



How to Play

Children stand in a circle.

Guru says: **Momo Monkey says, “I’m too busy! I have no time for Seva!”**

The Guru then calls different actions.

If it is **good use of time**, children point to an imaginary watch and say: **“Good choice, Momo!”**

If it is a **loving act of service**, children make a heart with their hands and say: **“Make time for Seva, Momo!”**

Examples:

- Momo finishes his homework on time → **“Good choice, Momo!”**
- Momo helps Mother carry vegetables → **“Momo, make time for Seva!”**
- Momo watches funny videos for hours → **“Oops, Momo! Choose better!”**
- Momo helps the teacher arrange books → **“Momo, make time for Seva!”**
- Momo welcomes a younger child at SSSSB → **“Momo, make time for Seva!”**
- Momo helps clean the classroom → **“Momo, make time for Seva!”**

Funny Banana Challenge

Suddenly the Guru becomes Momo Monkey and says: **“I am soooo busy! I have bananas to eat!”**

The children shout: **“Momo! You still have time for Seva!”**

The Guru tosses an imaginary banana to one child. That child has **five seconds to name one small act of seva** they can do during the day, then tosses the imaginary banana to another child. Continue quickly around the circle.

At the end, everyone pretends to hold a clock in one hand and a heart in the other and says together:

“Manage your time, open your heart, and make a little time for Seva!”

Om Sairam 🙏 [September 2026 🇳🇵 Kathmandu, Nepal, SSSSB Guru Neerana Shaky]