

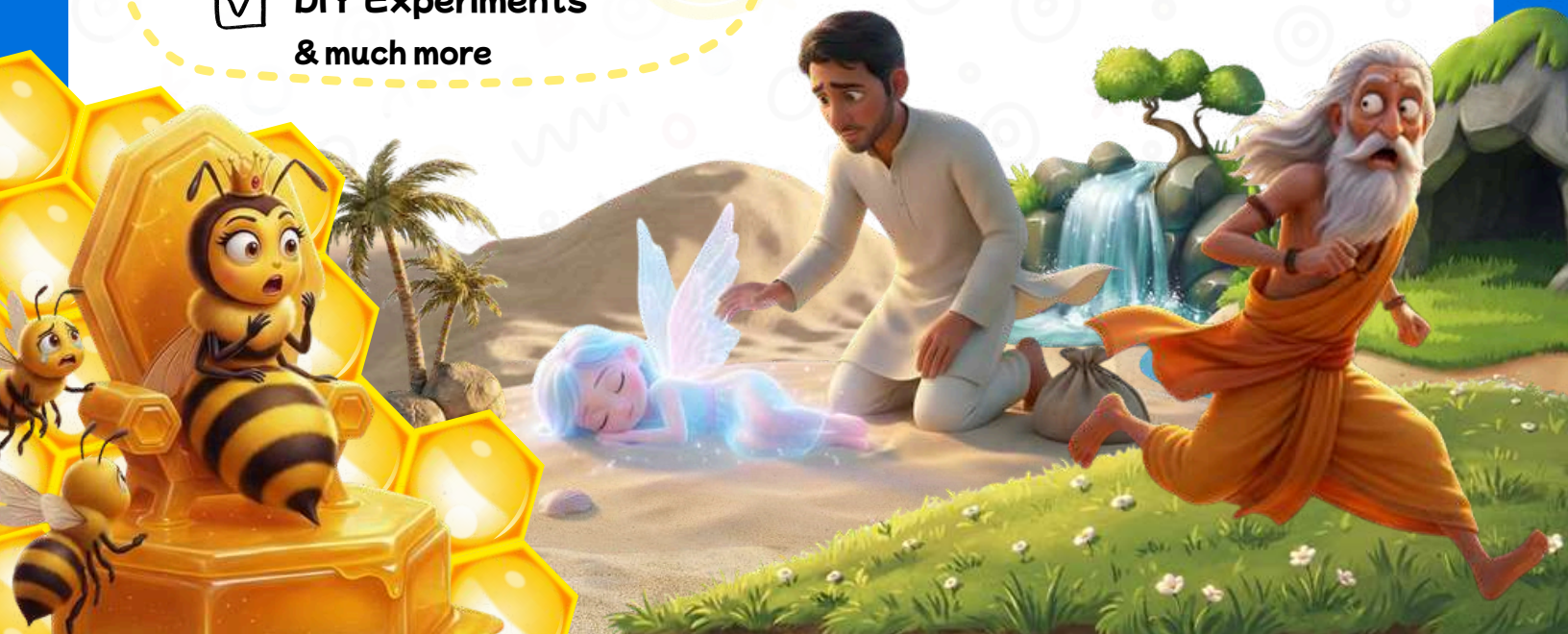
Age
8+

शाश्वतSTUDY™

TALES & TASKS

 Panchkosha Based

- Moral Stories
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- Drawing & Life Skills
- DIY Experiments
& much more



INDEX

Title	S = Story	A = Activity	Page no.
S King Ambarish and Sage Durvasa			1
S Ayush Becomes a Wise Shopper			3
S The Tortoise and the Rabbit: A New Twist			6
S The Wake-Up Journey			8
A Trataka – Single-Point Focus Practice			10
A Quiz MCQs			11
S The Power of Omkar			12
S Why Bees have Stingers			14
S Importance of Family			15
S Golden Mongoose			17
S Maharana Pratap: The Pride of Mewar			19
S The Problem with a Torn Note			21
S The Dry Earth			23
A Safe Escape Maze			25
A Nonogram			26
A Count All The Squares & Connect the Dots			27
A Anukrama – The Path of Order			28
A Draw Step By Step			29
A Color by Shapes			30
A 3D Cube Count!			31
A Complete the Sequence			32
A Did You Know			33
A The Art of Estimation			34
S The Two Angels in Disguise			35
S The Worthy Disciple			37
S The Three Riddles of the Wise Sage			38
A Draw Without Lifting or Crossing			40
S The Wise Answers of the Little Girl			41
S Panchamukhi Hanuman – Five Forms of Devotion			43
S The King and the Snake			45
S The Two Ledgers of Lord Ram			47
S The Magical Feast for Sage Durvasa			48
S The Selfless Devotion of Hanuman			51
A Magic Square			52
A Toothpick Coin Tower Challenge, The Cup Balance Get Up Challenge, Straw Windmill			53
A Hero of the Day, The Power of Words — Love, Hate & Ignore			54
A DIY 3D Hologram Viewer, Answers Key			55
A Find The 10 Differences			56

Seeing the king's devotion and forgiving nature, the Sudarshan Chakra returned. The king then lovingly served food to the sage. At that moment, the Kulguru said, "Your Majesty, now you should also break your fast." Sage Durvasa looked at the king in surprise and asked politely, "your Majesty, why have you still not completed your paran?"

King Ambarish replied calmly, "O great sage, I promised that I would break my fast only after you had eaten. You went to the Yamuna bank, and whatever happened after that took one full year. Until you ate, my paran remained incomplete. So I kept waiting for you."

Hearing this, Sage Durvasa's heart filled with regret. He said, "Because of me, your fast was stretched for so long. In anger, I committed a great offense. Please forgive me."

King Ambarish folded his hands and said, "O great sage, do not embarrass me by asking for forgiveness. Your grace and blessings are everything to me."

Sage Durvasa blessed the king, and then the king respectfully bid him farewell. In this way, King Ambarish's Ekadashi fast was completed.

Ayush Becomes a Wise Buyer

Ayush was a six year old boy — smart, polite, and very loving. But he had one unusual habit. Whatever he saw on TV, he immediately wanted to buy it. If there was an advertisement on TV for a brightening soap, he would say, "Mom, I'll buy this soap; it will make my skin glow."

When a shampoo ad came on, he said, "This shampoo will make my hair silky and beautiful." And when biscuits or chips were shown, he excitedly said, "Wow! This is the best! Please buy it for me."

His mother smiled and said, "Alright, I will get it for you."

Slowly, their bathroom filled up with five types of soap and four types of shampoo, and the kitchen filled with many kinds of packaged snacks like chocolate, chips, noodles, Kurkure, and Naan. Ayush enjoyed all of them happily.

One day, a new teacher joined his school — Srishti Ma'am. She taught children about health and the environment. She asked the class, "Who eats packaged foods every day?" Almost every child raised hand.



Srishti Ma'am smiled and said, "Very good! Now tell me, has anyone ever read what is written on the back of those packets?" The children became silent. Ayush said, "Ma'am, it only has the company name and the date, right?"

She replied, smiling, "Yes, but the real secret is written there." She then brought some biscuit packets, shampoo bottles, and soap packets for the children.

She gave everyone a packet of biscuits and said, "Come on, now everyone read the details written on the back of it."

Ayush read aloud, "Refined flour, sugar, palm oil, flavoring substances, preservative E-211..." He stopped and asked, "Ma'am, what is this E-211?"

She explained, "It is a chemical that keeps food from spoiling for a long time. But if you eat it every day, it can build up in the body and cause harm. Some people may get allergies, stomach pain, or skin problems." All the children listened carefully.

Next, she gave them soap packets to read. The labels said, "Sodium lauryl sulfate, parabens, artificial fragrance."

Srishti Ma'am said, "These are chemical ingredients. When you use them, they touch your skin and a small amount enters your body — just like when you use pain spray and it works inside the skin. If such products are used every day, these chemicals slowly accumulate in the body."

Ayush asked, worried, "Then what should we do, Ma'am? We can't stop using soap or eating food."

She replied, "There is no need to fear. You just need to understand. You don't have to stop everything, just choose the right things and use them in limits. Choose products that say 'paraben-free,' 'SLS-free,' 'natural ingredients,' or 'no preservatives.'"



Always remember — products with natural ingredients have simple names. But items with chemicals have long, complicated names, and such products often promise quick or magical results."

"For food, choose fresh items — fruits, vegetables, and home cooked meals. And if you ever buy packaged food, read the label carefully. If you see many difficult names you don't understand, avoid it."

Ayush said, "So that means the things that look very shiny or promise quick results are not always good."

Srishti Ma'am said, "Exactly! Shiny products usually contain more chemicals." She also taught them about choosing the right shampoo. Soon after, the school day ended and the children went home.

When Ayush reached home, he went straight to the bathroom. He picked up all the soaps and shampoos and read their labels. Some names were so long and confusing, that he laughed.

He told his mother, "From now on, let's buy soaps with fewer chemicals, and food that is natural and fresh." His mother smiled proudly. "Very good, that is the right way to think."

Within a few days, Ayush explained everything to his friends as well. He said, "Before buying anything, read what's written on the back. If there are too many 'E' numbers, 'SLS,' or complicated names, it means there are chemicals. Choose natural products whenever possible."

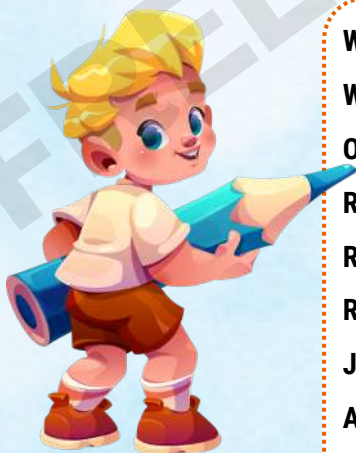
His friends agreed, "Yes, we will also be careful now." Slowly, all the children in the school became "label readers." Whenever they bought something, they checked the ingredients first.

Srishti Ma'am smiled and said, "Now all of you are wise consumers. This is true intelligence."

Label Detective

Find The Good & Spot The Bad!

Below is a list of ingredients from a food packet. Mark a tick next to the healthy ingredients and a cross ✗ next to the unhealthy ones!



Wheat Flour (Maida)

Whole Wheat Flour (Atta)

Oats

Ragi

Refined Sugar

Raw Unrefined Sugar

Jaggery

Acidity Regulator [341(1)]

Dough Conditioner [223]

Dough Improver [Papain - 1101 (ii)]

Coconut Oil

Edible Vegetable Oil (Palm Oil)

Ghee

Honey

Artificial Flavouring Substances

Liquid Glucose

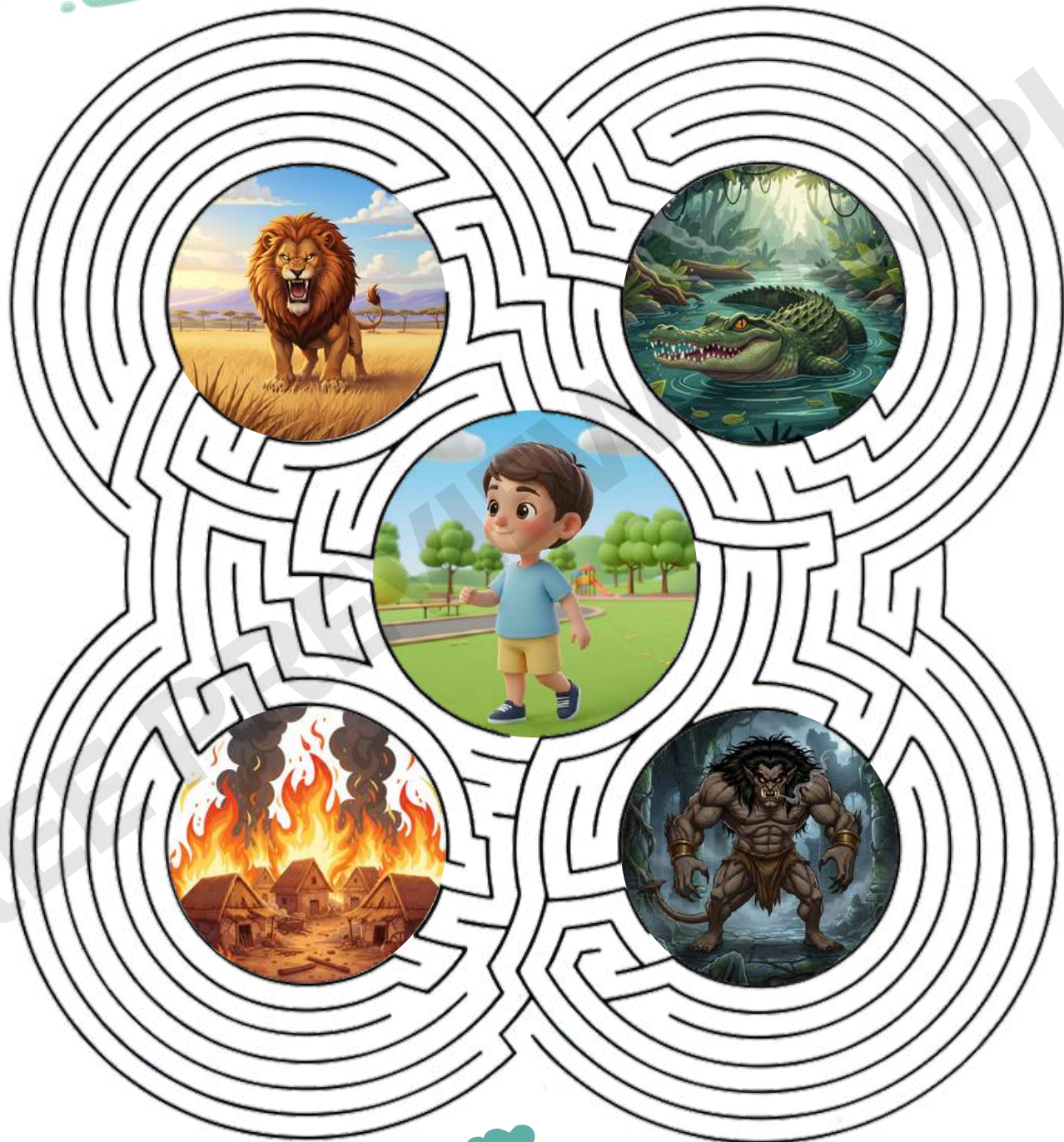
Almonds

Raising Agents (INS 503(ii))

Emulsifier (INS 322)

Milk Solids

SAFE ESCAPE MAZE

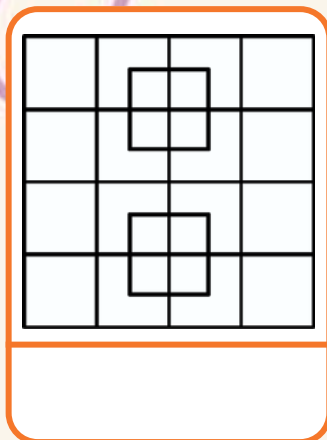


Count All The Squares

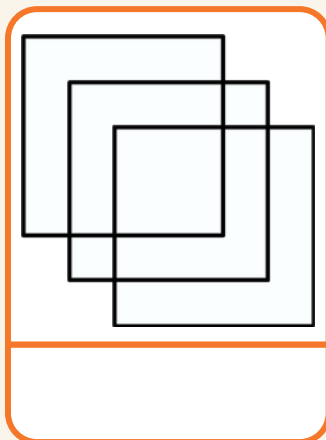


MATH

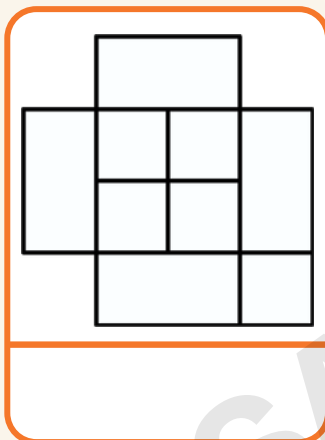
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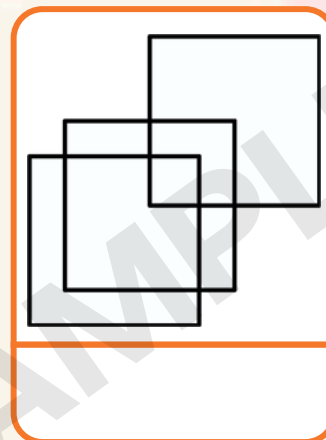
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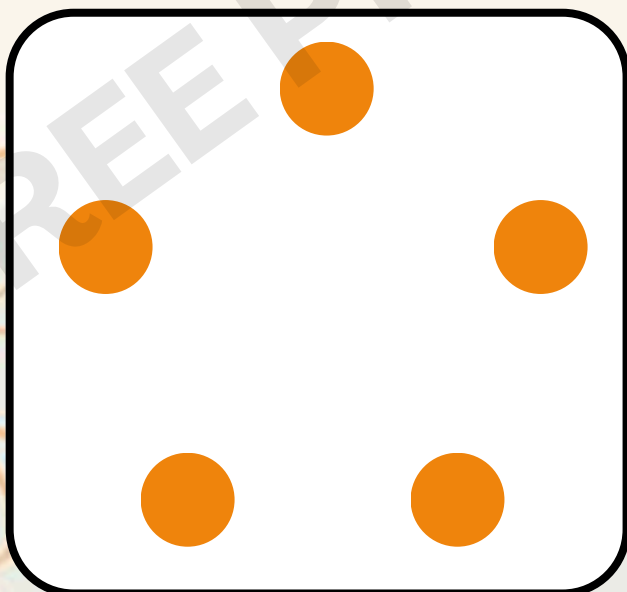
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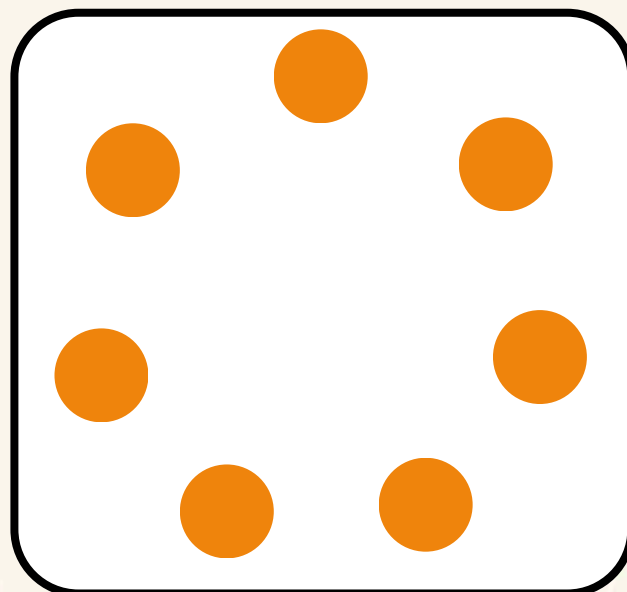
Connect the Dots

Connect any two dots with a straight line. How many unique lines can you create by connecting every possible pair of dots exactly once?

1



2



*Answers On page 55

Golden Mongoose

The great war of Mahabharata had ended. The land of Hastinapur, once stained with blood, was now filled with hope. King Yudhishtira had been crowned and wished to begin a new era of righteousness and prosperity. To honor the gods and bless his people, he decided to perform a grand sacrifice, a great yajna. The entire kingdom was busy with preparations. Learned Brahmins were invited, Vedic chants echoed in the air, and the poor and needy were called to share in the king's generosity.

On the day of the yajna, the scene was magnificent. Yudhishtira moved among the people, offering gold, jewels, and cattle. Everyone praised him, calling him a noble and generous king. Just as the ceremony neared its completion, something strange occurred. A mongoose entered the sacred place. Its appearance surprised everyone — the front half of its body was golden, and the rest was dull brown like dust. When the mongoose stepped into the yajna hall, people gasped in wonder.

“What a strange creature!” someone whispered.

The mongoose sniffed around, rolled on the ground in several places, then stood upright. Its shining golden fur sparkled in the sacred firelight. Looking toward Yudhishtira, it spoke in a voice almost human, “So much wealth and luxury here! Yet none of you truly understand the meaning of real sacrifice.”

Silence filled the hall. The Brahmins, who had just been praising the king, were taken aback by this unexpected criticism. One of them said angrily, “Who are you to judge us? Do you even know how great this king's charity is?”

The mongoose bowed its head humbly and replied, “My intention is not to offend. I have traveled across many lands and seen countless acts of charity. But the purest sacrifice I ever witnessed happened in a small village, where a humble Brahmin and his family gave away everything they had during a terrible famine. Let me tell you their story.”

The mongoose began to tell the tale.

“Years ago, in a small village, there lived a righteous Brahmin with his wife, son, and daughter-in-law. They survived on grains left in the fields after harvest. One year, a dreadful famine struck. The fields dried up, and hunger gripped their lives. Yet the Brahmin vowed never to beg.

One day, his wife gathered the last handfuls of barley, ground them, and made four small rotis. Though the rotis were small, there was a spark of comfort on their faces. Just as they were about to eat, they heard a faint, weary voice at the door.

“Kind souls, may I have something to eat? I have been hungry for days.”

The Brahmin immediately rose, invited the guest inside, gave him water to wash his hands and face, and placed his own roti before him. “Please eat, my friend,” he said softly.

The guest ate it but was still hungry. Seeing this, the Brahmin’s wife handed over her portion and urged her husband, “Please give this to him too.”

The Brahmin protested, “But your health is weak, and you haven’t eaten since morning. How will you survive?”

She replied gently, “A guest is like God. Let him eat to his fill.”

With a heavy heart, the Brahmin’s wife gave her piece as well. The guest ate, but hunger still remained in his eyes. Then the Brahmin’s son came forward and said firmly, “Father, give him my roti too. He needs it more than I do.” Tears filled the Brahmin’s eyes, yet he could not refuse his son’s selfless heart. Finally, the daughter-in-law offered her roti.

The Brahmin said, “No, child, you are too young.”

But she replied calmly, “Father, let me also be part of this sacred act. What is the worth of our lives if a guest leaves our home hungry?” Her words touched everyone. The Brahmin gave her share to the guest as well.

As soon as the guest finished the last bite, his form changed. A bright divine light filled the room — it was the God of Dharma himself.

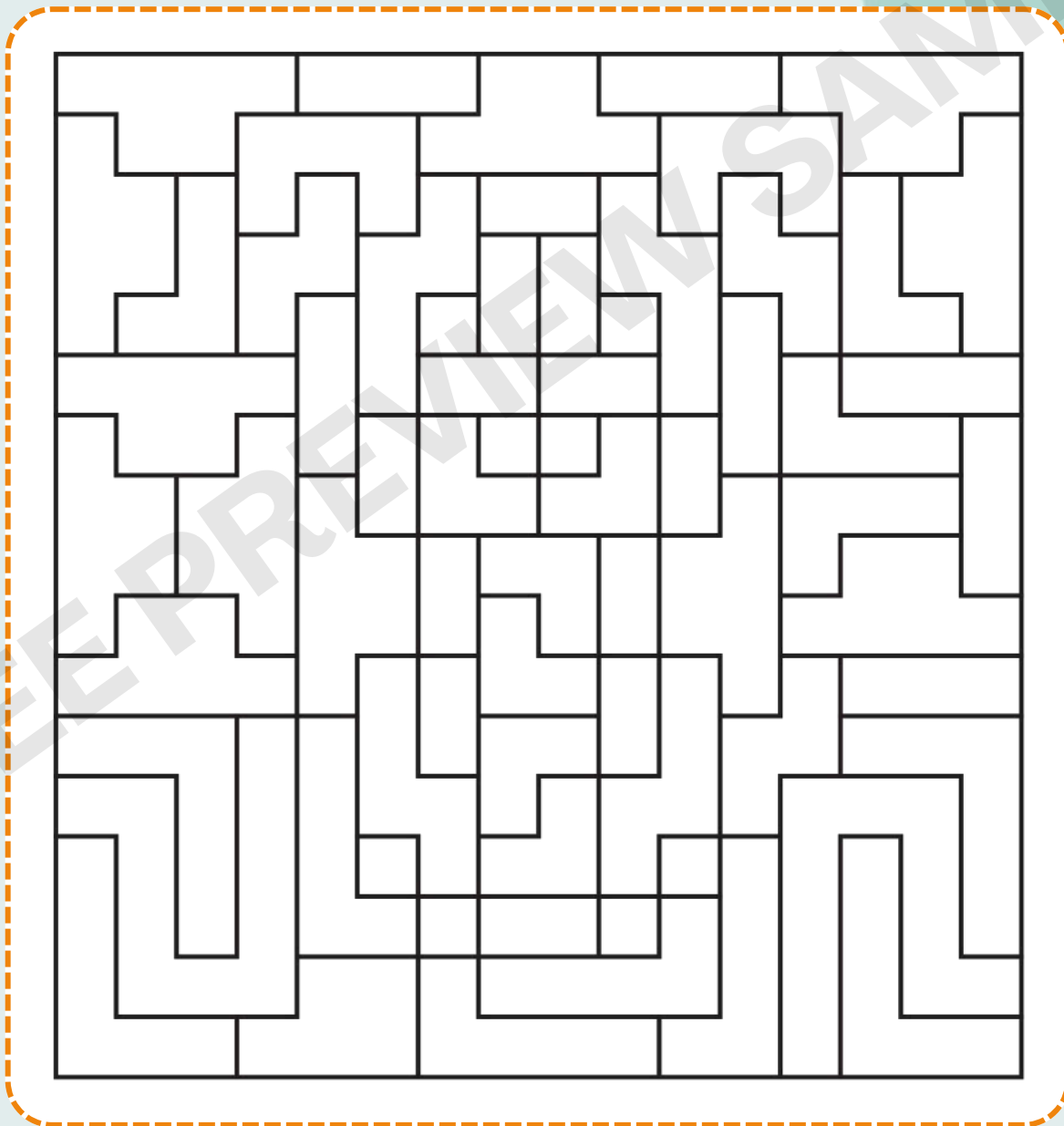
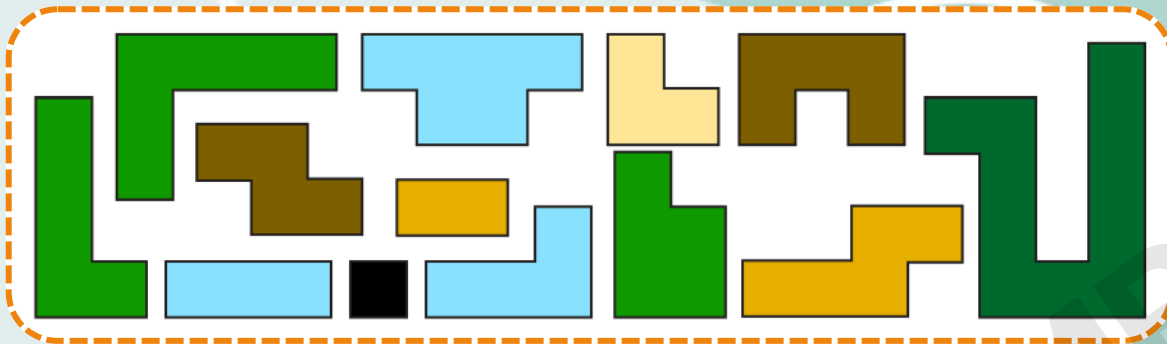
He said, “I came to test you. Your selflessness is beyond measure. All of you shall ascend to heaven.” The Brahmin’s family, glowing with divine radiance, rose to heaven in a golden chariot.

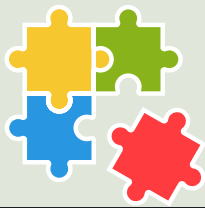
“After the family departed, I rolled over the crumbs of barley left on the ground, and half of my body turned golden,” the mongoose concluded.

Then, looking around the yajna hall, it said, “Since that day, I have rolled in the dust of many great sacrifices. But I have never found a gift or offering as pure as that Brahmin family’s. If I ever did, the rest of my body would turn golden.”

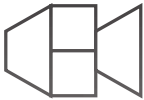
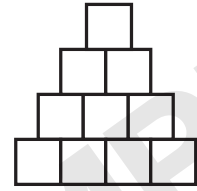
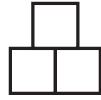
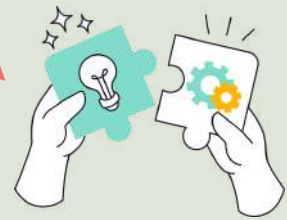
The hall fell silent. Yudhishtira bowed his head, realizing that though his yajna was grand, the Brahmin’s sacrifice was far greater. True charity, he understood, is not in gold or jewels, but in giving selflessly, expecting nothing in return.

Find colored shapes from the top in the grid below and color them with matching colors to reveal a hidden picture!





COMPLETE THE SEQUENCE



End of Sample

Loved this Sample?



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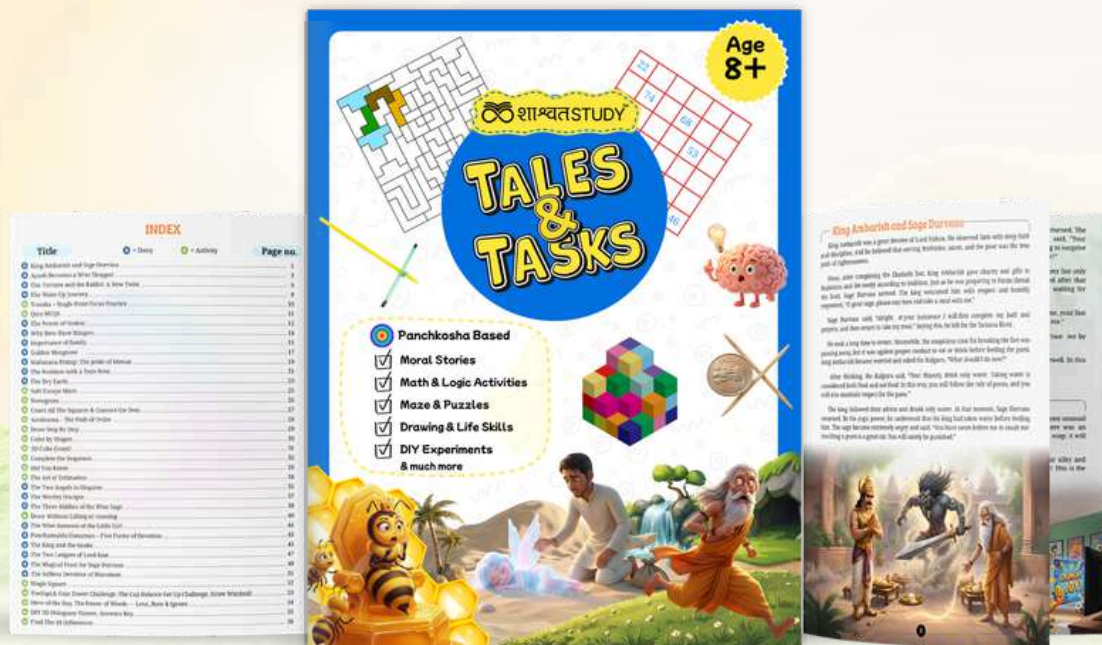


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