

# **Teacher's Guide to**

# **Who Am I?**

**Hare Krishna Sunday School**  
International Society for Krishna Consciousness

# **Who Am I?**

An introduction to the Bhagavad-gita As It Is

(Madhava Class)

Compiled by:  
Sangita devi dasi

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## **Introduction**

Who Am I? is meant to be a simple introduction to the *Bhagavad-gita*. As the teacher, you can determine if your students are only able to comprehend the material in their workbooks, or if you will be able to expand on what is written. Sometimes the questions they ask are the best indicators.

The student workbook contains a lot of material for each lesson. Proceed at a comfortable pace and don't worry if you need to take an extra week to complete a lesson. This information is what Srila Prabhupada called, "the ABC's of spiritual life" so be sure they are understanding what is being read. If time allows, you may want to try some of the additional suggested activities in this guide to enhance understanding of this knowledge.



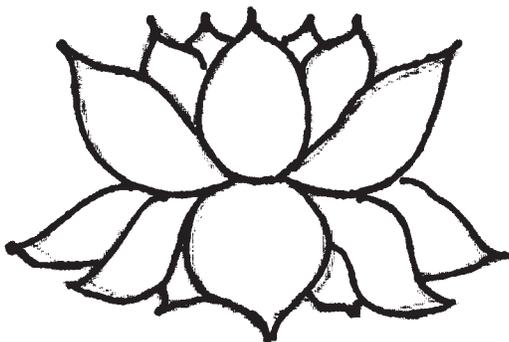
## Lesson One

### Where Did I Come From?

1. Read aloud the introduction in the student workbook. Have available a copy of the *Bhagavad-gita As It Is* to show the class. Explain the cover of the book as well as a few of the pictures showing the battlefield, Krishna and Arjuna blowing the conch shells, etc. The more visuals, the better!
2. Have the children take turns reading the poem, On the Battlefield of Kuruksetra. Show them a picture of Dhrtarastra from the *Bhagavad-gita*.
3. Have the session verse already written on a poster board on the wall. Recite each word and then each line of the Sanskrit, having the children repeat after you. Do the same with the English translation.
4. Read aloud Lesson One, Where Did I Come From? Encourage questions and a discussion to reinforce the lesson.
5. Complete the Check for Understanding page together.
6. Read the explanation at the top of the title page, “A Fish Is Just a Fish.” Read the story aloud or have the students take turns reading one page each. **Discuss the moral at the end of the story.** If time allows, the children may color the illustrations or they can color them at home during the week.
7. Make a wall display of Krishnaloka and the material world.  
For this project you will need:
  - \*One pink poster board (or six pieces of pink construction paper taped or glued together to form a rectangle).
  - \*One blue poster board (or six pieces of blue construction paper taped or glued together to form a rectangle).
  - \* Several pieces of white construction paper or plain drawing paper.
  - \*A picture of Krishna (You can use one from an old BBT calendar if available).
  - \*Gold glitter, glue, markers and/or crayons, and scissors.

A) Explain to the students that Krishnaloka is shaped like a lotus flower. (It actually expands--gets bigger--to make room for all of the spirit souls as they return back to Godhead!) Before class, draw a lotus as shown below on the pick poster board and cut out. During class, attach to the wall or on a bulletin board to represent Krishnaloka.

Draw as shown.  
Then cut out.



B) Before class, have planet Earth drawn on the blue poster board and cut out. Attach below Krishnaloka on your display. Explain that there are many, many planets within the material world, but we will only be showing one of them in our display. (If room allows, you can cut out other smaller planets as well and place on the wall or board.)

C) During class, glue or tape the picture of Krishna in the middle of Krishnaloka.

D) Using two pieces of white paper, draw two arrows and cut out. (→) Place one arrow below Krishnaloka pointing to the material world. Save the other arrow to be placed later.

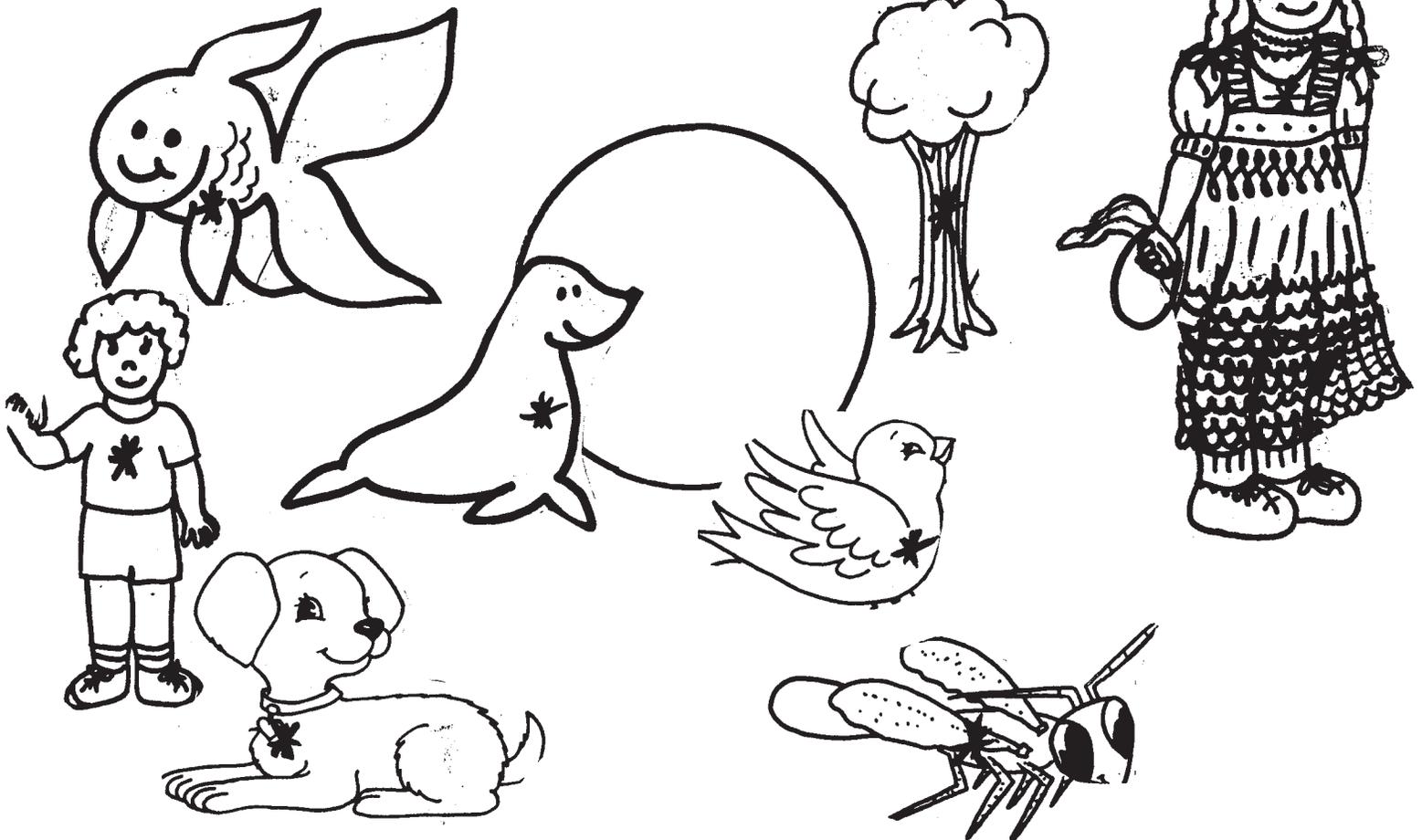
E) Give each student a piece of white paper and ask them to draw an animal, fish, plant, bird etc. (One on each piece of paper). Using gold glitter, have them glue a small amount in the heart of each living being to represent spirit soul within the material body. Attach the living beings within the “material world” on your display.

F) Ask one student to draw a devotee doing some type of devotional service (offering food, chanting, reading, etc.) Using gold glitter, have the student glue a small amount in the heart of the devotee representing spirit soul. Place

the devotee to the right of planet Earth. Attach the second arrow above the the devotee pointing up to Krishnaloka showing that the devotee is returning back to Godhead.

Sample display:

\* =  
gold glitter



## **Lesson Two**

### ***Who Am I?***

1. Chant the session verse.
2. Review last week's lesson referring to the wall display of Krishnaloka and the living beings in the material world. Be sure they understand that only the devotee will return to Krishnaloka because she has served Krishna throughout her life. Therefore, she will remember Krishna at the time of death (when the soul leaves the body.)
3. Read aloud Lesson Two, "Who Am I?" stopping to ask questions or to stress a point as needed. It is important that they understand that only in the human birth do we get the opportunity to understand that we are spirit soul and servant of Krishna. (We should not waste this opportunity!)
4. Ask three students to take turns reading aloud the poems on the next page. To make it fun they can read one in a "pig voice," a "cat voice," and a "horse voice." Again, the point to stress is that all living beings are trying to enjoy the material world without Krishna, but there is no real happiness without the Lord.
5. Ask them the questions on the "Check for Understanding" page.
6. While they follow along in their workbooks, read aloud the story, "Bird in a Cage." They should have fun with this one, but remind them to try to think of the cage as the material body and the bird within the cage as the soul. Suggest that they color the illustrations with crayons or markers at home during the week.
7. Perform the skit, "Bird in the Cage" written on the following page. Two students will be needed. If available, the following props may be used:  
Large brass bird cage (or one can be painted on a cardboard box.)  
Table  
Rag and empty spray bottle (to represent polish)



## **Bird in a Cage Skit**

If using the props, the student playing the bird can stand behind the table and the “cage” so it appears that he is in the cage. If using a box, be sure he can still be seen by the other students.

**Lady:** (Excitedly) Oh, this cage is looking better every minute! A little more polish here, a little more scrubbing there, and POW!--It will be the shiniest, more gorgeous, stunning bird cage in the whole city. (Picks up rag and empty spray bottle and pretends to polish.)

**Bird:** I’m hungry!! Squawk!! Polly want a cracker!! (Flaps wings)

**Lady:** (Ignoring bird) Let’s see...I’ve polished for 5 hours already today. I’ll have to go to work in a little while, but I should be able to come home and work on the cage for another 3 or 4 hours tonight. Oooooooh, it’s looking sooooo goooooood!! (She continues polishing and fussing over the cage.)

**Bird:** Squawk! Feed me! I’m hungry! (Flaps wings)

**Lady:** Oh, hush, Polly. Can’t you see I’m busy. Now, maybe the cage would look better on this end of the table. (She starts to pick up the cage, then puts it down in the same spot on the table) No, I think it’s fine just where it is. (Examines the cage more closely) Oops, I missed a spot. I’m certainly glad I saw that. (Picks up rag and starts polishing again)

**Bird:** Awk! Awk! Water, water! I’m thirsty! Awk! (Tries to flap wings, but is too weak)

**Lady:** Polly, I don’t have time for this now. I have more important things to do than feed you. Now be quiet so I can get this polishing done. (Hums and polishes)

**Bird:** (More weak) Polly wants a cracker...one--little--cracker...Cough! Cough! (Even more weak) Water...hungry...

**Lady:** (Ignoring and polishing) I've only been working on this cage for 4 weeks and already it's so shiny. Imagine how nice it will look after 4 more weeks. (Stands back to view cage) It surely has been worth all that hard work. It's beautiful!

**Bird:** Please...cough! cough! Food...water...help...

**Lady:** (Looks at her watch) Oh, gosh! Time for me to go to work already. I'll have to finish polishing tonight. Now don't cause trouble, Polly. Don't you dare spit seeds or scratch this lovely cage! I can't have you making a mess after all this hard work. (Looks at her watch again and leaves for work)

**Bird:** (Gives a few last coughs, falls over off his perch and dies, feet up in the air!)

**The End!**

## Lesson Three

### *Where Am I Going?*

1. Chant the session verse. By now, the children should be familiar with the verse (especially if they have been practicing at home.) Ask for volunteers to come up and lead the chanting of the verse just as you have been doing. Have that student chant a line while pointing to it on the board. The other students repeat each line. Have the student read the English translation asking the other children to then repeat.

2. This lesson has a lot of text which covers a great deal of material. It is broken up with illustrations to reiterate what is written. Begin by reading the box entitled, “Let’s Review What You Have Learned.” Two points should be stressed: 1) You were once with Krishna in the spiritual world. 2) You are not your body, but are spirit soul.

3. Read the text entitled, “What is Reincarnation?” Have them do the “experiment” on the next page. You should get quite a reaction when you read the line, “Now point to your **self!**”

4. Have them review the next two illustrations. Read the text at the top of the first illustration. Give them enough time to understand the reincarnations by following the arrows from the top of the page to the bottom. The following page illustrates how the body changes, but the soul stays the same.

5. Continue reading the text, “Do I Get to Choose My Next Body.” This introduces the laws of *karma*.

6. Review the next two illustrations by reading the text at the top of the pages and allowing them enough time to follow the arrows for better understanding.

7. Complete the “Check for Understanding” page by filling in the blanks and the missing letters at the bottom of the page.

8. The last page in Lesson Three can be done for homework. Ask them to find three photographs that can be glued or taped to this page. **(Remind them to get their parent's permission before using any pictures!!)** They will need one photograph of themselves as a baby, toddler (2 or 3 years old) and a fairly recent photograph of what they look like now. They will see that the body has changed, but what has stayed the same? --The real self, spirit soul!

9. Play the game, "Reincarnation" as follows:

**Choose a student to be the leader. The children will act out the soul's transmigration through various animal species up to the human body. The leader announces the names of animals in the order of elevation from lower to higher species. After saying the name of the animal, the leader chants one Hare Krishna mantra, during which time the players act out the activity of that particular animal. Between each reincarnation the leader says, "Now leave your body!" All the children lie down on the floor, pretending to be dead. Here is a list of animals that can be acted out: worm, fish, bird, snake, cat, pig, dog, goat, deer, bear, elephant, etc. The monkey, lion and cow should be announced last since they are the three bodies usually inhabited by the soul before taking a human birth. Each leader can add any animal name he wants to the given list. When the leader finally says, "Now take a human body!" the children should chant "Hare Krishna," (not wanting to waste the human birth!) The game continues with a new leader.**

## **Lesson Four**

### ***Who Is My Best Friend?***

1. Chant the session verse. Ask for volunteers to lead the chanting. Ask if anyone can recite the verse without looking at the board.
2. Review the homework from last week. Ask for volunteers to show their photographs of “the changing body.” Ask the question at the bottom of the page, “What has stayed the same?”
3. Read the text aloud or have the “readers” in the class take turns reading a paragraph or a page. Stop at intervals to allow for questions or to reiterate what is being read.
4. As a class, have them read together the quotes from the *Bhagavad-gita*.
5. Complete the “Check for Understanding” page by asking them to fill in the blanks. Recite the poem at the bottom of the page.
6. Read the top of the next page and provide crayons, colored pencils and markers for them to color the two birds. Be sure they understand that the soul and the Supersoul can be compared to two birds sitting on the same tree (the body). One of the birds (the soul) is eating the fruit on the tree (trying to enjoy the body) and the other bird (Krishna as Supersoul) is simply watching His friend. The eating bird is sometimes happy and sometimes sad, but if he turns to his eternal friend (Krishna), he will remember who he really is and will be free from all sadness.
7. On the next page, read the text at the top and have them review the illustration.

8. Play the game, “I Love Krishna,” as follows:  
All the players sit in a circle and take turns thinking of a word. The first player who cannot think of any adjective that starts with his letter of the alphabet is out. The letter “X” can be left out because there are so few words beginning with this letter. The game can be continued when “Z” is reached by starting again with “A”.

**Example of how the game can be played:**

**I love Krishna with an A  
because He is so artistic.**

**I love Krishna with a B  
because He is so beautiful.**

**I love Krishna with a C  
because He is so compassionate.**

**I love Krishna with a D  
because He is so daring.**

**I love Krishna with an E  
because He is so elegant.**

**I love Krishna with an F  
because He is so friendly.**

**I love Krishna with a G  
because He is so generous.**

**...and so on through the entire alphabet.**

## **Lesson Five**

### ***What Do I Do?***

1. Chant the session verse.
2. Review last week's lesson by asking some of the reasons why Lord Krishna is our best friend.
3. Read aloud Lesson Five, "What Do I Do?," pausing often to answer questions they may have or stressing certain important points to be remembered.
4. Ask for volunteers to take turns reading, "Offering Everything to Krishna." Make sure they understand that these are important lessons that Krishna taught Arjuna on the Battlefield of Kuruksetra. If time allows, the students can color the pictures. It is suggested in their workbooks that they mount the pictures on construction paper (at the end of the session) and hang them in their rooms at home. This is a wonderful way for them to memorize these important verses.
5. Complete the "Check for Understanding" page. Assist them in thinking of ways they can serve Krishna. Have them make a list at the bottom of the page. This exercise will help them to play the following games about devotional service to the Lord.
6. There are two games that can be played for this lesson. The first one, called "Devotional Service," is a guessing game. The second one, called "Services" is an acting game.

### **Game # 1 -- Devotional Service**

**One player is chosen to leave the room while the others think of some devotional service such as dancing, cooking, reading, chanting, offering arotika etc. When the absent player is called back, he tries to guess what devotional service has been chosen by asking each player a question such as, “Do you engage in this devotional service in the kitchen?” or “Can children engage in this devotional service?” until he guesses what the service is. All questions must be answered truthfully with “yes” or “no.” When the questioner has guessed what the service is, he asks if his guess is correct. If it is, the player who answered his last question goes out of the room and a new activity is chosen. But, if the questioner guesses wrong three times, he is out of the game.**

### **Game # 2 -- Services**

**Two teams are formed with an equal number of children. A team is chosen to be the first to act out a service. That team decides secretly on a particular service and chooses a leader to direct the acting of that service by all the members of the team. The other team will have to guess what the service is. Then the two teams face each other. The teams speak these questions and answers:**

**(Second team says:) “Where are you from?”**

**(First team says:) “The Hare Krishna Sunday School.”**

**(Second team says:) “What is your service?”**

**(First team says:) “It is blissful.”**

**(Second team says:) “Show it to us.”**

**The first team then acts out the service. The second team shouts the service they are performing. Then the two teams exchange roles and begin again.**



## Lesson Six

### *Where Do I Live?*

1. Chant the session verse. Encourage those who can to recite the Sanskrit and English translation without looking at the board.
2. Discuss the review in the box at the top of the page. This is a quick summary of the previous five lessons.
3. Read aloud Lesson Six. The text for this lesson is short because much has been written in previous lessons about returning back to Godhead. Refer to the wall display made in Lesson One (Krishnaloka and the material world)
4. Complete the “Check for Understanding” page.
5. Ask for volunteers to read the story, “A Hard Lesson to Learn.” They can then color the pictures with crayons or markers. Encourage a discussion about a time when they were ill. Did chanting Hare Krishna help them to remember that they were not the body? When we are put into an unfortunate situation such as feeling ill, it is a good opportunity for us to increase our chanting, reading and praying so we can remember the Lord even more.
6. Read aloud the prayer on the last page of their workbooks. For a project, have them remove the page from their workbooks, mount on sturdy cardboard or construction paper and decorate the border with glitter, sequins, ribbon, etc. This prayer can be given as a gift to their parents or another family member.
7. Play the game, **“Steps Back to Godhead.” (It is best to play this game outdoors, if possible, or in a large room or hallway).**

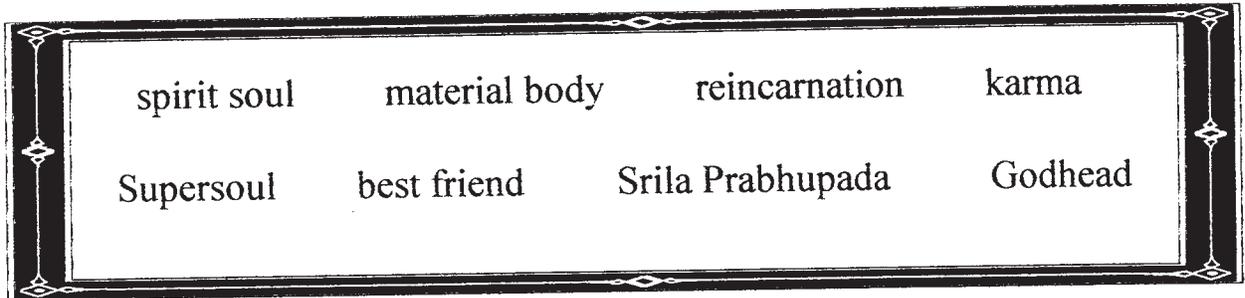
**Choose a player to be the Mother of Devotion. She stands a distance away from the others who line up in a row. She calls out the name of the first player, saying, for example, “Madhava may take two giant Vamana**

steps back to Godhead.” Madhava answers, “Mother of Devotion, may I?” and takes two very long strides forward. The Mother of Devotion then calls the name of the next player, saying, for example, “Lalita may take ten tiny baby Krishna steps back to Godhead.” Lalita then says, “Mother of Devotion, may I?” and takes ten steps forward, as small as possible. The Mother of Devotion may also tell the child to do Trinavarta steps, which means to twirl around as many times as the number of steps requested. The Mother of Devotion can mix the various steps and say, for example, to do one Vamana step, three baby Krishna steps, and two Trinavarta steps. The game continues in this way with the Mother of Devotion calling for giant Vamana steps, tiny baby Krishna steps, or twirling Trinavarta steps from each player until one player is close enough to tag her. He is then “back to Godhead.” That player becomes the new Mother of Devotion and calls the steps after all of the players have returned to the starting position. But, if any player moves forgetting to say, “Mother of Devotion, may I?” he loses his turn and must stay where he was until the next turn.

8. Remind the students that they will have a session quiz next week. Have a short review of the main points to remember from each lesson. (The review box at the beginning of Lesson 6 is an excellent review of the entire session. Simply add the main point in Lesson 6--We are striving to return back to Godhead.)

**Session Quiz**  
***Who Am I?***

**Fill in the blanks using the words in the box below:**



1. I am not my \_\_\_\_\_, I am \_\_\_\_\_.
2. Krishna is in my heart as \_\_\_\_\_ and is my \_\_\_\_\_.
3. Krishna sends His representatives like \_\_\_\_\_, to help us return back to \_\_\_\_\_.
4. Taking birth in the material world again and again is called \_\_\_\_\_.
5. Every action has a reaction. This is called the law of \_\_\_\_\_.

**List 5 ways you can serve Lord Krishna:**

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*Just For Fun!*

Complete the word puzzle by filling in the missing letters:

KR\_\_S\_\_NA

A                  H      S

REI\_\_CA\_\_NA\_\_ION

\_\_                  P          \_\_  
A                  P          L

I  
N

ET\_\_RN\_\_L

S

\_\_PIR\_\_T