

The Guiding Star

Activities for 4-8 year olds



This section introduces activities which parents and teachers can carry out with their children/students - adapting it to their particular needs.

Once upon a time there was a family - a very happy family. In that family a child was born, with the Star in his heart. Parents were very happy to have him as their child. They loved him and taught him good things. He grew up very fast and was very bright. His parents knew he was a very special child with a big Star in his heart. They could not see the Star but they knew he was born with the bright big Star in his heart as he was very strong and honest and was not afraid of anything. He was courageous and at the same time truthful. So his parents named him 'Abhay' - the one who has no fear.

As a child, Abhay spent his time talking to his Star, doing what it asked him to do, as a result the Star grew bigger and shone bright.

As Abhay grew older he got so busy with his studies, cricket matches, television and with his friends that he forgot to talk with his inner Star, a friend in his heart. With this, over a period of time the Star faded its light and gradually became very dull and light. When the Star stopped shining, Abhay felt dull and low, he felt too weak and suddenly all kinds of fear crept into him. Now he could not sleep alone in his room and was scared of darkness. He got more involved into fights and lost courage to accept his mistakes too.

Abhay, while going through this change in his nature was indeed not happy. He felt uneasy and could not understand that all of a sudden why had he started feeling afraid of many things, which earlier he was not. He could not understand where his courage had disappeared. Thinking deeply he went off for a walk. Not knowing where he was going he started walking down the woods. Everywhere he saw a deep forest. Tall trees attracted his gaze, he stopped and marvelled at their beauty. It was not just a beauty that attracted his eyes but it was something deeper that called his heart. It was the courage that he lacked that



he saw in those trees who gracefully stood erect supporting the falling trees with their strong branches. He went a little ahead and came across a beautiful valley smiling in joy with the blooming beauty of its flowers. Each flower open and fresh stood in perfect calm of self-giving. Courageously giving itself to the dazzling light. Again it was the same courage that attracted him. It touched his heart and filled it with the aspiration of becoming like a flower.

With this aspiration he went to the trees and flowers to ask them what was the secret of their being courageous. With a mystic smile they looked at Abhay and told him the secret of their Courage. They told him that, "Each one of us is born with the secret friend in our heart - it is that guiding Star which gives us strength when we are in difficulties and helps us to grow higher in light and love. Each of us has that Star in our heart but in some it is small and in some it is big. It is only if we spend time listening and talking to it that it grows bigger and shines brighter in our heart - that is exactly the secret of this courage that you see in us." They told Abhay that even he had the big Star in his heart when he was a small child but as he grew older he stopped talking to it and so the Star faded its light and became small, and that was the reason for his lack of courage.

He told him that if he concentrates in his heart and makes friendship with it, then the Star would again shine and will become bright. And he will be as courageous and honest as he was. Abhay was thrilled to know that he could make friendship with the Star in his heart. He went home and did exactly as the Trees had asked him to do, to concentrate in the heart so that he could listen to the whispers of his Star friend.

He sat down comfortably on a mat and took long and deep breaths. As the breath passed through the centre of his chest he felt some warmth



around. And at once he understood that is where the Star lived. He became absolutely quiet and called peace to help him relax to be able to focus in his heart. Then as he called peace and became quiet he started his journey into his heart to go closer to his guiding Star. He concentrated in his heart exactly where he had felt warmth. He concentrated deeply on that point till he started bathing in the shining light of the Star - giving himself to it. Within a few days both of them became very close friends. Gradually as the Abhay spent more time listening and talking to the Star it grew bigger and shone forever, making him as courageous and honest as he was.

🏠 Yogita

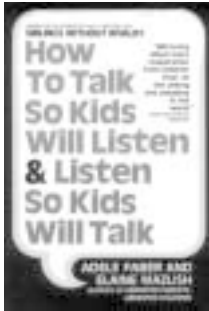
See for yourself...

- ★ Does your star guide you through a feeling of uneasiness when -
 - ★ You feel angry?
 - ★ You do something wrong?
 - ★ You hurt others?
 - ★ You lie?

List out other occasions when you feel uneasiness in your heart and your star tries to tell you something...

- ★ Also list out occasions when your star has given you strength to carry out actions.
- ★ Like Abhay how will you make your star bright and strong?

How to Talk so Kids will Listen & Listen so Kids will Talk



Adele Faber &
Elaine Mazlish

Avon Books, New York
pb, 242pp, US \$12.00

It was my first day as a Library member of the Centre. Having such a feast of books before me and not knowing which book to choose, I let the book choose me.

My roaming eyes fell upon 'How to Talk so Kids will Listen & Listen so Kids will Talk'. A book review quote on the cover got my attention: "Will bring about more cooperation from children than all the yelling and pleading in the world", it said.

As a mother of a 4-year old, other parents reading this will empathise with the hope this quote raised in me! And the book does not disappoint.

Written in a simple, conversational style, this book gets straight to the point, avoiding all technological jargon. With some 'How to...' books one has to make notes to extract the juice from the pulp. As this book has been written in brief, note like form, reading the first two pages itself one can begin applying it in one's life. The illustrations and dialogue format effectively assists in visualisation and therefore in quick assimilation of the content. It is recommended to

read 'A letter to Readers' and 'How to Read and Use this book'. Practical and brief suggestions when followed would enhance one's application of this book in one's life.

The situations dealt with are universal for parents in any part of the world - "Mummy, I'm tired", 'I want my Crunchies' (and you as a parent don't have any), 'Somebody stole my new red pencil', 'I want to hit my friend'. As per the author our reactions to these day-to-day happenings need to be examined and looked at. Do we react from our mind? According to our own judgments of what we 'think' is right? Are we listening to the words or to the child's inner feelings that lie behind the words? How to tune in to the inner child?

In our concern to make our children 'feel right' do we get didactic, philosophical, deny their feelings? How can we discipline our children without denying their feelings and inner need?

These and many other similar questions are answered in this book. In fact, the scope of the book goes beyond just parent-child relationships and is applicable to ourselves as 'listeners' in the larger context of teacher-student, friends, employee-employer, etc. Going through this book one can develop into a true listener.

🏠 Minoti