

SEEDS OF WISDOM

STUDY PROGRAM FOR CHILDREN

LEARNING THE
BHAGAVAD GITA

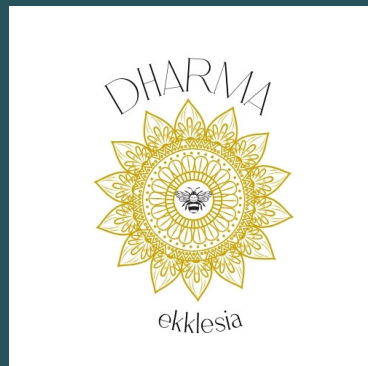


Seeds of Wisdom

Bhagavad Gita Study Program

Lesson : Two

Created by :



Lesson: Introduction to the Baghavat Gita

Lesson Focus:

What is Dharma (Duty/Righteousness)

Duration: 45 minutes – 1 hour



What is Dharma?

- Dharma means doing what is right, even if it's not easy.
- It's like a guide to help us make good choices.
- In the Bhagavad Gita, Krishna reminds Arjuna to follow his dharma as a warrior, even when it was difficult.



A Story example of Dharma

Yudhishtira and the Yaksha

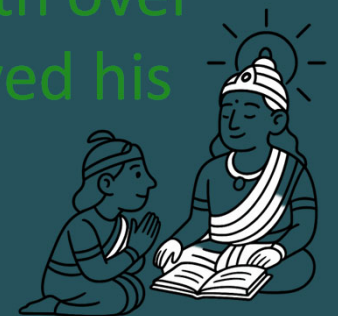
One day, the Pandavas were in the forest, tired and thirsty. They found a lake, but before drinking, a voice warned:

"Answer my questions first, or you will not survive."

The Pandavas ignored the warning—except Yudhishtira.

When it was his turn, he respectfully listened. The voice belonged to a **Yaksha (spirit)**, who tested Yudhishtira with questions about **truth, duty, and righteousness (Dharma)**.

Yudhishtira answered wisely and honestly. Because he followed Dharma—choosing patience, respect, and truth over impatience and fear—the Yaksha blessed him and revived his brothers.



The Yaksha Story

- Narrator (can be the teacher)
- Yudhishtira
- Bhima (or any Pandava brother)
- Yaksha (spirit voice)

Narrator:

The Pandavas were very thirsty. They saw a lake. Bhima rushed forward.

Yaksha (voice loudly):

Stop! This is my lake. Answer my questions first, or you will not be safe.

Bhima (ignores):

I'm too thirsty. I'll drink anyway!

(pretends to drink, then lies down as if fainted)

Narrator:

One by one, the Pandava brothers tried, and all fainted. At last, Yudhishtira came.

Yaksha (voice):

Answer my questions before you drink!

Yudhishtira (bowing respectfully):

I will listen. Please, ask your questions.



The Yaksha Story cont.

Yaksha:

What is the most important duty in life?

Yudhishtira:

To always speak the truth and do what is right.

Yaksha:

What makes a person truly rich?

Yudhishtira:

Contentment. Being happy with what we have.

Yaksha:

Good! You have answered with wisdom and honesty. Because you followed Dharma, I will give your brothers back their lives.

(the “fainted” brothers slowly wake up and smile)

Narrator:

Yudhishtira chose patience and truth instead of rushing. He followed Dharma, and because of that, his family was saved.



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: Role Play

Instructions for the activity:

Present children with short, simple dilemmas such as:

You find money on the ground—keep it or give it to the teacher?

Your friend is being teased—stay quiet or stand up for them?

You promised to help at home but your friends want to play—what do you do?

Divide children into small groups to act out the scenarios.

After each role-play, ask:

What was the easy choice?

What was the right choice?

How would you feel after each choice?



Lesson Summary

- Dharma takes **courage and honesty**
- *Dharma helps us live truthfully, kindly, and bravely*
- *Can anyone share a time when they did the right thing, even if it was difficult?*

