

EPIC EXPLAINER - GRADES K-5

Hanuman: The Mighty Helper

The story in a nutshell

Hanuman (HAH-nuh-mahn) is the mighty monkey warrior of the Ramayana (rah-MAH-yah-nah). He can grow as big as a mountain or shrink as small as a fly. When the demon king Ravana (rah-VAH-nah) kidnapped Sita (SEE-tah), Prince Rama (RAH-mah) needed someone brave to find her. Hanuman took one giant leap over the ocean to the island of Lanka. He found Sita, gave her Rama's message, and helped win the great battle. Kids in India chant his name when they want courage.

"A true friend is strong, brave, and never gives up."

Hanuman's story in seven leaps

1. Hanuman, the mighty vanara warrior
2. Rama's promise and the search for Sita
3. Growing as big as a mountain
4. The giant leap over the ocean to Lanka
5. Finding Sita in Ravana's garden
6. Setting Lanka on fire with his tail
7. Bringing the healing mountain to save Lakshmana

Talk about it

1. Hanuman jumped across a whole ocean to help a friend. What would you do to help your best friend?
2. Hanuman forgot how strong he was until someone reminded him. Who helps you remember your strengths?
3. Why do you think people still tell Hanuman's story thousands of years later?

Draw the giant leap!

Draw the moment Hanuman grew as big as a mountain and leapt over the ocean. Add waves below him and clouds above him. Then write one sentence under your drawing about the bravest thing you have ever done.

Teacher tip: pairs with lessons on courage, animal helpers in world myths, and mapping the ocean crossing on a world map.



Scan to listen to the episode

<https://www.mythicalmasalapodcast.com/2405113/episodes/16404834-s1e18-hanuman-s-epic-leap-the-journey-to-lanka>

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Hanuman Coloring Page

Coloring page: Hanuman's giant leap!



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Hanuman Coloring Page



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<https://mythicalmasala.wordpress.com/2026/09/23/hanumans-epic-leap-the-journey-to-lanka/>

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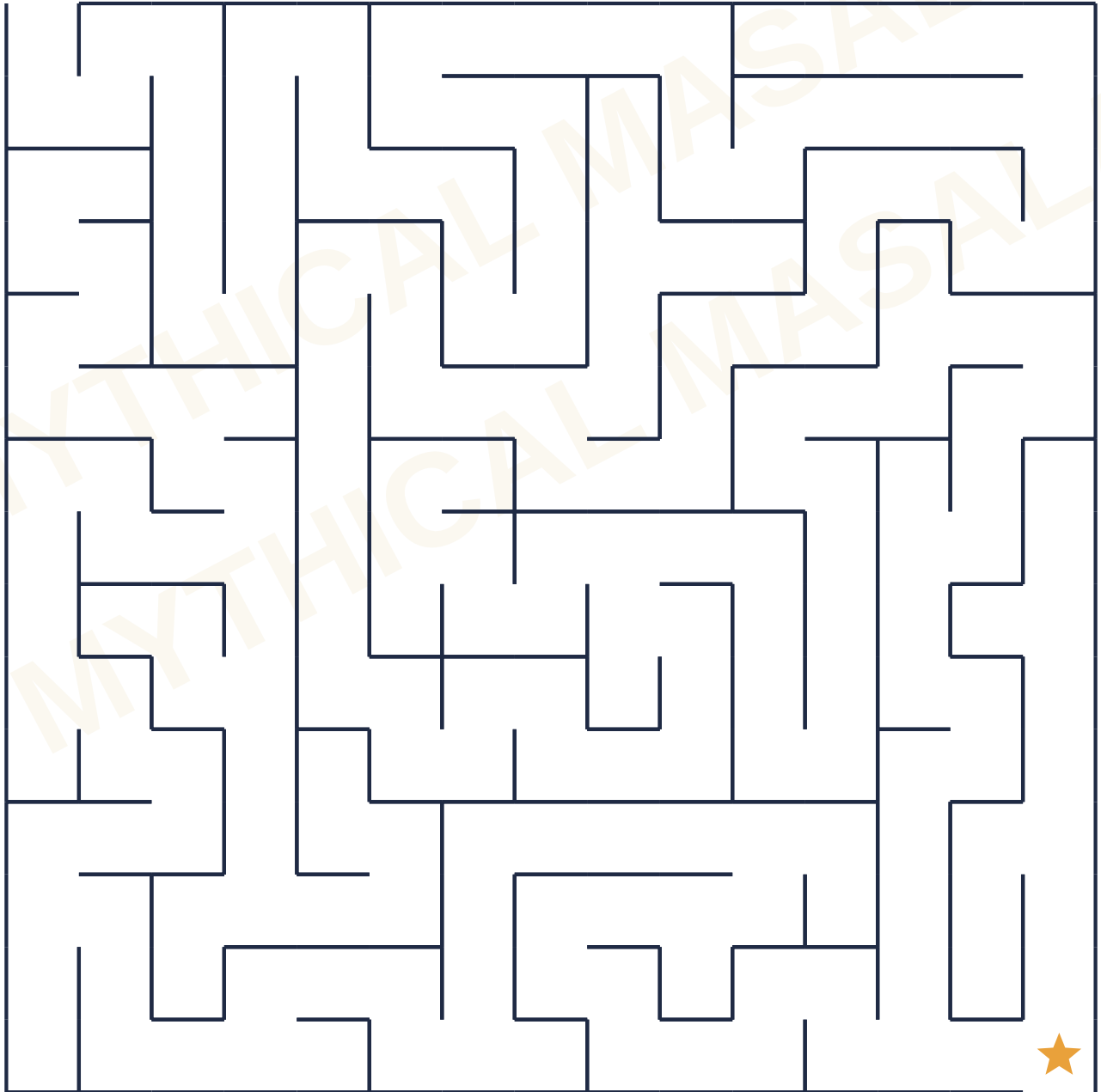


FIND YOUR WAY - MAZE

Help Hanuman reach the Sanjeevani mountain!

Lakshmana is hurt and needs the magic herb. Guide Hanuman through the dark forest to the mountain.

START



FINISH



WORD SEARCH

Hanuman Word Search

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

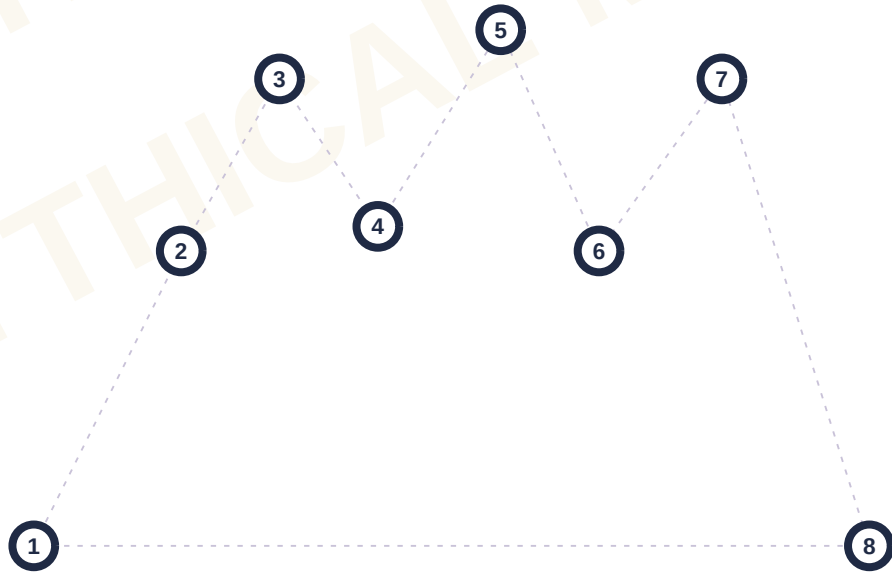
Find these words:

- Anjana
- Kesari
- Mace
- Ring
- Devotion
- Lanka
- Mountain
- Sita
- Hanuman
- Leap
- Rama
- Vanara



CONNECT THE DOTS - 1 TO 8

Connect the dots: Mountain



Connect the dots from 1 to 8, then color your mountain!



QUIZ TIME

Hanuman Quiz

1. Who are Hanuman's parents?

2. What did Hanuman carry to save Lakshmana?

3. How did Hanuman cross the ocean to Lanka?

4. What did Hanuman give Sita in Lanka?

5. Why is Hanuman called the mighty helper?

Answers (turn the page upside down!)

1. Kesari and Anjana.
2. The whole Sanjeevani mountain.
3. He grew giant and leapt across it.
4. Rama's ring, to show Rama sent him.
5. He always helps Rama and never gives up.

Word search answers

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

