

# INDIA

## Lessons for Mission Minded Kids

### Lesson 3

#### At Home in India



A Family Farms their Rice Fields

# India

## Lesson 3: At Home in India

### Goals for Lesson 3:

- Children will recognize similarities and differences between their own lives and the lives of families in India.
- Children will be getting familiar with the verse for India and be able to see how the gentle rest of Jesus can bring peace to Indian homes.
- Children will understand that all people, whether they have much or little, still need to hear of Jesus' offer of peace and rest.

### Verse for India:

Jesus said, "Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light." Matthew 11:28-30 (NIV)

### Before Class:

- Read through lesson and decide what you will use according to your age group and time allotted.
- Prepare all pictures, including the family on the lesson cover, as power point slides to show on a screen, or print them and back them with cardstock for stability.
- Turn the verse poster board over to the back (without the lines) and set it up vertically to allow space for more rows. Attach each India Verse word and picture card in order onto the poster board, making each line of writing represent one phrase of the verse as indicated in the "Echo Mountain" activity.
- Read through the Indian Children's Games and plan for a playing space in a hallway or classroom area, or outside.
- Make necessary copies of the puzzle and coloring pages. If you will use them in class, gather pencils and crayons or markers.

## Lesson Plan:

- Open your time together with a welcome, announcements and a brief prayer. (5 min.)
- Tell or read the story part of the lesson, showing the pictures as indicated to illustrate the story, and stopping to explain or discuss as necessary. (15-20 min.)
- Complete the “**Echo Mountain**” activity as follows to review the verse for India. (10 -15 min.)
  - *Display the verse poster board with the word/picture cards arranged vertically in phrase-rows as shown below. Read it through one time together. Divide the class into three groups and have each group stand separately in the room, with you in the front. Explain to the kids what an echo is. (Many children will not have personal experience with hearing an echo, even if they have heard of the concept before.) Tell them that they are going to create a verse echo today. Assign one group to be the “loud” group, one to be the “medium” group and one to be the “soft” group. Practice once if necessary.*
  - *You begin in a normal voice with the first phrase-row of the verse. The “loud” group immediately repeats that phrase loudly, the “medium” group in a medium voice, and then the “soft” group in a soft voice. You continue with the next phrase, thus moving quickly through the room, creating an echo effect for each phrase.*
  - *When you have completed the verse, re-assign the groups and repeat the process. Continue for a third time, so that each group gets to be the “loud”, the “medium” and the “soft” part of the echo. At the end, repeat the entire verse together in regular voices.*

**Jesus said, “Come to me,  
all you who are weary and burdened,  
and I will give you rest.  
Take my yoke upon you  
and learn from me,  
for I am gentle and humble in heart,  
and you will find rest for your souls.  
For my yoke is easy  
and my burden is light.”  
Matthew 11:28-30**

- Play any of the Indian Children’s Games or use the puzzle and coloring pages to fill the rest of your time. (25-30 min.)

### **Lesson 3 Story: At Home in India**

Family ties have great importance in India. Visiting between family members and close friends can take place unannounced at any time of the day or night. Hospitality is always politely extended with a meal or a bed for the night. In traditional Indian homes, at mealtime, the men sit down at the table first, often eating their food with their right hand, or using the flat chapatti bread as a scoop instead of using utensils. The women will serve the men first and when they are done serving the men, the women will feed the children, often at another table or in another room. After the children are served, the women will sit down with them to eat their own meal. As western ways are becoming more popular, some Indian families are now beginning to eat their meals together. Indian food is often very spicy. Rice with vegetables and curry sauce is a staple food at most meals.

When greeting each other, Indians often use a traditional greeting instead of shaking hands. They fold their palms together and bow slightly, saying, “Namaste” (NAH-mah-stay), which means, “I bow my head to you”. When meeting older relatives, Indians will often bend down to touch the feet of the older adult. Older people are greatly respected and white hair is a symbol of age and wisdom. **(Practice greeting each other with the “Namaste” greeting.)**

Indians regard marriage as more of a relationship between two families than between two people. Young Indians generally are not allowed to date, and parents arrange most marriages, sometimes at a very young age. Many households include grandparents, parents, children, and the son’s wives and their children. At times, parents will arrange for their children under the age of ten to be married in an elaborate ceremony. The “bride” will then move in with her new husband’s family, becoming a permanent part of their household. **(Show picture of women working together in their family home.)**

Because electricity is expensive and sometimes scarce, each day begins as soon as there is light to see, around 5:00 AM. Pigs, chickens, dogs and cows might already be out roaming the streets and making lots of noise. Running water in a house might consist of a spigot on the wall connected to a holding tank on the outside of the wall. If the sun is out, the water in the tank will get warm, but if you want hot water when the sun is not shining, you would need to heat it on the stove or over a fire. Sometimes the water gets too hot from the sun, and then you have no good way to cool it, which can be a different kind of problem. Large tank trucks deliver water to the holding tank beside the house, much like heating fuel is delivered for a fee to our homes. The water is not necessarily clean, so all water must be boiled before drinking or using it for food.

The toilet and shower are often just a hole in the middle of the floor in a small cement “bathroom”. To flush the toilet, water from a bucket can be poured down the hole which is

connected with a pipe to the open ditches along the street. A shower would consist of dumping water from the bucket over your head and letting it drain down the hole in the floor into the ditch outside.

Many homes do not have telephones or computer hookups. Those who cannot afford cell phones still have to use the old methods of communication. Stores offer phone and computer services. To make a phone call, you would give the store clerk the name and number of the person you wanted to call. Your call would be added to the list, and then you would go home to wait. When your call finally went through, someone would run to your house and tell you to come back to the store to talk to the person you called. Sometimes a call might take hours to go through. An internet café is a similar store, where you can pay by the minute to read and answer emails or look up information on line. With the increased availability of satellite phone and internet service, those who can afford the equipment now have an easier time with communication than in the past.

Although some Indian people are now beginning to wear western-style clothing, the traditional Indian clothing is still very common and often the most comfortable thing to wear in the humid heat. In the hot fields of India, many farmers still drape a white piece of fabric called a “dhoti” (DOUGH-tee) around their waist and between their legs. It is a comfortable, easy way to work in bare feet and no shirt. Many Indian women still wear colorful “saris”. A sari (SAHR-ee) is a long and beautiful piece of cloth which is wound around the waist to make a skirt. A blouse is worn with the sari, and the loose end of the cloth from the skirt is draped around the body and placed over the head or shoulders like a scarf. This comfortable, practical garment is made of cotton or silk. Great skill and care is put into the weaving and dyeing of the bright, intricate patterns in the fabric for a sari. **(Show picture of family working in their rice field together.)**

India has the most trains with the most passengers in the whole world. Ten million people travel by train each day. Only very wealthy Indians own cars, and in most areas of the country, people travel by bicycle or train, or by walking. **(Show picture of family riding their motorcycle together.)** Although some Indians have great wealth, many others live very simply, or have only a few cents a day to buy food. Some cannot afford shelter of any kind, and spend their days and nights on the streets. Some Indians are college graduates, and yet many others have not attended school at all.

Whether wealthy or very poor, many Indian people still need to hear about the love of Jesus. Many are weary under a heavy yoke of poverty or religious obligations. They need to know that Jesus is the rest their souls long for. Let’s pray for the Indian people and the Christians who can tell their neighbors and friends about Jesus.



A family of six can travel on the family vehicle.



Some women sort rice in their family home.

# Indian Children's Games

## Numbers Game

Children in India often do not have a lot of toys and material possessions, so they make up active, fun games to play with their friends outside. Here is a game using numbers that is similar to our familiar game of musical chairs. This game is fast-paced and can be played with any number of children for just a few minutes or over and over as time allows.

**Preparation:** Plan for a space outdoors, in a hallway, or in an open room where children can easily move around and quickly regroup themselves many times.

**Leader:** One leader strategically calls out numbers for the group. The number must always be less than or equal to the number of players. After each number is called, the leader must watch the groups and identify all those who are "out". Two players will be left in the end, and the leader must choose one of them to be the next leader by having each one guess what number the leader is thinking of. The player guessing the closest will be the next leader.

**Players:** As the leader calls out a number, players must quickly run to make groups containing exactly that number of players. Anyone left over is out of the game. If a group has more or less than the number called, the entire group is out. The leader calls out the names of those who are out each time.

**Example:** There are 10 players. The leader calls out "3". Players quickly get into three groups of 3, and one player is left over. That player sits down to wait for the next round. The leader then calls out "5". Players quickly regroup, but one group only has 4 players in it. All four of those players sit down. The leader calls out "3". One group of 3 players forms and two more are left out. The leader calls out "2". One more player is left out. No more groups can be called, so the last two players call out a number between 1 and 10. The one guessing closest to the number the leader was thinking becomes the new leader and all players are back in the game.

## Feed the Elephant Game

**To Play:** One student is chosen to be the "Elephant" first. The elephant gets down on all fours in the center of an open space and starts to swing his "trunk" (one arm). The elephant isn't allowed to move anything except his trunk. Other players tease him by coming as close as possible. If the elephant can tag someone with his trunk, that player becomes the new elephant.

## Indian Kabaddi

**(Pronounce: KAH-bah-dee)**

Kabaddi is a sport that began in India thousands of years ago, and is now played all over the world by players of all ages. You can play a simple children's version of the game.

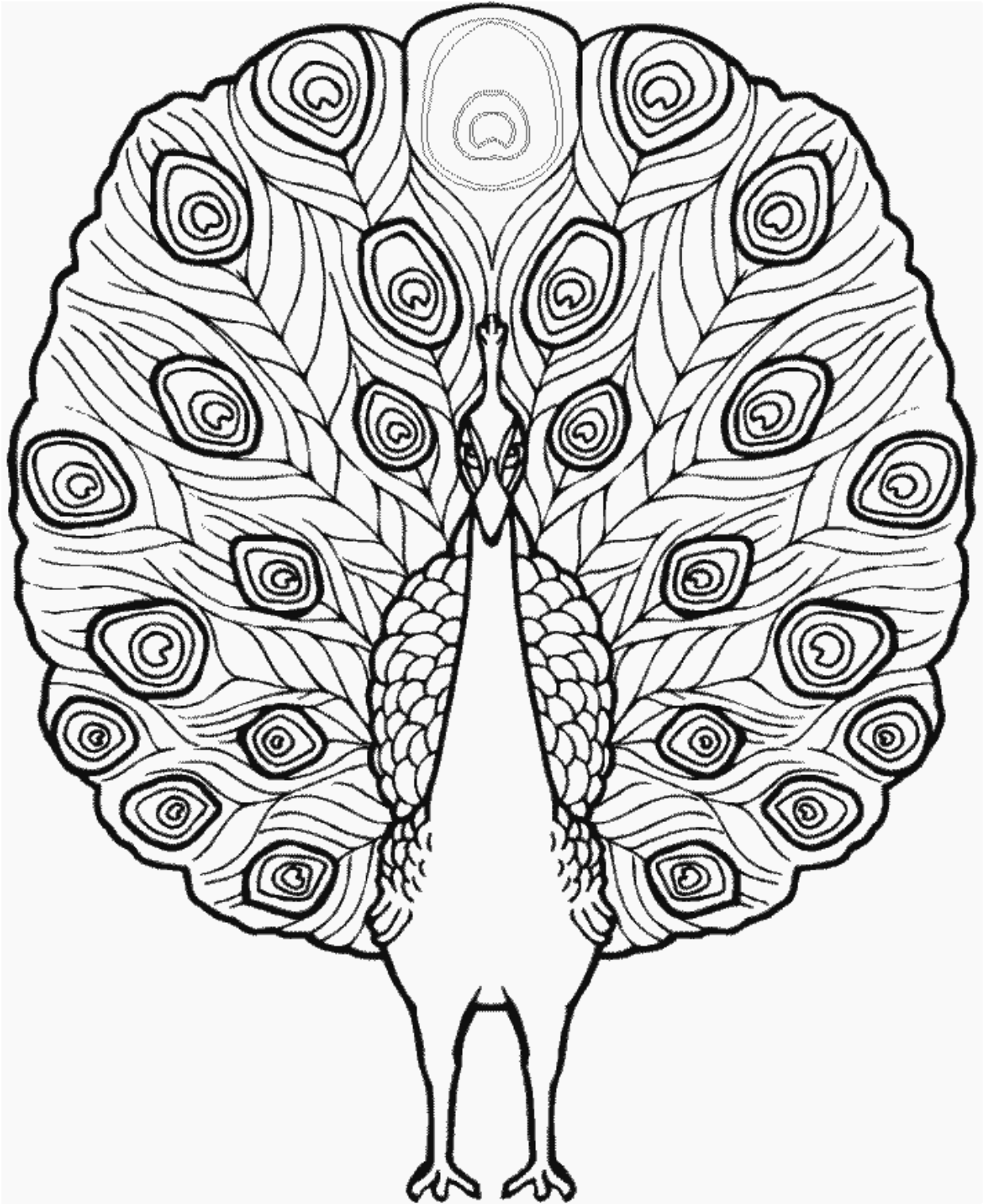
**Preparation:** Plan to play in a defined rectangular area, either outside, or inside a classroom. Put a piece of tape across the floor of the playing area to divide it in half, or if you are outside, use something to mark the boundaries and halfway point of the playing area. A whistle or other audible signal will be helpful. Divide your group into two teams that are as evenly matched as possible. Referee the game so that it does not become too rough. When grown Indian men play the game, it can become quite rough and physically demanding. "Touching" an opponent in this game can be defined as grabbing the upper arm or placing the entire palm on the shoulder or back of the opponent.

**To Play:** Each team will have five players in their half of the "field" during each play. Other team members will sit on the sidelines waiting for their turn to replace captured teammates. At the signal, each team will send one of the five as a "raider" onto the other side to touch as many of the four on the opposing team as possible while holding his breath and chanting "Kabaddi, Kabaddi, Kabaddi..." out loud. The four remaining members of each team will try to stay away from the opposing "raider" long enough to make him lose his breath. If the raider breaks his chant or takes a breath, he must go back to his own team without any "captured" opponents and it will be someone else's turn to be the "raider".

A play ends when one raider loses his breath, or when all four from one team are captured. At the end of each play, raiders return to their own side and any person the raider has "touched" must go sit on the sidelines of the raider's team. They are captured and will remain out of the game until called in to play on the side of their captors.

Teams may replace captured team mates with original members of their team who were waiting on the sidelines so that they always have five on the playing field. If they have fewer than five left from their original team, they may begin to replace them with "captured" opponents. A team wins when they have captured all original members of the opposing team, and re-claimed their own original teammates who were captured and playing for the opposing team.





The Peacock is the National Bird of India.

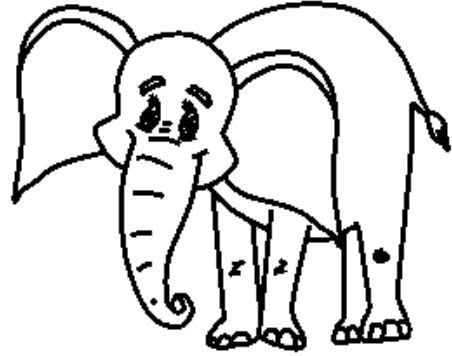
Unscramble the letters to find the words in our

# India Anagram

Hidden Word

(solve the circled letters): \_\_\_\_\_

Word List: mango, rangoli, bharat, diwali,  
lotus, diya, tiger, peacock



e g i r t

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a g m n o

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a d i l w

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a a b h r t

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a d i y

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a c c e k o p

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a g i l n o r

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l o s t u

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