

BG - 1

Vaishnav Song

<https://kksongs.org/songs/y/yasomatinandana.html>

Just sing the first verse with below actions:

Line	Action	Meaning
<i>yaśomatī-nandana</i>	cradle baby	Krishna as Yaśodā's child
<i>braja-baro-nāgara</i>	hand-on-heart smile	Krishna, most charming
<i>kāliya-damana-vidhāna</i>	hiss & stomp	defeating serpent Kāliya
<i>vaṁśī-vadana suvāsā</i>	play flute	Krishna's flute
<i>nanda-go-dhana-rākhawālā</i>	mime herding cows	caring for cows
<i>navanīta-taskara</i>	pretend to steal butter	butter thief
<i>yāmuna-taṭa-cara</i>	wave hands like river	walking by Yamunā
<i>śrī-rādhā-vallabha</i>	hands together in heart	Rādhā's beloved

Verse BG 7.7 (mattah parataram)

What Holds Things Together?

Materials needed: a string of beads or a garland.

1□ Hold up the necklace and ask:

“What happens if I cut this thread?”

→ ‘All the beads fall down!’

2□ Ask: “Can you see the thread easily?”

→ ‘No!’

3□ Conclude:

“Even though we can't see it, the thread is the most important part.

In the same way, Krishna holds the whole world together — even if we don't see Him.”

Recitation & Meaning

Sanskrit	English	Teacher cue
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<i>mattaḥ parataram nānyat</i>	“There is no one higher than Me.”	gesture up (“nothing above Krishna”)
<i>kiñcid asti dhanañ-jaya</i>	“O Arjuna, nothing exists beyond Me.”	address a child as “Arjuna” — fun role-play
<i>mayi sarvam idaṁ protaṁ</i>	“Everything rests upon Me.”	spread arms around the room
<i>sūtre maṇi-gaṇā iva</i>	“Like pearls on a thread.”	hold up beads / bracelet

☐ Chant once slowly, once faster, and once rhythmically like a song.

Activity - Invisible Thread Game

Materials needed - A ball of yarn or string.

☐ How to Play

1. Have the children stand in a circle.
2. Teacher holds the yarn, says:

“This thread is like Krishna — invisible but connecting us all.”

3. The teacher tosses the yarn ball to one child while holding on to the end. That child says something Krishna gives them (e.g., “He gives me love,” “He gives me food”) and tosses it to another, holding their part of the thread.
4. Continue until everyone is linked by the web of yarn.

☐ Message

Hold up the web:

“See! We’re all connected by one thread. Even if we can’t see Krishna all the time, He’s holding all of us together.” Then gently release the yarn, symbolizing how life falls apart when the thread (Krishna) is forgotten.

Story - **The Whole Universe in Krishna’s Mouth**

Teacher should read once fully this wonderful pastime - <https://vedabase.io/en/library/kb/8/>

☐ 1. A Happy Morning in Gokula

The sun had just risen over the village of Gokula. The cows were mooing, the calves were jumping, and Mother Yaśodā was busy churning butter.

In the courtyard, little **Krishna and Balarāma** played with their friends. They made toy animals from clay, built tiny houses with sticks, and laughed so much that even the parrots started repeating their giggles!

Suddenly, the children began whispering and pointing. “He did it again!” said one. “Yes, He ate mud!” shouted another. They all ran to Yaśodā Maiyā.

““Maiyā! Krishna has eaten dirt again!” they cried.

□□ 2. The Complaint

Mother Yaśodā put down her churning stick and hurried outside, her anklets jingling. She caught hold of Krishna’s soft little hand and asked lovingly yet firmly:

““My dear Kanha, why did You eat dirt? See, everyone—even Your elder brother Balarāma—is saying so!”

Krishna looked up, eyes wide like blooming lotuses.

““Maiyā, they are all telling lies! Even Balarāma is teasing Me because I beat him in our game today! If You don’t believe Me, You can look inside My mouth Yourself.”

Mother Yaśodā, half-smiling, said,

““All right, my little truth-teller, open Your mouth. Let me see.”

□□ 3. The Wonder Inside the Mouth

Krishna opened His mouth. It looked just like any child’s mouth—pink tongue, tiny white teeth—but then...

Mother Yaśodā gasped!

Inside that tiny mouth she saw **the entire universe!**

□□ The blazing sun and the shining moon.

□□ Oceans with rolling waves, mountains capped with snow.

□□ Forests, villages, cities, and creatures of every kind—birds, animals, people—all moving within His mouth.

She saw **the sky and the stars, the fire and the wind, the rivers and clouds.**
She saw **the demigods, the sages, the directions,** even **time itself** moving endlessly.

And most astonishing of all—
She saw **herself**, sitting at home in Gokula, with baby Krishna on her lap, looking into His mouth!

Her hands began to tremble.

“Am I dreaming?” she whispered. “Am I seeing magic? How can the whole world be inside my little boy?”

She rubbed her eyes again, but the vision only grew clearer and brighter.

□ 4. Yaśodā's Thoughts

Mother Yaśodā's mind raced.

“Maybe I am becoming mad! Maybe this is some mystic power of my child. How can He, so tiny, contain everything? Mountains, oceans, stars—even me!”

Then, in her heart, devotion awoke deeply.
She thought:

“Let me bow to that Supreme Lord whose power creates everything—what is seen and unseen. By His energy, I think Nanda Mahārāja is my husband and Krishna is my son. Truly, He is the cause of all causes.”

But even as she thought this, Krishna looked up at her with innocent eyes, a tiny drop of saliva on His lip—just an ordinary, lovable child.

At that moment, Krishna used His **yoga-māyā** power. The majestic vision disappeared.
All Mother Yaśodā could see again was her playful little boy.

□ 5. Love Covers Majesty

Her heart melted. She lifted Him into her arms.

“My sweet Kanha! You frightened me! Come, let's wash Your mouth and feed You some milk.”

Krishna giggled, wrapped His small arms around her neck, and the whole cosmic mystery turned into pure motherly love.

The sages say that great yogis meditate for lifetimes to glimpse the Supreme Truth—but Mother Yaśodā found that Supreme Truth **playing in her courtyard**.

□□ 6. Connection to the Verse

Ask the children:

“What did Yaśodā Maiyā see inside Krishna’s mouth?”
“Everything! The whole universe!”

Explain:

“This shows that everything—planets, stars, people, even our thoughts—are held together by Krishna.
Just like pearls are held by a thread, we are all held by His love.”

Chant together:

“**mayi sarvam idaṁ protaṁ sūtre maṇi-gaṇā iva**
“Everything rests upon Krishna like pearls on a thread.”

□□ 7. Reflection

Ask softly:

- “Have you ever felt Krishna taking care of you—when you were scared or sad?”
- “How can we remember that Krishna is always holding us together?”

Encourage simple answers like, “When I pray,” “When I chant,” “When I see nature.”

End with the class chanting once:

“Krishna, You are the invisible thread holding my world together.”

Teacher Notes

- Read slowly, with wonder; pause after key lines (“She saw mountains... stars... herself!”).
- Keep tone warm and affectionate—avoid heavy philosophy.

- Conclude by linking directly to the **thread and beads craft**.

Craft - **Krishna-Thread Bracelet**

Wearable bead bracelet version of 'Pearls on a Thread'

Objective

To create a **simple, wearable bracelet** that reminds children of this week's verse:

“ **Bhagavad-gītā 7.7 — mayi sarvam idaṁ protaṁ sūtre maṇi-gaṇā iva**
“Everything rests upon Me, like pearls on a thread.”

Parent Communication (Before Class)

Send a WhatsApp / note midweek:

Message to Parents

“ *Hare Krishna! This Sunday in BPSS, our Juniors will be making a “Krishna-Thread Bracelet” to remember that Krishna is the invisible thread holding everything together (Bhagavad-gītā 7.7).* Kindly send with your child:

- 8-10 small plastic or wooden beads (½ cm-1 cm each, any colors)
- 1 slightly larger bead or charm (for Krishna, preferably golden or white)
- 1 elastic thread (about 25 cm) or a thin cotton string
- Optional: one small tag or heart-shaped bead with their name

We'll provide markers, glue dots, and printed verse tags.

Thank you for helping your child remember Krishna through hands-on learning! ☐☐

— *BPSS Team*

Materials (For Teachers to Keep Extra)

Prepare 15-20 spare kits for kids who forget:

- Beads assorted (colors, shapes)
- Gold/silver “Krishna bead” (can use a shiny sequin or plastic bead)
- Pre-cut elastic threads (25 cm each)
- Small verse tags (printed “Krishna holds us all together”)
- Scissors & clear tape

☐ Classroom Flow (15 Minutes)

Hold up sample bracelet.

“This bracelet reminds us that Krishna is the invisible thread connecting all of us like pearls on a string!”

Let children chant once together:

“*mayi sarvam idaṁ protaṁ sūtre maṇi-gaṇā iva*

☐ Step 2 - Making the Bracelet

1. Give each child the pre-cut elastic thread.
2. Tape one end to the table so beads don't fall.
3. Let them add 8-10 beads of any color.
4. In the **middle**, place the shiny *Krishna bead*.
5. Optionally, add a heart or name bead near the end.
6. Tie the two ends with double knot; teachers assist and trim excess.

While they craft, play soft background bhajan (*Yasomatinandana* instrumental) or softly chant.

☐ Step 3 - Blessing & Wear

When all are done:

- Have everyone hold their bracelet between palms.
- Recite together:

“Krishna, You are the thread that holds me together.”

- Then let them wear it on their **right wrist**.
- Optional: sprinkle a drop of scented water or flower petals as “Krishna's blessing.”

☐ Display & Memory Connection

- Take a group photo: “We are all pearls in Krishna's necklace!”
- Optionally, pin up a poster showing verse + kids' names under “pearls.”
- Encourage them to wear it all week and show their parents, saying the verse.

☐ Safety Notes

- Use soft elastic cord; avoid metal wire.
- Teachers or parents tie knots for younger kids.
- Avoid beads too small for under-6 children (choking risk).

Revision #5

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