

🇬🇧 Physical Class Game – Light in Our Hearts - SSSSB Story 063



Setup

- Children sit in a circle
- Prepare **Light Tokens** (paper stars, hearts, or sun shapes).

How to Play

1. **Morning Greeting:** Each child stretches, smiles, and says together: **“Good morning and Sairam!”**
2. **Sending Light:** One child closes their eyes and says: *“Let’s send light to everyone!”* Then they pass a Light Token to the next child.
3. Each child who receives the token shares one kind thought or action (e.g., “I will help my friend,” “I will smile at everyone,” “I will take care of nature”).
4. The token keeps moving until everyone has shared.
5. **Good Deeds Round:** Children act out small scenes of kindness (helping, listening, sharing).
6. **Evening Reflection:** At the end, the group joins hands and says: **“Today we did our best with love and light. Tomorrow we will do our best again.”**