



### Materials

- Small paper hearts or stars (one per child)
- Soft background music or a bell or someone can sing a bhajan
- Optional: colored scarves or ribbons to represent light

### How to Play

1. **Circle of Light** Children sit or stand in a circle. The teacher says: “Close your eyes and imagine a warm light glowing inside your heart — this is the Divine Light.” Everyone takes a deep breath and smiles.
2. **Sharing the Light** Each child passes their paper heart to the next person while saying something kind, such as: “You have light in your heart,” or “I respect your light.” The teacher reminds: “Every heart shine with the same divine light.”
3. **Light Dance** Play gentle music or one can sing a bhajan. Children move around waving their ribbons or scarves, pretending the light in their hearts is spreading around the room. When the music stops, they freeze and say together: “The same light lives in everyone!”
4. **Reflection Round** The teacher asks: “How can we keep our light shining?” Children answer with simple actions — *helping others, smiling, sharing, forgiving*.

**Message:** There is one Divine Light in every heart. When we respect and love each other, that light becomes brighter.