

The
Jai Jais®

DIWALI

ACTIVITY PACK





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Your adventure awaits!

1.



Welcome To Diwali The Jai Jais Way



Diwali, one of the most celebrated, bright and vibrant of Hindu Festivals. How are you celebrating Diwali this year? It is more important than ever to bring love, light and happiness into our world. What a perfect way to do this with the festival of lights. The power of light is something that brings in a lot of positivity in our lives and

Diwali being the “festival of lights” is a day worth rejoicing. Like every Hindu festival Holi is also associated with popular stories. The story of Diwali goes back to the ancient scriptures The Ramayana, written by Sage Valmiki. We have recreated this epic story in our Legends Series, and also for our younger children in The Jai Jais Diwali.

The Ramayana, the story of Rama through his trials and tribulations, has inspired millions over centuries. The Ramayana teaches about Dhrama-duty and righteousness, devotion, hope and bravery. There are some many qualities in the scriptures.

We have put together some fun activities for all the family to enjoy for Diwali this year. We hope that this pack brings lots of fun for may your day be filled with happiness love and light

Happy Diwali from the Sai Jais Team!





The Five Days of Diwali with The Jai Jais



Light is one of the oldest and most meaningful symbols, found in cultures and religions worldwide. Deepawali, Deepavali, or Diwali is the biggest and the brightest of all Hindu festivals. It is the festival of lights: deep means "light" and avalī "a row" to become "a row of lights." The Festival of Lights, is the most popular Hindu festival of good overcoming evil. The triumph of light over darkness is celebrated with Divas, lamps and fireworks.



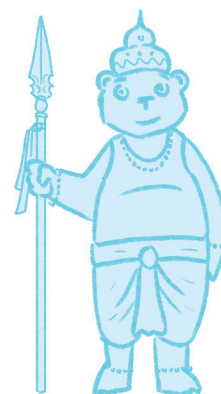
Diwali is composed of five days, each with its own story...



1. Dhanteras

The festivities officially begins on the first day, which is known as Dhanteras. "Dhan" means wealth and "teras" refers to the 13th day of a lunar fortnight on the Hindu calendar. This day is solely dedicated to the worship and celebration of the goddess of wealth, Goddess Lakshmi.

Goddess Lakshmi was born from the churning of the ocean on this day, and she is welcomed with a special pooja (ritual). People consider this day very auspicious (shubh) and buy something precious-specifically gold, silver, gemstones, new utensils and clothes. In the evening, earthen lamps are lit outside the houses to welcome the goddess.





2. Chhoti Diwali & Kali Chaudas



The day between Dhanteras and Diwali is celebrated as Chhoti Diwali. It is also known as 'Naraka Chaturdasi' and 'Roop Chaturdashi'. "Naraka" means hell and "Chaturdashi" means 14th day of a lunar fortnight on the Hindu calendar. Goddess Kali and Lord Krishna are believed to have destroyed the demon Narakasura, who was the ruler of Pragjyotshpur on this day.

Lord Krishna freed all the captive princesses and returned home victorious, and thus this day is commemorated to mark his triumph over the demon. With the festival of lights being just a day away, the streets and homes are already seen twinkling with lights.



Kali Chaudas is day to abolish laziness and evil which create difficulty in our life and shine light on life. On this day, a hair wash and application of kajal in the eyes is believed to keep away the kali nazar (evil eye). Some say that those who are into tantra, learn their 'mantras' on this day. Alternatively, people offer food to the goddess that is local to where they are originally from. This goddess is called their 'Kul Devi', in order to cast off evil spirits. Some families also offer food to their forefathers on this day.

4.



3. Diwali



The third day is the main day of the festival. It is the new moon day known as "Amavasya". This darkest day of the month is the most significant day of the Diwali festival in north and west India. Lakshmi is worshiped on this day, with a special puja performed in the evening. Goddess Kali is also usually worshiped on this day in West Bengal, Odisha and Assam (although Kali Puja sometimes falls a day earlier depending on the lunar cycle).

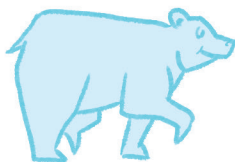


The south Indian Deepavali festival is also celebrated on this day. Goddess Lakshmi and Lord Ganesh are worshipped in the evening during an auspicious time, and proper aartis and bhajans are recited. It is believed that goddess Lakshmi enters homes and blesses devotees with good fortune and wealth on this day. People light divas and candles and decorate their homes with lights.

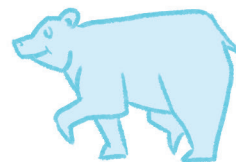


4. Govardhan Pooja

This day has various meanings across India. In north India, Govardhan Puja is celebrated as the day when Lord Krishna defeated Indra, the god of thunder and rain. It is believed that Lord Krishna defeated Indra by lifting the Govardhan Mountain. In Maharashtra, Karnataka and Tamil Nadu, the victory of Lord Vishnu over demon king Bali is celebrated as Bali Pratipada or Bali Padyami. The fourth day is widely celebrated as Govardhan Puja in the northern states of India. On this day, people make a small mound, usually of cow dung, and worship it. In the western states of India in Gujarat, it's celebrated as the start of a new year, this day marks the New Year as per their calendar and is celebrated as Bestu Varas.



5. Bhai Dooj



The fifth and last day of the festivities is the Rakhsha Bandhan-equivalent for sisters, and is known as Bhai Dooj. On this day, brothers visit their sisters and perform a 'tilak' ceremony. In this ceremony, rice and vermilion is applied on the brother's forehead, which is followed by aarti. Sisters pray for their brother's long lives while they promise to protect their sisters.

6.



Diwali Word Search

Can you help the mighty Jatayu find all the words lost in the forest of letters?

I E J P N N D D X J A D I R X O Q Q E O J Z N C
 M O T G A S Q K F T W N S Y M V X W F K U A Y O
 I G A A I T C V A N M M Z T V A K S O K K Z Y S
 Q O U H R M I R B E H J S U O L S T L I G H T S
 J L P P A B C O O E O K M X M M H H I P G S Q H
 Q D R C A P E C L S P Q P B Q I R E L R A M A A
 H E A X A X P L Y A E W H K Y K X A R L N O A N
 I N M S Q G V I E L V M K R S I N C Z B L K H U
 V D A P X R H A N C P Y T L A Y O L N N X E E M
 J E Y J Z V A F T E U U N A V A B M A J R C N A
 J E A P Y E B V H I S P W P S N D G F W Q R R N
 X R N O J B R T A F S S A N A M H S K A L D Q C
 Z D A B H E A N D N W Q P W J O I P Y Q A E D B
 P Z V Y N O V K L F A B X B R Z V U R L L K I W
 E P A V R R E W M G O I I W T X D R U R I V S V
 S F A I A S R O Z W C E C A N U I I E X P M J W
 Y D Y F C D Y W A T Q T W A R D W H X S N S A J
 Z X H Q O G I N H G E C K D N Z A Y I O X W L F
 H K D A Y I D P D G J A T A Y U L M L M N O M T
 V N O Z Y A Q Y F N L Q F E D W I U E U N X C K
 P N Y R R S E I E B O N B I R P D W D L O V E K
 L Y A R U J A Y O R Z N N E E D V Y V S B W S K
 W M O P L A V I T S E F F U Y X T I N O R F C Y
 K W E Y Q U L J N C Y E Z J K I P U E L T T A B

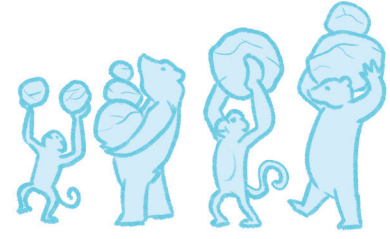
VALMIKI LOVE BRAVERY LOYALTY JAMBHAVAN JATAYU
 BATTLE BOW AND ARROW EXILED CELEBRATE HOPE FAMILY
 HAPPINESS AYODHYA RAVANA DIYA GOLDEN DEER
 LAKSHMANA HANUMAN RAMA SITA RAMAYANA LIGHTS
 FESTIVAL DIWALI

*Answers at the end.

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Ramayana Quiz



Hanuman's army needs to get to across the ocean to the Island of Lanka. Help them build a bridge by drawing lines from the questions to the correct answers.

- | | |
|---|-----------------------|
| 1. What is Diwali the festival of? | A. Ayodhya |
| 2. Who is Rama the Avatar of? | B. 3 |
| 3. How many brothers did Rama have? | C. Vishnu |
| 4. Where was Rama born? | D. Lakshmana |
| 5. Who was Rama's wife? | E. Lights |
| 6. How many years was Rama exiled? | F. Hanuman |
| 7. Who was the evil ten headed demon? | G. A bridge of stones |
| 8. Which brother helped Rama save Sita? | H. 14 |
| 9. What was built to go from India to Lanka? | I. Sita |
| 10. Who carried a mountain to save Lakshmana? | J. Ravana |



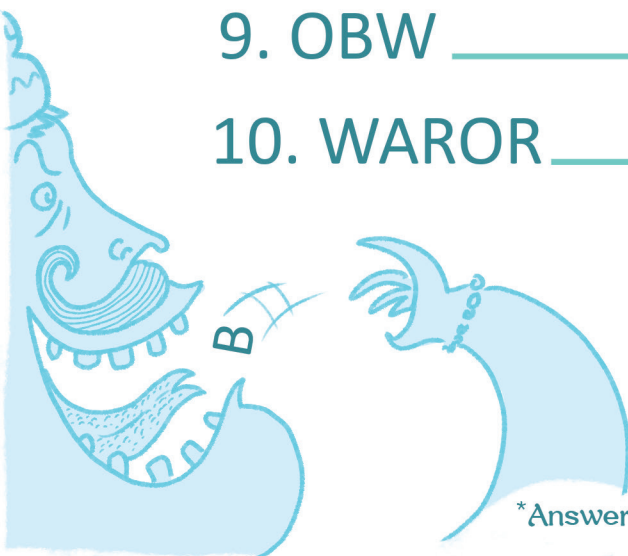
The Jai Jais Diwali Word Scramble



Ravana's naughty asuras have scrambled up all these words! Help Rama by unscrambling them so that he can continue on his quest to save Sita.



1. ASIT _____
2. AMRA _____
3. RFOTRES _____
4. NHUMANNA _____
5. JAYUTA _____
6. NAVAAR _____
7. KANAL _____
8. KHAMSLANA _____
9. OBW _____
10. WAROR _____



*Answers at the end.

9.



Spot the Diwali Difference



Can you spot the 10 differences between these two pictures of evil Ravana battling Jatayu, the giant vulture and friend of Rama?



* Answers at the end.



Fun Diwali Crafts

by Mrs A Mistry

Paper Diya Decorations

What you will need:

*Coloured paper cut to a square (I used 15cmx15cm)

*Gold card/glitter card

* Glue

* String (optional)



Instructions:

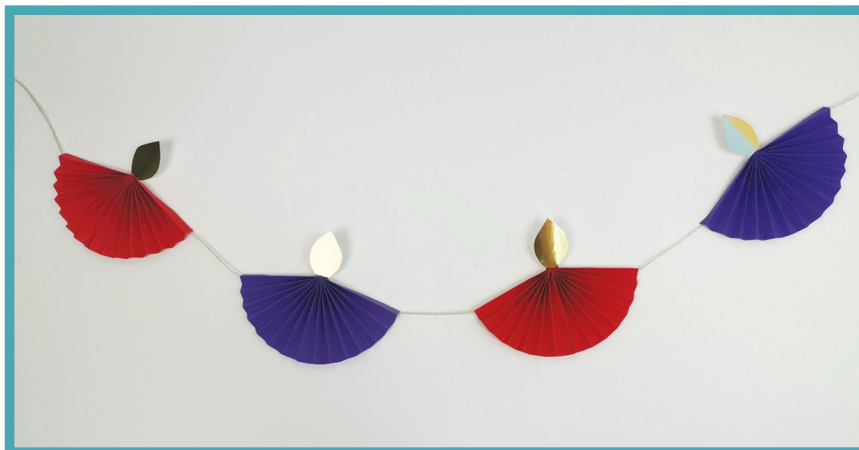
1. Create an accordion fold on your paper.
2. Fold your accordion in half.
3. Glue two edges together to create a semi-circle.
4. Cut out a flame shape to stick on top.

Variations:

You can create as many of these to string together to make bunting or hanging decorations.

Use glitter glue, sequins and other embellishments to give your diyas more sparkle!

You can create smaller ones to stick onto plain greeting cards to create your own Diwali cards to send out to family and friends.



Rangoli Sun Catcher

What you will need:

- * Black paper (cut to a square shape)
- * Scissors
- * Coloured cellophane (sweet wrappers will do)
or coloured tissue paper
- * Glue

Instructions:

1. Fold your paper in half on the diagonal then half again so it becomes quarters. Fold again until it is in 8ths.
2. Cut the extra pointy edge off to make your shape less square.
3. Use scissors to cut some shapes out of all the layers (ask an adult to help you)
4. Open it up carefully to see your creation!
5. Add coloured tissue or cellophane in the spaces where you have cut out
6. Display it in your window

Variations:

Cut a larger hole in the middle and then place an LED tea light to create a colourful diya





Clay Diya



What you will need:

- * Air drying clay or salt dough (recipe on next page)
- * Paints
- * PVA glue
- * Gems/sequins

Instructions:

1. Roll out a flat disc shape a bit bigger than a tea light
2. Roll out a thick sausage that will fit all around the disc shape like a wall
3. Join and press the two pieces together at the bottom edge.
4. Leave to dry (or bake in the oven if using salt dough)
5. Add paint and embellishments
6. When dry cover with PVA glue to varnish it.

Variations:

You could press textures into your diya whilst the clay/dough is still soft to add more interest and details.

Experiment with different styles and shapes of diyas.



13.



Salt Dough Recipe

- * 1 cup flour
- * ½ cup salt
- * ½ cup warm water



1. Dissolve the salt in the warm water
2. Make a well in the flour and add the water
3. Combine to make a medium firm dough.
4. Use baking paper to roll your pieces out so they don't stick to your surface
5. Use water to stick pieces together
6. Once formed, bake at 100 C for 2 hours

Mrs A Mistry ✂



Hi! I'm Anisha, a qualified secondary school Art & Design teacher living in the heart of West Yorkshire. I teach everything from drawing, painting, printmaking, textiles and ceramics.


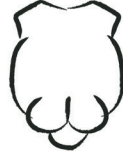


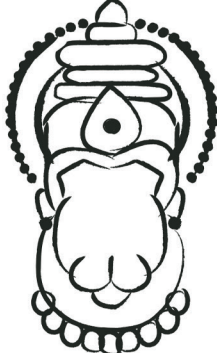

I share a lot of my tips and student artwork on Instagram @mrs_a_mistry and more recently I started to make videos of different activities and art lessons that you can find on my YouTube channel: Mrs A Mistry.

Mrs A Mistry ✂

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How To Draw A Digital Deity


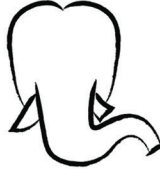
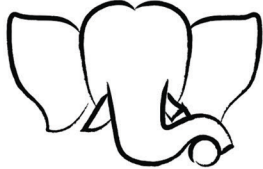
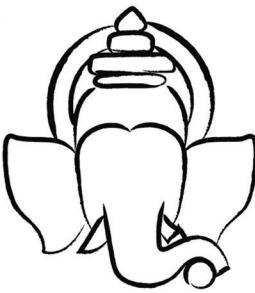
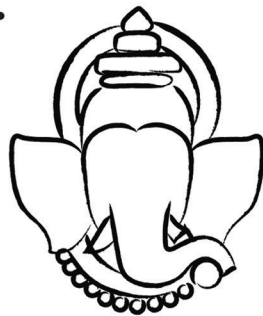

- Hanuman -

1. 	2. 	3. 
Firstly, draw the nose and mouth (think about half circles).	Add a simple face shape (almost like a shield)!	Don't forget the ears, hair and strong beard.
4. 	5. 	6. 
Draw in the crown (Mukut), in circular and rectangle shapes.	Add simple jewellery detail.	Add all the details to the face & crown to bring to life.
Draw here:		

वस

How To Draw A Digital Deity

- Ganesh -

1.	2.	3.
		
Firstly, draw a simple face shape.	Add the trunk & tusks (Don't forget, one full, one half tusk).	Draw the ears (Like flower petals) & ladoo.
4.	5.	6.
		
Draw in the crown (Mukut), in circular and rectangle shapes.	Add simple jewellery detail.	Add all the details to the face, ears & crown to bring to life.
Draw here:		

वस

About me & DIGITAL DEITIES

Hello! My name is Vijesh, a Graphic & Digital Designer who has a huge passion in creating minimalistic icons and illustrations based on our Hindu god's and goddesses. My style has led me to create a series of artwork, prints & animations where I try to educate, inspire and keep the wonderful Hindu religion alive through unique and beautiful visuals.

"Art & Design is a beautiful way of expressing emotions and feelings"



The God's & Goddesses have played a big part in my upbringing, through old tales and stories to also finding answers in scriptures and qualities of certain deities. I have always wanted to inspire and bring about genuine interest and love back into the beautiful Hindu culture.

Digital Deities is a new wave of reimagining the Hindu faith, inspired by the unique God's & Goddesses. The Art Prints in my store are unique and nothing that has been created before. Using AR (Augmented Reality), these prints will come to life via any smartphone. This means you can bring to life your print in your own home, a sense of magic encapsulating the beautiful minimalistic yet colourful designs.



वस

**DIGITAL
DEITIES**
ESTD 2020

www.instagram.com/_vsdesigns
www.etsy.com/uk/shop/DigitalDeities

The
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Diwali

Aaiwi!



Diwali is all about **COLOUR!**
 Colour in Gujarati is "RUNG" or "રંગ"
 Colour in this beautiful Diwo in the correct colours!



Shyaam gulaabi
(Dark Pink)



Naarangi
(Orange)



Leelu
(Green)



Peedu
(Yellow)



Waadadi
(Sky Blue)



Laal
(Red)



Say the numbers in Gujarati as you colour them in. Can you count to 20 in Gujarati?

"Diwo" is a little candle we light at Diwali. See if you can write it in Gujarati here...

દીવો

૧ (Ek) is 1.....૨ (Be) is 2.....૩ (Thrun) is 3.....૪ (Chaar) is 4.....૫ (Paanch) is 5.....૬ (Chha) is 6

18.



Diwali Aaiwi!



Pick the correct answer from this box, and write the number and the name of the Diwali related item in the circle, in Gujarati

CHOOSE THE CORRECT ANSWER FROM HERE:

૪ ૫ ૭

રંગોળી

"Rangoli" ketli chhe?



.....

રંગોળી

ભેટ (Bhhet)

"Bhhet" ketli chhe?



.....

ભેટ

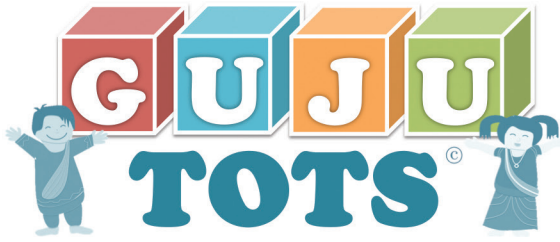
ફટાકડા

"Fataakada" ketla chhe?



.....

ફટાકડા



Kem Chho! I'm Smitty Hindocha, owner and founder of Gujutots, and my mission is to help make sure our beautiful Gujarati language is kept alive for generations to come by inspiring young children to learn and love Gujarati by teaching them in a super fun way!



Growing up in the UK in the 80's, I attended Gujarati school at the weekend and many of my elders only spoke to me in Gujarati – learning the language this was quite easy, and I became fluent in both written and spoken Gujarati. Today, however, the situation has changed a lot. Even if both parents know how to speak Gujarati, households often end up speaking only in English. And parents no longer want their children to attend old school style Gujarati classes, opting for more fun, interactive classes now available to them.

So, with two children of my own, I took it upon myself in 2018 to start teaching the next gen Gujarati in a more enjoyable way – I started writing songs in Gujarati that kids could relate to, and learn from; and made up games and activities that could be played, enjoyed and again, would inevitably help children gain confidence and develop a love for learning Gujarati.

Gujutots now has a global presence with online classes as well as those in a face to face setting. Music CDs are available to purchase and much more is yet to come!

Smitty Hindocha - Gujutots
www.gujutots.co.uk
www.facebook.com/gujutots
www.instagram.com/gujutots
www.youtube.com/gujutots

Kheelna Creations Mandala Drawing and Colouring In

Get creative in this section with henna artist, Kheelna Shah, showing you how to draw your own mandala. She has then collaborated with The JaiJais to make some mandalas for you print off and colour in!

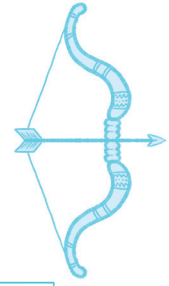
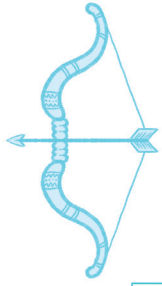
Kheelna Shah came across The JaiJais when her little girl was born in 2019. A henna artist by profession, she was left with time on her hands during lockdown, and much of that time was spent drawing. She got creative and decided to put her own spin on The JaiJais illustrations.

She shares her journey on Instagram @kheelnascreations, where you can find henna inspiration, crafts ideas and gifts using paint cones, and videos of mandala drawings.

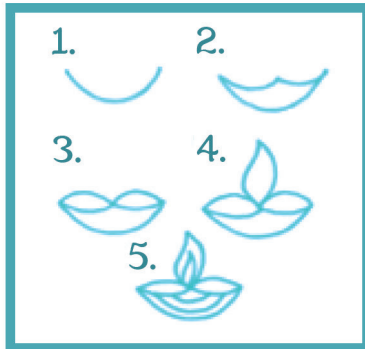


21.

How to draw a Diwali Inspired Mandala



1. Step by step guide on how to draw a divo.



2. Draw the outlines:
- Inner circle for central divo
- Outer circle for mini divas



3. Draw central divo in inner circle.



4. Draw mini divas on outer circle in the following order:
- 12 o'clock, 6 o'clock, 9 o'clock, 3 o'clock



5. Fill in the gaps on the outer circle – there will be 2 divas in each gap.



6. Draw a design in the circle in between.

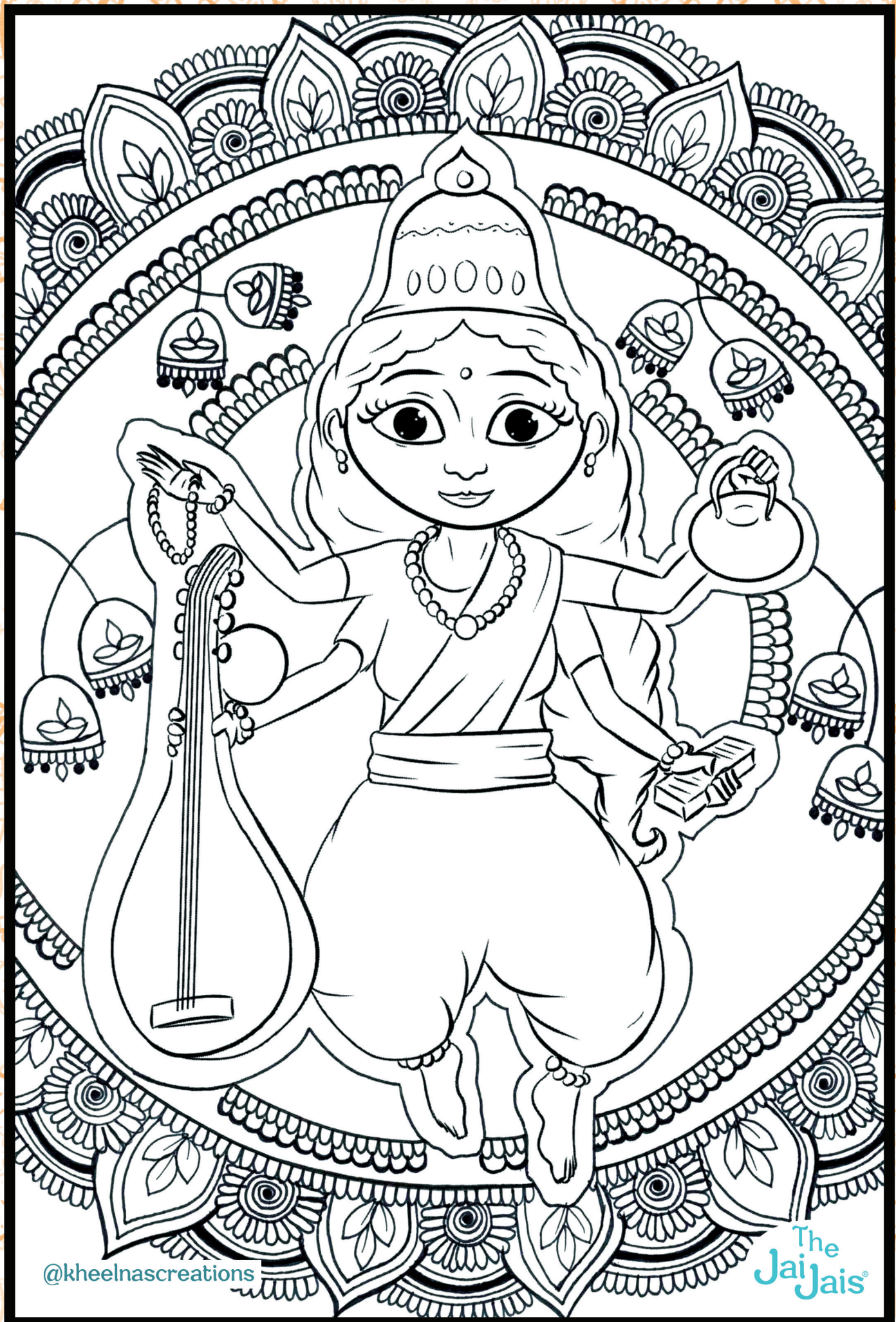




@kheelnascreations

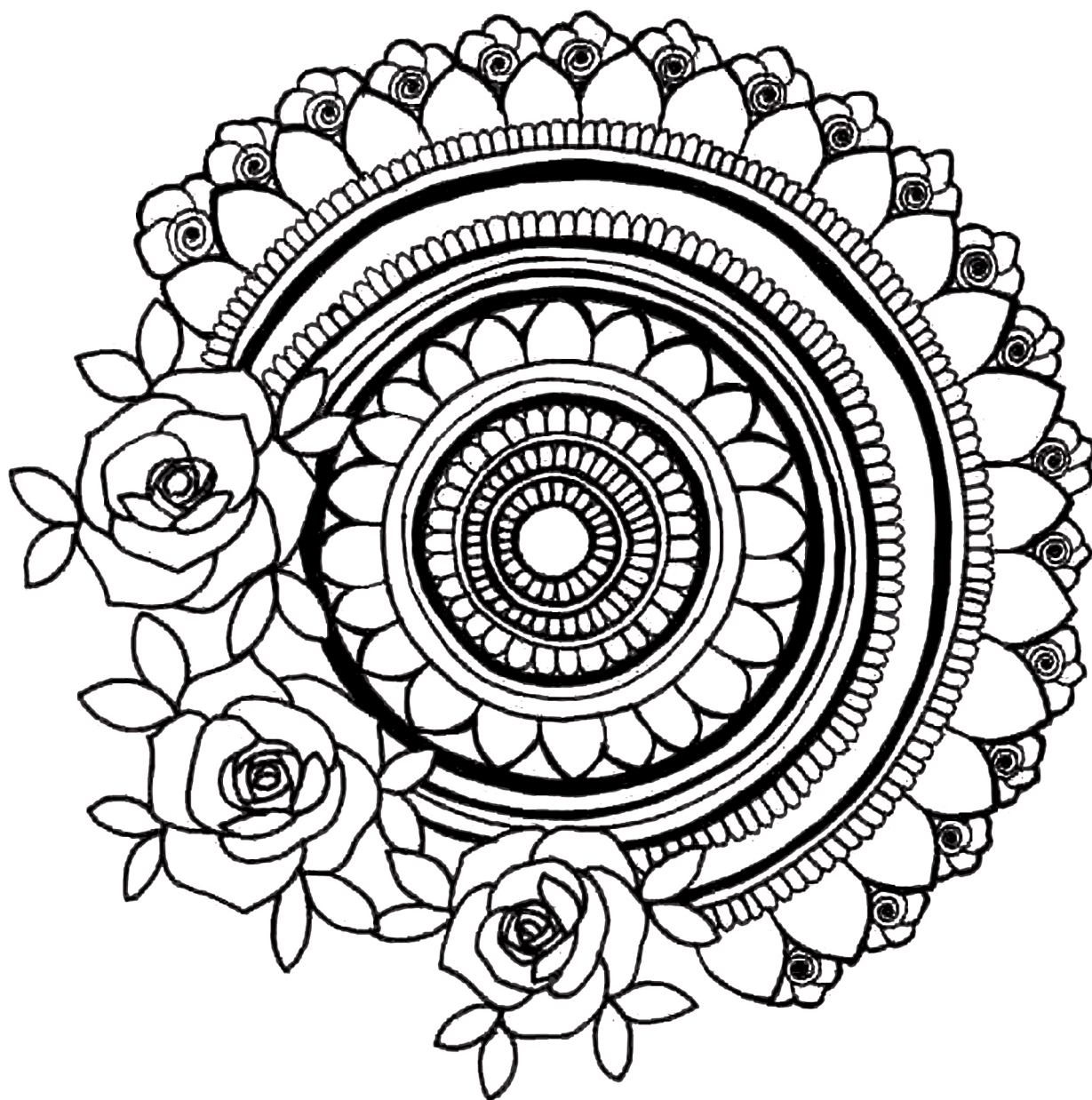
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15 Min Mom Recipes



During the 5 days of Diwali many different and delicious traditional foods are eaten. 15 Min Mom has put together some quick and easy recipes for you to make at home!

Warning: the recipes contain nuts but can be adapted to suit vegan and nut free diets.





Rama and Sita's Raffaellos



Rose Raffaellos for Sita

3 ingredients only - makes 16

- * 1/4 tin condensed milk
(- I used vegan)
- * 2 cups desiccated coconut
- * 2 Tbsp rose syrup

Mix all the ingredients and roll into small balls. You can use ghee on your hands so the mix doesn't stick

Let set in the fridge for 1 hours before serving

Store in fridge for up to 2 weeks



Blue Raffaellos for Rama

4 ingredients only - makes 8

- * 1/4 cup creamed coconut
- * 2 Tbsp maple syrup
- * 1/2 cup desiccated coconut
- * 1/4 tsp blue spirulina powder

Mix all the ingredients and press together with your hands to form balls

Store in fridge for up to 2 weeks



Almond & Rose Puff Rolls



Makes 30-60

- * 300g puff pastry (1 box/pack roughly)
- * 1 tsp cardamom powder
- * ½ cup sugar or xylitol or erythritol
- * ½ cup ghee or butter
- * 2 cups coarsely ground almonds (coarse powder)
- * ¼ tsp saffron powder
- * ½ cup dried rose petals
- * ½ cup water

1- Heat the water and sugar in a pan to form a syrup. Stir until the syrup thickens. Turn off the heat and keep aside. Also pre-heat your oven to 180C.

2- Grind the almonds into a coarse powder in a chopper or mini processor.

3- Mix the almonds with the cardamom powder & saffron.

4- Cut the pastry into 4 equal parts and roll them out as thin as possible without ripping.

5- Brush each one with ghee.

29.

6- Spread the almond powder mix evenly to cover one square of pastry. Layer another pastry over the top and spread more almond mix. Layer up all the pieces in this manner.

7- Roll the pastry into a roll tightly like a Swiss roll.

8- Slice into 1/2 inch wide slices.

9- Cover an oven tray with baking paper.

10- Place the almond wheels on the tray spaced out to give the puffs space.

11- Increase the oven heat to 200C & bake the wheels for about 10mins or until brown.

12- Spoon the sugar syrup over each puff and sprinkle dried rose petals that should stick on.

13- Store in an airtight container for 1 week or in the fridge for 2 weeks.

14- Can also be served with ice cream.





Kripa Dewani is a busy mum of 3 with little time on her hands but lots of creativity and the nutrition knowledge to produce healthy and rapid meals for the whole family; in 15 minutes.

She shares her journey, hacks & tricks on Instagram @15min_mom and has recently started producing Food Science Videos to help educate people on big food topics like, sugar, oils, gluten, dairy etc.

Her videos can be found on Instagram, YouTube & on Tik Tok under 15min Mom.

Diwali Mindfulness

Exercise

by Seema Desai

Rama's Battle With His Emotions

In the Ramayana, Rama and Ravana were locked in battle. Rama tried his hardest to defeat the Demon King, but to no avail. Ravana began to boast and taunt Rama, making him blaze with fury. His skin danced with wild flames, and His eyes gleamed. Ravana's defeat seemed almost impossible. As Rama began to place an arrow in His mighty bow, Hanuman said to him, "My Lord, You are blinded by your fury. You cannot see that the seat of Ravana's power lies not in his head, but in his stomach. Aim Your arrow there." Rama then calmed Himself and bowed in prayer. Firm in His intention and purpose, Rama aimed His arrow and let it fly. It landed squarely in Ravana's stomach, ending the battle and allowing justice to triumph.



The lesson in this part of the story is that even Rama, God Incarnate, experienced the very human emotions of anger, judgement, and frustration. The angrier Rama got, the more His arrows missed the target, and the more Rama judged his own inability to fight effectively- resulting in more anger and feeding into an unfruitful cycle.

Unpleasant emotions, like anger, judgment, guilt, blame, shame, frustration, and fear are normal and are qualities that make us human. Though we may be human, like Rama, we can CHOOSE our thoughts, our words, and our actions so that we can shift to being connected with the God-like qualities within us--forgiveness, non-judgement, compassion, love, and so on. These shifts can help us let go of anger, and see solutions we could not see before- just like Rama.

When we are feeling anger, it can be hard to calm down. The way to do this is to actually allow yourself to really FEEL the anger in your body. Anger is your body and mind's way of letting you know something is wrong.

If you pay attention to and accept the anger rather than trying to push it away, you are actually able to release the negative energy behind it, meaning you will be able to reconnect with peace faster and see solutions instead of problems.

Instead of pushing away "bad" feelings the next time you feel them, try accepting them. Really feel them. You can even talk to them like they were another person.



Exercise:

Imagine a time when you felt really angry. Try not to think too much about the details of what happened, but focus on the sensations and feelings you felt in your body. Instead of trying to get rid of those feelings, try to focus on them. Really try to feel them. It may feel like your heart is beating really fast and hard. You may feel some heaviness in your head. Whatever you are feeling, tell yourself that it is okay to feel it. Allow the sensations and feelings to wash over you. What happens when you do this? What new ways of looking at the situation can you see?



Seema Desai, DDS is a dentist, coach, writer, and speaker. She lives with her husband and two kids in Austin, Texas, USA.

Seema enjoys baking, reading, and watching movies. She loves to travel, and her ideal vacation would be spent on a tropical beach doing lots of yoga with her family. Her favorite dessert is chocolate cake.

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The Mindful Medicine Coach


Vice-President, Pratham USA Austin Chapter

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The Spiritual Significance of Diwali

Diwali is a time to reflect on life and make changes for the upcoming year.

- 
1. Rise and shine.
 2. Unite and unify.
 3. Give and forgive.
 4. Prosper and progress.
 5. Illuminate your inner self.

“Agni”, is the Sanskrit word for fire. We are blessed by Agni the God of Fire with the humble flame of the diya. Rich in ancient history and symbolism; the lights of the Diya led the mighty warrior Lord Rama to his home, in the city of Ayodhya. He embarked on his epic adventure with his faithful brother Lakshmana and his loyal companion Hanuman, eventually conquering the mighty demon Ravan and saving his love, Sita.

The story teaches us about ‘Dharma’, devotion, hope and bravery. Good prevailed over evil. As we look at the warm glow of the diya may it focus our mind, thoughts, and actions on the joy and fruitfulness of life. May the festival of lights lead our life journey to true happiness and fulfilment. Just like when Lord Rama returned to take his rightful place on the throne of Ayodhya. The whole sky and city was illuminated with light and hope.

*Wishing everyone a safe peaceful and
Happy Diwali from The Jai Jais Team.*



November Dates



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1 Vagh Baras	2 Dhanteras	3 Kali Chaudas	4 Diwali	5 New Year & Govardhan Pooja Guy Fawkes	6 Bhai Dooj
7	8	9 Laabh Pancham	10	11 Jalaram Jayanti	12	13
14	15 Tulsi Vivah	16	17	18 Dev Diwali	19	20
21	22	23	24	25 Thanksgiving USA	26	27
28	29	30	1	2	3	4



The 5 Days of Diwali



2nd November 2021 - Dhanteras

3rd November 2021 - Chhoti Diwali & Kali Chaudas

4th November 2021 - Diwali

5th November 2021 - Govardhan Pooja

6th November 2021 - Bhai Dooj



36.
The
Jai Jais®



The Jai Jais is a series of books and products created to be the perfect introduction for children to the many wonderful and fascinating Hindu Gods and Goddesses.

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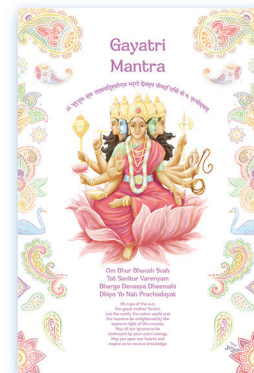


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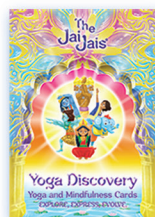
Legends Series
(6 upwards)



Framed and hanging artwork



Baby Series Board Books
(0-2 years)



Yoga and Mindfulness Cards
Poster and colouring book also available



Free App for iOS and Android
Including flashcards and Hindu calendar

*age ranges for books are recommended guide only.

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Answers

Wordsearch

I E J P N N D D X J A D I R X O Q Q Q E O J Z N C
 M O T G A S Q K F T W N S Y M V X W F K U A Y O
 I G A A I T C V A N M M Z T V A K S O K K Z Y S
 Q O U H R M I R B E H J S U O L S T L I G H T S
 J L P P A B C O O E O K M X M M H H I P G S Q H
 Q D R C A P E C L S P Q P B Q I R E L R A M A A
 H E A X A X P L Y A E W H K Y K X A R L N O A N
 I N M S Q G V I E L V M K R S I N C Z B L K H U
 V D A P X R H A N C P Y T L A Y O L N N X E E M
 J E Y J Z V A F T E U U N A V A B M A J R C N A
 J E A P Y E B V H I S P W P S N D G F W Q R R N
 X R N O J B R T A F S S A N A M H S K A L D Q C
 Z D A B H E A N D N W Q P W J O I P Y Q A E D B
 P Z V Y N O V K L F A B X B R Z V U R L L K I W
 E P A V R R E W M G O I I W T X D R U R I V S V
 S F A I A S R O Z W C E C A N U I I E X P M J W
 Y D Y F C D Y W A T Q T W A R D W H X S N S A J
 Z X H Q O G I N H G E C K D N Z A Y I O X W L F
 H K D A Y I D P D G J A T A Y U L M L M N O M T
 V N O Z Y A Q Y F N L Q F E D W I U E U N X C K
 P N Y R R S E I E B O N B I R P D W D L O V E K
 L Y A R U J A Y O R Z N N E E D V Y V S B W S K
 W M O P L A V I T S E F F U Y X T I N O R E C Y
 K W E Y Q U L J N C Y E Z J K I P U E L T T A B

VALMIKI LOVE BRAVERY LOYALTY JAMBAVAN JATAYU
 BATTLE BOW AND ARROW EXILED CELEBRATE HOPE FAMILY
 HAPPINESS AYODHYA RAVANA DIYA GOLDEN DEER
 LAKSHMANA HANUMAN RAMA SITA RAMAYANA LIGHTS
 FESTIVAL DIWALI

Diwali Quiz

1. E
2. C
3. B
4. A
5. I
6. H
7. J
8. D
9. G
10. F

Word Scramble

1. SITA
2. RAMA
3. FORREST
4. HANUMAN
5. JATAYU
6. RAVANA
7. LANKA
8. LAKSHMANA
9. BOW
10. ARROW

Spot The Diwali Difference



Well done if you got them all right,
if not then you still fought a good fight!



When it comes to the authenticity of the Jais Jais retelling of the ancient stories, we have found lots of variations in the original scriptures of the Reg-Veda and Puranas, and stories told over time. The stories that we have written may differ to other teachings. We would like to share stories with our children in a fun, vibrant and engaging style...The Jai Jais Way.

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