

Age
2-4



शाश्वतSTUDY™

TALES & TASKS



Panchkosha Based



Moral Stories



Coloring Pages



Maze & Puzzles



DIY Fun Activities



Motor Skill Tasks

& much more



INDEX

Title	S = Story	A = Activity	Page no.
S Lord Ganesha And The Bird			1
S Clean Hands, Happy Tummy			2
S The Bear And The Clean Forest			4
S The Proud Leaf			5
S The Birthday Chocolate			7
A Do You Know?			9
A Quiz MCQs			10
S The Blessing Of Goddess Annapurna			11
S The Milkman And The Magic Bird			14
S Sarpie the Snake and His Zigzag World			16
S 3 Goats and the Bridge Demon			18
S The Horned Donkey			20
S What's in Your Tiffin?			22
S Vihaan and His Talking Finger			23
A Cup Hunt: Find The Same			25
A Find The Way: Number Maze			26
A Find Out Krishna's Way & Find The Difference			27
A Fill Colors in Lord Ganesha			28
A Add The Dots			29
A Complete The Picture			30
A Habits: Good & Bad			31
A Odd One Out			32
S School Day of the Cockroach			33
S Whispers of the Sparrows			34
S The Honest Lesson from the Field			37
S The Hardworking Myna and the Lazy Crow			38
S Sumadhura's Amazing Kite			40
S The Blind Sparrow			42
S Clever Frog Outsmarts the Crow			45
A Surprise Unwrap & Sunlight Focus Experiment			48
A Vegetable Stamp Painting, Thread The Toran & Listen And Guess			49
A Match the Pairs with Logic & Nature Nameplate			50
A Feeding Animals with Love & Count Around the House			51
A Ice Cream Stick Shapes			52
A Vision Boost Exercises & Color Drop Challenge			53
A Recall the Story from a Picture			54
A Find the Hidden Objects			55
S The Parrot and the Red Chili			56

Clean Hands, Happy Tummy

There was a little squirrel who lived in a garden. The little squirrel loved to play. As soon as morning came, she would jump and run here and there, rolling happily in the soft soil.

One morning, a gentle breeze was blowing. The fragrance of flowers filled the entire garden.

The little squirrel was having so much fun! Sometimes she chased butterflies, and sometimes she climbed trees.

While playing, her tiny hands got covered with dirt, but she was so busy playing that she didn't even notice.

After a while, her mother called out, "Little squirrel! The food is ready. Come quickly!"

Hearing this, the little squirrel became very happy and ran toward home.

On the table, there was a warm roti and a clay bowl filled with milk. The smell was so wonderful that the little squirrel's stomach began to rumble. She quickly climbed onto the chair and started eating the roti.

Just then, her dear friend, the parrot, flew in through the window. He noticed that the little squirrel's hands were covered in dirt.

Surprised, he said, "Wait, little squirrel! Wash your hands first." The little squirrel asked in surprise, "Why? I'm so hungry! I want to eat right now."

The parrot gently explained, "If you eat with dirty hands, germs will go into your stomach. Then you'll get sick, your stomach will hurt, and you won't be able to play."



The little squirrel looked at her hands — they were really dirty. She immediately ran to the water tap. She picked up the soap and began rubbing her tiny hands — foam, foam, foam! Her hands were covered in white bubbles.

Then she rinsed them well with cool water — splash, splash, splash! The little squirrel felt so fresh and happy.

She laughed and said, “Wow! My hands are shining!”

Then the little squirrel sang happily —

“Mix soap and water right,
Make your hands clean and bright.
Clean hands keep illness away,
Healthy and happy, every day!”

The parrot clapped his wings and said,
“Now you can eat comfortably!”

The little squirrel came back to the table.
This time, she picked up the roti with her clean hands and started eating happily.
Her tummy was full, and her heart was full of joy.

Just like the little squirrel, you can stay healthy by washing your hands before every meal. Start your hand-washing habit here!



HAND WASH HABIT TRACKER

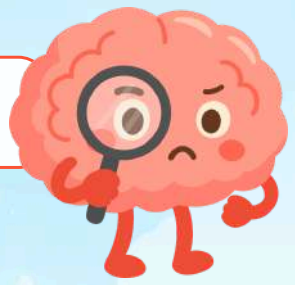




Day 1	<input type="checkbox"/>	Day 3	<input type="checkbox"/>	Day 5	<input type="checkbox"/>	Day 7	<input type="checkbox"/>
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Before bed, tick this box if you washed your hands before eating today.





Find the Way: Number Maze



		3	7	9	5
		1	2	7	4
6	5	4	3	5	8
1	6	7	5	6	4
2	9	8	9		
6	7	5	10		



		8	3	4	5
		1	2	5	4
6	5	3	7	6	8
1	8	7	8	6	4
2	9	6	9		
6	7	5	10		

Add the Dots



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The Milkman and the Magic Bird



In a village, there lived a milkman. Every morning, he carried a can full of milk and went to the market. On the way, there was a green garden. In that garden stood a big tree, and on that tree lived a magical bird.

The bird was very beautiful. She used to sing a sweet song—“Choo-choo, choo-choo...”

Whenever the milkman passed by, he would pour a little milk into a small bowl on the ground and say with a smile, “Dear bird, here’s some milk for you.”

The bird chirped happily and slowly drank the milk.

This way, the milkman and the bird became good friends. Every day it was the same—the milkman came, left the milk, and the bird sang her sweet song.

One day, the bird laid two eggs on a branch of the tree. When the milkman came with the milk, the bird said, “My dear friend, these eggs are for you. Take them home.”

The milkman was a bit surprised, but he lovingly took the eggs home. When he reached and looked at them again, the eggs had turned into gold! The milkman’s eyes lit up with joy. He was no longer poor. He sold the eggs and became a rich and honest man.

Still, he visited the bird every day and gave her milk. His heart was full of love and truth. One day, his brother came to him and asked, “How did you become rich so suddenly?”



The milkman told him everything honestly. Greed filled the brother's heart. He thought, "If I also give milk to the bird, I will get golden eggs too!"

From the next day, he started visiting the bird with milk. But he was greedy and not sincere. He mixed water in the milk before offering it.

The bird understood everything but said nothing. One day, she gave him two eggs too. The greedy man happily took the eggs home.



But oh! They were just normal eggs —no shine, no gold. He was very disappointed and sad.

The next day, he went back to the bird and asked, "Why didn't you give me golden eggs?"

The bird gently replied, "Your heart was not honest. It was full of greed. You even added water to the milk. But your brother was truthful and kind.

He gave me milk without expecting anything in return. That's why he got golden eggs."

The greedy man realized his mistake. He said sorry to the bird and promised to live with honesty and truth from then on.

habits : Good & Bad

Color the good habits Green ● and the bad habits Red! ●



Throwing garbage
in dustbin



Praying before meal



Eating healthy food



Using smartphone
too close



Eating junk food



Sharing toys



Washing dirty hands

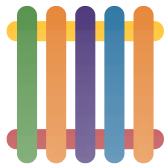


Sucking your fingers



Fighting with sibling

Ice Cream Stick Shapes



End of Sample

Loved this Sample?



This is just a small glimpse of what your child can experience.

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Improve creativity & imagination



Develop good habits & values



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