



Weekly Update – Balavihar Sunday AM Sep 22, 2019

Class Summary -

1. Opening Prayers followed by Shlokas Vakratunda, Saraswathi, GuruBrahma
2. Brainstorming – Introduction to The Backbone, Visible vs. Invisible Backbone, similarities to the mind
3. Yoga and stretches
4. Story - The Empty Pot . Discuss the value of the Invisible Backbone
5. Meditation – 3 minutes
6. Bhajans – Great God Hanumanji, Aanjaneya veera
7. Introduce Dhyana Shloka - Buddhir Balam. Explain concept of Buddhih
8. Brainstorming - Why do we need a Strong Mind, Vitamins for a Healthy Mind
9. Story - Akbar and Birbal. Discuss how Birbal used his Intelligence.
10. Game - Hanuman Vadati

Questions Parents can ask children this week –

1. What is the Invisible Backbone and how does it help you?
Ans. The Invisible Backbone is that which makes you discriminate and differentiate between right and wrong.
2. Why did the King choose to make the boy the King even though he did not grow anything?
Ans. The boy was honest and challenged the King saying that the seeds that the King gave were faulty. He stood up for what was right and did not cheat and grow a plant to please the King and win his reward.
3. What does Buddhih mean to you?
Ans. Buddhih means Intelligence/Intellect
4. How did Birbal give such an accurate answer for the question Akbar had posed?
Ans. Birbal was intelligent and witty and used that attribute to answer Akbar's question. Even though the answer was not accurate, he supported his answer very well so that no one could refute him.
5. What are some of the names of Hanuman?
Ans. Hanuman – Aanjaneya, Bajrangbali