

KRISHNA- ALL STRONG
(TEACHER'S COPY)

1. Ask the students what do they understand by the word strength or the meaning?
2. Can they give some examples or name anyone who has shown the greatest strength/
3. Can have a short **activity** by having a small competition to find a strongest person in your room. For e.g. arm wrestling, sit- up or push-up or skipping or some other activity in which no one will get hurt. Keep a record and select the winner.
4. Ask the students whether the strength that they have right now, will they have the same strength when they were toddler, sick and old (explain that our strength is limited, temporary and keeps changing as per the physical condition. Point out that strength can mean more than physical strength, but mental strength is also very important.)
5. Similarly, Krishna's strength is much more than we could imagine. He has the most superior physical strength of any being and is eternal with no barriers in regard to time, place and circumstances.
6. You can point out that in the records of the Olympics every time a new person breaks the record of the previous one.
7. Remind children that Krishna possesses all the strength. We should always remember that the strength which we possess is given to us by Krishna. Hence we should not be proud, or misuse this gift from Krishna.
8. Ask the student if they remember how Krishna shows His strength.
 - Lifting Govardhan Hill on a little finger (in detail)
 - Krishna killing many demons in Vrindavan
9. Then start with the resource sheets
10. Finally, encourage the student to write a poem on Krishna's strength.