

1. What is ISKCON?

- (A) Explain what each letter stands for I.S.K.C.O.N.
- (B) Tell how Prabhupada began the ISKCON society
- (C) Purposes and goals of ISKCON. (B.T.G)

2. Who is the Guru?

- (A) meaning of Guru-teacher
- (B) What does He know that I don't know?
- (C) Accepting Guru's words as good as God's word.
- (D) Business of the Guru - remove disciple from darkness  
*on ajñāna timirandhase . . . .*

3. What is the meaning of Spiritual Master?

- (A) He is the one who links us with Krishna.
- (B) Receive mercy of Krishna by the mercy of the Spiritual Master.
- (C) Explain how He must come in disciplic succession.
- (D) The Spiritual Master is one.
- (E) One who is serious about spiritual life must accept a Spiritual Master.

4. Why is He called Spiritual Father? 16

- (A) Initiation 2nd birth, spiritual birth
- (B) difference between the duties of a material father and a spiritual father.
- (C) Spiritual Father can liberate us from Birth, Death, Old Age and Disease

3. Learning Guru Pranam (mantras + kirtan) Right  
①
- (A) Importance of saying these mantras outloud whenever we offer obeisances.
  - (B) Have the children repeat after you then have them individually recite.
  - (C) Teach translations by children repeating after teacher. Explain meaning of translation.
  - (D) Children can take turns leading kirtan singing the Guru Pranam.

4. Why Cleanliness is Important? 11/14
- (A) Cleanliness is next to Godliness
  - (B) We should wash our hands with soap before meals because all day we are touching dirty things full of germs.
  - (C) Give some examples of how their hands can get very contaminated during school, or playtime.
  - (D) Discuss proper method for washing after meals. Importance of rinsing the inside of mouth - not just washing the outside.

5. Right and left hand.

(A) Get the children to distinguish between the right and left hand.

(B) Then have them practice left hand to the ground, right hand on head (Simon says - Krishna says)

(C) Discuss different uses of each hand. Right hand for taking prasadam, chanting japa, offering flower petals. Left hand for muchi things.

6. Brushing Teeth Properly. puppet

(A) When should we brush our teeth?

(B) What will happen if we do not brush our teeth at these times?

(C) Make sure you scrub all of your teeth (top, bottom, front, back and sides).

(D) Do not chew on your toothbrush because you will ruin it.

(E) Do not swallow the toothpaste, because it is not meant to be eaten. Spit it out and rinse your mouth with water 3 or 4 times.

7. How to dance for Krishna. Borrow tape recorder.

(A) Tell the story of how Prabhupada showed the first devotees how to dance the "Swami Step".

(B) When dancing before the Deities or Spiritual Master we should be conscious not to turn our back to **Them**.

© Quotes on dancing from N.O.D. pg. 75, 135, 225, 244-45.

8. Eating Properly. eat wrong - let them tell you

Ⓐ We should always remember that prasadam is not ordinary food. Prasadam is nondifferent than Krishna and should always be honored and respected.

Ⓑ Eat neatly: Hold head over your plate, so nothing spills on your clothing. Never use your left hand when eating. Do not stick your whole hand in your mouth - just the tips of your fingers should touch your mouth. Do not talk with your mouth full and chew with your mouth closed.

Ⓒ Tell story of how Prabhupada would not waste even one grain of rice. If one grain falls on the floor we should pick it up, touch it to our head and eat it.

Ⓓ Eat everything on your plate. If you have too much, take some off before you begin eating. You should scrape your plate and bowl clean so as not to waste even one grain. It is very sinful to throw prasadam away.

## 9. Neatness. Draw on board using def. colors

- (A) Dressing neatly for preaching purposes
- (B) Cr. of neatness - Prabhupada's Gurupada
- (C) Talk about how boys should wear dhotis neatly.
- (D) Kurtas should be kept buttoned up.
- (E) Girls dresses and saris should be neat and not dragging on the ground. Tie strings on dresses should be kept tied in a neat bow.
- (F) Clothes should not be wrinkled. Talk about how to keep clothes from getting wrinkled.
- (G) Socks should match and be kept all the way on your feet. Do not walk outside with socks on and no shoes.
- (H) Neat sikhas - girls hair combed back out of face.

## 10. Tilak. bring tilak & MIRROR

- (A) Which hand do you put tilak on with?  
Which finger?
- (B) Do not waste tilak by putting on too thick.
- (C) Children can practice putting neat forehead tilak on and saying the mantra. Clear space in middle, make nice Tulasi leaf on nose.
- (D) Repeating mantras after teacher children can pretend to mark their body with tilak.
- (E) It is helpful if the ashram teacher can practice with the children after they shower each day.

11. The Guru.

- (A) Try to get the children to express their feelings and appreciation of their Guru.
- (B) Talk about the guru-disciple relationship.
- (C) Children can tell stories about their guru.
- (D) They can read letters they received from the guru.
- (E) You can read Vyasa Puja offerings glorifying the guru.

12. Guru Pranams.

- (A) Review Mantras
- (B) Practice offering proper obeisances
- (C) Children take turns leading kirtan.
- (D) Go over translations - see if children can explain the meaning.

13. Learning to tie shoes. doll

- (A) You may trip and fall if you do not tie your shoes. Also they will open up if you do not tie them properly.
- (B) Step by step show how to tie a bow.
- (C) Have children practice on their own shoes. Let them learn holding the shoe in their lap.
- (D) Show them how to untie the laces by pulling one string. This way they won't knot up the laces.

#### 14. Learning to tie shoes.

- (A) Teach them how to put the laces in the shoe.
- (B) Have them practice. Check to see if they have done it correctly.
- (C) After they lace their shoes have them practice tying a bow with the shoe on their foot.
- (D) You can show them a double knot so the laces won't open while they are playing.

#### 15. Safety.

- (A) Discuss the dangers involved with cars.
- (B) Car accidents; drunken drivers; busy streets.
- (C) 2 way streets - cars going both ways.
- (D) Riding bikes in the streets.
- (E) Proper way to cross the street. Red + Green lights.
- (F) Medicine cures disease but can be dangerous if misused.
- (G) What can happen if you take the wrong medicine?
- (H) " " " " " " " too much medicine?
- (I) Never take without permission.
- (J) It can be dangerous if you do not put things away after using: ex - knives, scissors, glue, paint; pins; laundry soap (etc). Little children can get hurt.

## 16. Colors.

- (A) Colors come from Krishna.
- (B) Recognizing colors by pointing to pictures of Krishna.
- (C) Children can make a color wheel or rainbow.
- (D) Basic colors - mixing colors together.
- (E) Ask children their favorite colors.

## 17. Playing Kartals.

- (A) Practice clapping 1, 2, 3 beats.
- (B) Show them how to hold kartals.
- (C) Teach them to play sweetly - not banging them together. Show them how to make the third beat ring by lifting thumbs.
- (D) Different kartals make different sounds.
- (E) Sacred instrument used to glorify Krishna - should not be put on the floor.

## 18 Cleanliness.

- (A) Clean inside and outside. How to keep our hearts clean.
- (B) Keeping ashram or home clean.
- (C) Clean clothing
- (D) A brahmana takes at least 2 or 3 showers.
- (E) Water is purifying - but it is good to use soap at least once a day.
- (F) How to wash after passing stool.
- (G) Elephants taking a bath.



18. Cleanliness (cont.)

- (H) Hands in mouth - muckhi.
- (I) Prabhupada has said that even after drinking water we should wash our hands.

19. Namaste Prayers.

- (A) Teach the words - have children lead.
- (B) Teach Translations
- (C) Tell story of Prahlad being protected by Lord Nrsingha.
- (D) Children become more enthused to sing at arti if they have learned the words properly.

20. Tilak.

- (A) Pretend you are a nondevotee and get children to preach about what tilaka is and why they wear it.
- (B) Quotes about Tilaka from N. O. D. -
  - sign of Vaisnava - pg. 54-55
  - decorate bodies - pg. 47, 74-75, 103
  - worn by Krsna - pg. 219, 338
- (C) Go over tilaka mantras - practice putting neat tilak on forehead.
- (D) Clean hands in sink after putting tilak on - otherwise you smear tilaka on the doors and walls and on your clothes.

21. Disciplic Succession.

- (A) Explain what it is and how it can be broken.
- (B) Recite with children Disciplic Succession as listed in B. G.
- (C) Children can make a paper chain and write the names of the acaryas on each loop. A picture of Krsna can be glued at the top.
- (D) Children can sit in a circle and play this game which requires their concentration to do it right. The first child holds a B. Gita and says, "I am the Supreme Personality of Godhead, Krsna, and I am giving this knowledge to Brahma." He gives the book to Brahma who then says, "My name is Brahma and I received knowledge from Lord Krsna and I am giving it to Narada." He gives the book to Narada, who says my name is Narada ... etc." continue around circle.

22. Tulasi Tree.

NOP 99-100 288-89 217 73-74

(A) Who is Tulasi devi? Why do we worship Her? 62-63

(B) Benefits from worshiping Tulasi. Quotes from N.O.D. -pg. 294, 223, 100-101.

(C) Teach Tulasi Prayers and translations.

(D) Children can have pretend Tulasi arti. One child can sit in the middle and pretend to be Tulasi. Someone else can offer arti. Someone can lead. Everyone else follows and then they can circumambulate Tulasi.

23. Ringing bell and offering incense -

- (A) Pass a bell around and have each child try ringing it. (Softly and steadily)
- (B) Then pass an unlit stick of incense around and have children practice offering it in small, consistent circles.
- (C) Then have each child practice doing both at the same time.
- (D) It might take the children time to develop coordination.

24. Mrdanga.

- (A) Speak about mrdanga manners - not too loud; do not try to speed up the kirtan if someone else is leading.
- (B) Children should have permission to play.
- (C) Teach simple beat. Let children take turns practicing. If you have two mrdangas teacher can play simultaneously with the child so he can follow along easily.
- (D) Then have kirtan.

25. Answering the Phone.

- (A) Two kinds of phone calls - local; long distance.  
Talk about taking local calls for now.
- (B) Be polite. "Hello, can I help you?" "Have Kresna?" if circumstances permit.

(C) If the person asks to speak with someone else you should ask who is calling before going to find the person.

(D) If the person is not available you should offer to take a message or ask them to call back later.

(E) Have children pair up and pretend to have phone conversations.

26. Shoes on proper feet.

(A) Bad for your feet to wear shoes on wrong feet. Shoes are made to shape of the foot.

(B) Show the children the shape of the soles of a pair of shoes.

(C) Put a pair of shoes together the right way and let them observe how it looks. Then put them together the wrong way and let them see the difference.

(D) Have children practice putting shoes on properly.

27. How to button buttons.

(A) Button; Buttonhole. The button must be the right size to fit through a particular hole.

(B) Show children slowly how to get a button through a hole.

(C) Let children practice. It is easiest for them to handle big buttons at first.

## 27. Buttons (cont.)

- Ⓓ When they can do that easily then they can try smaller buttons.
- Ⓔ Boys can practice buttoning each others kurtas. Then finally their own kurta.
- Ⓕ Girls can button their dresses or sweaters.

## 28. Rhyming Words.

- Ⓐ Explain what rhyming words are.
- Ⓑ Have children list words that rhyme with a given word.
- Ⓒ Guessing game - "I am thinking of a word that rhymes with sat." "It starts with the letter....."
- Ⓓ You can teach some English K.C. songs which have rhyming words in them.

## 29. Politeness.

- Ⓐ What does it mean to be polite? unpolite?
- Ⓑ Give ex. of when they should say please; thank you; your welcome.
- Ⓒ Give ex. of when you should say I'm sorry or excuse me.
- Ⓓ Hold door open for someone behind you.
- Ⓔ Always knock before entering someones room or house.
- Ⓕ Stand up when an adult enters classroom.
- Ⓖ Respect all adults the same way you respect your teacher. Never talk back to an adult.

30. Samsaradava-

- (A) Who knows the name of this song?
- (B) Prayers to spiritual master
- (C) How many verses in this song?
- (D) Teach words to first two mantras. Recite translations - explain meanings.
- (E) Have children take turns clearly singing the words.
- (F) Usually the children have learned these songs improperly and it can be difficult to break the habit of singing them wrong.

31. Eating Properly.

- (A) Briefly speak about what was talked on this subject last time.
- (B) Do not overeat (stomachaches)
- (C) Chew food well and keep mouth closed.
- (D) Do not eat late at night.
- (E) Do not ask for seconds until you have finished everything on your plate.
- (F) Never eat things which are not offered to Krishna. Never eat things cooked by karmis.
- (G) Quotes about Honoring Prasadam N. O. D.

41. colors.....

- (A) Take a box of crayons and pick out the basic colors. (red, blue, green, yellow)
- (B) Then have the children color a stripe of each of these colors on a paper (leaving a few inches between each stripe)
- (C) Then take the other crayons from the box and have them decide which <sup>basic</sup> colors were used to make these colors.
- (D) Have all the children draw a picture of a garden using as many different colors as they can. Then see who's garden was the most colorful.
- (E) Which colors go nice together - think of the color combinations used for the deities' clothing.

42. How to dance.....

- (A) Have children show the teacher how they think they should dance at kirtan.
- (B) Offensive to put hands behind your back during kirtan - don't lean against a wall and sway back and forth (very lazy)
- (C) Do not turn your back to the Deities
- (D) If you chant nicely at kirtan you will automatically feel like dancing.

### 43. Speaking nicely.....

- (A) Important to speak nicely when we preach.
- (B) Jokingly you may show the children improper speech.  
(ex: "I ain't got any." "I'm a gonna get some.")
- (C) Have different children speak to the class by asking them different questions. Have them tell a pastime story of Bwana.
- (D) Try to get them out of the habit of saying "umm" when ever they can't immediately think of what to say.

### 44. Politeness and manners---

- (A) no pushing -- not even other children
- (B) respecting adults --- call everyone "prabhu" or "mother"
- (C) if you bump into someone or step on someones foot by accident say "I'm sorry."
- (D) If you ask for something always say please.
- (E) if someone gives you something always say thank you.
- (F) if someone thanks you for something say "your welcome."
- (G) if you have to ask to do something, say "May I"
- (H) Have children pretend and act out situations where they practice these basic manners.



## 51. Cleanliness ---

- (A) Cleaning is such an important service --- because in every service we must learn to be clean. (Whether we are peyari, cook, teacher, mother, cowherd man; Ten's le president.)
- (B) It is a nice service for children to render for the pleasure of their Guru.
- (C) We must also keep our bodies clean --- cut our nails; clean out our ears and behind the neck.
- (D) After using or playing with something always clean up.

## 52. Brushing Teeth ---

- (A) use of dental floss and how to use it
- (B) brushing teeth and avoiding cavities.
- (C) going to the dentist if you haven't taken care of your teeth.
- (D) ~~so~~ keeping the tongue clean also.
- (E) bad breath is caused from rotting food in your teeth.

## 53. left and right ---

- (A) What hand is this watch on? What hand is this ring on? What hand am I holding my pen with?
- (B) Take a picture of Krishna and ask questions --- Is the cow on the left side or the right side? The peacock --- Radhavanani --- (etc., etc)

## 54) Tying Shoes --- Practice and review

## 56. Rhyming Words ----

- A) give ex. of words that rhyme
- B) read some poems from Vyasa Piya Books
- C) Sing some rhyming childrens songs.
- D) Have children talk to each other in rhymes.  
(ex... Can you tie my shoe --- (other child has to answer with a rhyme) --- not unless it is blue)  
(ex: can you give one to me? --- yes I'll give you three)
- E) Have children try to make a poem, glorifying Krishna or the Spiritual Master.

## 57. Eating Properly ---

- A) neatness --- do not spill prasadam on the floor or on your clothes.
- B) never waste prasadam --- if something has gone bad it should go in the compost.
- C) Do not take more than you can eat --- you can always get seconds.
- D) Washing Plates -- all prasadam should be scraped off of plate and eaten. Wash plates with hot water and soap.

## 58. Samsara darsana ---

- A) Review 1-4 and translations
- B) Go over 5-6 and explain translations
- C) Have Kirtan

59. Who is Guru---

- (A) eternal relationship
- (B) talk about meaning of initiation
- (C) Guru/Disciple chapter in "Handbook for N.C."
- (D) Stories about The Guru
- (E) give ex. of how their spiritual master possesses 26 qualities.

60. Neatness---

- (A) Which children look neat in this classroom?
- (B) What makes them look neat?
- (C) Their hair is combed neat; their clothes are clean, the dhoti isn't falling off and dragging on the floor; clean feet; face is clean and tilak is on straight.
- (D) How can you as children practice being neat?
  - (A) you can keep your things neatly on your shelf.
  - (B) you can fold your bed neatly when you wake up
  - (C) you can keep your desks and books neat at school.
  - (D) Don't scribble in your notebooks.
  - (E) eat carefully so you do not get food on your clothes.

61. Namaste Prayers and Kirtan

- (A) Review and recite translations.
- (B) Children can take turns leading.
- (C) Let the children tell the story of "Prahlad"
- (D) Lord Krishna protects His devotees - you should chant whenever you become afraid.

## 62. Tulasi Tree ----

- (A) Why do we grow Tulasi plants in all our Temples?
- (B) Discuss a little bit about how to take care of Tulasi - water her (not too much or she may get sick)
  - pick her leaves and mangarais to be offered to Krishna. Krishna does not accept any prep. unless it has a Tulasi leaf on it.
  - Keep her in the sun and not in a cold place
- (C) When Tulasi does nicely it is a sign of our love for Krishna.
- (D) Songs glorifying Tulasi. Krishna is pleased when we worship Tulasi.

## 63. Common usage mistakes ----

- (A) Typical mistakes when speaking
- (B) How to preach nicely
- (C) Let the children practice speaking by telling stories that they have heard before.

## 64. Tilak ----

- (A) practice saying the mantras and point to the different parts of the body.
- (B) Play a game of pointing to different parts of the body out of order and see if they can call out the proper mantras.
- (C) Discuss the importance of marking the body with Tilak.

65. Playing drum and kirtan.

66. " " " "

67. Guru Pranam and kirtan.

(A) Review Guru pranams.

(B) Have individual children recite

(C) Say part of translation and let the children call out the missing words. Or else say the trans. improperly and let the children correct the mistakes.

(D) Kirtan

68. Who is Guru - stories about Gurupada.

(A) Discuss the importance of always remembering the Guru.

(B) Read stories from Sadhu-Bhushanam.

(C) Have them tell stories

(D) You can ~~make~~ make a book by copying out stories from Sadhu-Bhushanam or writing out stories the children tell and next to each written page the children can draw a picture about what has been written. Then they can have these books available to look at during their free time.

## 69. Disciplic Succession.

- (A) Chant disciplic succession and explain how it works.
- (B) Explain how Srila Prabhupada is in disciplic succession from His spiritual master.
- (C) Read or tell them about Prabhupada's different accounts with Bhaktisiddhanta from (P. Lilam.)
- (D) Get them aware of S. Prabhupada's dedication to Bhaktisiddhanta's mission and relate it to Gurupada's dedication to S. P. mission.
- (E) Explain and emphasize how the children's success will be shown by how dedicated they are to S. Gurupada's mission.

## 70. Left and Right --- practice.

- (A) Raise the hand you eat with --- that is your right hand. Raise the hand that you wash with after passing stool --- that is your left hand.
- (B) One is for suchhi --- one Ek is for muchhi
- (C) Play a game --- everyone walk to their left until I say "Haribol." Then stop. Everyone turn around & around until I say "Haribol." Now walk to the right of which ever way you are facing until I say "Haribol." (etc, etc.)

## 71. Politeness and Manners.

- (A) Vaisnava etiquette --- it is nice for children to offer their obeisances to their teachers, parents and other superiors like the temple president once a day.
- (B) When there is a sanyasi visiting it is very important to offer obeisances the first time you see him each day. It is said that if you neglect to offer obeisances to a sanyasi that you should fast the whole day.
- (C) Whenever you see your Guru you should immediately offer obeisances.
- (D) Review the importance of saying Please, Thankyou, May I (etc.)

## 72. Brushing Teeth.

- (A) it is good if you can get a diagram from the dentist office of the proper way to brush your teeth.
- (B) All the children can pretend they are waking up for mangal arti and are going to brush their teeth. Everyone can pretend and act out putting toothpaste on their brush with their finger and putting the cover back on the tube. Then everyone can brush the front, then the back, then the sides and last clean off their tongue. Then everyone should pretend to rinse out their mouth 3 or 4 times very well and clean off their toothbrush with hot water.





77. Eating neatly and properly.

- (A) fingers not hands. ... only right hand.
- (B) eat slowly and chew your prasada with your mouth closed.
- (C) no left overs.
- (D) Always wash hands and mouth before serving out seconds.
- (E) Never talk with your mouth full.

78. Cleanliness. --

- (A) Wash hands before eating ... and after ... how to wash properly.
- (B) Wash plates & bowls with hot water and soap using a scrub pad. Shake off excess water.
- (C) If you drink water from a bowl or cup the bowl should always be rinsed off with hot water.
- (D) Keep finger nails short so dirt cannot collect in them. Do not put your fingers in your mouth.