



# Little Yogi



## Stories that shape...

A powerful emotional growth and storytelling program rooted in India's timeless cultural wisdom.

## Why Stories that Shape?

Our program "Stories That Shape" builds children's mental strength and emotional intelligence by showing them how to face challenges with courage, empathy, and wisdom. In today's fast-changing world, these stories become the inner toolkit kids carry for life.



## What will kids gain?



**EMOTIONAL INTELLIGENCE**



**RESILIENCE**



**STRONG MORAL COMPASS**



**DEEP SENSE OF SELF**





# What We Do



## POWERFUL STORIES



Once a week, children explore stories of Krishna, Ram, Hanuman, Ganesha, Shiva, Vishnu, Durga, Laxmi, Saraswati; Saints like Mirabai, Ekanath, Tulsidas; Kings and Queens like Shivaji, Rani Laxmibai, Sages, Sikh Gurus, Buddha, Mahavir and many more. There are 100+ stories that are filled with adventure, wonder and life lessons that help children grow strong inside.

## GUIDED REFLECTION



Each story is followed by gentle, guided reflection—turning listening into deep thinking and real-life learning.

## JOURNALING FOR SELF-AWARENESS



Journaling helps children slow down, think deeply, and express feelings in their own words, building self-awareness and clarity. It strengthens reflection, problem-solving, and emotional balance—skills that guide them through life's challenges.

**Two Age Groups**



▶ Juniors: 6 – 9 years

▶ Seniors: 10 – 15 years





## FAQ:



### ▶ **What is “Stories That Shape”?**

It is a one-on-one online storytelling and emotional development program for children aged 6 to 15 years, inspired by India’s cultural history. Children listen to value-rich stories from Indian heritage and engage in guided reflection and journaling to build emotional intelligence and inner strength.

### ▶ **What age groups is it designed for?**

There are two levels:

- Juniors (6-9 years): Simple, playful, immersive storytelling focused on empathy, calmness, and basic values.
- Seniors (10-15 years): Thought-provoking stories with discussions, debates, and deeper introspection.

### ▶ **How is the program delivered?**

- One-on-one live online sessions, twice a week, each session is 25 minutes.
  - Online group sessions, once a week, each session is 45 minutes.
- Conducted by trained educators using interactive digital tools.

### ▶ **Is this a religious program?**

No. The stories are drawn from Hindu, Buddhist, Jain, and Sikh traditions, but the focus is on universal values like courage, truth, kindness, and resilience. There is no preaching. It’s rooted in Indian culture, not religion.

### ▶ **Is the program only about Krishna or Ramayana?**

Not at all. Children explore stories of: Krishna, Ram, Hanuman, Ganesha, Shiva, Vishnu, Durga, Saraswati, Lakshmi, Saints like Mirabai, Eknath, Kings and Queens like Rani Laxmibai, Sages, Sikh Gurus, Buddha, Mahavir, and more. There are 100+ stories in the full library.

### ▶ **Are there exams or certificates?**

No exams or marks. This program is about inner development. Optional certificates of completion can be given. Children engage in fun journaling exercises to reflect and grow.

### ▶ **Do parents need to assist during or after the sessions?**

Not required. But we recommend parents occasionally speak to children about their learnings to reinforce values at home.



# Learning Outcomes

## ▶ What will my child gain from this program?

Your child will:

- Learn to manage and express emotions
- Develop empathy and self-confidence
- Build clarity in decision-making
- Strengthen resilience and inner calm
- Connect with Indian heritage and values

## ▶ What is the journaling component?

Each story session ends with guided journaling:

- Juniors: Drawing, emotions, simple questions
- Seniors: Reflective writing, life scenarios, creative tasks

This encourages self-awareness and emotional growth.

## ▶ How do you keep children engaged?

We use:

- Time-travel adventures (for Juniors)
- Q&A; and role-play
- Relatable characters
- Story-based digital media
- Creative expression during journaling



**Watch Sudha Murty explaining about the importance of stories and the learnings for children.**

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