

SEEDS OF WISDOM

STUDY PROGRAM FOR CHILDREN

LEARNING THE
BHAGAVAD GITA



Seeds of Wisdom

Bhagavad Gita Study Program

Lesson : One



Lesson: Introduction to the Baghavad Gita

Lesson Focus:

What is the Bhagavad Gita? Its story and significance.

Duration: 45 minutes – 1 hour



Setting the Scene

A long time ago, in a land called India, there were two families — the Pandavas and the Kauravas. They were cousins, but they didn't always get along. One day, their disagreements grew so big that they decided to fight a huge battle to decide who would rule the kingdom. This was called the Battle of Kurukshetra.

Pandavas

Arjuna
and
Krishna's
Chariot

Kauravas

Can you imagine being on a battlefield? How do you think the soldiers might feel?



Introducing Arjuna

Now, on the Pandavas' side was a brave warrior named Arjuna. He was an excellent archer and very strong. But when he saw his family, teachers, and friends on the opposite side, he felt very sad and confused. He thought, 'I don't want to fight them. What is the right thing to do?'

Have you ever felt unsure about what the right thing to do was? How did it feel?"



Krishna's Guidance

Arjuna's charioteer was none other than Lord Krishna. Krishna saw Arjuna's worry and decided to help him. On the battlefield, Krishna talked to Arjuna about life, duty, courage, and how to do the right thing even when it's very hard.

This conversation between Krishna and Arjuna is called the **Bhagavad Gita**. It teaches us lessons about:

Doing the right thing (dharma)

Being brave and strong

Finding peace inside our hearts

Understanding what really matters in life"

Why do you think it's important to have someone guide us when we are confused or scared?



Krishna's Guidance

So, the Bhagavad Gita is more than just a story about a battle. It is a guide that helps people make good choices and find courage and peace — just like Arjuna learned from Krishna.

If you were Arjuna, what would you want to ask Krishna?



Activity: Drawing the Kurukshetra Battlefield

Instructions for the activity:

1. Imagine the Battlefield

Think about the story we just heard. Can you imagine the battlefield of Kurukshetra? There were Pandavas on one side, Kauravas on the other, and Arjuna riding a chariot with Krishna as his guide. What would it look like?

2. Draw What You See in Your Mind

- Encourage children to draw:
 - **Arjuna and Krishna** on their chariot
 - Soldiers, horses, or chariots on both sides
 - The sky, landscape, or flags to show the battlefield
- Emphasize creativity: “You can draw it however you imagine it — big, small, colorful, or dramatic!”



Activity: Drawing the Kurukshetra Battlefield

3.Add Feelings to the Scene

Arjuna was feeling confused and worried. Krishna was guiding him. Can you show their feelings in your drawing? Maybe with their faces, body language, or the way the battlefield looks?

4.Share and Discuss

- After drawing, invite children to **share their artwork** with the group.
- Ask:
 - What part of the battlefield did you like drawing most?
 - How do you think Arjuna felt in your picture?
 - What is Krishna teaching Arjuna in your drawing?

