



**Materials:** 4 station cards/signs: ` 1. Good Thoughts 2. Kind Words 3. Helpful Actions 4. Light Meditation

- Small stars/hearts/sun cards ("Light Points")
- A basket called "Swami's Blessing Basket"
- Simple props (optional): books, toy broom, chair, paper hearts

### How to Play

1. Divide children into 2 teams.
2. Create a simple path with 4 stations.
3. One child from each team starts the challenge.

### Station Activities

**1. Good Thoughts Station :** The child picks a card and says one good thought aloud:

Examples: "I will help others." "I will be kind." "I will think positively." Then the child earns 1 Light Point.

**2. Kind Words Station :** The child says something kind to another student:

Examples: "You are a good friend." "Thank you for helping." "You are special." Then receives 1 Light Point.

**3. Helpful Actions Station :** The child performs one quick helpful action:

Examples: Help arrange books. Pretend helping an elderly person walk. Help a younger child "study". Then receives 1 Light Point.

**4. Light Meditation Station:** Children close their eyes for 10–15 seconds and gently say: "May I be happy. May my family be happy. May the whole world be happy." They pretend to send light from their heart to the world. Then receives the final Light Point.

**Joyful Ending:** After finishing all stations, children place their Light Points into "Swami's Blessing Basket." **Everyone says together loudly:** "Good thoughts, kind words, and good actions make the world brighter!"