

1. **Morning Prayer:** Encourage a simple morning prayer or gratitude practice. This can include thanking the sun (Surya) for warmth and light.
2. **Yoga and Stretching:** Incorporate basic yoga poses or stretches to promote physical health and mindfulness.
3. **Cleanliness:** Teach the importance of personal hygiene, like brushing teeth and bathing, as part of daily rituals (Nitya Karma).
4. **Mindful Breathing:** Practice a few minutes of deep breathing or simple pranayama to enhance focus and calmness.
5. **Sanskrit Slokas:** Introduce simple slokas that kids can memorize and recite, promoting language skills and cultural connection.
6. **Healthy Breakfast:** Stress the importance of a nutritious breakfast, incorporating traditional foods like fruits, nuts, or whole grains.
7. **Positive Affirmations:** Encourage children to start their day with positive thoughts or affirmations to build self-esteem and confidence.
8. **Story Time:** Share short moral stories from texts like the Ramayana or Panchatantra, highlighting virtues like honesty and respect.
9. **Daily Duties:** Teach kids about their responsibilities, such as helping around the house, to instill a sense of duty (Dharma).
10. **Gratitude Journal:** Encourage them to write or draw something they are thankful for, fostering an attitude of gratitude.