





## Lets us know Shraavan Kumar...

A long time ago, there was a boy named Shraavan Kumar. He was very kind, loving, and obedient to his parents. His parents were old and blind, and Shraavan took care of them with great love.

One day, they told him they wanted to go on a pilgrimage (a journey to holy places). Shraavan didn't have money for a cart or horse, so he put his parents in two baskets, tied them to a stick, and carried them on his shoulders! He walked through forests, rivers, and mountains-just to make his parents happy.

“Can we be like Shraavan Kumar?”

Yes, we can! But how?



We may not carry  
our parents on our back  
like Shravan did,  
but we can still love them,  
listen to them,  
care for them,  
and be kind-  
just like Shravan Kumar



# I can show my love & respect to my elders in many ways.



## 1. By being obedient

I can listen to my parents and do what is right.

## 2. By being helpful

I can do small things to make their day easier-like cleaning my room or getting them a glass of water.

## 3. By being respectful and kind

I can speak politely, never shout or argue, and always use loving words with them.

## 4. By being caring and loving

I can support my parents when they are tired and show my love through smiles, hugs, and kind actions.

## 5. By being thankful

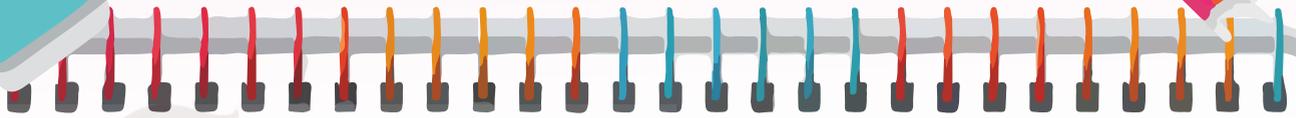
I can thank my parents every day for all they do for me, with words and with a grateful heart.

## Activity Time!

Show your love for your parents through your creativity! **Draw/Write/Create** – Picture, Short story, Song, Poem or a Poster. Showing you doing something special for your parents/grandparents.

Use crayons, sketch pens, watercolors, or even fun paper cut-outs! Let your love and creativity shine!

**Send us your creation to get featured in our next issue!**



Even  
Parmatma Mahavir  
respected  
His elders  
-let us learn from Him!



When Parmatma Mahavir decided to take Diksha (renunciation), He made a firm resolve - not to do so while His parents were still alive. This was not attachment (raag), but deep compassion, as He did not wish to cause them any sorrow.

After His parents passed away, He humbly approached His elder brother, Nandivardhan, folded His hands with great respect, and said, "Dear brother, you know that my heart is no longer drawn to worldly life. I request your permission to take Diksha." Hearing this, Nandivardhan was filled with concern.

But then he reflected, "How can I hold back a divine light that is meant to illuminate the world, just because of my own attachment?" Still, he expressed his pain and said, "The grief of losing our parents is still fresh- If you leave too, the sorrow will deepen. Please wait for two more years.



Parmatma Mahavir, though fully prepared for renunciation, chose to honour his elder brother's sentiments and delayed His renunciation for two full years.

Children, even Parmatma, bowed with humility, practiced patience, and honored His elder brother's wishes.

From His life, we must learn to be respectful, humble, and obedient.

Always show love, care, and respect to parents and elders. Never do anything that may hurt them. Because true greatness begins with humility.

# Mann Se Seva (With the Mind)



How can we serve  
our elders with Mann, ?

Think good thoughts about your parents and elders.

Be grateful in your heart for all they do.

Pray for their health and happiness.

Always keep the intention to serve and care for them with love.



"I feel happy when...  
I help Mom" or  
"I want to make  
Papa smile today."

# Vachan Se Seva (With speech)



## How can we serve our elders with Vachan?

Say "Thank you" when they help you or take care of you.

Say "Please" when you ask for something.

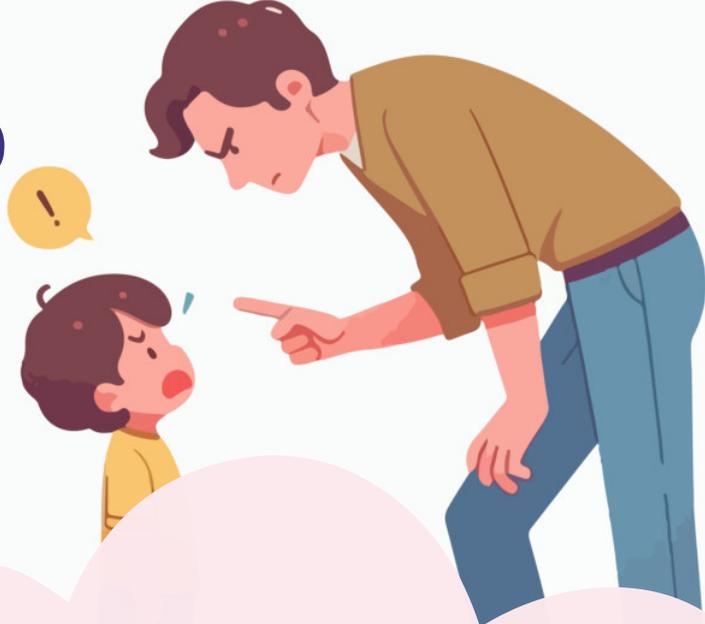
Say "Sorry" when you make a mistake.  
Apologise when needed - it shows you care.

Speak gently, Never shout, argue, or be rude.  
Use kind words even when you're upset.



Kind speech is  
like a gift that  
makes hearts  
**smile!**

# Kaya Se Seva (With actions/body)



## How can we serve our elders with Kaya?

Help all, especially elders without being asked.

Follow instructions the first time they say it.

Sit and spend time with them—listen to their stories.

Do small things - set the table, bring water,  
carry bags—to show big love through little help!



Even small acts of love—  
like picking up their  
things—are big seva  
because kindness speaks  
loudest in actions!



# Seva + Smiles!

Surprise your parents  
with love-filled coupons!

## Family Coupon Game:

### How to Play:

1. **Print** the coupons or make your own using paper, crayons, or sketch pens.
2. **Decorate** them with colors, doodles, or stickers.
3. **Create a coupon book** and gift it to your parents.
4. Tell your parents they can use any coupon anytime they like.

### When your parents “redeem” a coupon:

That means it's your turn to **do the task written on the coupon cheerfully and lovingly!**

Whether it's a big hug, cleaning your room, or helping in the kitchen, do it with a **smile and shraddha** (devotion).

### Remember:

Each coupon is not just a task - it's a chance to show your **love, care, and respect.**

Just like Shravan Kumar, you're serving your parents with **Mann, Vachan, and Kaya!**



# My Happiness Coupon Book

Each coupon = Seva + Smiles + Values!

(Print and cut them- can reprint to continue the ask)



Each coupon includes a task to do-  
along with the special value it helps you practice!



## Speak with Sweetness

**Task :** Talk politely with everyone at home the whole day.

**Value:** Let Maitri Bhavna (friendship & love) begin at home.

## Tidy up Surprise

**Task :** Clean your room or any space - without being told!

**Value:** Self-discipline is the first step to success.

## Calm & Quiet time

**Task :** No screen time, no noise, just peaceful bonding with family.

**Value:** No screen time sharpens focus, builds concentration, & helps you stay calm.

## Seva Special

**Task :** Be helpful-like folding clothes or carrying groceries.

**Value:** Small seva done with shraddha helps you bind punya.

Kids, this is the back side of your coupons



LOOK N LEARN  
CHILDREN'S IAIN  
E-book



## Let's pray together

**Task :** Sit with parents to chant Shree Namaskar Mantra or reflect quietly.  
**Value:** Practicing Maun (silence) builds inner peace and strength.

## World of Care

**Task :** Offer a glass of water to your elders with a smile.  
**Value:** Thoughtful seva nourishes both body, mind and soul.

## Gratitude Gift

**Task :** Say "Thank you" to them 3 times today with love and gratitude!  
**Value:** It teaches appreciation, spreads joy, & strengthens your bond with them.

## Helping hands

**Task :** Assist with any chore - cleaning, organizing, or cooking prep.  
**Value:** Helping selflessly is the true art of living.

## Story time

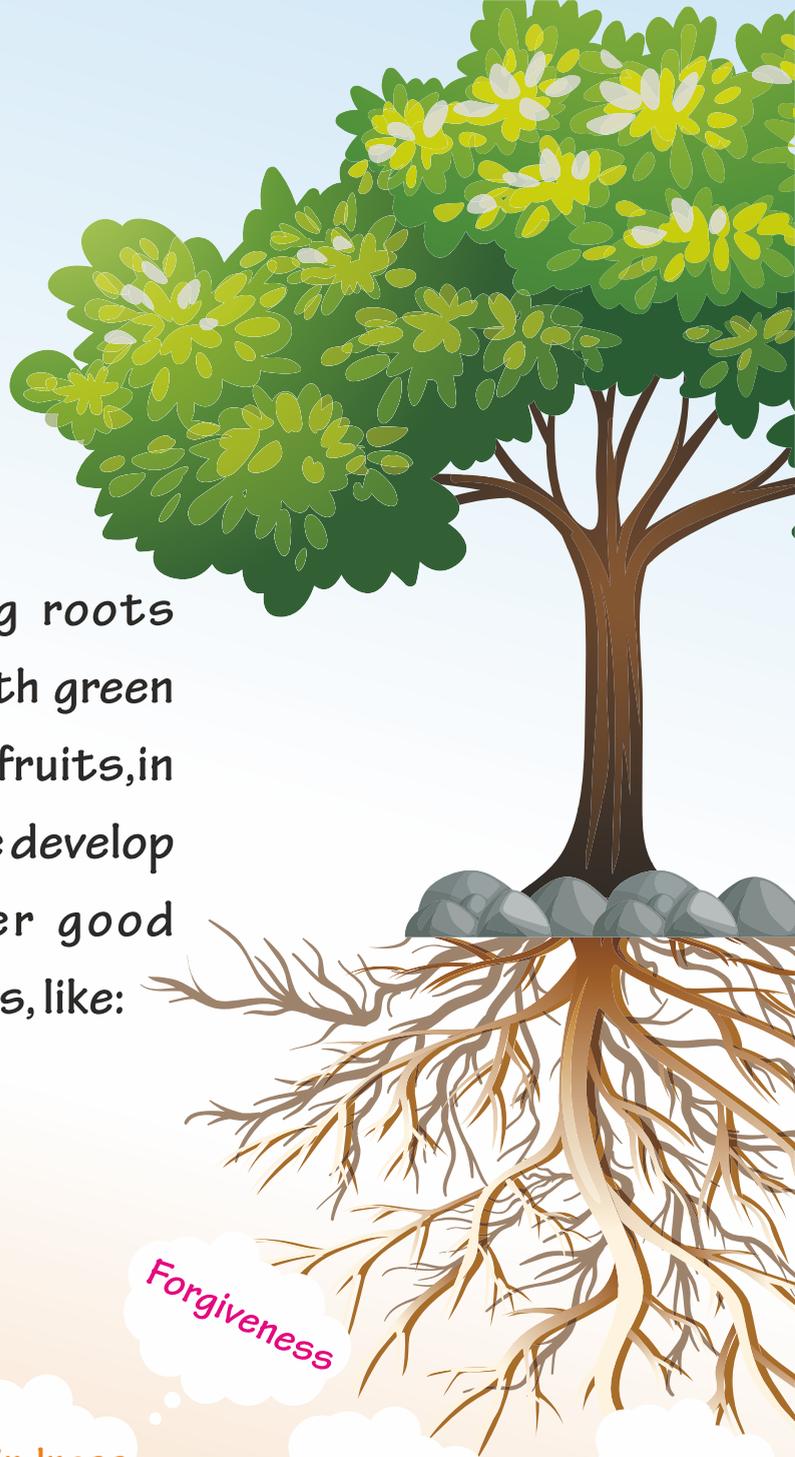
**Task :** Listen to a religious story or share 1 (from LNL magazines) with elders.  
**Value:** Nurtures faith, builds moral values, and deepens trust in religion.

Kids, this is the back side of your coupons

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# Kid's Respect means being Modest, VINAY!

Just like strong roots help the tree grow with green leaves, flowers, and fruits, in the same way, when we develop humility, many other good qualities also grow in us, like:



Compassion

Forgiveness

Generosity

Kindness

Friendship

Patience



# What are the benefits of being Modest?

Say yes to  
**Vinay**



**YOU  
WIN!**



We become  
tolerant

We become  
friendly with all

We can get rid  
of all our sins

We receive blessings  
from our Guru

Our Aura  
becomes pure

We attain peace  
and equanimity  
of mind

We attain  
good qualities

**Memory increases**

Creates positivity  
in our behaviour



**A+**