

# Mahavir Jayanti Activity Ideas for Kids

## Infants (0–12 months)

### 1) Gentle “Peaceful Hands” Keepsake

#### How to implement:

- Make one baby handprint on paper using washable paint.
- Adult writes: “**Peaceful Hands**” or “**Kind Hands**” and the date.
- Display as a classroom “Kindness Wall.”

### 2) Soft Touch & Calm Words Routine

#### How to implement:

- During rocking/feeding, repeat a calm phrase like: “Gentle...safe...kind.”
- Pair with slow rhythmic patting (as appropriate) and eye contact.

### 3) Nature Look-and-Notice

#### How to implement:

- Take babies outside or to a window.
- Point out leaves, birds, clouds.
- Narrate simply: “We care for nature.”



## Toddlers (1–2 years)

### 1) “Gentle Hands” Practice with Stuffed Animals

#### How to implement:

- Give each toddler a stuffed animal.
- Model gentle touch: pat, hug, rock.
- Practice phrases: “gentle hands,” “soft touch,” “kind hands.”

### 2) Kindness Sticker Path

#### How to implement:

- Put a few stickers/dots on the floor leading to a “helping job” (basket of books, blocks bin).
- Toddlers follow the path and do the job (put 2–3 items away).
- Celebrate: “You helped! That’s kindness.”

### 3) “Ahimsa Choices” Picture Sort

#### How to implement:

- Show picture cards of actions: sharing, helping, pushing, grabbing, hugging (ask first).
- Toddlers sort into **Kind Choices** vs **Not Kind Choices**.
- Keep it simple: “Kind / Not kind.”

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## Preschool (3–5 years)



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## 1) Kindness Chain: “I Can Be Gentle When…”

### How to implement:

- Kids draw or dictate one kind action on a paper strip:
  - “I can use gentle hands.”
  - “I can share.”
  - “I can help clean up.”
- Link strips into a chain and hang it up as a class display.

## 2) Peaceful Breathing: “Flower & Candle”

### How to implement:

- Teach: “Smell the flower” (inhale) and “blow the candle” (exhale).
- Practice 3–5 times.
- Connect to the theme: “We calm our bodies to make kind choices.”

## 3) “Care for Living Things” Classroom Job

### How to implement:

- Assign a gentle care job: water a plant, clean a bird feeder area (if you have one), wipe a table gently, organize books.
- Discuss: “How do we take care of our space and living things?”

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## School-Age (6+ years)

### 1) “Nonviolence in Action” Challenge



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### **How to implement:**

- Students choose 1 goal for the day:
  - use respectful words
  - include someone new
  - help without being asked
  - pause and breathe before reacting
- Reflect at the end: “What did you do? How did it feel?”

## **2) Compassion Poster Project**

### **How to implement:**

- Kids create posters with messages like:
  - “Kind words matter.”
  - “Gentle hands.”
  - “We care for all living things.”
- Add examples around the border (share, take turns, apologize, help).

## **3) Service/Community Care Project**

### **How to implement:**

- Choose one:
  - make thank-you notes for staff
  - tidy a shared space (library corner/playground area)



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- “welcome notes” for new students
  - Connect it back: “Service is a peaceful way to help others.”
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## **Add-On Ideas (All Ages)**

- Storytime about kindness, empathy, and peaceful problem-solving
- “Peace Corner” refresh: breathing cards, calm visuals, soft seating (if available)
- “Gentle Words” role-play: how to ask for a turn, how to say stop kindly



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