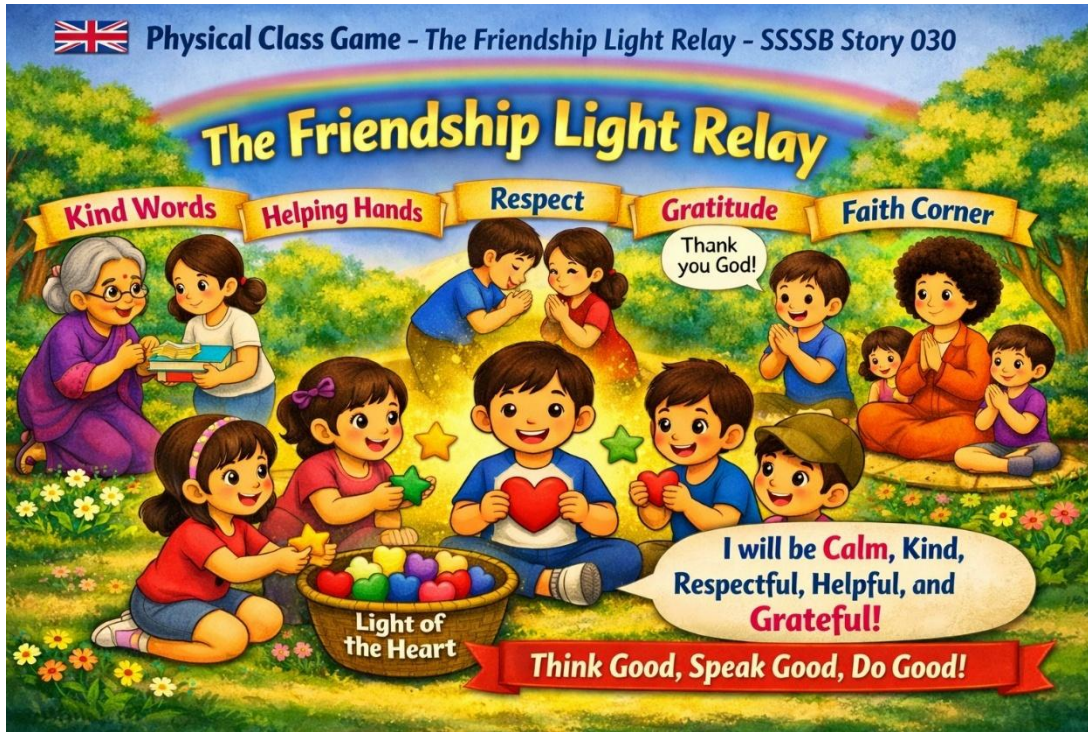




### Materials

- One “Heart Lamp” or paper flame.
- Value cards: Kindness, Respect, Gratitude, Helping, Contentment, Faith
- Small paper stars or hearts
- A box labeled “Light of the Heart”

### How to Play

1. The Sleeping Heart: One child [**Child A**] sits in the center, holding an empty heart card.

The other children stand at different stations representing: Kind Friend, Grandmother, Mother, SSSSB Guru, Helping Friend

2. The Journey of Transformation: A child takes turns guiding the Sleeping Heart [**Child A**] through the stations. At each station, the Child A joins the team and performs a simple task:

#### Station 1 – Kind Words

Say something kind: “You are my friend.” “Thank you.” “Sairam.” **Child A** receives a Kindness Star.

#### Station 2 – Helping Hands

Help arrange books, pick up objects, or assist another child. **Child A** receives a Helping Star.

#### Station 3 – Respect

Bow respectfully to parents, grandparents, or teachers. **Child A** receives a Respect Star.

#### Station 4 – Gratitude

Say: “Thank you God.” “I am grateful for my family.” **Child A** receives a Gratitude Star.

#### Station 5 – Faith Corner

Everyone sits quietly for 30 seconds of light meditation. Together they pray: “Hey the god who resides in hearts, please guide me.” **Child A** receives the final Faith Star.

**The Transformation:** when **Child A** collects all the stars, the children place them inside the Light of the Heart Basket. **Child A** stands up smiling and says: “I will be calm, kind, respectful, helpful, and grateful.” All children then chant: “Think good, Speak good, Do good!”