

SAI SPIRITUAL GAMES



**YOU ARE TO BE JUST
AND FAIR ALWAYS**

- Sri Sanjay Sai Baba (09.04.2016)

By

Dr. Chithra Narayan

1. PUZZLE

Find out these words in the puzzle. Draw a line around it. First one is done for you.

S	R	A	T	Q	B	Z
W	L	I	S	T	E	N
A	U	V	M	O	H	P
I	C	G	I	V	E	D
T	H	I	L	F	L	G
C	A	R	E	J	P	K
P	R	O	T	E	C	T

WORDS

1. WAIT
2. SMILE
3. HELP
4. CARE
5. LISTEN
6. PROTECT
7. GIVE

2. DISCUSSION IN A SMALL GROUPS

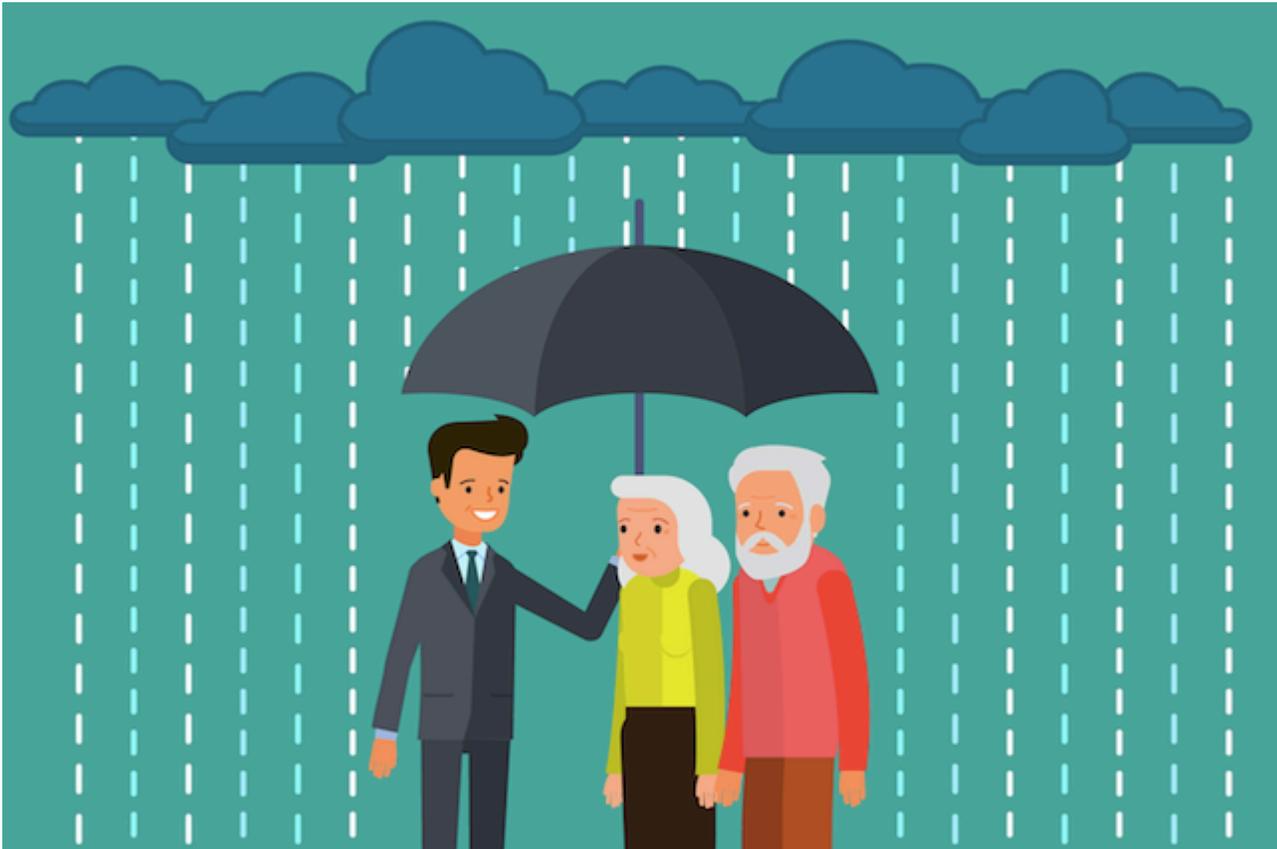
Scenario: Raghav's dad comes in from work in a really bad mood and shouts at him for nothing in particular. Raghav gets upset and goes off to his bed.



- a) How do you think Raghav would feel in that situation?
- b) Pat yourself in Raghav's shoes, how do you think you will react?
- c) Why would you react like that?
- d) What would Raghav need to help him deal the situation?
- e) What would you need?

3.KINDNESS

1. Need a music recorder.
2. To sit in a circle. Teacher prompts and children answer one by one.

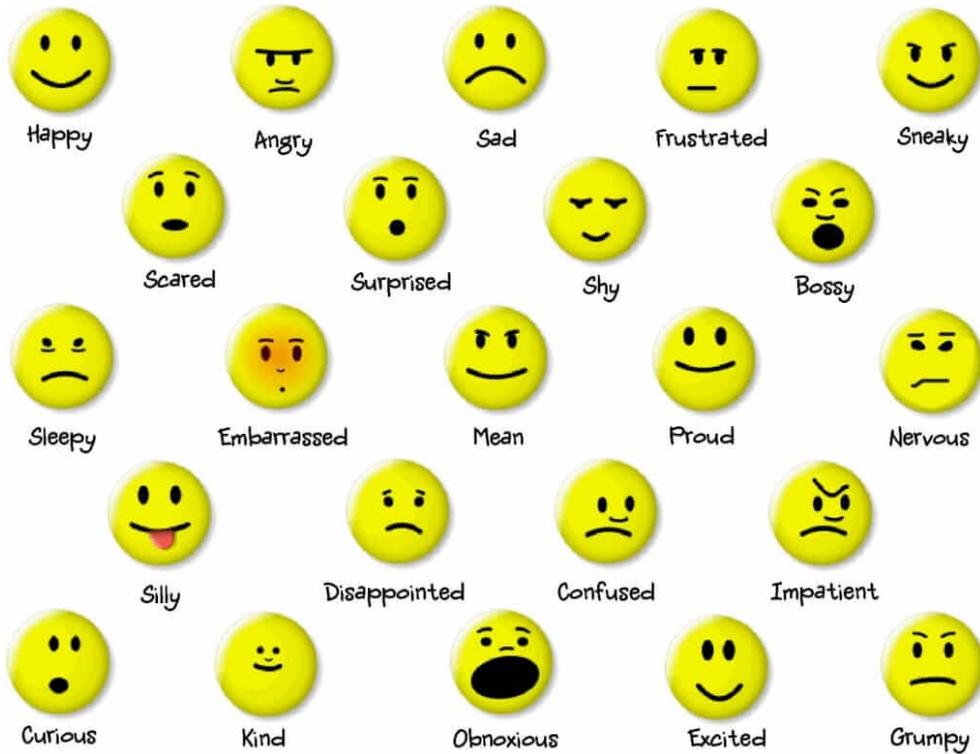


Music plays and also claps. Music stops.

1. Narrate an incident when you were kind.
2. When someone is kind, how do you feel. Narrate one experience.
3. How can you show kindness to someone.

4. ACT ON EMOTIONS

List of feelings to show in actions.



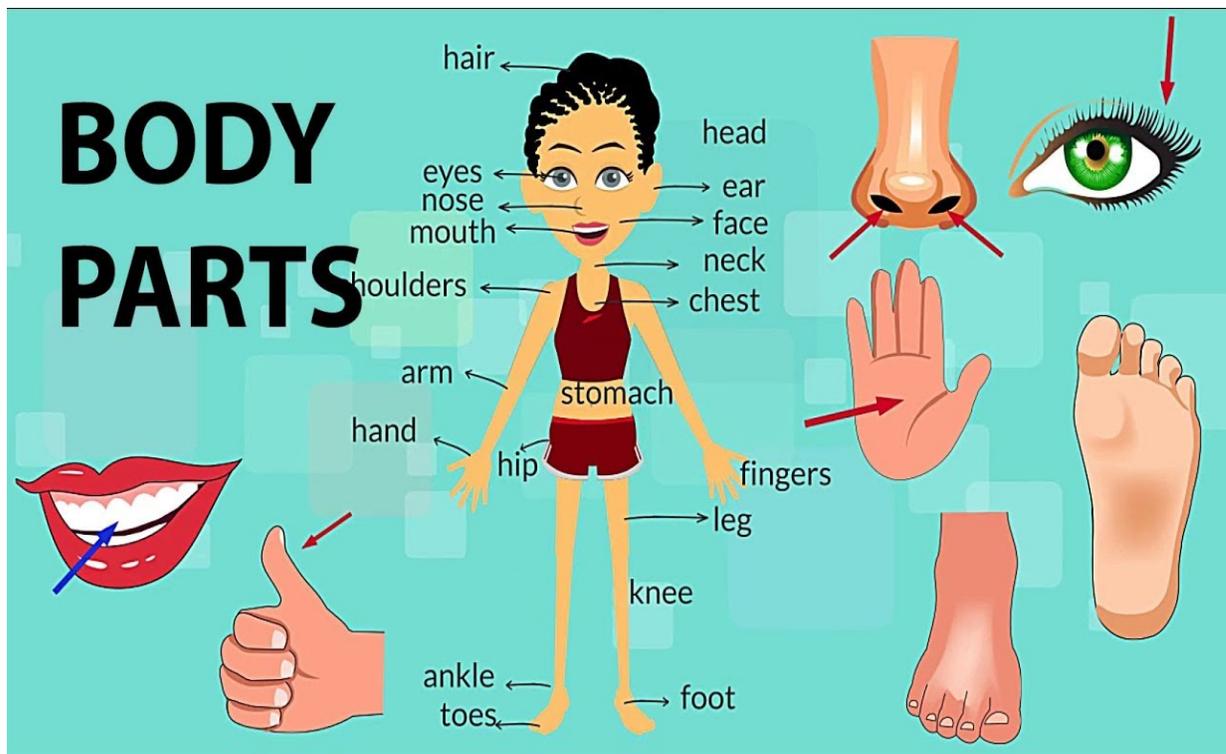
1. Excited
2. Calm
3. Thankful
4. Love
5. Friendly
6. Glad
7. Free
8. Laughter
9. Tears
10. Song

5. TEACHER SAYS

Value: To know the parts of the body.

Game: Teacher will say or describe an action. Children will do the action conveyed with teacher's words. If teacher is not doing what she says, children are to stand still.

The point of the game is to only do things that you tell the truth about doing.



1. Touch your nose.
2. Touch your toes.
3. Stick out your tongue.
4. Say hello.
5. Pat your knees.
6. Blink your eyes.

6.KINDNESS BANK

Value: To encourage kindness.

Game: Sit in a circle and teacher says that every action has a reaction. It is rewarded where we do kind acts as savings in our bank. How can each one in this group add kindness savings. Let us add heart into it. Encourage children to say a sentence that they would like to add and the one they are practicing like.



1. Help my mother with cleaning.
2. I help my teacher by carrying the notebooks.
3. I show kindness to my dad by giving water when he comes from office.
4. I show kindness by not wasting food and so on.

7. WHAT I LIKE ABOUT ME

Value: Bring out the best in self. Self-confidence.

Material : One ball

Game : To sit in a circle. All are unique. Let's find out what makes each of us special. I am going to roll the ball to someone. When the ball comes to you, like one by one. I like my smile, its big and bright. Then roll the ball to someone. Person who got the chance will move back and the circle gets reduced after each person comes out.



In the end, teacher to summarize how wonderful it is that we have many abilities to share with others.

8. GREAT PERSONALITIES

Value: walking the talk and leaving a legacy of history.

Materials: Tell children to get picture of different persons who have created history and also teacher to have few.



Game: Let children show the picture they have and talk about the person. These types of games reinforce the idea of the “Greatness” is not limited. Each one has potential.

9. RESPECT THE EARTH

Value: Waste not. Want not.

Material : Globe or ball representing the earth.

Game : Sit in a circle and the ball is passed one by one expressing in what way I can respect the earth.



1. I respect by not keeping the tap running.
2. I respect earth by feeding birds.
3. I respect earth by not wasting food.
4. I respect earth by keeping it clean (My home, my surroundings etc)
5. I respect earth by praying daily.

This game can go till the last participant. In the end teacher can add some more points and make all to pass love and gratitude to each.

10. DUMB CHARADE

Value : Silent action.

Material: Names of various birds, animals or insects written in the chart and class is divided into two groups.



Game: One group will pick the chit and shows action and let the other group guess it.

11. CAN YOU IDENTIFY

Value: Knowledge about great persons.

Materials : Pictures of different people in different field like (Sunil Gavaskar, Ronaldo, Viswanath Anand, Dayanandh Saraswathi, different Gods) to identify and say the background.



Game: All can be seated and play one at a time. General knowledge is tested and those who are not knowing can learn.

12. FILL WITH VALUES

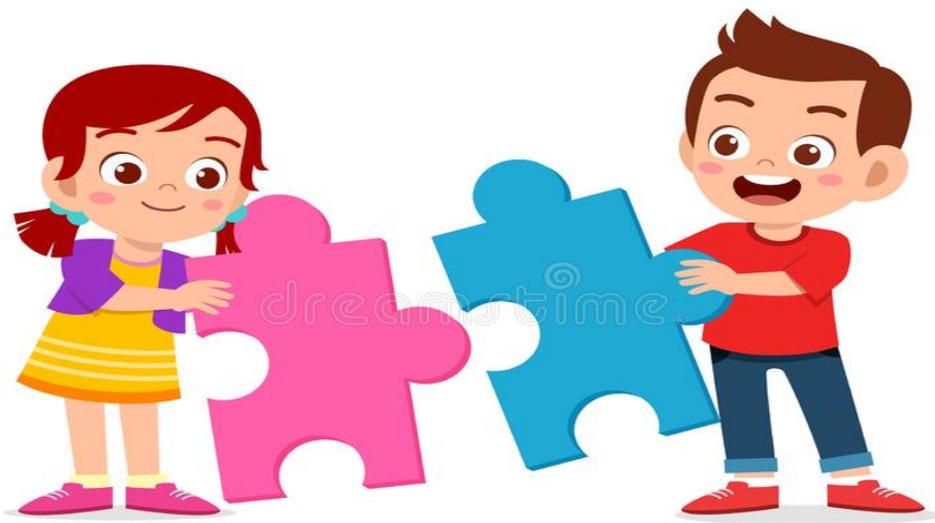
1. I my friends.

2. Come, fashion is there but no

3. Take care of your

4. I my grand mom lovingly.

5. is God. Don't waste it.



1. LOVE
2. COMPASSION
3. THOUGHTS
4. SERVE
5. FOOD

13. MIRROR GAME

Value: Identity

Material: Mirror, Music tape recorder.

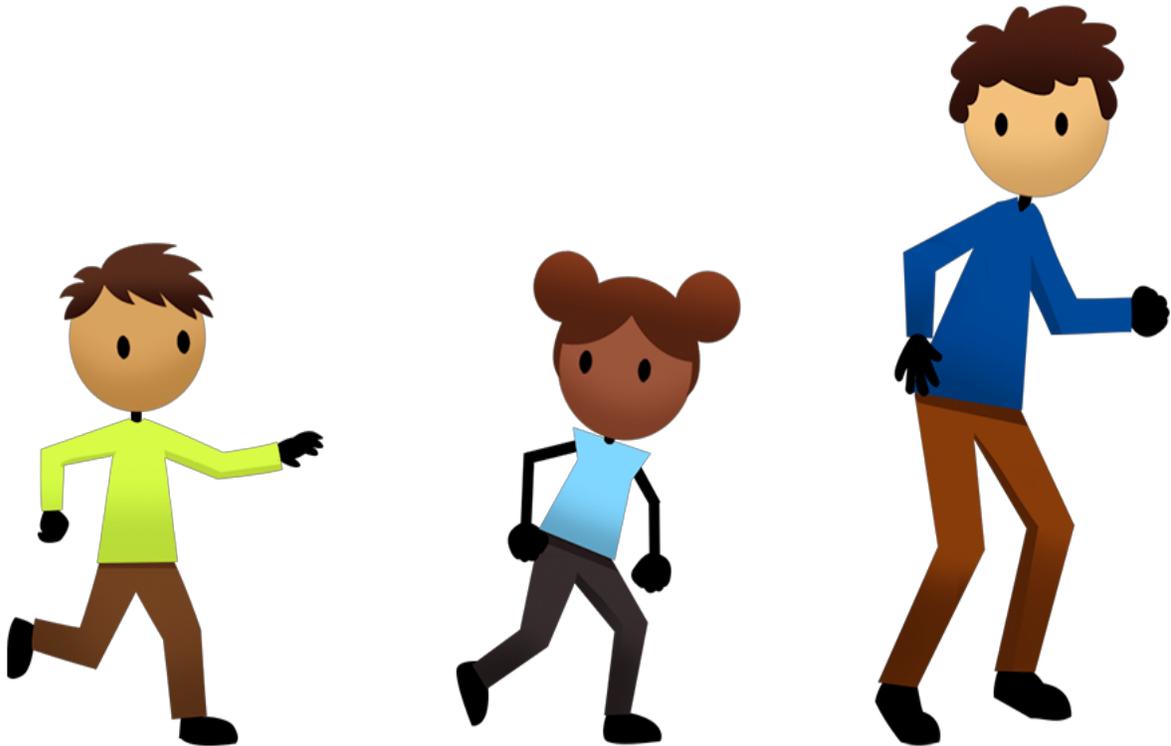


Game: Music plays and the mirror is passed. When the music stops, the person who holds the mirror should say 3 sentences good about himself and he practices. Till the last two child were there the game is played.

Value: True to your conscience is important.

14. DRAMATIZE

Material: Preparations of words for dramatic effect like a driver, ferry man, bull monkey, bear, goat, camel, bird, lion, blind beggar, old man, old lady and so on.



Value: Imitation is difficult and being original is easy.

15. CONCENTRATION

Material: Heavy book.

Game: Children wait in line and one by one carry heavy load of books on their head and walk from one point to another.



Value: With heavy loads in life concentration is very important to reach the goal.

16. MEMORY

Material: Keep 25 small items on top of the table and give 2 minutes for the children to see and close the table.

Game: Children need to sit with paper and pencil to name the items they have seen on the table. This is to test their memories.

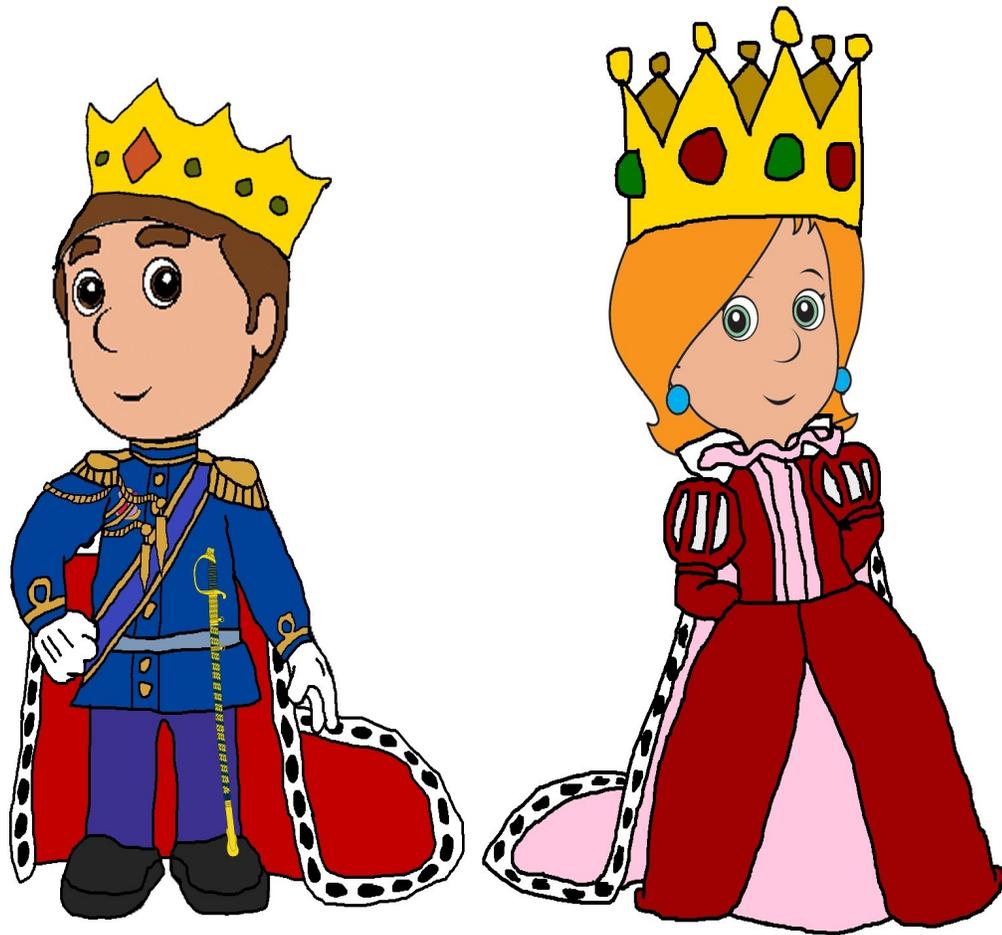


Value: Focus

17. THE KING AND THE QUEEN

Material: Two parallel lines drawn at a distance of 9m from each other.

Game: Students are divided into pairs and named Gold- silver, rose-lilly, mogra-chameli, etc. The partner are then separated and blind folded. All students stand along one of the lines. As the whistle goes the students move towards the other line calling out the names of their partners and recognize them from their voices. The pair that reaches the other line is the winner.



18. FINDING THE LEADER

Material: A big circle.

Game: Students stand along the circle. The student who has to find out the leader is made to stand outside the circle at some distance. Those standing along the circle select their leader. The leader performs a number of actions such as clapping, holding the hands on the head etc, and the others follow him. The student who has to find out the leader then enters the circle. He minutely observes the movements of all the students and find out the leader by watching the changes in their movements. When the leader is found out he has to go out of the circle. Now it is his turn to find the new leader. The finder stands at the place vacated by him and the students choose a fresh leader. Thus the game continues by choosing different students as leaders.

