



Materials: At the front of the room, place a "Divine Light" sign or picture.

How to Play

1. Children stand at one side of the room.
2. The Guru calls out different situations [listed below]
3. If the action shows a good value, children take one step toward the Divine Light.
4. If it is not a good value, they place their hands on their hearts and say: "God guides me from within."
5. Continue until everyone reaches the Divine Light.

Example Situations

- A new student feels lonely. You invite them to play. ☑
- Your friend drops books. You help pick them up. ☑
- Someone makes a mistake, and you laugh at them. ✗
- You spend one minute in Light Meditation. ☑
- You share your snack with someone. ☑
- You ignore someone who needs help. ✗
- You chant Swami's name when feeling sad. ☑
- You speak rudely to your parents. ✗

Divine Light Moment

When everyone reaches the Divine Light, children close their eyes, place their hands on their hearts, observe silence for 30 seconds. The Guru says: "Feel the Divine Light shining in your heart. God is always with you, guiding you with love, peace, and kindness."

All children then say together: **God is in my heart. God guides me every day. I will live with love, kindness, and peace.**

Om Sairam 🙏 [September 2026 📍 Kathmandu, Nepal, SSSSB Guru Neerana Shakya]