

# LET'S DO IT



LOOK N LEARN  
MAGAZINE

10<sup>th</sup> June 2019 Every Fortnight | English, Hindi & Gujarati



Y O G A

F O R

K I D S





**Modern life is  
full of challenges**

With all these challenges, to  
lead a successful and happy...  
life we need to be

***Healthy and strong!***

It is a common belief that  
health is perfect functioning of  
different parts of the body!

**But health is not just that..**



Keeping  
your  
temper in  
control



Forgetting  
the  
grudges



Keeping  
hope



Showing  
courage



Mental  
Shock



*Health Means...*



*Why*



- ❖ Keeping your temper in control
- ❖ Recovering from mental disturbance
- ❖ Forgetting the grudges
- ❖ Keeping courage and hope
- ❖ To learn to forgive

The absence of any of the above will make us Mentally unhealthy. If our mind does not function well, there will be defect in the body and that will in return disturb our metabolism.

-Gurubhakt Mehta Parivar

## Human Mechanism

We often use a computer,

It is a combination of...



If there is problem in any one of the 3 it will disturb the smooth functioning of the computer.

*Similarly,*

We are a combination of mind, body and soul.

Our body is the hardware, Mind is the software and Soul is its electric supply.





**We take care of the hardware body by...**

**Eating  
healthy  
food**



**Doing  
Exercise**



**Taking  
rest**



**But,**

But what if virus enters our software that is mind? Viruses like...



These viruses constantly attack our body software that is mind. They damage our software and lead to many diseases in the hardware that is the body. At the same time disturbance in power supply that is soul will also further lead to dis functioning of the mechanism of the body.

**Yoga is the only science that transforms, regulates and balances all the 3 elements of the body that is Mind, Body and Soul. Thus creates perfect complete health! So kid's come on let's learn few aasans in a fun way method!**

# 1-Mountain Pose

Mountains are strong and unwavering. Mountain pose can be done at a moment when you want to feel steady and grounded.

Stand with feet  
at hip distance apart

Back straight

Relax shoulders

Palms forward,  
fingers spread out



## Benefit

Helps promote a feeling of strength, alignment & balance. Does a mountain move when the wind blows? No, similarly this asana teaches us to be strong in all situation

## Activity

Write a story about a time you were strong like a mountain, you faced a problem and you solved. Why did you need to be strong and steady like a mountain?



Knees  
bent



Back and head  
towards ground



Legs  
Stretched out

# 2-Turtle Pose

Turtles are strong and resilient. Did you know that turtle shells are what makes them unique and protects them from the environment? This pose is great for you when you feel overwhelmed, stressed and need some time to focus and relax.

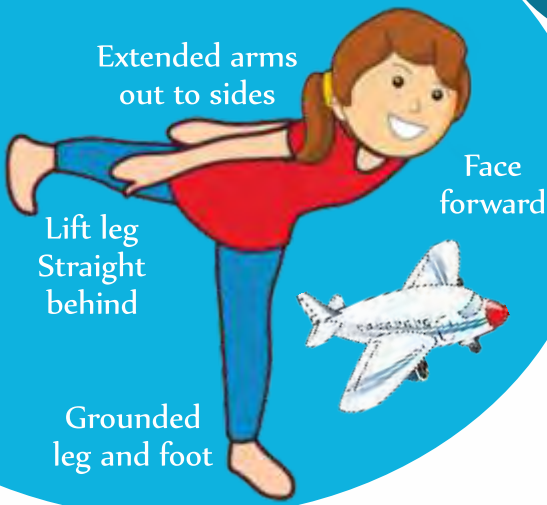
## Benefit

Promotes calmness and focus on mental peace and happiness. Learn to be calm in adverse situations.

## Activity

When emotions are running high, think about how calm and patient a turtle is.

### 3-Aeroplane Pose



Fly high and free! The Aeroplane Pose is a great balancing pose and helps developing concentration. For additional fun you can sing a song given in activity column while doing the pose (in the tune of I'm a Little Teapot)

#### Benefit

Improves balance and posture, enhances concentration and encourages to move ahead in life.

#### Activity

Kids try to stay in this pose for an extended period. Use this time to manage your emotions and feelings and to be in the moment. As a fun twist make airplane noise as a breathing exercise.

### 4-Child Pose

This magnificent pose is relaxing most of the time. This grounding pose is recommended to reduce outside input and stimulation, while allowing you to slow down and enjoy a moment to breathe.



#### Benefit

Stretches the legs, ankles, thighs, hips and knees muscles. Releases tension, Relieves stress, frustration or depression.

#### Activity

If it feels safe, close your eyes and let your face relax. Try to breathe slowly in and out, Enjoy the peace of being turned in.

# 5-Cow Pose

Just as the curious cow meanders through pastures of grass, we too are curious about the world around us. Cows are peaceful and curious. They tend to form friendships within herds. Lets be friendly like them.



Relax abs,  
push navel  
downwards

Look  
ahead

Knees on ground,  
aligned with hip



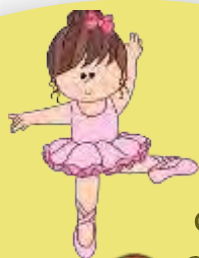
Hands aligned with shoulder

## Benefit

Stretches the back, excellent pose for back and spine, creates emotional balance and relieves stress.

## Activity (Craft time)

Make friendship bracelets & give them to your friends. For added fun, add Cow beads. A fun activity is to imagine being a cow in a large pasture! Kids arch your back, inhale and say "Moo."



Gaze  
ahead

Grab hold  
of ankle



Bend knee

Extend arm

# 6-Dance Pose

This is an excellent balance pose that helps us to build stability and posture.

Hold the pose, taking deep breaths. You are powerful and poised. Repeat with the other leg forward.

## Benefit

Learn to focus your attention, Improves balance and also it Increases confidence.

## Activity

If you feel wobbly, use the wall for support. Take a deep breath in and extend your left arm out. Balance for a few seconds. Breathe in and out.



## 7-Tree Pose

Extended  
arms to  
salutation



Grounded  
leg and foot

Place sole of  
foot on the  
calf or  
inner thigh



The Tree Pose reminds us that as our roots grow stronger, we are able to stand tall and stretch our branches to the sky.

### Benefit

Develops balancing skills, increases concentration power.

### Activity

Ground it – Imagine it being a tree root, weaving through the earth and hold steady. Inhale and bring your hands to your sides. Reach out like branches on a tree. Exhale and bring the hands together in front of your heart. Then lift them strongly overhead.

## 8-Falling leaf Pose

Leaves are a great way to learn about the changing seasons and to provide real-life connection on the act of change. Lets pretend to be a leaf hanging onto our trees, ready to change colour and fall. Remember the long journey, the leaves took before they eventually let go. Do we as people experience change over time? Think over it



Shift weight  
into your  
right leg

Extended arms  
at shoulders  
horizontally

### Benefit

Develops balancing skills, Prepares mind to accept changes in all stages of life.

### Activity

Observe a tree for few days. Do record your observations in a journal as to how they change colour and eventually fall down.

**Lets explore the act of Kindness together. This tree will illustrate the different ways you can be kind!**

**Material:** Tree cut out, brown paper for the trunk, green paper for leaves, different colored papers for various fruits and flowers, large poster board, tape, glue, scissor, marker and crayons



**Directions:** Create your tree: using our templates, trace the trunk on brown paper. Cut it out with scissors.



**Get Leafy:** Use the leaf template to cut handful of leaves.

This is where you are going to write the act of kindness.



**Time to get creative:** Using different colours of papers create other elements that you find on a tree like fruits, flowers, twigs, birds etc

**Talk about Kindness:**

**Kindness to yourself:** You can be kind to yourself by developing healthy eating habits, meditation etc.



**Kindness to others:** Be kind to those you know and also to those whom you do not know. You can be kind by helping your friend out, picking trash, Volunteering a local shelter etc. No matter how big or small your kind deed is, it impacts the world around you.

**Kindness to the environment:** You can be kind to environment by keeping it clean, being mindful of water and energy use.

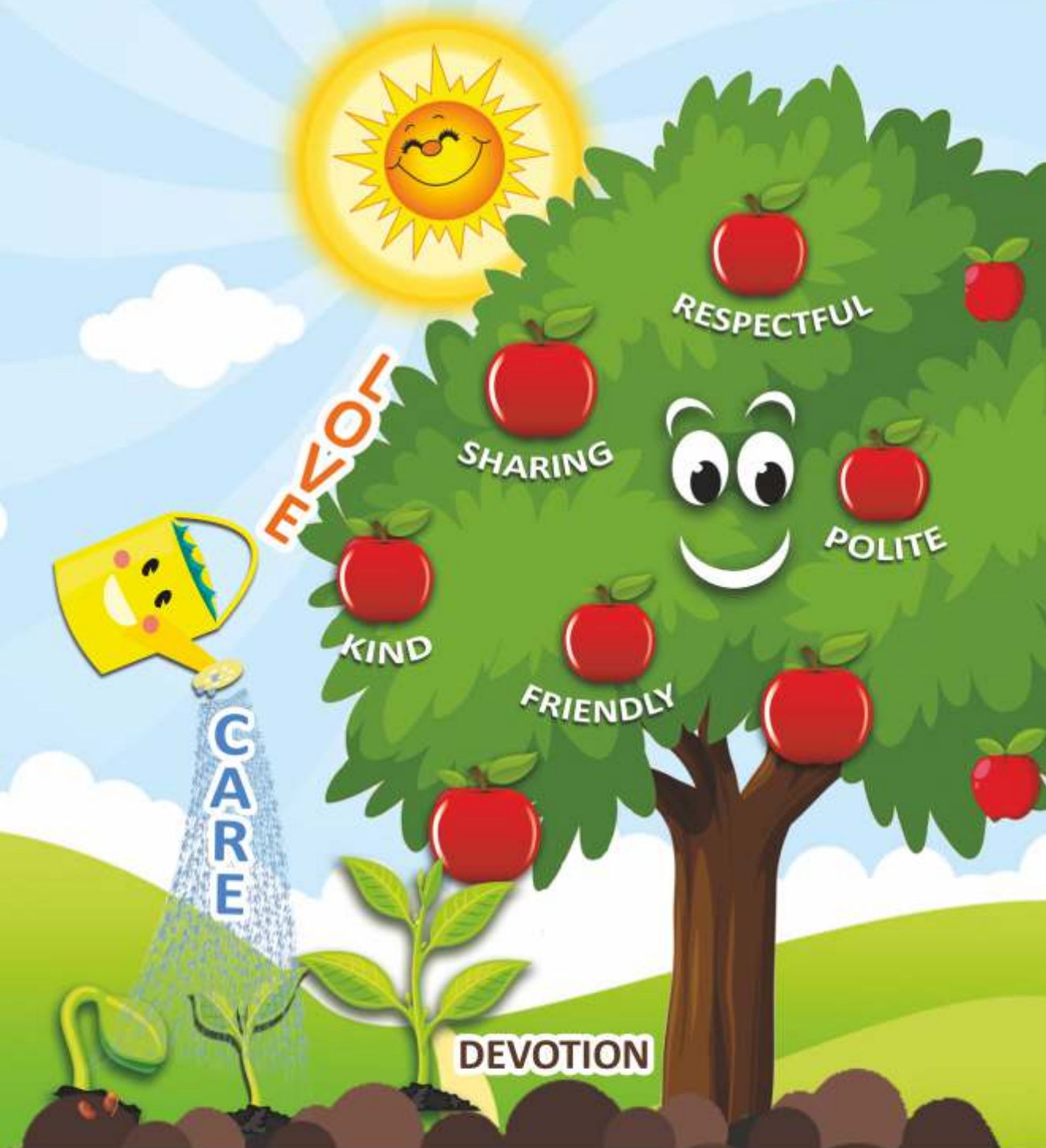


**Write down your act of Kindness:** On each Leaf write down one act everyday and make your tree lushgreen



## Kindness each day:

Put together the tree on a wall or your cupboard stick the tree.



Place the trunk in the bottom and add flowers and animals around the tree. Everyday do 1 act of Kindness , write it down on a leaf and stick it to the tree each day, make your tree lush green with the act of Kindness.

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Leaves

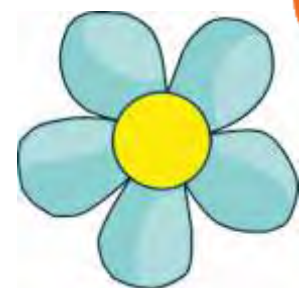


Flowers



Trunk





Kindness  
is  
Free  
Sprinkle  
that  
stuff  
Every  
where



## Glimpse of Summer Workshop 2019 at Look n Learn centres:

**Inspiration: Rashtrasant Puja Gurudev Shree Namramuni Maharaj saheb**

Look n Learn centres namely... Andheri zalawad, Mulund, Dadar, Rajkot, Bhavnagar, Junahadh, Jetpur, Aanand, Hyderabad etc. had conducted summer workshop for kids in unique way where the concept of “Pray while you Play” was reinforced.



**BE HAPPY, SPREAD HAPPINESS**

### A warm welcome



Games like Jungle theme inculcated good habits, friendliness, love and care for animals.



Crocodile game taught the importance of being alert, didi dressed up in crocodile attire would catch them if they were careless.



Children had a great time in the art and craft session by painting beautiful designs on tote bags. All children also decorated and gifted a photo frame to their mother, and promised to obey her and depicting their love for her.





## The Emoji world



The Emoji theme inculcated the values like being positive and calm, basically learning to balance emotions like anger, ego, jealousy etc in our day to day life. Our motto was to develop physical and mental strength there by improving concentration and teach them to take the right decision when facing difficult situations. This learning programme was additionally imparted with heart touching videos and audios.

Last day of the workshop was an outdoor session featuring garden yoga, positive affirmation, aura bath, spiritual walk and tasks like say thanks to watchman, spend time with senior citizens, clean the garden (Swachh Bharat Abhiyan- a responsible citizen) , Chanting Mantra ( Mantra snan) etc.

## Thanks giving Yoga



## Treasure hunt



## Cleanliness task



## Spending time with senior citizen



## Colourful Projects made the topics easy to understand



## Kids enjoyed sharing their food with each other





## Parents Feedback for LnL summer workshop

A very well organized, motivating and entertaining workshop. Inculcating the right sanskar through games. Gnan sathe Gamat and art and craft session concept was excellent. We the parents really appreciate the efforts put in by all LnL didi's. It was an amazing and memorable workshop for our kids and they enjoyed a lot. All didi's thank you for working so hard for our kids. Words are not enough to describe the efforts taken by the didi's. Thank you!



### LnL summer workshop 2019

#### Powerful Morning Affirmation

"I am focused."

"I forgive all."

"I am capable and strong."

"I ask forgiveness from all."

"I am considerate in everything I do."

"My thoughts are under my control."

"I Love all living beings."

"I am peaceful and powerful soul."

"I am always connected with the Divine."

"I remain calm in every situation."

"I accept all situations and people positively."

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*So Cute ....*

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# Match the column.

## Aasan Names

## Yoga pose

- A. Airplane pose
- B. Butterfly pose
- C. Cobra pose
- D. Dog pose
- E. Easy pose
- F. Frog pose
- G. Grasshopper pose
- H. Happy Baby pose
- I. Inhale pose
- J. Jack-in-the-Box pose
- K. Kite pose
- L. Lion pose

1.



2.



3.



4.



5.



6.



7.



8.



9.



10.



11.



12.



**M.** Mouse pose

13.



**N.** New pose

14.



**O.** Otter pose

15.



**P.** Peacock pose

16.



**Q.** Queen pose

17.



**R.** Rag Doll pose

18.



**S.** Swan pose

19.



**T.** Triangle pose

20.



**U.** Unicorn pose

21.



**V.** Volcano pose

22.



**W.** Water fall pose

23.



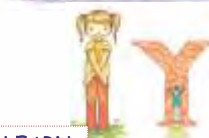
**X.,Y.** X,Y pose

24.



**Z.** Zero pose

25.



# I Shall help *someone* Selflessly and be kind!



**SELFISHNESS**  
can never take you  
ahead on the  
**PATH OF PURITY.**