

# Gita for Kids Starter Guide

*A gentle introduction to timeless life lessons from the Bhagavad Gita*

The Bhagavad Gita is a conversational treasure spoken over 5,000 years ago between Sri Krishna and Prince Arjuna on the battlefield of Kurukshetra. It guides us beautifully on how to manage thoughts, face choices, and lead a happy, courageous life.

## Lesson 1: Focus on the Effort, Not Just Outcomes

### KEY THEME: KARMA YOGA

When preparing for a school exam or playing a sport match, we often worry too much about winning or getting top marks. Sri Krishna suggests focusing fully on doing our absolute best right now.

*"Your right is to perform your duties, but you are not entitled to the rewards of your actions. Never consider yourself the direct cause of results." (Chapter 2, Verse 47)*

## Lesson 2: The Power of a Calm & Controlled Mind

### KEY THEME: MIND MANAGEMENT

Our mind can be our finest encouraging friend or our toughest obstacle. By practicing good habits, mindfulness, and staying kind, we learn to guide our emotions instead of letting anger take over.

*"For those who have conquered the mind, it is the best of friends; but for one who has failed to do so, their mind remains the greatest enemy." (Chapter 6, Verse 6)*



## Lesson 3: Find Strength Within Yourself

### KEY THEME: FEARLESSNESS & SELF-BELIEF

Arjuna felt completely nervous and wanted to walk away when tasks became tough. Sri Krishna reminded him that true strength lies inside the soul. We are all deeply resilient, wise, and strong.

*"The soul is never born nor dies at any time. It cannot be cut by weapons, burned by fire, or dried by the wind." (Chapter 2, Verse 20)*

### ☀️ Your Gita Takeaway Check-list

*Be Fearless • Do Your Best Today • Help Others Cheerfully • Keep Learning*