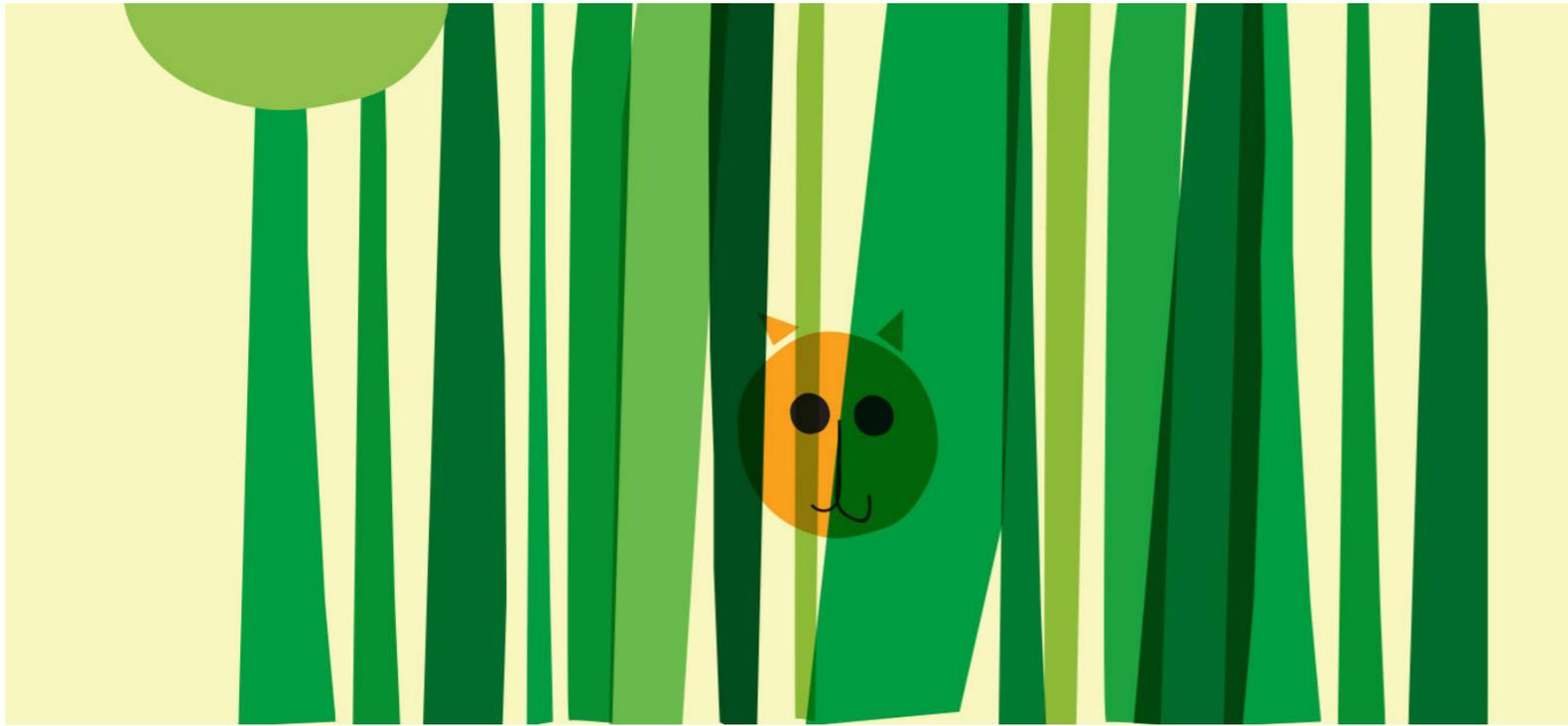


Have you ever asked your Mom, for a story? ....

then you can relate to this easily ...

By Srujana Aouk

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Let's be real, who doesn't like stories!!  
Some might like any story or some funny or some thriller and these changes based on your age and time of the day. I was some one who needed a story every single night before I go to bed. I used to ask so much that my mom started reading magazines only to tell me bedtime stories. But here is the catch every story she told me it had a moral in it. There were some live examples and some were fictitious.

Later when I became mom, what do you expect my Boys would not let me sleep with out a story the only difference is I am reading stories from apps rather than magazines to cover up my nights. But these are one step ahead of me, I will tell you how, this mainly happened with Swarith, even if he slept off like in a car or travel he used to wake up in the middle of the night and made sure I tell him a story (could be a repeated story)and then only slept back. Now my second one used to kept saying Story,story,story..... Constantly it was easier to tell the story then to bear his repetitions. Now It was my Moms turn to laugh at me. 😊

## But coming to reality How important are stories for Kids?



**The stories we hear as children shape our view of the world.**

Most small children live their lives in quite a limited environment. Reading stories to children can show them far-flung places, extraordinary people and eye-opening situations to expand and enrich their world.

It can also be a great way of helping them deal with real life situations that they need help to deal with. Researchers have found that the brain activity that occurs when we read fiction is very similar to experiencing that situation in real life, so reading about a situation helps children work out how to solve it in reality.

## Making children into nicer people?

It gets even more surprising when you look at the effects of reading fiction to children on their social behavior.

Scientists have found that children who have fiction read to them regularly find it easier to understand other people – they show more empathy and have better developed theory of mind (the ability to understand that other people have different thoughts and feelings to us, which is essential for understanding and predicting other people's thoughts and behavior).



be nice  
to people.



To me more than Book reading, story telling is even more effective as the Imagination kicks in and the Kid gets to open up his/her imagination skills, which helps them in innovating and imaginative. This is the place where parents can take a little advantage of building in Empathy, Equality, humanity, bravery, right or wrong e.t.c believe me "SKY IS THE LIMIT". Some parents can also add in what's going on in the outside world. I know this gets to the sensitive but teach kids that "Humanity is bigger than Color/Race/Religion". Once we get this in our heads (adults) we can pass this to the next generation. All Races are based on some Religion and

**"No Religion is greater than Humanity"**

# How can Yoga help ?

Now If you are wondering how Yoga can help here, coming to that point I teach Yoga based on a Story theme. For example in one of our classes we talked about LuLu the lioness who is not able to roar getting frustrated and how her friends who are so different than her like Monkey/Giraffe and Elephant came to help Lulu being kind and showing empathy towards Lioness. This is where we pitch in and add in humans with different colors, races and religions.

***Do More Yoga***

***and***

***Give More Love!***

