



BEAUTY

*A Workshop for 4-6 year olds
Saturday, 12th September*



The moment the children stepped in, there was a feeling of 'aah'... as though they had been looking for a place like this to come to... and feel the beauty and vastness around them. Most of them started running to the little hillock 'mountain tops' while another lot wanted to experience 'a trek through the forest'. They had come for the first time (almost all), yet there was no excitement... instead, an expression of joy reflected in their eyes. The facilitators too joined them and evolved a game to bring them into a specially arranged and consciously created environment... perfectly matching the drizzling beauty outside with the candle floating in the centre surrounded by flowers and the cosy cushions inside. Their feet were washed and wiped and they slowly walked into the serene, fragrant and beautiful hall to occupy their own place - not even a single child was talking.

perfectly matching the drizzling beauty outside with the candle floating in the centre surrounded by flowers and the cosy cushions inside. Their feet were washed and wiped and they slowly walked into the serene, fragrant and beautiful hall to occupy their own place - not even a single child was talking.



45 minutes designated for the story session stretched to 90... all were engrossed in the true story of 'baby light' that is inside everything in the world, including themselves. All of them contacted their own baby light and shared their experiences. No one

tried to imitate the other's experience. Some one saw 'orange colour *ki chhoti* baby light' and someone saw 'brown colour *ke castle mein* yellow baby light' and someone 'white colour *ke cave mein* white baby light' and another one 'green and purple baby lights'.





The treasure hunt that followed was also meant to bring them in contact with the baby light present in nature outside. It might be difficult to believe and experience this concept but the children spontaneously followed it, discovering light in the tiny creature on a leaf, in the plants, flowers, trees and leaves... naturally developing it into an activity of drawing the things they found beautiful.

And then, once again they were inside a differently arranged hall... with many flowers kept in the central circle. Each one was invited to become friends with the flowers as the flowers wanted to become friends with them... they were to pick up the flowers which were calling them. The children picked up flowers like *mudar* or *oleander* in spite of roses and *gladiola* etc. which might be more beautiful and appealing in the adult's eye.



After experiencing the beauty and light throughout the day, they were told a short story about making friendship with food so that it can make one strong and beautiful... this was followed by *shlokas* and poems.



After lunch the children themselves chose their own special cutting of *portulaca grandiflora* plants to carry back with them in little earthen pots... to nurture and care for at home as this is a very special flower because it opens only after the light touches it.

