Physical activity
- Short breaks
- Time to relax

7 TALK TO THE SCHOOL

Communicate with teachers or school counselors about your child's challenges.

8 TEACH COPING STRATEGIES

- Deep breathing
- Positive self-talk
- Mindfulness
- Stretching
- Journaling

9 REFRAME SUCCESS

Remind them, "Your worth is not measured by marks."

10 SEEK HELP WHEN NEEDED

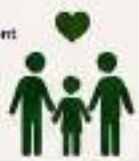
If stress affects sleep, mood, appetite or daily life, seek support from a professional.

SIGNS YOUR CHILD MAY BE UNDER TOO MUCH PRESSURE

- Frequent headaches or stomach aches
- Difficulty sleeping
- Irritability or mood swings
- Loss of interest in activities
- Avoiding school or studies
- Constant worry about performance

PARENTS CAN HELP BY

- Being calm and patient
- Encouraging, not comparing
- Providing a supportive environment
- Celebrating small achievements
- Balancing expectations with love
- Spending quality time together



WHEN TO SEEK PROFESSIONAL HELP

- Persistent sadness or anxiety
- Extreme mood changes
- Self-harm thoughts
- Declining academic performance
- Withdrawal from friends & family
- Difficulty managing daily life

♥ Remember: A healthy mind learns better. A happy child achieves more.

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> Marks are important, but your child's well-being is more important.

PROGRAM 58

HANDLING EXAMINATION STRESS

PREPARE • BREATHE • REST • BELIEVE

Support your child to prepare well, stay calm and do their best.

WHAT IS EXAMINATION STRESS?

Examination stress is the pressure and worry that children feel before, during and after exams. Some stress is normal, but too much can affect their mind and body.

- Worry & Anxiety
- Difficulty Concentrating
- Headache or Stomach Ache
- Trouble Sleeping
- Tiredness & Irritability
- Feeling Overwhelmed or Panicky

10 WAYS TO HELP YOUR CHILD HANDLE EXAMINATION STRESS

1 TALK & LISTEN

- Ask your child how they feel.
- Listen without judging or interrupting.

2 MAKE A PLAN

- List subjects and topics.
- Create a realistic study schedule with breaks.

3 BREAK IT DOWN

- Divide big topics into smaller parts.
- Focus on one small task at a time.

4 PRACTICE SMART

- Use active recall, practice questions and mock tests.
- Review mistakes and learn.

5 TAKE BREAKS

- Take short breaks every 45–60 minutes.
- Stretch, walk, drink water or relax.

6 PROTECT SLEEP

- Don't study all night.
- 7–9 hours of sleep helps memory and focus.

7 EAT WELL

- Eat nutritious food and stay hydrated.
- Avoid too much caffeine or junk food.

8 CALM YOUR MIND

- Try deep breathing, meditation or positive self-talk.
- Stay present.

9 EXAM DAY TIPS

- Read questions carefully.
- Manage your time.
- Start with what you know.
- Stay calm and confident.

10 AFTER THE EXAM

- Don't compare answers.
- Take a break.
- Celebrate your effort, not just the result.

PARENTS CAN HELP BY

- Encouraging effort, not perfection.
- Avoiding comparison with others.
- Creating a positive and calm environment.
- Believing in your child.
- Spending quality time together.

WHAT CHILDREN CAN DO

- Be organized and prepared.
- Stay focused and avoid distractions.
- Manage time wisely.
- Ask for help when needed.
- Believe in yourself.
- Do your best!

WHEN TO SEEK HELP

- If stress affects sleep, mood or appetite.
- If your child feels anxious or panicky most of the time.
- If it affects school performance or relationships.
- If you notice sadness, loss of interest or thoughts of self-harm.

Seek support from a counselor, psychologist or doctor.

Your child's mental well-being is more important than just marks.
Support. Understand. Encourage. Believe.

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PROGRAM 59

HEALTHY EXPRESSION OF FEELINGS

NOTICE • NAME • EXPRESS • CONNECT

Helping children understand, express and manage their feelings in healthy ways.

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> Every feeling is okay.
> Every behavior is not okay.
> Feel it.
> Name it.
> Express it.
> Understand it.
> Grow with it.

WHY HEALTHY EXPRESSION IS IMPORTANT

- Helps children understand their emotions.
- Improves communication & relationships.
- Builds emotional intelligence & self-awareness.
- Reduces stress, anxiety and emotional outbursts.
- Supports healthy decision-making and confidence.

10 STEPS TO HELP CHILDREN EXPRESS FEELINGS HEALTHILY

1 NOTICE THE FEELING

Encourage children to pause and notice what they are feeling.

2 NAME THE FEELING

Help them use simple words to name their emotions.

3 NOTICE WHAT THE BODY SAYS

Help them observe where they feel it in their body.

4 USE WORDS TO EXPRESS

Teach simple sentences to express how they feel.

5 EXPRESS SAFELY

Encourage healthy ways to express feelings.

6 LISTEN WITHOUT JUDGING

Give them your full attention. Sometimes they just need to be heard.

7 SET HEALTHY BOUNDARIES

Feelings are okay, but hurting yourself or others is not okay.

8 MODEL HEALTHY EXPRESSION

Children learn by watching us express emotions in healthy ways.

9 REPAIR AND RECONNECT

Teach children to apologize, forgive and move forward.

10 PRACTICE EVERY DAY

Make talking about feelings a daily habit.

EXAMPLES OF FEELINGS

Happy · Sad · Angry · Worried
Scared · Disappointed · Excited · Loved

HEALTHY WAYS TO EXPRESS FEELINGS

Talking · Drawing · Writing · Music
Movement · Breathing · Play · Connecting

WHEN TO SEEK EXTRA SUPPORT

Seek professional support if feelings interfere with daily life, such as:

- Persistent sadness or anger
- Withdrawal from friends & family
- Changes in sleep or appetite
- Difficulty in school or relationships
- Thoughts of self-harm

Every child deserves a safe space to feel, express and grow.
Let's raise emotionally healthy children for a better world.

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PROGRAM 60

CREATING A PEACEFUL MIND

PAUSE • BREATHE • CONNECT • GROW

Helping children develop a calm, focused and resilient mind for life.

> A peaceful mind doesn't mean a child never feels stress.
> It means they learn how to come back to calm.

WHY A PEACEFUL MIND MATTERS

- Improves focus and learning
- Reduces stress, worry and anxiety
- Builds emotional strength
- Strengthens relationships and communication
- Supports better health and well-being

10 PRACTICES TO CREATE A PEACEFUL MIND

1 PAUSE AND BREATHE

Take a moment.
Breathe in slowly.
Breathe out gently.
Do this 3-5 times.

2 NOTICE YOUR THOUGHTS

Notice what you are thinking and feeling without judging.

3 MOVE YOUR BODY

Play, stretch, dance or go for a walk. Movement calms your mind.

4 EXPRESS YOUR FEELINGS

Talk, draw, write, sing or play. Expressing feelings helps release big emotions.

5 LISTEN AND CONNECT

Talk to someone you trust. Sharing makes you feel lighter.

6 PRACTICE GRATITUDE

Every day, think of one or three things you are grateful for.

7 CREATE A ROUTINE

Have regular time for study, play, meals, relaxation and sleep.

8 LIMIT SCREEN TIME

Too much screen time can increase stress and reduce focus.

9 SPEND TIME IN NATURE

Nature helps calm your mind and refresh your spirit.

10 SLEEP WELL

Good sleep helps your brain rest, repair and stay calm.

PARENTS CAN HELP BY

- Being a calm role model
- Listening without interrupting
- Encouraging, not comparing
- Spending quality time together
- Creating a safe space at home
- Supporting small achievements
- Teaching kindness and patience

SIGNS YOUR CHILD MAY NEED EXTRA SUPPORT

- Persistent sadness or worry
- Irritability or anger outbursts
- Changes in sleep or appetite
- Withdrawal from friends/family
- Loss of interest in activities
- Decline in school performance
- Complaints of body aches

WHEN TO SEEK HELP

If stress, sadness, anxiety or behavior problems last for weeks or interfere with daily life, seek support from a counselor, psychologist or pediatrician.

♥ A peaceful mind grows with daily practice. Small steps every day create a brighter tomorrow.

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D. EDUCATION & LEARNING SKILLS

PROGRAMS 61–73

Building strong learning skills today for a confident and brighter tomorrow.

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> "Education is not just about marks. It's about curiosity, creativity and the joy of learning for life."

61 HOW TO DEVELOP GOOD STUDY HABITS

- Create a regular study routine.
- Keep your study space clean and organized.
- Set small, achievable goals.
- Take short breaks.
- Sleep well and eat healthy.

62 CONCENTRATION IMPROVEMENT TECHNIQUES

- Study in a distraction-free environment.
- Focus on one task at a time.
- Use short study sessions.
- Practice breathing and relaxation.
- Stay physically active.

63 MEMORY DEVELOPMENT ACTIVITIES

- Use flashcards and mind maps.
- Practice recall and teach others.
- Use rhymes, stories and visuals.
- Play memory games.
- Repeat, review and rest.

64 TIME MANAGEMENT FOR STUDENTS

- Make a daily or weekly plan.
- Prioritize tasks.
- Allocate time for study, play, meals and rest.
- Avoid procrastination.
- Review and improve.

65 GOAL SETTING FOR CHILDREN

- Set clear and realistic goals.
- Break big goals into small steps.
- Write down your goals.
- Track progress.
- Celebrate small wins.

66 READING HABIT DEVELOPMENT

- Read books you enjoy.
- Read a little every day.
- Keep books around you.
- Visit libraries.
- Discuss what you read.

67 CREATIVE LEARNING TECHNIQUES

- Use drawings, diagrams and models.
- Learn through projects and activities.
- Ask questions.
- Make learning fun and interactive.

68 LEARNING THROUGH NATURE

- Observe plants, animals, clouds and seasons.
- Learn outside the classroom.
- Keep a nature journal.
- Explore and ask curious questions.
- Respect and protect nature.

69 LEARNING THROUGH STORIES

- Listen to stories attentively.
- Retell in your own words.
- Think about the lesson.
- Connect the story to real life.
- Create your own story.

70 DEVELOPING CURIOSITY

- Ask 'why' and 'how'.
- Explore new things.
- Be open to new ideas.
- Don't be afraid to ask questions.
- Curiosity leads to discovery.

71 PROBLEM-SOLVING SKILLS

- Understand the problem.
- Think of possible solutions.
- Try and learn from the results.
- Don't give up easily.
- Ask for help if needed.

72 CRITICAL THINKING FOR CHILDREN

- Question and analyze.
- Look at different perspectives.
- Check facts.
- Use logic and reasoning.
- Make informed decisions.

73 LIFELONG LEARNING MINDSET

- Be curious every day.
- Learn from mistakes.
- Stay open to new skills.
- Keep improving yourself.
- Learning never ends, it grows with you.

WHY THESE SKILLS MATTER

- Builds confidence and independence
- Improves academic performance
- Enhances creativity and curiosity
- Develops problem-solving and critical thinking
- Prepares for future goals and lifelong success

PARENTS CAN HELP BY

- Encouraging effort, not just results.
- Creating a positive learning environment.
- Helping children set goals and plans.
- Providing resources and support.
- Being patient and consistent.
- Celebrating progress and learning.

TEACHERS CAN HELP BY

- Making learning engaging and meaningful.
- Encouraging questions.
- Providing constructive feedback.
- Supporting individual learning styles.
- Building a safe and respectful classroom.

WHEN TO SEEK EXTRA SUPPORT

If your child shows signs of persistent stress, difficulty concentrating, learning challenges or emotional concerns, consult a teacher, counselor, psychologist or pediatrician.

Small steps every day build strong learners for life.

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"Small daily habits create big academic success."

PROGRAM 61

HOW TO DEVELOP GOOD STUDY HABITS

STUDY SMARTER • STAY FOCUSED • GROW EVERY DAY

Good study habits help children learn better, remember more and feel confident.

6 ESSENTIAL STUDY HABITS

1 CREATE A ROUTINE

- Choose a regular study time.
- Study at the same place every day.
- Make it a non-negotiable habit.

CONSISTENCY BUILDS FOCUS.

2 ORGANIZE YOUR STUDY SPACE

- Keep your desk clean and tidy.
- Keep only what you need.
- Remove distractions like TV and mobile phone.

A CLEAN SPACE = A CLEAR MIND.

3 SET SMALL GOALS

- Break big tasks into small parts.
- Focus on one topic or chapter at a time.
- Celebrate small wins.

SMALL STEPS, BIG PROGRESS.

4 STUDY ACTIVELY

- Read, understand and close the book.
- Recall in your own words.
- Practice questions and teach someone.

ACTIVE LEARNING = BETTER MEMORY.

5 TAKE REGULAR BREAKS

- Study for 25–50 minutes.
- Take a 5–10 minute break.
- Stretch, walk, drink water and relax.

REST. REFRESH. RETURN.

6 SLEEP WELL

- 7–9 hours of sleep every night.
- Good sleep improves memory, concentration and mood.
- Avoid late night studying.

GOOD SLEEP = BETTER LEARNING.

PARENTS CAN HELP BY

- Encouraging effort, not perfection.
- Helping them plan, not doing it for them.
- Creating a positive and peaceful environment.
- Limiting screen time and distractions.
- Appreciating their consistency and progress.

WHAT CHILDREN CAN DO

- Be responsible for your study time.
- Prepare your books and materials.
- Follow your plan honestly.
- Ask for help when needed.
- Review and improve every day.

Good study habits today create confident, independent and lifelong learners tomorrow.

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PROGRAM 62

CONCENTRATION IMPROVEMENT TECHNIQUES

Focus is a skill. Let's help children build it with patience, practice and the right habits.

> Concentration is not just about studying more. It's about creating the right conditions to focus better.

WHY CHILDREN STRUGGLE TO CONCENTRATE

- Too many distractions
- Tiredness & lack of sleep
- Poor diet & dehydration
- Stress, worry & anxiety
- Unclear tasks or too many tasks
- Lack of physical activity

8 EFFECTIVE TECHNIQUES TO IMPROVE CONCENTRATION

1 ONE TASK AT A TIME

- Give one clear task.
- Break big tasks into smaller steps.
- Focus on one thing until it's done.

2 REDUCE DISTRACTIONS

- Keep the study area clean and quiet.
- Put away mobile, TV and unnecessary toys.
- Keep only what is needed.

3 FOCUS IN SHORT PERIODS

- Study for 20–30 minutes.
- Take a 5–10 minute break.
- Use a timer if needed.
- Then return and repeat.

4 MOVEMENT BREAKS

- Children are not meant to sit for long.
- Stretch, walk, play or do quick exercises.
- Movement refreshes the brain and body.

5 ACTIVE LEARNING

- Read, then close the book and recall.
- Explain in your own words.
- Use mind maps, diagrams, flashcards and practice.

6 HEALTHY ROUTINE

- 7–9 hours of sleep every night.
- Nutritious food and enough water.
- Regular study, play and rest time.
- A healthy body supports a focused mind.

7 POSITIVE ENCOURAGEMENT

- Appreciate effort, not just results.
- Encourage and motivate.
- Celebrate small progress.
- Avoid shouting or comparing with others.

8 REVIEW & PLAN TOMORROW

- Review what was completed.
- Plan tomorrow's tasks.
- This builds responsibility and confidence.

PARENTS CAN HELP BY

- Create a calm and supportive environment.
- Set realistic expectations.
- Guide and teach, but allow independence.
- Spend quality time with your child.
- Be a positive role model.
- Communicate with teachers.

WHEN TO SEEK EXTRA SUPPORT

If your child has persistent difficulty in concentration that affects studies, behavior or daily life, or if you notice:

- Extreme restlessness or impulsivity
- Difficulty completing even simple tasks
- Emotional challenges like anxiety or low mood
- Changes in sleep, appetite or energy

Consult your teacher, pediatrician or a qualified child psychologist.

GOOD HABITS TODAY, BETTER LEARNING TOMORROW.

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PROGRAM 63

MEMORY DEVELOPMENT ACTIVITIES

RECALL • EXPLAIN • PLAY • CONNECT • REVIEW

Make learning active, enjoyable and meaningful to help children remember better.

> "Memory is not about remembering everything. It's about remembering what matters."

WHY MEMORY ACTIVITIES ARE IMPORTANT

- Improve recall and retention
- Enhance understanding
- Boost focus and attention
- Strengthen academic skills
- Build confidence in learning

7 FUN & EFFECTIVE MEMORY DEVELOPMENT ACTIVITIES

1 READ, CLOSE & RECALL

- Read a short passage.
- Close the book.
- Write or say what you remember.

RETRIEVE TO REMEMBER!

2 TEACH SOMEONE

- Explain the topic in your own words.
- Teach a parent, sibling or a friend.

EXPLAIN IT TO REMAIN!

3 MEMORY GAMES

- Play matching cards, sequence games, or observation games.

PLAY TODAY, REMEMBER TOMORROW!

4 DRAW & CONNECT

- Use mind maps, diagrams or drawings.
- Connect new ideas with what you already know.

SEE IT, CONNECT IT, REMEMBER IT!

5 SPACED REVIEW

- Review what you learned after some time.
- Don't wait until the last minute!

REVIEW OVER TIME, REMEMBER FOR LONG!

6 USE MULTIPLE SENSES

- See, hear, speak, write and do.
- The more senses involved, the stronger the memory.

LEARN IN MANY WAYS!

7 STAY HEALTHY

- Get enough sleep.
- Eat nutritious food.
- Drink water.
- Exercise daily.
- Take time to relax.

A HEALTHY BODY SUPPORTS A STRONGER MEMORY!

TIPS FOR PARENTS

- Praise effort, not just results.
- Make learning a positive experience.
- Be patient and consistent.
- Create a calm and supportive environment.
- Encourage questions and curiosity.

WHEN TO SEEK EXTRA SUPPORT

If your child has persistent difficulties with memory, attention or learning that affect daily life, academics or self-esteem, consult your teacher, pediatrician or a qualified child psychologist.

Small activities today can build a stronger memory for a brighter tomorrow.

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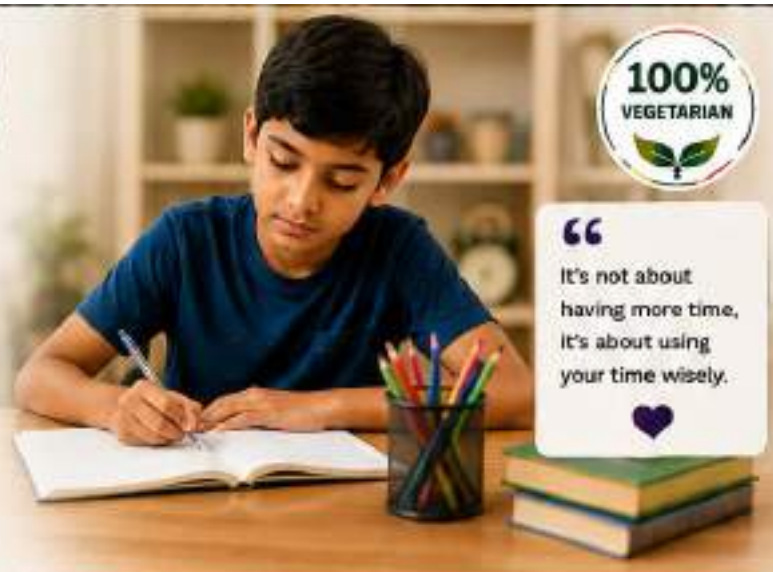
PROGRAM 64

TIME MANAGEMENT FOR STUDENTS

PLAN YOUR TIME • USE YOUR TIME • BALANCE YOUR LIFE

Good time management helps students reduce stress, improve focus and achieve their goals.



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> "It's not about having more time, it's about using your time wisely."

7 SIMPLE STEPS TO BETTER TIME MANAGEMENT

1 PRIORITIZE TASKS

- List all tasks.
- Decide what is urgent and important.
- Do important tasks first.

FIRST • NEXT • LATER

2 BREAK BIG TASKS DOWN

- Divide big tasks into smaller steps.
- Complete one step at a time.

BIG GOAL → SMALL STEPS

3 MAKE A DAILY PLAN

- Plan your day in advance.
- Include study, school, meals, play and sleep.
- Be realistic.

PLAN • SCHEDULE • FOLLOW

4 PROTECT FOCUS TIME

- Avoid distractions.
- Keep your study space organized.
- Focus on one task at a time.

FOCUS = RESULTS

5 TAKE REGULAR BREAKS

- Study for a fixed time.
- Take short breaks.
- Stretch, walk, drink water and relax.

GUESS • DO • CHECK

7 REVIEW & IMPROVE

- Review what you completed.
- What worked?
- What can be better tomorrow?

REVIEW • LEARN • IMPROVE

DAILY TIME BALANCE IS IMPORTANT

TIPS FOR STUDENTS

- Set clear goals.
- Keep your timetable visible.
- Use a planner or notebook.
- Say NO to unnecessary distractions.
- Use timers to stay focused.
- Don't postpone important tasks.
- Be consistent every day.

TIPS FOR PARENTS

- Guide, don't control.
- Help them plan, but let them take responsibility.
- Encourage effort, not perfection.
- Avoid over-scheduling.
- Teach balance, not pressure.
- Appreciate progress.

WHEN TO SEEK EXTRA SUPPORT

If your child often struggles with:

- Managing time
- Completing tasks
- Staying organized
- Feeling overwhelmed
- Constant stress or anxiety

Talk to their teacher, counselor, pediatrician or a qualified professional for guidance.

> "Discipline is doing what you know needs to be done, even when you don't feel like doing it."

Good time management today builds a confident, successful and peaceful tomorrow.

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PROGRAM 65

GOAL SETTING FOR CHILDREN

DREAM • PLAN • ACT • TRACK • GROW

Teach children how to set meaningful goals, take small steps and enjoy the journey toward achieving them.

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"A goal without a plan is just a wish."

9 SIMPLE STEPS TO SET & ACHIEVE GOALS

1 DREAM BIG

Encourage children to dream and explore what they truly want to learn or achieve.

2 CHOOSE ONE GOAL

Focus on one meaningful goal at a time to avoid feeling overwhelmed.

3 MAKE IT SPECIFIC

Make goals clear and specific. Decide exactly what, how much and by when.

4 BREAK IT DOWN

Break big goals into small, manageable steps that can be done one at a time.

5 MAKE A PLAN

Plan when, where and how you will work on your goal. Be realistic.

6 TAKE ACTION

Take consistent action every day, even if it's just a small step.

7 TRACK PROGRESS

Track your progress using a checklist, calendar or journal. See your growth!

8 CELEBRATE EFFORT

Celebrate your effort, consistency and improvement, not just the final result.

9 REVIEW & ADJUST

Review your goal regularly. Adjust your plan when needed and keep moving forward.

TIPS FOR CHILDREN

- Keep your goals positive and realistic.
- Write your goals down.
- Focus on progress, not perfection.
- Ask for help when you need it.
- Never give up—keep trying!

TIPS FOR PARENTS

- Guide, don't control.
- Help them set goals they care about.
- Encourage independence and responsibility.
- Praise effort and persistence.
- Teach balance, not pressure.

SMALL GOALS TODAY, BIG ACHIEVEMENTS TOMORROW.

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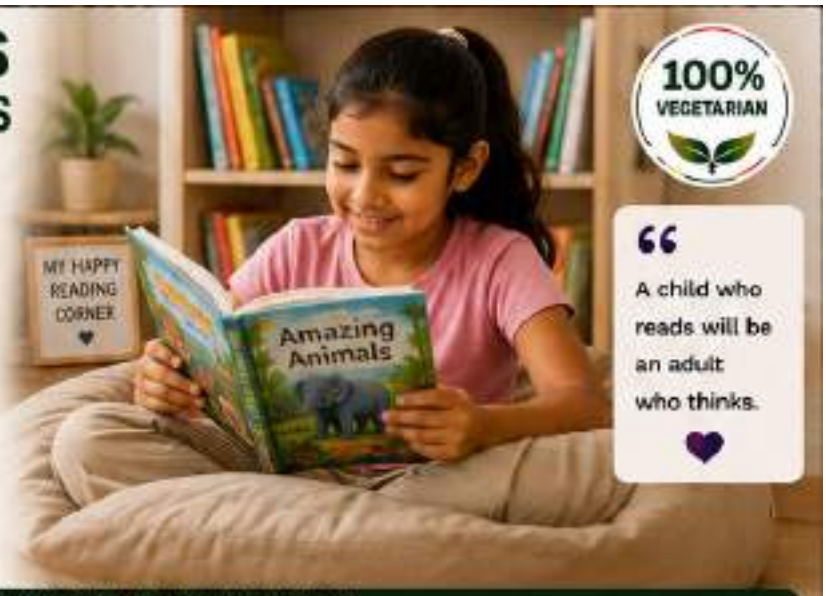
PROGRAM 66

READING HABIT DEVELOPMENT

READ • IMAGINE • DISCOVER • GROW

Reading opens minds, builds knowledge, strengthens communication and nurtures empathy.



100% VEGETARIAN

> "A child who reads will be an adult who thinks."

WHY READING HABITS ARE IMPORTANT

- Improves language & vocabulary
- Strengthens concentration and focus
- Enhances imagination and creativity
- Builds knowledge and academic success
- Develops empathy and emotional intelligence
- Builds confidence and self expression

9 SIMPLE WAYS TO BUILD A READING HABIT

1 LET THEM CHOOSE

- Let children choose books that interest them.
- Stories, comics, magazines, fact books — all are great!

2 CREATE A DAILY ROUTINE

- Set a fixed time for reading each day.
- Even 10-20 minutes daily can make a big difference.

3 READ TOGETHER

- Read aloud for younger children.
- Take turns reading and talk about the story.

4 CREATE A READING CORNER

- Make a comfortable and quiet space.
- Keep books visible and easy to reach.

5 TALK ABOUT THE STORY

- Ask open-ended questions.
- Encourage children to share their thoughts and feelings.

6 MAKE IT CREATIVE

- Draw characters, act out scenes or create a new ending.
- Let imagination come alive!

7 BE A READING ROLE MODEL

- Let children see you enjoying books.
- Children learn by watching what we do.

8 TRACK PROGRESS

- Use a simple chart or calendar.
- Celebrate small achievements and consistency.

9 KEEP IT POSITIVE

- Praise effort, not just results.
- Make reading enjoyable, not a punishment.

TIPS FOR CHILDREN

- Choose books you enjoy.
- Read a little every day.
- Take your time and understand.
- Ask questions and be curious.
- Never give up—keep reading!

TIPS FOR PARENTS

- Provide age-appropriate books.
- Be patient and encouraging.
- Visit libraries and bookshops together.
- Limit screen time and distractions.
- Make reading a family habit.

BOOKS ARE WINDOWS TO THE WORLD AND MIRRORS TO THE SOUL.

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PROGRAM 67

CREATIVE LEARNING TECHNIQUES

CREATE • PLAY • EXPLORE • EXPLAIN • GROW

Creative learning makes education meaningful, engaging and joyful.

100% VEGETARIAN

> "Children learn best when they create, explore and enjoy."

WHY CREATIVE LEARNING IS IMPORTANT

- Improves understanding and retention
- Encourages curiosity and imagination
- Develops problem solving and critical thinking
- Builds confidence and self expression
- Supports all types of learners and strengths
- Makes learning engaging and joyful

9 CREATIVE LEARNING TECHNIQUES

1 DRAW IT

- Use drawings, diagrams or mind maps.
- Turn ideas into pictures.

2 TELL A STORY

- Turn facts into stories.
- Create characters, events and adventures.

3 MAKE IT A GAME

- Use puzzles, quizzes, cards or challenges.
- Make revision fun.

4 ROLE PLAY

- Act out concepts or historical events.
- Become the lesson.

5 BUILD IT

- Build models, projects or simple prototypes.
- Learn by creating.

6 CONNECT TO REAL LIFE

- Use everyday activities, nature, cooking, shopping.
- See learning all around.

7 TEACH IT

- Ask children to teach or explain in their own words.
- Teaching builds mastery.

8 USE MULTIPLE SENSES

- See it, hear it, touch it and do it.
- The more senses involved, the better.

9 GIVE CHOICE

- Let children choose how they want to learn or show what they know.

TIPS FOR CHILDREN

- Be curious and ask questions.
- Try new ways to learn and create.
- Don't be afraid to make mistakes.
- Share your ideas and listen to others.
- Enjoy the process, not just the result.

TIPS FOR PARENTS

- Provide resources and opportunities.
- Encourage creativity, not perfection.
- Praise effort, imagination and improvement.
- Connect learning with real life.
- Spend quality time learning together.

> "Every child is an artist, a scientist and a storyteller in their own way. Our job is to give them the space, freedom and tools to discover it."

CREATIVE LEARNING TODAY, BRIGHTER FUTURES TOMORROW.

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> In every walk with nature, one receives far more than he seeks.

PROGRAM 68

LEARNING THROUGH NATURE

OBSERVE • ASK • EXPLORE • DISCOVER • GROW

Nature is a wonderful classroom.
Every leaf, rock, insect and raindrop has something to teach.

WHY LEARNING THROUGH NATURE MATTERS

- Improves observation and focus
- Sparks curiosity and creativity
- Connects concepts to real-life experiences
- Builds confidence and independent thinking
- Encourages care and respect for the environment
- Supports mental well-being and reduces stress

9 SIMPLE WAYS TO LEARN THROUGH NATURE

1 OBSERVE

- Look closely at plants, insects, birds and rocks.
- Notice colors, shapes, patterns and textures.

2 ASK QUESTIONS

- Encourage "why", "how" and "what if" questions.
- Curiosity leads to discovery.

3 COUNT & MEASURE

- Count leaves, petals, stones or insects.
- Measure height, length, temperature or time.

4 EXPLORE SCIENCE

- Observe plants, soil, water, weather and insects.
- Make predictions and identify changes.

5 CREATE & EXPRESS

- Draw what you see.
- Write a nature journal.
- Create stories, poems or nature collages.

6 FOLLOW CHANGE

- Observe the same plant or place over days and weeks.
- Note how nature is always changing.

7 LEARN FROM REAL LIFE

- Use everyday activities like cooking, gardening and shopping.
- Connect lessons to daily life.

8 CARE FOR NATURE

- Water plants.
- Keep surroundings clean.
- Protect living things and their habitats.

9 SHARE & TEACH

- Share what you learn with others.
- Teach family and friends.
- Explaining strengthens learning.

TIPS FOR CHILDREN

- ✓ Be curious and ask questions.
- ✓ Respect all living things.
- ✓ Use your senses.
- ✓ Keep a nature journal.
- ✓ Learn, enjoy and have fun!

TIPS FOR PARENTS & EDUCATORS

- ✓ Provide safe outdoor experiences.
- ✓ Listen to your child's questions.
- ✓ Encourage exploration.
- ✓ Connect learning to real life.
- ✓ Be a guide, not just a teacher.

> Let children have time with nature. It will teach them more than we can imagine.

NATURE IS FREE. CURIOSITY IS THE TOOL. IMAGINATION IS THE LIMIT.

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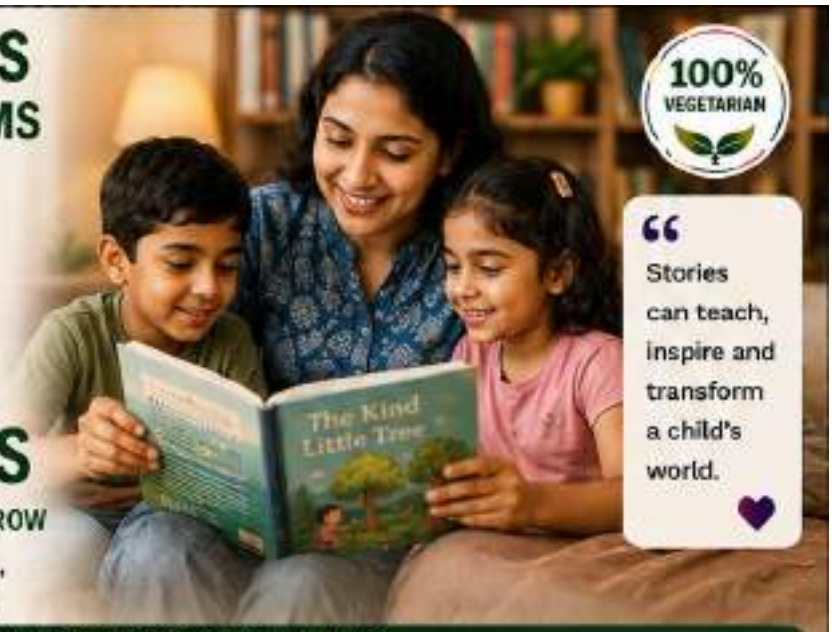
PROGRAM 69

LEARNING THROUGH STORIES

LISTEN • IMAGINE • QUESTION • CREATE • GROW

Stories spark imagination, build understanding, nurture values and create lifelong memories.



100% VEGETARIAN

"Stories can teach, inspire and transform a child's world."

WHY LEARNING THROUGH STORIES MATTERS

- Improves memory and retention
- Enhances imagination and creativity
- Builds empathy and emotional intelligence
- Develops language and communication skills
- Encourages curiosity and critical thinking
- Helps children connect values to real life

9 WAYS TO LEARN THROUGH STORIES

1 TURN FACTS INTO STORIES

- Turn any topic into a story with a beginning, middle and end.
- Make it simple, engaging and meaningful.

2 ASK QUESTIONS

- Pause and ask, "What do you think happens next?"
- Encourage "why", how" and "what if" questions.

3 RETELL THE STORY

- Let children retell the story in their own words.
- They can speak, draw or write about it.

4 ACT IT OUT

- Role-playing helps children step into the story and understand it deeply.

5 CONNECT TO REAL LIFE

- Talk about how the story connects to their own life experiences and the world around them.

6 CREATE A NEW ENDING

- Ask children to imagine a different ending.
- It builds creativity and critical thinking.

7 DISCUSS VALUES

- Talk about the values in the story like kindness, honesty, courage, friendship and respect.

8 USE VISUALS & PROPS

- Use pictures, puppets or objects to make stories more vivid and memorable.

9 REFLECT & SHARE

- Reflect on what they learned, felt and enjoyed.
- Encourage them to share with others.

TIPS FOR CHILDREN

- ✓ Listen with focus and imagine the story.
- ✓ Ask questions and be curious.
- ✓ Retell the story in your own words.
- ✓ Draw or write about your favourite part.
- ✓ Apply the lesson from the story in daily life.

TIPS FOR PARENTS & EDUCATORS

- ✓ Choose age-appropriate and meaningful stories.
- ✓ Read aloud with expression and emotion.
- ✓ Encourage questions, not just answers.
- ✓ Create a storytelling routine every day.
- ✓ Make stories a bridge between school and life.

A STORY TODAY, A LESSON FOR LIFE.

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> "The best way to teach a child is to awaken their curiosity."

PROGRAM 70

DEVELOPING CURIOSITY

NOTICE • ASK • EXPLORE • DISCOVER • GROW

Curiosity is the spark that turns questions into learning, ideas into innovation and children into confident explorers of life.

WHY DEVELOPING CURIOSITY MATTERS

- Encourages deep learning and understanding
- Builds creativity and imagination
- Improves problem solving and critical thinking
- Boosts confidence and independence
- Develops a love for learning
- Helps children adapt and grow in any situation

9 WAYS TO DEVELOP CURIOSITY IN CHILDREN

1 ENCOURAGE OBSERVATION

- Take time to look closely at the world around.
- Observe nature, objects, people and changes.

2 WELCOME QUESTIONS

- Allow children to ask "why", "how", and "what if".
- Never stop their questions.

3 DON'T RUSH TO ANSWER

- Respond with another question.
- Say "What do you think?" or "Let's find out together."

4 MAKE PREDICTIONS

- Ask children what they think will happen.
- Encourage them to think ahead.

5 EXPLORE & EXPERIMENT

- Let them explore, test, compare and discover.
- Learning happens through experience.

6 USE EVERYDAY LIFE

- Find curiosity in cooking, shopping, gardening, travel and daily activities.
- Life is full of lessons.

7 ASK QUESTIONS BACK

- Try "Why do you think that?"
- or "How could we find out?"

8 TURN INTO CREATION

- Let children draw, write, build or tell stories.
- Creativity deepens curiosity.

9 REFLECT & DISCUSS

- Talk about what they learned.
- Help them connect ideas to real-life situations.

TIPS FOR CHILDREN

- Be curious and ask questions.
- Try new things and explore.
- Look carefully and listen.
- Think, imagine and predict.
- Enjoy the joy of discovering!

TIPS FOR PARENTS & EDUCATORS

- Listen patiently and show interest.
- Encourage questions, not just answers.
- Create a safe space to explore.
- Provide resources and opportunities.
- Celebrate effort, ideas and curiosity.

CURIOSITY TODAY, DISCOVERY TOMORROW, A BRIGHTER FUTURE ALWAYS.

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PROGRAM 71

PROBLEM-SOLVING SKILLS

IDENTIFY • THINK • PLAN • TRY • ADJUST • LEARN

Children who learn to solve problems,
learn to face life with confidence.

100% VEGETARIAN

> Instead of giving the answer, teach them how to think through it.

WHY PROBLEM-SOLVING SKILLS MATTER

- Builds critical thinking and logical reasoning
- Encourages independence and confidence
- Helps children handle challenges calmly
- Improves decision-making and life skills
- Teaches patience, persistence and resilience
- Prepares children for real-life situations

8 STEPS TO DEVELOP PROBLEM-SOLVING SKILLS IN CHILDREN

1 IDENTIFY THE PROBLEM

- Help your child understand what the problem is.
- Ask them to explain in their own words.
- Focus on facts, not emotions.

2 PAUSE & THINK

- Encourage a calm and patient mind.
- Ask, "What have we already tried?"
- Give them time to think.

3 BRAINSTORM OPTIONS

- Ask, "What are three things we could try?"
- Write or draw different ideas.
- No idea is silly at this stage.

4 COMPARE & CHOOSE

- Discuss the pros and cons.
- Which idea might work best?
- Choose one to try first.

5 TRY THE SOLUTION

- Take action.
- Observe what happens.
- Be brave enough to try!

6 LEARN FROM MISTAKES

- If it doesn't work, it's not failure.
- Ask, "What didn't work?"
- Mistakes are part of learning.

7 ADJUST & TRY AGAIN

- Change strategy or approach.
- Try another idea.
- Keep going with a positive mind.

8 REFLECT & IMPROVE

- Ask, "What did we learn?"
- What worked?
- What can we do better next time?

WHERE CHILDREN CAN PRACTICE PROBLEM-SOLVING

At Home	At School	During Play	In Nature	In Daily Life
Everyday challenges	Projects, group activities	Games, puzzles, building toys	Exploring, observing, finding solutions	Cooking, shopping, planning tasks

TIPS FOR PARENTS & EDUCATORS

- Encourage effort, not just results.
- Ask open-ended questions.
- Give choices and natural consequences.
- Allow age-appropriate independence.
- Celebrate small wins and progress.
- Model calm and positive problem-solving.

A PROBLEM TODAY CAN BECOME A LESSON FOR TOMORROW.

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PROGRAM 72

CRITICAL THINKING FOR CHILDREN

OBSERVE • QUESTION • CHECK • COMPARE
EXPLAIN • REFLECT • GROW

Teach children how to think,
not what to think.

100% VEGETARIAN

> A child who thinks critically today, becomes a confident and responsible decision-maker tomorrow.

WHY CRITICAL THINKING MATTERS

- Helps children understand information better
- Encourages curiosity and deeper learning
- Improves problem-solving and decision-making
- Builds confidence to express ideas and opinions
- Develops patience, open-mindedness and respect
- Prepares children for real-life challenges

8 STEPS TO BUILD CRITICAL THINKING SKILLS

1 OBSERVE

Look closely.

What do you notice?

- Collect facts before making assumptions.

2 ASK QUESTIONS

- Why?
- How?
- What if?
- What makes you think that?

3 CHECK THE EVIDENCE

- What do you know?
- What is a fact?
- What is a guess?

4 COMPARE IDEAS

- Could there be another way?
- Which idea has better reasons?

5 TRY & SOLVE

- Make a plan.
- Try your idea.
- Test and observe the result.

6 LEARN FROM MISTAKES

- It didn't work?

That's okay!

- What can we learn from this?

7 EXPLAIN YOUR THINKING

- How did you reach this answer?
- Can you explain it in your own words?

8 REFLECT & IMPROVE

- What did you learn?
- What would you do differently next time?

PRACTICE CRITICAL THINKING EVERY DAY

- ✔ Encourage open conversations.
- ✔ Read books and ask questions together.
- ✔ Play strategy games and puzzles.
- ✔ Discuss real-life situations.
- ✔ Allow children to make age-appropriate decisions.

TIPS FOR PARENTS & EDUCATORS

- ✔ Don't give the answer too quickly.
- ✔ Use open-ended questions.
- ✔ Listen patiently to their thoughts.
- ✔ Respect their ideas, even if different.
- ✔ Guide them with examples, not orders.
- ✔ Celebrate effort and progress, not just results.

THINK CRITICALLY. ACT RESPONSIBLY. BUILD A BETTER FUTURE.

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PROGRAM 73

LIFELONG LEARNING MINDSET

STAY CURIOUS • KEEP LEARNING • KEEP GROWING

Teach children that learning doesn't end at school.
It continues every day, everywhere, for life.

100% VEGETARIAN

> "The goal of education is not to finish school, but to build a mind that never stops learning."

WHY A LIFELONG LEARNING MINDSET MATTERS

- Builds curiosity and creativity
- Improves problem solving and decision making
- Encourages independence and self-motivation
- Helps adapt to changes in life and work
- Builds confidence, resilience and positive attitude
- Creates a habit of growth, not just success

10 WAYS TO CULTIVATE A LIFELONG LEARNING MINDSET

1 BE CURIOUS

Encourage children to ask questions like "Why?", How?", "What if?"

2 LOVE READING

Provide books on different topics and let them explore what interests them.

3 LEARN EVERYWHERE

Nature, travel, museums, home activities and conversations are great classrooms.

4 EMBRACE MISTAKES

Mistakes are not failures. They are stepping stones to growth.

5 PRACTICE NEW SKILLS

Learn new skills like cooking, gardening, art, music, coding, etc.

6 THINK CRITICALLY

Ask questions, check facts, compare ideas and think before concluding.

7 BE SELF-DIRECTED

Help children set their own learning goals and track their progress.

8 TEACH OTHERS

When children teach, they understand deeper and remember longer.

9 STAY CONSISTENT

Small daily learning habits create big lifelong results.

10 ENJOY THE JOURNEY

Make learning fun and meaningful, not stressful or forced.

MAKE LEARNING A DAILY HABIT

- ✔ Read a little every day.
- ✔ Ask one new question.
- ✔ Explore something in nature.
- ✔ Try a creative activity.
- ✔ Reflect on what you learned.
- ✔ Celebrate small wins.
- ✔ Stay consistent and enjoy the process!

TIPS FOR PARENTS & EDUCATORS

- ✔ Encourage curiosity, not just marks.
- ✔ Praise effort, strategies and improvement.
- ✔ Provide resources, not all the answers.
- ✔ Allow children to make choices.
- ✔ Be a role model of lifelong learning.
- ✔ Create a safe space for questions and mistakes.

A LOVE FOR LEARNING TODAY, A BETTER FUTURE TOMORROW.

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VALUES, CHARACTER & SPIRITUAL DEVELOPMENT (74–86)

74 HUMAN VALUES FOR CHILDREN

Good values today, better human tomorrow.

75 TRUTHFULNESS & INTEGRITY

Speak the truth. Live with integrity.

76 KINDNESS & COMPASSION

Be kind. Make the world better.

77 RESPECT FOR PARENTS & ELDERS

Respect their wisdom. Cherish their presence.

78 RESPECT FOR TEACHERS

Respect your teachers. Value their guidance.

79 FRIENDSHIP & COOPERATION

Work together. Grow together.

80 SHARING & CARING

Share with love. Care with a smile.

81 RESPONSIBILITY & DISCIPLINE

Be responsible. Stay disciplined.

82 GRATITUDE TOWARD NATURE

Thank nature. Protect nature.

83 COMPASSION TOWARD ANIMALS

Be gentle. Be their voice.

84 SERVICE TO SOCIETY

Serve the society. Build a better world.

85 UNDERSTANDING INDIAN CULTURAL VALUES

Know your roots. Be proud. Be respectful.

86 UNIVERSAL PEACE & HARMONY

Respect all.
Love all.
Live in peace & harmony.

VALUES SHAPE LIFE

Good Character · Healthy Relationships · Responsible Citizens · Compassionate Hearts · Peaceful World

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PROGRAM 74

HUMAN VALUES FOR CHILDREN

Good education teaches a child what to know.
Good values teach a child how to live.

WHY HUMAN VALUES MATTER

- Builds strong character and self-confidence
- Helps children make good choices
- Creates respect and positive relationships
- Develops empathy, kindness and compassion
- Builds responsibility, discipline and self-control
- Helps create a better family, society and world

6 CORE HUMAN VALUES EVERY CHILD NEEDS

1. HONESTY

Speak the truth.
Admit mistakes.
Build trust.

2. KINDNESS

Be kind to others.
Help people.
Make the world better.

3. RESPECT

Respect parents, elders, teachers, friends and nature.

4. RESPONSIBILITY

Do your part.
Keep promises.
Take care of your things and others.

5. COMPASSION

Understand others' feelings.
Show care and support.

6. COOPERATION

Work together.
Listen to others.
Share ideas and achieve together.

HOW TO DEVELOP VALUES IN CHILDREN

- Be a role model. Children learn by watching you.
- Talk about values in daily conversations.
- Give age-appropriate responsibilities at home.
- Praise good choices and effort.
- Be consistent with love and patience.
- Encourage kindness, gratitude and forgiveness.

> "A child with values grows into an adult who makes the world a better place."

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PROGRAM 74

HUMAN VALUES FOR CHILDREN

Good education teaches a child what to know.
Good values teach a child how to live.

WHY HUMAN VALUES MATTER

- Builds strong character and self-confidence
- Helps children make good choices
- Creates respect and positive relationships
- Develops empathy, kindness and compassion
- Builds responsibility, discipline and self-control
- Helps create a better family, society and world

6 CORE HUMAN VALUES EVERY CHILD NEEDS

1. HONESTY

Speak the truth.
Admit mistakes.
Build trust.

2. KINDNESS

Be kind to others.
Help people.
Make the world better.

3. RESPECT

Respect parents, elders, teachers, friends and nature.

4. RESPONSIBILITY

Do your part.
Keep promises.
Take care of your things and others.

5. COMPASSION

Understand others' feelings.
Show care and support.

6. COOPERATION

Work together.
Listen to others.
Share ideas and achieve together.

HOW TO DEVELOP VALUES IN CHILDREN

- Be a role model. Children learn by watching you.
- Talk about values in daily conversations.
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- Praise good choices and effort.
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PROGRAM 75

TRUTHFULNESS & INTEGRITY

Teach children to speak the truth, keep their word and do what is right even when nobody is watching.

WHY TRUTHFULNESS & INTEGRITY MATTER

- Builds trust and strong relationships
- Creates inner strength and self-respect
- Develops responsibility and reliability
- Helps children make ethical choices in life
- Creates a positive impact on family, society and world

6 PILLARS OF TRUTHFULNESS & INTEGRITY

1 SPEAK THE TRUTH

Always speak honestly and clearly.

2 ADMIT MISTAKES

It's brave to say "I made a mistake." Learn and move forward.

3 KEEP PROMISES

Keep your word and be dependable.

4 DO WHAT IS RIGHT

Choose the right thing even when nobody is watching.

5 TAKE RESPONSIBILITY

Own your actions and their consequences.

6 BE A GOOD EXAMPLE

Children learn integrity by watching adults.

HOW PARENTS CAN HELP

- ✓ Listen calmly when your child tells the truth.
- ✓ Praise honesty more than perfection.
- ✓ Create a safe space for open conversations.
- ✓ Teach values through daily actions and choices.
- ✓ Share real-life stories about honesty and courage.
- ✓ Practice what you teach – be a role model.

DAILY FAMILY PRACTICE

Ask your child every day:

- Did you tell the truth today?
- Did you keep your promise?
- Did you do the right thing?
- What can you do better tomorrow?

> "Honesty is the first chapter in the book of wisdom. Integrity is the path that keeps the story true.."

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PROGRAM 76

KINDNESS & COMPASSION

Small Acts. Big Impact.

Teach children to see others, care deeply and make the world a better place.

WHY KINDNESS & COMPASSION MATTER

- Builds empathy and understanding
- Strengthens relationships
- Creates emotional well-being
- Encourages cooperation & peace
- Makes the world a better place
- Nurtures a caring, responsible citizen

6 WAYS CHILDREN CAN PRACTICE KINDNESS EVERY DAY

1 NOTICE

Look around. See someone who might need help or support.

2 UNDERSTAND

Try to understand how they are feeling. Show empathy.

3 HELP

Offer your help. Even small actions can make a big difference.

4 INCLUDE

Invite others to join. No one should feel left out.

5 LISTEN

Listen patiently. Sometimes listening is the kindest thing you can do.

6 CARE

Be kind to people, animals and nature. Care for all living beings.

ROLE OF PARENTS

- Be a role model. Children learn from what they see.
- Use kind words and actions every day.
- Encourage and appreciate kind behavior.
- Talk about feelings and perspectives.

DAILY KINDNESS CHALLENGE

- ☑ Do one kind act every day.
- ☑ Notice someone who needs help.
- ☑ Say a kind word to someone.
- ☑ Thank someone who helps you.
- ☑ Reflect: How did I make a difference today?

> "Kindness is a language that the deaf can hear and the blind can see." ♥
> – Mark Twain

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PROGRAM 77

RESPECT FOR PARENTS & ELDERS

Respect is not fear.
It is love, understanding and appreciation.

WHY RESPECTING PARENTS & ELDERS MATTERS

- Strengthens Family Bonds
- Helps Children Learn Values
- Creates Love, Trust & Harmony
- Children Learn from Experience and Wisdom
- Builds Good Character
- Creates a Peaceful Home and Society

HOW CHILDREN CAN SHOW RESPECT EVERY DAY

1. GREET WITH LOVE
Greet elders with a smile, Namaste and kind words.

2. LISTEN ATTENTIVELY
Listen when they speak. Give them your attention.

3. SPEAK POLITELY
Use respectful words and a gentle tone.

4. HELP OUT
Help with small tasks at home and be useful.

5. SHOW APPRECIATION
Thank them for their love, care and support.

6. LEARN FROM THEM
Ask about their experiences, stories and traditions.

7. RESPECT THEIR TIME
Give them time and spend quality moments.

8. RESPECT DIFFERENCES
Understand that every generation has a different perspective.

TIPS FOR PARENTS

- Be a role model. Children learn by watching you.
- Treat your parents and elders with respect.
- Encourage children to express, but also listen.
- Create a culture of gratitude and appreciation.
- Teach respectful disagreement, not arguments.

> "Respect your parents. They passed school without Google, lived without smartphones and raised you with love."

Respect your roots. Cherish your family. Value every generation.

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PROGRAM 78

RESPECT FOR TEACHERS

A great teacher can open minds, inspire dreams and shape the future.
Respect makes learning meaningful.

WHY RESPECTING TEACHERS MATTERS

- Creates a positive learning environment
- Inspires children to learn and grow
- Builds trust and strong relationships
- Encourages discipline and responsibility
- Develops good character and values
- Helps build a better society and future

8 WAYS CHILDREN CAN SHOW RESPECT TO TEACHERS EVERY DAY

1 GREETING

Greet your teacher with a smile and respectful words.

2 LISTENING

Listen carefully when your teacher is speaking.

3 ASK QUESTIONS

Ask questions politely and seek to understand.

4 APPRECIATION

Say "Thank you" and show gratitude for their efforts.

5 CLASSROOM CARE

Keep the classroom clean and take care of materials.

6 ACCEPT GUIDANCE

Accept feedback and advice to improve and grow.

7 RESPECTFUL TALK

Share your thoughts politely and listen to others.

8 FOLLOW & PARTICIPATE

Follow instructions and participate actively in class.

TIPS FOR PARENTS

- Be a role model.
- Praise respect, not just marks.
- Encourage questions.
- Talk about the importance of teachers.
- Build a strong school-home partnership.

"A teacher takes a hand, opens a mind and touches a heart."

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PROGRAM 79

FRIENDSHIP & COOPERATION

Good friends listen, share, care and work together. Strong friendships build strong futures.

WHY FRIENDSHIP & COOPERATION MATTER

- Builds trust and strong relationships
- Encourages empathy and understanding
- Teaches teamwork and sharing
- Develops problem solving and patience
- Creates a positive environment at home, school and society
- Helps children grow into responsible and caring adults

8 WAYS CHILDREN CAN PRACTICE FRIENDSHIP & COOPERATION EVERY DAY

1 LISTEN ACTIVELY

Listen to your friends when they speak.

2 SHARE & TAKE TURNS

Share things and take turns. Everyone gets a chance.

3 WORK TOGETHER

Cooperate and work toward a common goal.

4 RESPECT DIFFERENCES

It's okay to have different ideas. Respect each other.

5 ENCOURAGE EACH OTHER

Celebrate your friend's efforts and success.

6 INCLUDE EVERYONE

Invite others to join. No one should feel left out.

7 HELP & SUPPORT

Help your friends when they need support.

8 BE KIND & SHOW COMPASSION

Be kind, caring and understanding.

TIPS FOR PARENTS

- Be a role model. Children learn by watching you.
- Encourage group activities and team games.
- Talk about feelings and how to resolve conflicts peacefully.
- Praise cooperation, not just competition.
- Help children build friendships based on respect and kindness.

DAILY FRIENDSHIP PRACTICE

Ask your child every day:

- Who did you listen to today?
- Who did you include?
- How did you cooperate?
- How did you encourage your friend?
- What kind thing could you do tomorrow?

REMEMBER

Friendship is not about who you have known the longest.

It's about who came, and never left your side.

STRONG FRIENDSHIPS TODAY, STRONGER COMMUNITIES TOMORROW.

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PROGRAM 80

SHARING & CARING

♥ Small Acts. Big Hearts. ♥

When children share,
they learn to care for others
and build a kinder world.

WHY SHARING & CARING MATTERS

- Builds empathy and kindness
- Strengthens friendships
- Creates a positive environment
- Boosts confidence and happiness
- Develops emotional intelligence
- Helps build a caring and responsible community

8 WAYS CHILDREN CAN PRACTICE SHARING & CARING EVERY DAY

1 TAKE TURNS

Everyone gets a chance to play and enjoy.

2 SHARE RESOURCES

Share books, toys, pencils and other materials.

3 SHARE TIME

Give your time and attention to others.

4 HELP OTHERS

Help a friend, a classmate or someone in need.

5 LISTEN & CARE

Listen when someone talks and show you care.

6 INCLUDE EVERYONE

Invite others to join and make everyone feel welcome.

7 RESPECT BOUNDARIES

Respect others' feelings, space and their "no".

8 CARE FOR NATURE

Share and care for our world – plants, animals and environment.

TIPS FOR PARENTS

- Be a role model. Children learn by watching you.
- Encourage sharing without forcing it.
- Praise kind and caring behavior.
- Teach the difference between sharing and giving away.
- Create opportunities for children to help at home and in the community.

DAILY SHARING PRACTICE

- What did you share today?
- Who did you help?
- Did you listen to someone?
- How did you show you care?
- What kind thing could you do tomorrow?

> "We make a living by what we get, but we make a life by what we give."
> – Winston Churchill

SHARE WITH LOVE. CARE WITH KINDNESS. GROW TOGETHER.

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PROGRAM 81

RESPONSIBILITY & DISCIPLINE

Discipline is not about fear.
It is about learning to take responsibility for our actions.

WHY RESPONSIBILITY & DISCIPLINE MATTER

- Builds self-confidence and independence
- Improves focus and goal achievement
- Develops character and self-control
- Creates healthy routines and time management
- Encourages respect, cooperation and accountability
- Prepares children for a responsible and meaningful life

10 WAYS CHILDREN CAN PRACTICE RESPONSIBILITY & DISCIPLINE EVERY DAY

1 START SMALL

Begin with small tasks suitable for their age.

2 FOLLOW ROUTINES

Have a daily routine for study, play, meals and rest.

3 FINISH WHAT YOU START

Encourage children to complete their tasks.

4 CARE FOR YOUR BELONGINGS

Keep books, toys and things organized and asfe.

5 PLAN AHEAD

Prepare school materials and plan for tomorrow.

6 ACCEPT CONSEQUENCES

Understand that actions have natural results.

7 MANAGE YOUR TIME

Use time wisely and avoid procrastination.

8 HELP AT HOME

Take part in household responsibilities.

9 STAY CALM AND FOCUSED

Practice self-control and emotional balance.

10 LEARN FROM MISTAKES

Reflect, improve and try again.

TIPS FOR PARENTS

- Be a role model. Children learn by watching you.
- Set clear and realistic expectations.
- Encourage effort more than perfection.
- Use positive discipline, not punishment.
- Give choices within boundaries.
- Praise responsibility and good decisions.
- Stay consistent, calm and patient.

DAILY REFLECTION QUESTIONS

1. What was my responsibility today?
2. Did I complete it?
3. What did I do well?
4. What can I do better tomorrow?
5. How did I help someone?

> "Discipline today creates freedom tomorrow."

RESPONSIBILITY TODAY. CONFIDENCE TOMORROW.

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PROGRAM 82

GRATITUDE TOWARD NATURE

Notice. Appreciate. Respect. Care. Protect.

Teach children to be grateful for nature and take responsibility to care for it.

NATURE GIVES US SO MUCH. LET'S LEARN TO GIVE BACK.

CLEAN AIR
Breathe it. Be thankful.

PURE WATER
Every drop is precious.

SUNLIGHT
Energy for life, for every living being.

HEALTHY SOIL
Supports plants and food for us.

FOOD & FARMERS
Respect the hands that grow our food.

PLANTS & ANIMALS
Share our world. Respect their home.

7 WAYS CHILDREN CAN SHOW GRATITUDE TOWARD NATURE

1 NOTICE NATURE

Observe the beauty around you. Be curious and mindful.

2 SAVE WATER

Use water thoughtfully. Don't waste a single drop.

3 PLANT & PROTECT TREES

Plant trees and care for plants. They give us life.

4 CARE FOR ANIMALS

Be kind to animals. Never hurt or disturb them.

5 REDUCE WASTE

Reduce, reuse and recycle. Keep our Earth clean.

6 RESPECT NATURE SPACES

Keep parks, rivers, beaches and streets clean.

7 THANK NATURE DAILY

Take a moment each day to thank nature for its gifts.

DAILY NATURE GRATITUDE PRACTICE

- Go outside and observe.
- Listen to the sounds of nature.
- Thank nature for one gift every day.
- Draw or write about what you see.
- Think how you can care for it.

PARENTS: YOU ARE THE ROLE MODEL

- Use resources responsibly.
- Avoid waste and plastic.
- Save water and electricity.
- Care for plants and animals.
- Make nature part of family life.
- Teach with love, not fear.

REMEMBER

We do not inherit the Earth from our ancestors, we borrow it from our children.

GRATITUDE TOWARD NATURE TODAY, A BETTER PLANET TOMORROW.

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PROGRAM 83

COMPASSION TOWARD ANIMALS

Kindness has no language.
Every living being deserves respect, care and protection.

WHY COMPASSION TOWARD ANIMALS MATTERS

- Builds empathy and kindness
- Creates a more caring world
- Reduces cruelty and violence
- Improves emotional intelligence
- Helps children become responsible citizens
- Protects nature and our planet

8 WAYS CHILDREN CAN SHOW COMPASSION TOWARD ANIMALS

1 NOTICE & RESPECT

Observe animals quietly. Give them space. Understand their feelings.

2 NEVER HURT OR TEASE

Do not chase, tease, hit or frighten animals. Kindness is not a game.

3 SAFE & GENTLE INTERACTION

Ask an adult before approaching unfamiliar animals. Be gentle.

4 PROVIDE CARE

Provide clean water, food and shelter. Keep their spaces clean.

5 PROTECT THEIR HOMES

Plant trees, protect nature and keep the environment clean for all living beings.

6 DO NOT DISTURB WILDLIFE

Observe birds and animals from a distance. Do not disturb their natural life.

7 GET HELP WHEN NEEDED

If an animal is injured or in danger, inform a trusted adult or animal rescuer.

8 BE AN EXAMPLE

Children learn compassion by watching adults treat animals with love and respect.

DAILY COMPASSION PRACTICE

- Thank nature for the animals it gives us.
- Notice one animal every day.
- Speak kindly about animals.
- Reduce waste and keep surroundings clean.
- Help care for animals responsibly.
- Be a voice for those who cannot speak.

TEACH CHILDREN THAT...

- Animals feel pain and joy.
- They need food, water, shelter and safety.
- They deserve respect and protection.
- We are all connected.
- Our actions matter.

> "The greatness of a nation and its moral progress can be judged by the way its animals are treated."
> – Mahatma Gandhi

KIND HEARTS TODAY, COMPASSIONATE WORLD TOMORROW.

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PROGRAM 84

SERVICE TO SOCIETY

Small Actions. Big Impact.
Together, we can build a kinder and better world.

WHY SERVICE TO SOCIETY MATTERS

- Builds empathy and compassion
- Strengthens communities
- Develops responsibility and character
- Boosts confidence and self-worth
- Creates a positive and caring society
- Inspires lifelong values and purpose

10 WAYS CHILDREN CAN SERVE EVERY DAY

1 HELP AT HOME

Help with daily chores. Make home a better place.

2 BE KIND

Be kind to family, friends and others.

3 HELP AT SCHOOL

Help classmates. Keep school clean.

4 SHARE KNOWLEDGE

Teach, share and support others in learning.

5 CARE FOR NATURE

Plant trees, save water and protect nature.

6 RESPECT PUBLIC SPACES

Keep parks, streets and public places clean.

7 HELP THOSE IN NEED

Support people who need help and care.

8 RECYCLE & REDUCE WASTE

Reduce, reuse and recycle.

9 VOLUNTEER WITH COMMUNITY

Join community activities and awareness programs.

10 BE A POSITIVE INFLUENCE

Share good values and inspire others.

TIPS FOR PARENTS

- Be a role model. Children learn by watching you.
- Encourage small acts of service.
- Praise effort and good intentions.
- Help them find age-appropriate opportunities.
- Teach respect, humility and gratitude.
- Make service a family habit.

DAILY SERVICE REFLECTION

- Who did I help today?
- What good did I do?
- Did I make someone smile?
- What can I do tomorrow?
- How can I care for our world?

> "The best way to find yourself is to lose yourself in the service of others."
> – Mahatma Gandhi

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PROGRAM 85

UNDERSTANDING INDIAN CULTURAL VALUES

Know your heritage. Respect every culture. Live the values.

Indian culture is built on timeless values that help children grow into responsible, compassionate and respectful individuals.

CORE INDIAN CULTURAL VALUES FOR CHILDREN

RESPECT
Respect for elders, teachers, and all living beings.

COMPASSION
Be kind, caring and understanding towards others.

SEVA (SERVICE)
Help others selflessly and contribute to society.

ATITHI DEVO BHAVA
Welcome guests with warmth and hospitality.

RESPECT NATURE
Care for the earth, trees, water, animals and plants.

SELF-DISCIPLINE
Practice self-control, mindfulness and inner balance.

UNITY IN DIVERSITY
Celebrate all cultures, religions and traditions.

GRATITUDE
Be thankful for family, community, and life's blessings.

10 WAYS CHILDREN CAN UNDERSTAND AND LIVE INDIAN CULTURAL VALUES

1 RESPECT FAMILY & ELDERS

Listen, learn and show love to parents, grandparents, teachers and elders.

2 LEARN THROUGH STORIES

Explore our epics, puranas and inspiring stories that teach values.

3 CELEBRATE FESTIVALS

Understand the meaning behind festivals and celebrate responsibly.

4 PRACTICE YOGA & MINDFULNESS

Yoga, pranayama and meditation build calm mind and strong character.

5 LEARN ART, MUSIC & DANCE

Indian arts connect us to our roots and express our creativity.

6 SPEAK & RESPECT LANGUAGES

Be proud of our mother tongues and respect other languages.

7 SHARE & HELP OTHERS

Share, care and help those in need with a kind heart.

8 CARE FOR PUBLIC PROPERTY

Keep our surroundings clean. Protect public places and resources.

9 VALUE TRADITIONS, NOT SUPERSTITIONS

Understand the wisdom behind traditions and practice what is positive.

10 BE PROUD, BUT HUMBLE

Take pride in our culture, but always remain humble and respectful.

TIPS FOR PARENTS

- Be a role model. Children learn by watching you.
- Share your own cultural experiences.
- Encourage questions and curiosity.
- Teach values, not just rituals.
- Visit museums, heritage sites and libraries.
- Encourage participation in cultural activities.
- Respect every tradition and belief.

DAILY VALUE PRACTICE

- Greet elders respectfully.
- Spend time with family.
- Read or listen to a story.
- Practice gratitude daily.
- Do one act of kindness.
- Thank nature for its gifts.
- Reflect before bedtime.

"Culture is not about what we wear, but what we value. Values make us truly Indian."

STRONG ROOTS · STRONG VALUES · STRONG FUTURE

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PROGRAM 86

UNIVERSAL PEACE & HARMONY

Peace begins with understanding, respect and kindness.

CORE VALUES OF PEACE & HARMONY

RESPECT
Honor every individual and their differences.

COMPASSION
Care for others with a kind and loving heart.

COOPERATION
Work together for common good.

EMPATHY
Understand and share the feelings of others.

KIND WORDS
Speak with love, gentleness and truth.

HARMONY WITH NATURE
Care for the Earth, plants, animals and our resources.

UNITY IN DIVERSITY
Different cultures, one human family.

INNER PEACE
Calm mind, positive thoughts, balanced life.

10 WAYS CHILDREN CAN PRACTICE PEACE EVERY DAY

1 LISTEN ACTIVELY

Listen to others without interrupting.

2 SPEAK KINDLY

Use kind and encouraging words.

3 RESPECT DIFFERENCES

Celebrate all cultures, beliefs and traditions.

4 SHOW EMPATHY

Be kind and try to understand how others feel.

5 SOLVE CONFLICTS PEACEFULLY

Talk calmly, listen and find solutions together.

6 COOPERATE & SHARE

Work together and share with others.

7 HELP OTHERS

Help those in need with a caring heart.

8 CARE FOR NATURE

Plant trees, save water and protect the environment.

9 PRACTICE MINDFULNESS

Take deep breaths, meditate and stay peaceful.

10 BE A PEACE MAKER

Inspire others by your actions.

TIPS FOR PARENTS

- Be a role model of peace and kindness.
- Encourage open communication.
- Teach children to respect all living beings.
- Limit exposure to violence and negativity.
- Celebrate cultural diversity together.
- Practice gratitude and forgiveness.

> "If we have no peace, it is because we have forgotten that we belong to each other."
>
> – Mother Teresa

DAILY PEACE PRACTICE

- Take a moment to be still.
- Think of one kind thing you did.
- Thank someone who helped you.
- Forgive and let go.
- Plan one peaceful action for tomorrow.

TOGETHER FOR A PEACEFUL WORLD

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PROGRAM 87

CHILDREN & MOTHER EARTH

Love Nature. Live Responsibly. Protect Our Future.

MOTHER EARTH GIVES US SO MUCH

- **CLEAN AIR** to breathe
- **CLEAN WATER** to drink
- **HEALTHY SOIL** to grow food
- **FOOD & NUTRITION** to stay healthy
- **TREES & PLANTS** for life & shade
- **ANIMALS** for a balanced ecosystem
- **SUNLIGHT** for energy & warmth

7 WAYS CHILDREN CAN CARE FOR MOTHER EARTH EVERY DAY

1 SAVE WATER

Turn off taps, take short baths, and use water wisely.

2 CARE FOR PLANTS

Plant trees, water plants, and create green spaces.

3 REDUCE WASTE

Reduce, reuse, recycle and avoid single-use items.

4 SAVE ENERGY

Switch off lights, fans and appliances when not in use.

5 RESPECT ANIMALS

Be kind to animals and protect their habitat.

6 KEEP IT CLEAN

Do not litter. Keep our homes, schools and parks clean.

7 LOVE & APPRECIATE

Spend time in nature and be thankful for what we have.

FAMILY EARTH CHALLENGE

Try this 7-Day Challenge together!

- Day 1: Save water
- Day 2: Plant or care for a plant
- Day 3: Use a reusable item
- Day 4: Switch off unnecessary lights
- Day 5: Pick up litter
- Day 6: Learn about an animal or bird
- Day 7: Thank nature for 3 things

Small actions. Big impact.
Better today, brighter tomorrow.

DID YOU KNOW?

- Trees absorb carbon dioxide and release oxygen.
- One tree can provide oxygen for up to four people.
- Our soil is home to billions of living organisms.
- Clean water is essential for all life.
- Small daily choices can create a big difference.

NATURE TEACHES US

- Patience through growth
- Respect through diversity
- Gratitude through abundance
- Responsibility through care
- Connection through life

> "The best time to care for the Earth was yesterday. The next best time is now."
> – Unknown

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PROGRAM 91

UNDERSTANDING SOIL

Look closer. Learn deeper. Care better.

What lies beneath our feet supports the life above it.

WHAT IS SOIL?

Soil is a complex mixture of minerals, organic matter, water, air and living organisms. It supports plants, animals and humans.

Minerals

Organic Matter

Water

Air

Life

SOIL IS ALIVE!

Microscopic organisms, insects, earthworms, fungi and many tiny creatures work together in soil.

Earthworms

Fungi

Bacteria

Insects

Roots

WHY SOIL MATTERS

PLANTS GROW

Healthy soil provides support, nutrients and water for plants.

FOOD BEGINS HERE

Many of the foods we eat start their journey in healthy soil.

WATER & AIR CYCLE

Soil helps store water and supports clean air and ecosystems.

HABITAT

Soil is home to many living things and helps maintain biodiversity.

CLIMATE HELPER

Healthy soil can store carbon and support a healthier environment.

SIMPLE SOIL ACTIVITY

Be a Soil Detective!

- Collect two soil samples.
- Observe the color, texture and moisture.
- Look for roots, leaves or tiny creatures.
- Compare and record your observations.

HOW TO CARE FOR SOIL

- Keep soil covered with plants or mulch.
- Add compost and organic matter.
- Avoid chemicals and harmful waste.
- Do not litter on soil.
- Respect soil, it supports life!

TEACH CHILDREN TO RESPECT SOIL

A small act of care today creates a better world tomorrow.

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PROGRAM 92

WATER CONSERVATION

Save Water Today, Secure Our Tomorrow.

WATER IS LIFE. LET'S USE IT WISELY.

WHY WATER MATTERS

Essential for Life • Supports Plants • Grows Our Food • Sustains Nature

Water supports people, animals, plants and the entire ecosystem.

WHERE IS WATER WASTED?

Leaking Taps | Long Showers | Brushing with Tap Open | Overflowing Tanks

Small leaks and careless use lead to big waste.

SIMPLE HABITS. BIG IMPACT.

TURN OFF THE TAP

Turn off taps while brushing, soaping or washing.

USE ONLY WHAT YOU NEED

Use water mindfully. Every drop is valuable.

REPORT LEAKS

Inform an adult about leaking taps or pipes.

WATER PLANTS WISELY

Water plants in the morning or evening. Avoid overwatering.

REUSE WHEN POSSIBLE

Reuse water for cleaning, gardening or other purposes.

KEEP WATER SOURCES CLEAN

Do not litter in rivers, lakes or any water body.

7-DAY WATER SAVING CHALLENGE

DAY 1 — Turn off the tap while brushing teeth.

DAY 2 — Find and fix any leaking taps.

DAY 3 — Take short showers.

DAY 4 — Water plants mindfully.

DAY 5 — Use a bucket instead of a running hose.

DAY 6 — Learn about local water sources.

DAY 7 — Share what you learned with your family.

DID YOU KNOW?

- A dripping tap can waste up to 20 litres of water every day.
- Shorter showers can save thousands of litres each year.
- India faces increasing water stress. Conserving now ensures a better future.

TEACH CHILDREN TODAY

They will protect our water tomorrow.

> "The future of water depends on our everyday choices."

BE A WATER HERO

- Save Water
- Respect Water
- Protect Water
- Share Water

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PROGRAM 93

CLEAN AIR AWARENESS

Pure Air. Healthy Children. Better Tomorrow.

WHY CLEAN AIR MATTERS

- Helps us breathe better
- Supports good health
- Improves focus and learning
- Protects nature and our planet

SOURCES OF AIR POLLUTION

Vehicle Emissions

Industrial Emissions

Burning Waste & Leaves

Dust from Construction & Roads

WHAT CHILDREN CAN DO EVERY DAY

AVOID VEHICLE IDLING

Switch off the engine while waiting.

WALK, CYCLE OR CARPOOL

Choose greener and healthier travel.

PLANT & CARE FOR TREES

Trees clean the air we breathe.

KEEP SURROUNDINGS CLEAN

Don't burn waste. Use dustbins.

SAVE ENERGY

Switch off lights, fans & appliances when not in use.

CHECK AIR QUALITY INFORMATION

Stay informed and follow advice from trusted sources.

SCHOOLS CAN LEAD THE WAY

- Include clean air lessons in learning.
- Conduct outdoor activities in safe areas.
- Create no-idling zones near schools.
- Encourage tree plantation and green spaces.
- Organize clean air awareness campaigns.

7-DAY CLEAN AIR CHALLENGE

- DAY 1 Turn off vehicle engine while waiting.
- DAY 2 Walk or cycle for a short trip.
- DAY 3 Plant or care for a plant.
- DAY 4 Keep surroundings clean.
- DAY 5 Learn about air pollution.
- DAY 6 Check air quality information.
- DAY 7 Share what you learned with your family.

DID YOU KNOW?

- Outdoor air pollution is linked to many health problems.
- Children breathe faster and are more affected by pollution.
- Clean air helps children grow, learn and stay active.

TEACH CHILDREN TODAY

"The choices we make today create the air our children will breathe tomorrow."

BE A CLEAN AIR HERO

- Notice
- Learn
- Care
- Act

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PROGRAM 94

REDUCING PLASTIC USE

Small Choices Today, A Cleaner Tomorrow.

WHY REDUCE PLASTIC?

- Protects Nature
- Saves Wildlife
- Protects Our Health
- Keeps Our Surroundings Clean

WHERE DOES PLASTIC COME FROM?

Single-use Plastic Items | Plastic Packaging | Disposable Products | Multilayer Wrappers | Everyday Use

Most of it is used for a short time and stays for a long time.

SIMPLE ACTIONS. BIG IMPACT.

1 REFUSE UNNECESSARY ITEMS

Say NO to plastic straws, cutlery, and freebies.

2 USE REUSABLES

Carry a reusable bottle, lunch box, and cloth bag.

3 CHOOSE WISELY WHILE SHOPPING

Buy products with less packaging. Choose local and durable.

4 AVOID SINGLE-USE PLASTIC

Avoid items you use once and throw away.

5 RECYCLE RESPONSIBLY

Segregate and recycle plastic as per local guidelines.

6 KEEP IT OUT OF NATURE

Never litter. Keep rivers, parks and beaches plastic-free.

7 SPREAD AWARENESS

Share knowledge and inspire others to act.

7-DAY LESS PLASTIC CHALLENGE

- ✔ Day 1 Notice how much plastic you use.
- ✔ Day 2 Use a reusable water bottle.
- ✔ Day 3 Carry a cloth bag while shopping.
- ✔ Day 4 Avoid plastic packaging.
- ✔ Day 5 Reuse and repurpose items.
- ✔ Day 6 Segregate and recycle.
- ✔ Day 7 Share what you learnt.

TIPS FOR FAMILIES

- Plan shopping to avoid excess packaging.
- Buy in bulk where possible.
- Use refill and return options.
- Choose natural and eco-friendly alternatives.
- Teach children by example.

DID YOU KNOW?

- Over 11 million tonnes of plastic enter our oceans every year.
- Plastic takes hundreds of years to break down.
- Every small action today creates a big change for tomorrow.

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PROGRAM 95

WASTE SEGREGATION FOR CHILDREN

Sort Today, Save Tomorrow.
Small Steps, Big Impact.

WHAT IS WASTE SEGREGATION?

Waste segregation means separating waste at the place where it is generated, so that it can be handled, recycled or disposed of responsibly.

REDUCE	REUSE	RECYCLE	RESPONSIBLE
Use less. Avoid waste.	Use again. Extend life.	Recycle what can be recycled.	Dispose of safely. Protect nature.

KNOW YOUR 4 TYPES OF WASTE

1 WET WASTE

Biodegradable waste that comes from our daily life.

Examples: Food scraps, fruit peels, vegetable waste, tea leaves, garden waste.

2 DRY WASTE

Non-biodegradable waste that can be recycled.

Examples: Paper, cardboard, plastic bottles, metal cans, glass bottles, clean wrappers.

3 SANITARY WASTE

Waste that needs special care and separate disposal.

Examples: Sanitary pads, diapers, tissues, wipes, disposable products.

4 SPECIAL CARE WASTE

Waste that can be harmful and needs careful handling.

Examples: Batteries, bulbs, electronic waste, medicines, sharps, chemicals.

Follow your local rules. Colour codes and accepted items may vary by city.

SIMPLE ACTIONS FOR CHILDREN

Use a reusable water bottle

Carry a cloth bag for shopping

Avoid single-use plastic items

Don't litter. Use dustbins.

Compost wet waste if possible

Spread awareness. Inspire others.

7-DAY WASTE CHALLENGE

- ☑ Day 1 Learn about 4 types of waste.
- ☑ Day 2 Start segregating at home.
- ☑ Day 3 Refuse unnecessary items.
- ☑ Day 4 Reuse what you can.
- ☑ Day 5 Give recyclables to the right place.
- ☑ Day 6 Teach a friend or family member.
- ☑ Day 7 Review and celebrate your efforts!

DID YOU KNOW?

- Improper waste harms our health, animals and environment.
- Recycling saves energy and natural resources.
- Small actions by many people create a big change.

A MESSAGE FOR CHILDREN

Be responsible.
Be a problem solver.
Be the change
our planet needs.

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PROGRAM 96

NATURE WALK & BIODIVERSITY AWARENESS

Explore Nature. Discover Life. Respect All Living Things.

WHAT IS BIODIVERSITY?

Biodiversity is the variety of living things around us. It includes plants, animals, insects, birds, fungi and microorganisms and the ecosystems they create together.

WHY NATURE WALKS MATTER

- Improves Well-being
- Builds Curiosity
- Develops Observation
- Connects with Nature
- Encourages Conservation

WHAT CAN CHILDREN DISCOVER?

PLANTS	BIRDS	INSECTS	ANIMALS	FUNGI & OTHERS
				
Trees, leaves, flowers, fruits	Different birds, their calls and nests	Ants, butterflies, bees and more	Tracks, burrows, feathers, footprints	Mushrooms, worms, soil life and more

NATURE WALK RULES

- Observe quietly.
- Do not disturb or harm any living being.
- Do not pluck plants unnecessarily.
- Do not litter. Carry back your waste.
- Take pictures or draw, but respect their space.

NATURE JOURNAL – RECORD YOUR DISCOVERIES

- Date & Place
- Weather
- What I Saw
- Drawing
- Questions I Have
- What I Learned

7-DAY NATURE DISCOVERY CHALLENGE

DAY 1	Observe 5 different leaves
DAY 2	Listen to 3 bird calls
DAY 3	Spot 2 types of insects
DAY 4	Find one plant you don't know
DAY 5	Look for animal signs
DAY 6	Draw your favourite discovery
DAY 7	Share what you learned

TIPS FOR PARENTS & TEACHERS

- ✓ Choose safe and age-appropriate locations.
- ✓ Encourage questions and curiosity.
- ✓ Use books or apps to identify species.
- ✓ Make it fun, not a test.
- ✓ Lead by example. Children learn by observing you.

BENEFITS OF NATURE CONNECTION

- Improves focus and creativity
- Reduces stress and anxiety
- Builds empathy and responsibility
- Strengthens physical health
- Creates lifelong environmental values

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G. SAFETY, HYGIENE & LIFE SKILLS

PROGRAMS 97–108

97 PERSONAL HYGIENE FOR CHILDREN

- Bathe regularly
- Wear clean clothes
- Keep hair neat & clean
- Trim nails regularly
- Stay fresh, stay confident

Clean Body, Healthy Life

98 HANDWASHING AWARENESS

- Wash with soap & clean water
- Before eating
- After using toilet
- After playing outside
- After coughing or sneezing

Clean Hands, Healthy Future

99 DENTAL CARE EDUCATION

- Brush twice a day
- Use fluoride toothpaste
- Eat healthy food
- Limit sugary foods
- Visit dentist

Strong Teeth, Bright Smile

100 EYE CARE & HEALTHY SCREEN HABITS

- Take screen breaks
- Keep proper distance
- Good lighting
- Limit screen time
- More outdoor activities

Protect Eyes, See the World

101 SAFE USE OF DIGITAL DEVICES

- Use devices responsibly
- Respect time limits
- Don't share personal info
- Ask before downloading
- Balance online & offline life

Smart Use, Safe Use

102 INTERNET SAFETY FOR CHILDREN

- Don't share personal info
- Avoid strangers online
- Don't click unknown links
- Tell a trusted adult
- Be kind online

Think Before You Click

103 GOOD TOUCH & BAD TOUCH AWARENESS

- Your body belongs to you
- Say "NO" if uncomfortable
- Move away
- Tell a trusted adult
- Keep telling until help comes

Speak Up, Stay Safe

104 PERSONAL SAFETY & BOUNDARIES

- Respect your boundaries
- Respect others' boundaries
- Say NO when needed
- Seek help
- You are never alone

My Safety, My Right

105 BASIC FIRST-AID AWARENESS

- Stay calm
- Get adult help
- Clean minor wounds
- Use basic first-aid supplies
- Emergency? Call for help

Be Prepared, Save Lives

106 ROAD SAFETY FOR CHILDREN

- Stop, Look, Listen, Think
- Cross at zebra crossing
- Obey traffic signals
- Use helmet while riding
- Be visible, be safe

Follow Rules, Reach Safe

107 EMERGENCY PREPAREDNESS

- Know important phone numbers
- Have a family plan
- Know safe places
- Keep emergency kit ready
- Stay calm & follow instructions

Plan Today, Stay Safe Tomorrow

108 CHILDREN'S HOLISTIC WELLNESS DAY

- Healthy Body
- Peaceful Mind
- Positive Emotions
- Strong Values
- Time in Nature
- Kindness & Gratitude
- Learning & Creativity

Body, Mind & Values – Complete Wellness

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PROGRAM 97

PERSONAL HYGIENE FOR CHILDREN

Small Habits Today, Healthy Future Tomorrow.

5 DAILY HYGIENE HABITS EVERY CHILD SHOULD PRACTICE

1 CLEAN HANDS

Wash hands with soap and clean water:

- Before eating
- After using toilet
- After playing outside
- After coughing or sneezing

2 HEALTHY TEETH

Brush teeth twice a day – morning and before bed.

- Use fluoride toothpaste
- Brush for 2 minutes
- Rinse mouth well

3 CLEAN BODY

Bath daily.

- Keep body clean
- Wear clean clothes
- Change clothes when needed

4 GROOMING CARE

Keep hair clean and tidy.

- Comb hair regularly
- Trim nails
- Keep nails clean and short

5 RESPIRATORY HYGIENE

Cover coughs and sneezes with:

- Tissue or elbow
- Wash hands afterwards

PERSONAL ITEMS – DON'T SHARE

Toothbrush × Towel × Comb × Nail Cutter × Hair Accessories

These items are personal. Using your own keeps you healthy.

MAKE HYGIENE FUN & EASY

- Create a Daily Hygiene Checklist
- Praise and Encourage Efforts
- Make it a Daily Routine
- Lead by Example – Parents First!
- Healthy Habits Build Healthy Lives

DAILY HYGIENE CHECKLIST

MORNING

- ☐ Brush teeth
- ☐ Wash face
- ☐ Comb hair
- ☐ Wear clean clothes
- ☐ Eat healthy breakfast
- ☐ Carry own water bottle

EVENING

- ☐ Wash hands
- ☐ Bath
- ☐ Wear clean clothes
- ☐ Brush teeth
- ☐ Keep nails clean
- ☐ Sleep on time

TIPS FOR PARENTS & TEACHERS

- Teach with love, not fear. Avoid shaming or comparing children.
- Explain "why it matters" in simple words. Children understand better.
- Provide the right tools – soap, towel, comb, toothbrush, clean clothes.
- Consistency is more important than perfection.
- Healthy habits today build a strong, confident tomorrow.

CLEAN HABITS – STRONG BODY • SHARP MIND • HAPPY HEART

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PROGRAM 98

HANDWASHING AWARENESS

Clean Hands Today, Healthy Life Tomorrow.

WHY HANDWASHING IS IMPORTANT?

Germs on our hands can cause many illnesses. Handwashing with soap is one of the easiest and most effective ways to stay healthy.

WHEN SHOULD WE WASH HANDS?

- Before eating
- After using the toilet
- After coughing or sneezing
- After playing outside
- Whenever hands are dirty

THE 5 STEPS OF PROPER HANDWASHING

1 WET

Wet your hands with clean running water.

2 SOAP

Apply soap on your hands.

3 SCRUB

Rub palms, back of hands, between fingers and under nails for at least 20 seconds.

4 RINSE

Rinse thoroughly with clean running water.

5 DRY

Dry your hands with a clean towel or air dry.

MAKE HANDWASHING FUN!

- Create a daily handwashing chart.
- Set a timer or sing your favorite 20-second song.
- Give praise and encouragement.
- Be a role model – practice together.
- Make it a family habit.

7-DAY CLEAN HANDS CHALLENGE

- DAY 1 Learn the 5 steps.
- DAY 2 Wash before meals.
- DAY 3 Wash after toilet use.
- DAY 4 Wash after coughing or sneezing.
- DAY 5 Wash after outdoor play.
- DAY 6 Teach the steps to someone.
- DAY 7 Be a Handwashing Hero!

SMALL HABITS TODAY, HEALTHY FUTURE TOMORROW!

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PROGRAM 99

DENTAL CARE EDUCATION

Healthy Smile • Healthy Child • Healthy Future

WHY DENTAL CARE IS IMPORTANT

- Strong teeth help children eat well, speak clearly and smile confidently.
- Good oral health prevents pain, infections and tooth decay.
- Healthy baby teeth support permanent teeth.

WHEN TO TAKE CARE

- Morning and bedtime
- After meals and snacks
- After using the toilet
- After coughing or sneezing

VISIT YOUR DENTIST REGULARLY

First dental visit by age 1 or within 6 months of the first tooth.

Regular check-ups keep problems small and smiles big!

5 STEPS TO BRUSH THE RIGHT WAY

1 APPLY
Use a pea-sized amount of fluoride toothpaste.

2 BRUSH OUTSIDE
Brush the outer surfaces of your teeth.

3 BRUSH INSIDE
Brush the inner surfaces of your teeth.

4 BRUSH TOPS
Brush the chewing surfaces of your teeth.

5 RINSE & SMILE
Rinse your mouth well and show your healthy smile!

Brush for 2 minutes, twice a day.

CLEAN BETWEEN TEETH

For kids above 6 years, clean between teeth daily using dental floss or as advised by your dentist.

EAT SMART FOR STRONG TEETH

Eat fruits, vegetables, nuts, milk and whole grains. Drink plenty of water.

LIMIT SUGARY FOODS & DRINKS

Too much sugar can cause cavities and unhealthy teeth.

DAILY DENTAL CARE CHECKLIST

- ☑ Brush in the morning
- ☑ Brush before bedtime
- ☑ Use fluoride toothpaste
- ☑ Rinse mouth after meals
- ☑ Clean between teeth (if ≥ 6 years)
- ☑ Eat healthy foods
- ☑ Drink water
- ☑ Visit the dentist regularly

TIPS FOR PARENTS

- Supervise brushing until your child is at least 7–8 years old.
- Replace toothbrush every 3 months.
- Make brushing fun – use a timer, songs or reward charts.
- Be a role model – brush with your child.
- Avoid putting your child to bed with a bottle or sugary drinks.

ONE CHILD AT A TIME • ONE FAMILY AT A TIME • ONE COMMUNITY AT A TIME

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108 CHILDREN'S CARE PROGRAMS

Nurturing Healthy Bodies,
Peaceful Minds, Strong Values & Bright Futures

PROGRAM 100

EYE CARE & HEALTHY SCREEN HABITS

Protect Today, See Better Tomorrow

WHY EYE CARE MATTERS

Children's eyes are still developing. Good habits today help protect their vision and support learning, play and a healthy future.

HEALTHY SCREEN HABITS = HEALTHY CHILDREN

- Take breaks and rest your eyes
- Use screens in a good posture
- Get natural light and spend time outdoors
- Protect sleep. Avoid screens before bed
- Notice changes. Get eye check-ups regularly

6 KEY HABITS FOR HEALTHY EYES

1 FOLLOW THE 20-20-20 RULE

- Every 20 minutes
- Look at something 20 feet away
- For at least 20 seconds

2 GOOD POSTURE & DISTANCE

- Sit upright
- Screen at eye level
- Keep 18–24 inches distance

3 RIGHT LIGHTING MATTERS

- Use natural light during the day
- Avoid glare and too much brightness

4 LIMIT SCREEN TIME

- Balance screen time with study, play, exercise and hobbies
- No screens during meals

5 GET OUTSIDE EVERY DAY

- Natural light is good for eye health
- Encourage outdoor games and activities

SIGNS TO WATCH FOR

- Frequently rubbing eyes
- Squinting or closing one eye
- Sitting too close to the screen
- Headaches or eye strain
- Blurry vision or double vision

If you notice any of these signs, consult an eye care professional.

CREATE A FAMILY SCREEN PLAN

- Decide when and how long screens can be used
- Set screen-free times (meals, family time, before bed)
- Choose quality content
- Encourage healthy offline activities
- Be a role model!

DAILY EYE CARE CHECKLIST

- [ ] Took screen breaks
- [ ] Maintained good posture
- [ ] Played or went outside
- [ ] Read or did an offline activity
- [ ] Slept well
- [ ] Ate healthy food

SMALL HABITS TODAY • STRONG EYES TOMORROW • BRIGHT FUTURE ALWAYS

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PROGRAM 101

SAFE USE OF DIGITAL DEVICES

Smart Devices. Smart Habits. Safe Future.

BE SAFE
BE SMART
BE AWARE

Teach children to use technology safely, responsibly and wisely.

WHY DIGITAL SAFETY MATTERS

Digital devices help children learn, create and connect.

Good digital habits protect their privacy, health and well-being today and in the future.

7 KEY DIGITAL SAFETY RULES

1 PROTECT PERSONAL INFORMATION

Do not share your name, address, school, phone number, passwords or location with others.

2 USE STRONG PASSWORDS

Use strong, unique passwords. Never share your passwords with anyone.

3 THINK BEFORE DOWNLOADING

Ask a trusted adult before downloading apps, games or files.

4 BALANCE SCREEN & REAL LIFE

Balance screen time with study, play, exercise, sleep and family time.

5 USE SAFETY SETTINGS & PARENTAL CONTROLS

Use privacy settings, parental controls and limits to create a safer digital environment.

6 SPEAK UP & ASK FOR HELP

If something makes you uncomfortable or worried, tell a trusted adult immediately.

7 FOLLOW YOUR FAMILY DIGITAL RULES

Follow the family digital plan: when, where and how devices are used.

SIGNS TO WATCH FOR

- Spending too much time on screens
- Irritability when device is taken away
- Trouble sleeping
- Withdrawing from family or friends
- Seeing inappropriate content

If you notice these signs, talk to your child and seek professional advice if needed.

TIPS FOR PARENTS

- Be a good role model. Children learn by watching you.
- Keep devices in common areas of the home.
- Know the apps and platforms your child uses.
- Encourage face-to-face conversations.
- Praise and encourage safe digital behavior.

DAILY DIGITAL CHECKLIST

- ☐ Took screen breaks
- ☐ Used device for learning
- ☐ Played or went outside
- ☐ Talked with family
- ☐ Slept on time

7-DAY DIGITAL SAFETY CHALLENGE

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Learn what information to keep private	Create strong passwords	Ask before downloading anything	Balance screen time with play and study	Use safety settings	Speak up if something feels wrong	Create your family digital plan

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108 CHILDREN'S CARE PROGRAMS

Nurturing Healthy Bodies, Peaceful Minds, Strong Values & Bright Futures

PROGRAM 102

INTERNET SAFETY FOR CHILDREN

Smart Choices Today, Safe Tomorrow.

BE SMART
BE SAFE
BE AWARE

The internet is amazing when used safely, responsibly and wisely.

INTERNET CAN HELP CHILDREN

- ✓ Learn new things
- ✓ Do homework
- ✓ Be creative
- ✓ Connect with others
- ✓ Explore new ideas

Use the internet for good, but stay safe every day.

7 GOLDEN RULES OF INTERNET SAFETY

1 PROTECT PERSONAL INFORMATION

Never share your name, address, school, phone number, passwords, photos or location with anyone.

2 NOT EVERYONE IS TRUSTWORTHY

People online may not be who they say they are. Don't meet online friends in person without a trusted adult.

3 THINK BEFORE CLICKING

Don't click on links or open attachments from people you don't know or trust.

4 THINK BEFORE YOU POST

Think carefully before sharing photos, videos or personal details online. It stays there!

5 BE KIND ONLINE

Don't bully, tease or spread rumors. Treat others online with respect.

6 TELL A TRUSTED ADULT

If something makes you feel scared, confused or uncomfortable, tell a trusted adult immediately.

7 USE SAFETY SETTINGS

Use privacy settings, parental controls and safe search to make the internet safer.

CREATE A FAMILY INTERNET SAFETY PLAN

- ☑ Decide when and where devices can be used.
- ☑ Agree on which websites and apps are okay.
- ☑ Set time limits and take regular breaks.
- ☑ Keep devices in common areas.
- ☑ Always talk and listen to each other.

SIGNS A CHILD NEEDS HELP

- ☑ Suddenly secretive about online activity
- ☑ Upset, anxious or scared after using the internet
- ☑ Spending too much time online
- ☑ Changes in sleep or appetite
- ☑ Avoiding family and real-life friends

If you notice these signs, talk to your child and seek help if needed.

7-DAY INTERNET SAFETY CHALLENGE

- DAY 1 Learn what personal information to keep private.
- DAY 2 Understand why not everyone online is trustworthy.
- DAY 3 Learn to think before clicking links.
- DAY 4 Think before you post anything online.
- DAY 5 Practice kindness online.
- DAY 6 Speak up and tell a trusted adult.
- DAY 7 Create our family internet safety plan.

A small habit today, a safe future tomorrow.

SAFE INTERNET. STRONG CHILDREN. BRIGHTER FUTURE.

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PROGRAM 103

GOOD TOUCH & BAD TOUCH AWARENESS

Every Child Has the Right to Be Safe, Respected & Heard

My Body • My Safety • My Rights

SAFE CHILD
STRONG FUTURE

TALK EARLY.
TALK OFTEN.
LISTEN ALWAYS.

Your support gives them the strength to speak up.

GOOD (SAFE) TOUCH

Makes you feel happy, loved and safe.

Hugs from family

Holding hands with parents

Doctor check-up (with parents)

Pat on shoulder (from teacher/coach)

BAD (UNSAFE) TOUCH

Makes you feel scared, confused, uncomfortable or unsure.

Touching private parts

Forcing hugs or kisses

Touching your body without permission

Telling you to keep secrets about touch

PRIVATE PARTS

No one should touch these parts except to keep you clean or healthy.

- Chest
- Between legs
- Buttocks

These parts are usually covered by swimsuit.

REMEMBER

- No one has the right to touch you in a way that makes you uncomfortable.
- You have the right to say "NO".
- You have the right to get help.

5 SAFETY RULES EVERY CHILD SHOULD KNOW

1 SAY NO

Say "No! Stop!" If someone touches you in a way that makes you feel bad.

2 MOVE AWAY

Leave the place as soon as you can and go to a safe adult or safe place.

3 TELL SOMEONE

Tell a trusted adult immediately. You are not to blame.

4 KEEP TELLING

If the first person doesn't help, keep telling until someone listens.

5 TRUST YOUR FEELINGS

If something feels wrong, it probably is. Always trust your feelings.

WHO ARE YOUR TRUSTED ADULTS?

Parents | Teachers | Grandparents | Doctors | Counselors

TIPS FOR PARENTS & CAREGIVERS

- Start the conversation early in simple words.
- Listen calmly and believe your child.
- Reassure them that they are safe and loved.
- Teach body safety rules and respect boundaries.
- Encourage open communication every day.

AWARE CHILD. SAFE CHILD. EMPOWERED CHILD.

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PROGRAM 104

PERSONAL SAFETY & BOUNDARIES

My Body. My Space. My Choice.

Every Child Has the Right to
Be Safe, Respected & Heard.

SAFE CHILD
STRONG FUTURE

**TALK EARLY.
TALK OFTEN.
LISTEN ALWAYS.**

Your support gives them the strength to speak up.

WHAT ARE PERSONAL BOUNDARIES?

Boundaries are the limits that help keep us feel safe, comfortable and respected. Everyone has the right to their own body and space.

7 IMPORTANT SAFETY RULES FOR CHILDREN

1 I HAVE THE RIGHT TO MY BODY AND SPACE

My body belongs to me. I can decide who can touch me and how.

2 I CAN SAY "NO"

I can say "No", "Stop" or "I don't like that" when I feel uncomfortable.

3 I ASK BEFORE I TOUCH

I ask before hugging, touching or taking someone else's things.

4 I MOVE TO SAFETY

If something feels unsafe, I move away and go to a safe place or adult.

5 I TELL A TRUSTED ADULT

I can tell a parent, teacher or another trusted adult. They will listen and help.

6 I PROTECT MY INFORMATION ONLINE

I keep my passwords, photos, address and personal details private.

7 I RESPECT OTHERS' BOUNDARIES

I respect other people's space and choices when they say "No".

SIGNS A CHILD MAY NEED HELP

- Looks scared, worried or anxious
- Avoids certain people or places
- Changes in sleep, eating or behavior
- Becomes withdrawn or unusually quiet
- Talks about secrets that scare them

If you notice these signs, talk calmly with your child and seek professional support if needed.

WHO ARE MY TRUSTED ADULTS?

- Parents / Caregivers
- Teachers
- Grandparents / Relatives
- School Counselor
- Doctor or Other Safe Adults

PRACTICE THESE SAFETY PHRASES

- "No, please stop."
- "I don't like that."
- "Please give me some space."
- "I need help."
- "I will tell a trusted adult."

7-DAY PERSONAL SAFETY CHALLENGE

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Learn about my body and boundaries.	Practice saying "No" and "Stop".	Ask before touching or using other's things.	Learn to move toward safety and trusted adults.	Identify 3 trusted adults I can talk to.	Protect my information online.	Respect others' boundaries and choices.

A SAFE CHILD TODAY, A CONFIDENT HUMAN TOMORROW.

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PROGRAM 105

BASIC FIRST-AID AWARENESS

Small Knowledge. Big Difference.

Stay Calm • Act Fast • Save Lives

BE PREPARED
BE CONFIDENT
BE A HELPER

Every Second Counts.

FIRST-AID GOLDEN RULES

1. **Ensure Safety**
   Check the area. Make sure it is safe for you and the child.
2. **Check the Child**
   Check responsiveness, breathing and any serious bleeding.
3. **Call for Help**
   Call emergency services if it is a serious injury or you are unsure.
4. **Give First Aid**
   Provide appropriate first aid until help arrives.
5. **Stay Calm & Reassure**
   Calm the child and keep them comfortable.

COMMON INJURIES & WHAT TO DO

CUTS & BLEEDING

- Wash hands and wear gloves (if available).
- Apply clean gauze or cloth.
- Press firmly on the wound.
- Raise the injured part.
- Seek medical help if bleeding does not stop.

BURNS & SCALDS

- Cool the burn with cool running water for 10–20 minutes.
- Do not use ice, butter, toothpaste or oil.
- Cover with a clean, non-fluffy cloth or dressing.

CHOKING

- Encourage coughing if the child can breathe and cough.
- If not, give back blows and abdominal thrusts (age appropriate).
- Call emergency services immediately.

SPRAINS & STRAINS

- Rest the injured part.
- Apply cold compress.
- Compress with bandage.
- Elevate the injured part.

NOSEBLEED

- Help the child sit up and lean forward slightly.
- Pinch the soft part of the nose for 10 minutes.
- Do not tilt the head back.

FRACTURES

- Do not move the injured part.
- Support it with a sling or cloth.
- Apply cold compress.
- Seek medical help immediately.

FAINTING

- Lay the child down.
- Raise the legs slightly.
- Ensure fresh air.
- Seek medical help if needed.

INSECT BITES

- Wash the area with soap and water.
- Apply cold compress.
- Use calamine lotion if needed.
- Watch for allergic reaction.

FIRST-AID KIT – MUST HAVES

- Adhesive bandages
- Sterile gauze pads
- Adhesive tape
- Antiseptic wipes
- Antiseptic solution
- Cotton balls
- Triangular bandage
- Scissors
- Tweezers
- Thermometer
- Disposable gloves
- Instant cold pack
- Calamine lotion
- Pain relief (as advised)

TEACH CHILDREN – 4 SIMPLE STEPS

Step 1
STAY SAFE
Keep yourself and others safe.

Step 2
CALL FOR HELP
Call a trusted adult or emergency number.

Step 3
GIVE HELP
Give basic help if you know how.

Step 4
STAY WITH THEM
Stay with the child and comfort them.

EMERGENCY NUMBERS (INDIA)

Ambulance	108
Police	100
Fire	101
Women Helpline	1091
Child Helpline	1098

WHEN TO SEEK IMMEDIATE MEDICAL HELP

- Unconscious or not responding
- Difficulty in breathing
- Severe bleeding
- Severe burns
- Fractures or suspected fractures
- Poisoning
- Seizures
- Severe allergic reactions

TIPS FOR PARENTS & TEACHERS

- Learn basic first-aid and CPR.
- Keep first-aid kit accessible.
- Check and restock the kit regularly.
- Teach children about safety and first aid.
- Encourage them to speak up and ask for help.
- Stay calm and act with confidence.

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Strong Values & Bright Futures

PROGRAM 106

ROAD SAFETY FOR CHILDREN

SAFE ROADS. SAFE CHILDREN. SAFE FUTURE.

SAFE CHILD
STRONG FUTURE
EVERY STEP
COUNTS

Teach.
Follow.
Practice.
Stay Safe.

7 GOLDEN RULES EVERY CHILD SHOULD KNOW

1 STOP
Stop at the edge of the road.

2 LOOK
Look left, right and left again.

3 LISTEN
Listen for approaching vehicles.

4 CROSS SAFE
Cross at zebra crossing or traffic signals.

5 WALK SAFE
Use footpath. Never walk on the road.

6 HELMET ON
Wear a helmet whenever you ride a bicycle.

7 BUCKLE UP
Always wear seat belt in the car.

USE SAFE CROSSING PLACES

- Use zebra crossing, traffic signals, footbridge or subway.
- Wait for the green signal.
- Never cross between moving vehicles.

ROADS ARE NOT PLAYGROUNDS

- Do not run, play or chase a ball on the road.
- Never go behind parked vehicles.

NO DISTRACTIONS

- Do not use mobile phones while walking or crossing.
- Stay alert.
- Keep your eyes and mind on the road.

BICYCLE SAFETY

- Wear a properly fitted helmet.
- Obey traffic rules.
- Use hand signals.
- Ride on the left side.

CAR SAFETY

- Use age appropriate child seat or booster seat if required.
- Always wear seat belt.
- Never lean out of the window.

SCHOOL ZONE SAFETY

- Slow down near school zones.
- Follow school instructions.
- Give way to children crossing.

IN CASE OF EMERGENCY

- Tell a trusted adult immediately.
- Call emergency numbers.
- Stay calm and stay safe.

EMERGENCY NUMBERS	
Police	100
Ambulance	108
Fire	101
Women Helpline	1091
Child Helpline	1098

PARENTS & TEACHERS: BE A ROLE MODEL

- Follow traffic rules.
- Wear helmet and seat belt.
- Do not use mobile while driving.
- Your actions teach children.

KEEP A BASIC FIRST-AID KIT

- Adhesive bandages
- Gauze pads
- Antiseptic wipes
- Cotton
- Crepe bandage
- Scissors
- Thermometer
- Pain relief (as advised)

PRACTICE THE RULES DAILY

- Talk about road safety every day.
- Practice crossing together.
- Make safety a habit.

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