

EPISODE ACTIVITY - GRADES K-5

Valmiki and The Story Behind Ramayana

The story in a nutshell

Before Rama's great adventure could be told, someone had to write it down. That someone was Valmiki, and he was not always a sage: he began as Ratnakara, a bandit in the forest. After the sage Narada opened his eyes, he gave up his old life and meditated for so long that anthills grew around him, which is how he got his name. One morning his grief for a krauncha bird burst out as a perfect verse, the first poem ever, and Brahma asked him to use that gift to write the Ramayana.

"Anyone can change. Valmiki went from bandit to beloved sage, and his sadness for a little bird gave the world its first poem."

Key chapters to explore

1. Ratnakara, the forest bandit
2. Narada's wake-up call
3. Anthills grow around Valmiki
4. Two krauncha birds, a first poem
5. Brahma: write Rama's story
6. Dasharatha longs for sons
7. Vishnu promises to be born human

Talk about it

1. Valmiki changed completely from his old life. What helped him change, and what is something you have gotten better at with practice?
2. Why do you think Valmiki's sadness turned into a poem instead of anger?
3. Brahma asked Valmiki to use his gift of words to tell Rama's story. What is a gift or talent you could use to help others?



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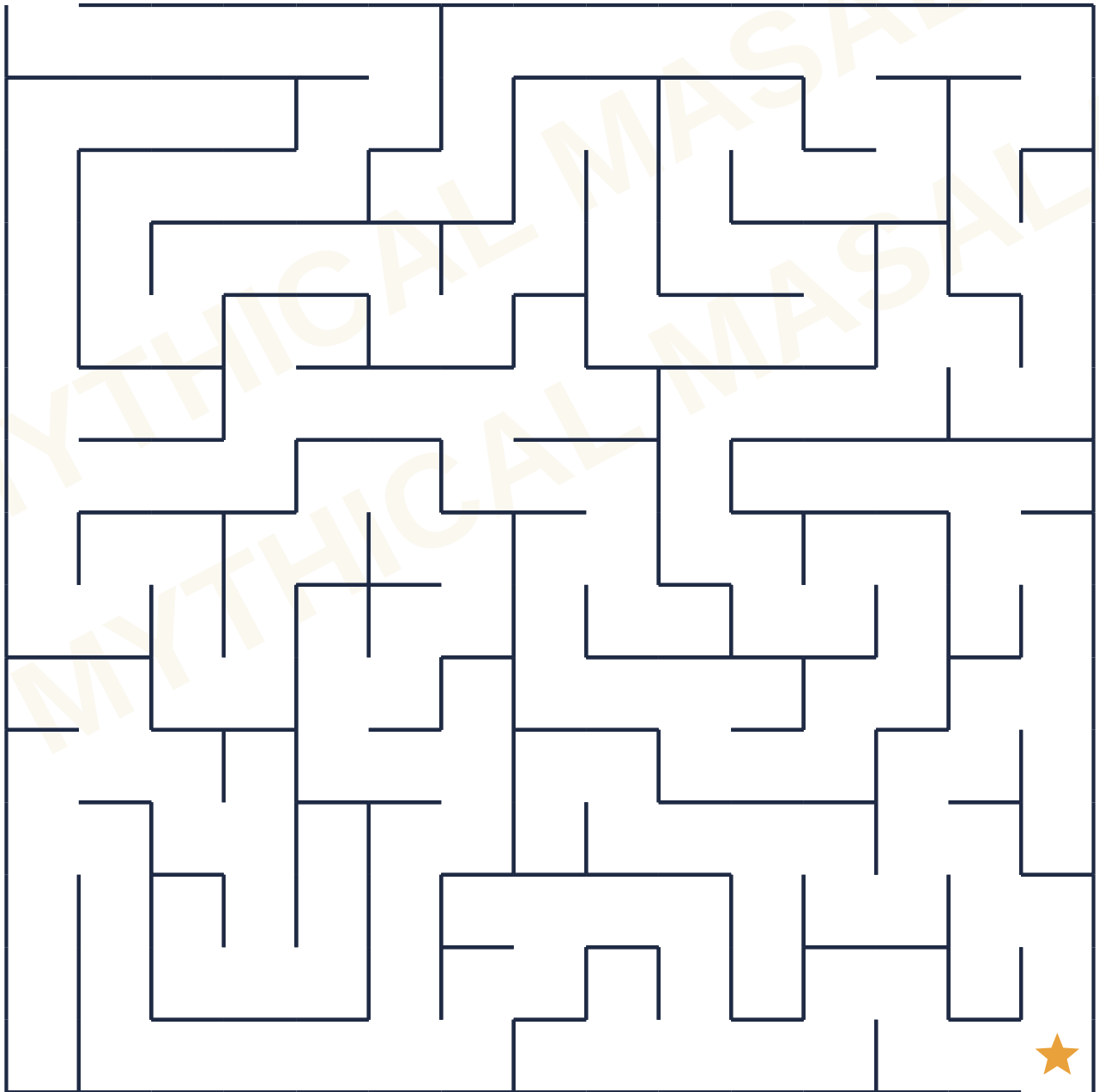


FIND YOUR WAY - MAZE

Help Valmiki reach the krauncha birds!

Guide the sage through the forest to the riverbank, where two krauncha birds are singing.

START



FINISH



CONNECT THE DOTS - 1 TO 7

Connect the dots: Bow



Connect the dots from 1 to 7, then color your bow (dhanush)!



QUIZ TIME

Valmiki Quiz

1. Who was Valmiki?

2. Was Valmiki always a sage?

3. How did Valmiki get his name?

4. What inspired Valmiki to write the Ramayana?

5. Why is the Ramayana still important today?

Answers (turn the page upside down!)

1. The sage who composed the Ramayana. He is honored as the Adi Kavi, the first poet of Sanskrit literature.
2. No. He began life as Ratnakara, a bandit who robbed travelers, then gave up his old life and turned toward goodness.
3. He meditated for so many years that an anthill grew up around his body. An anthill is called valmika in Sanskrit, so he took the name Valmiki.
4. He saw a hunter kill one of a pair of loving krauncha birds, and his grief burst out as the first Sanskrit verse ever composed. Brahma then asked him to tell Rama's story in verse.
5. For thousands of years it has taught lessons about duty, love, and doing what is right, and festivals like Diwali and Dussehra celebrate its great moments.

