

SEEDS OF WISDOM

STUDY PROGRAM FOR CHILDREN

LEARNING THE
BHAGAVAD GITA



Lesson 6

The Power of Faith and Trust



Opening Circle

Grounding Breath (1–2 minutes):

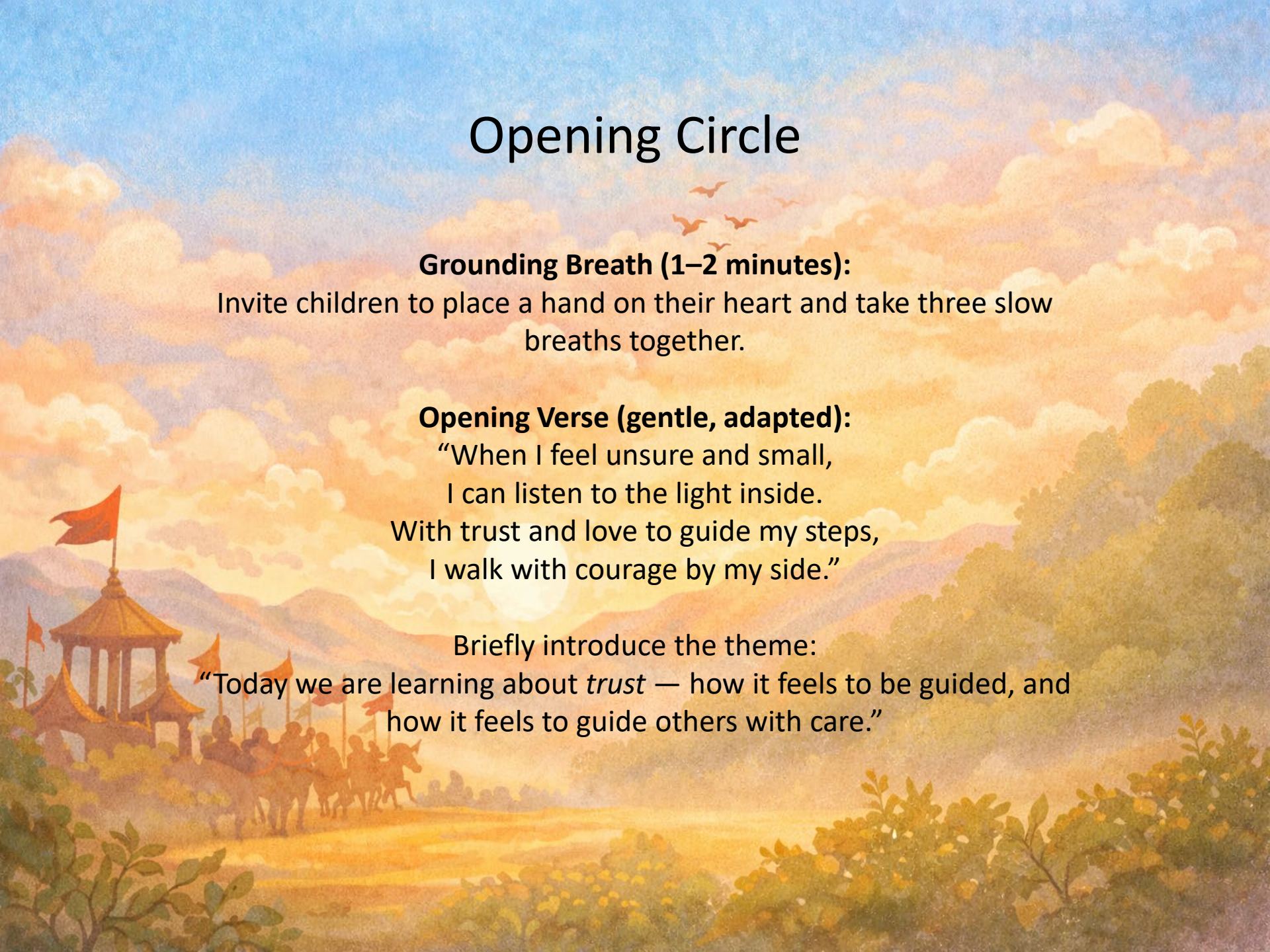
Invite children to place a hand on their heart and take three slow breaths together.

Opening Verse (gentle, adapted):

“When I feel unsure and small,
I can listen to the light inside.
With trust and love to guide my steps,
I walk with courage by my side.”

Briefly introduce the theme:

“Today we are learning about *trust* — how it feels to be guided, and how it feels to guide others with care.”



Story Time

Arjuna Learns to Trust Story (child-friendly retelling):

Arjuna stood on the battlefield feeling very confused.
His heart was heavy, and his thoughts were tangled like knots.

He didn't know what the right choice was.

Krishna stood beside him, calm and gentle.

Krishna did not rush Arjuna or tell him what to do in a loud voice.

Instead, Krishna spoke with kindness and wisdom, reminding Arjuna to listen to his heart, to breathe, and to trust what is true and good.

Arjuna closed his eyes.

He felt his breath move in and out.

He felt the strength inside himself.

He realised that he didn't have to know everything right away.

He could take one brave step at a time, trusting Krishna's loving guidance.

And so, with a steadier heart, Arjuna chose to walk forward with courage and trust.

Reflection Questions (spoken gently):

- How do you think Arjuna felt before he listened to Krishna?
- How did he feel after he trusted Krishna's guidance?
- Have you ever felt unsure and needed help from someone kind?

Main Activity

Trust Walk

Purpose: To experience what it feels like to trust and to be trustworthy.

Step-by-Step:

1. Pair children up.
2. One child gently wears a blindfold.
3. The other child becomes the “guide.”
4. Create a short, safe path using cushions or cones.
5. The guide uses **only their voice** (or gentle hand on shoulder, if appropriate) to guide their partner slowly through the path.
6. Swap roles.

Teacher Guidance:

- Emphasise *gentle voices, slow steps, and kind guidance*.
- Remind children: “Being a guide means caring for your friend’s safety and feelings.”

After the walk, ask:

- How did it feel to be guided?
- How did it feel to guide someone else?
- What helped you trust your partner?

Quiet Reflection

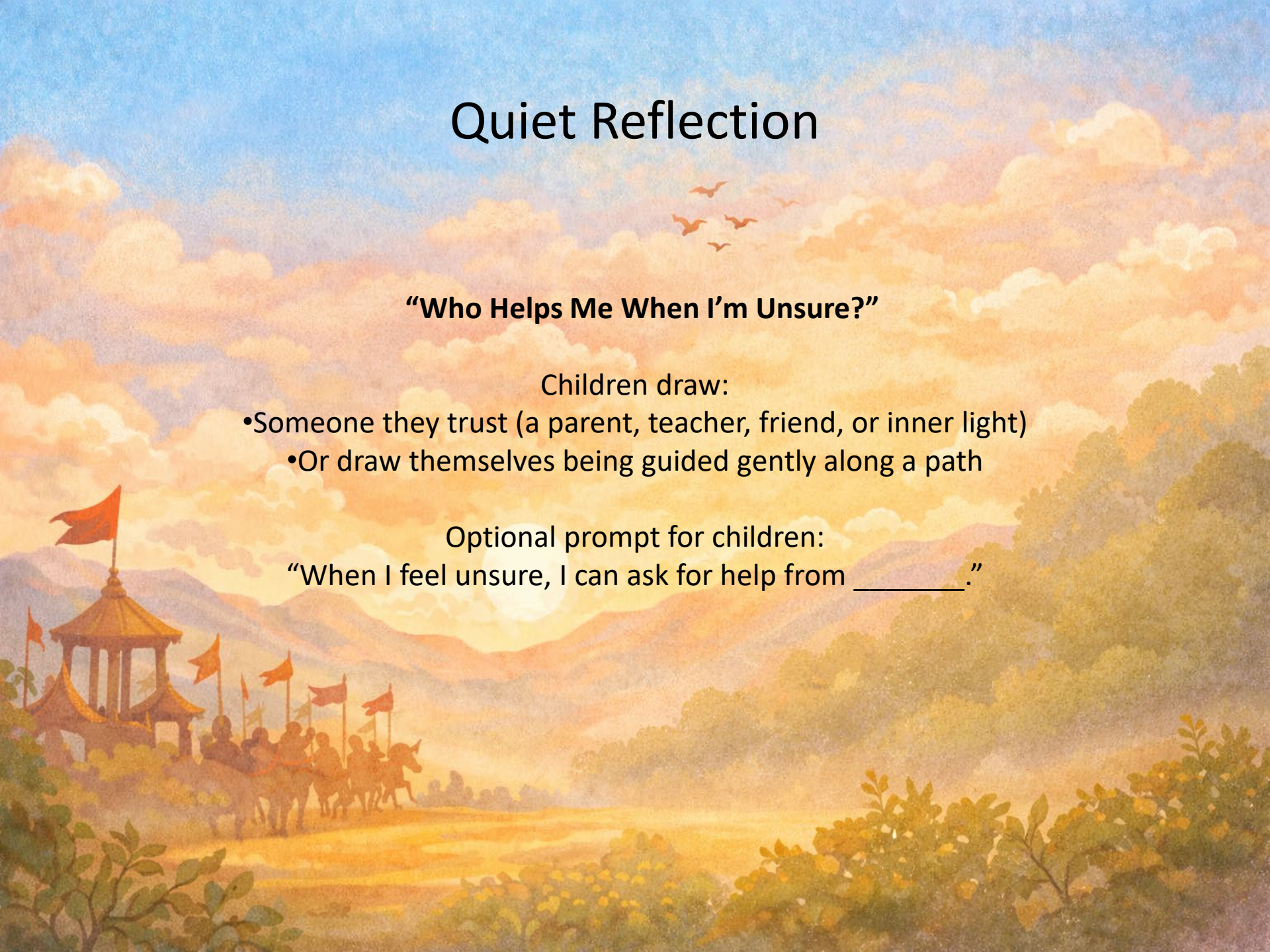
“Who Helps Me When I’m Unsure?”

Children draw:

- Someone they trust (a parent, teacher, friend, or inner light)
- Or draw themselves being guided gently along a path

Optional prompt for children:

“When I feel unsure, I can ask for help from _____.”



Closing Circle

Sharing (optional):

Invite 1–2 children to share something they noticed about trust.

Closing Prayer :

“O loving light within my heart,
Guide my steps both small and brave.
When I feel unsure or lost,
Help me trust the loving way.
Om, peace, peace, peace.”

Gesture:

Hands to heart → hands open to the group.

