



Lesson: 6

Lesson Instruction for teacher

Seeds of Wisdom – Week 6

The Power of Faith & Trust

Big Question: *Who can I trust when I feel unsure?*

Theme: Arjuna learns to trust Krishna's guidance

Duration: 45 minutes

Age: Kindergarten / early primary

Learning Intention (for children)

- To explore what trust feels like
- To understand that asking for help and listening to wise guidance can help us when we feel unsure
- To practise being trustworthy guides for one another

Materials Needed

- Soft blindfolds or scarves (1 per pair)
- Calm background music (optional)
- Cones, cushions or soft objects to create a simple "path"
- Crayons and paper (for reflection drawing)
- A small candle or flower for circle time (optional ritual focus)

Opening Circle (5 minutes)

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 (8–10 minutes)

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 (15–20 minutes)

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?” (5–7 minutes)

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 (5 minutes)

Sharing (optional):

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

Closing Prayer (short Hindu-inspired, child-friendly):

“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.