



HARMONY- INVESTING TIME AND EFFORT

Context: This material examines the tension and chaos that often accompanies busy weekday mornings in families as they rush to prepare for school.

Objectives: In this session, parents will explore questions like:

1. How can we implement effective morning routines to reduce stress and ensure timely departures?
2. What strategies can we use to encourage siblings to support one another in daily tasks?
3. How can we model patience and perseverance for our children?

Scenario: Mahesh (father), Sujatha (mother), Arjun (older son), Ravi (younger son)

Setting: A busy weekday morning at home. The clock towards school time. The atmosphere is tense. Bags- half packed, voices rising.

Sujatha (flipping through papers): *Where's the field trip form? Arjun, did you even give it to me?*

Arjun (elder one: on the couch, shoes on but laces untied): *I don't know mom. Maybe it's in my backpack.*

Sujatha (snaps): *Tie your shoes! You look like you just rolled out of bed!*

Arjun (scrolling his phone): *I'm not running a marathon.*

Mahesh (checking his watch): *We're late. Arjun, tie your shoes. Ravi, Wear your shoes.*

Ravi (younger one, sitting on the floor, shoelaces in hand): *I'm trying, Daddy! But the bunny ears keep falling.*

Sujatha (grabbing lunchboxes): *Ravi, we practiced this! You need to Hurry up!*

Ravi (pleading): *Bhaiyya... Can you help me? Just this once?*

Arjun (groans, doesn't look up): *Bro, I don't even tie mine.*

Sujatha: *Exactly! That's the problem! You're not setting a good example!*



Arjun (stands up, defiant): *I'm not his role model mom.*

Mahesh (voice raised): *Enough! Arjun, tie your shoes. Ravi, wear your strappy ones. Hurry Up... We're leaving in two minutes!*

Ravi (in a sad voice): But I want to learn.

Mahesh: Let's just go for now as it's getting late"

Ravi (quietly, slipping on strappy shoes): *I'll learn it myself.*

Mahesh (calling out): *Ravi, Hurry up! We're already behind!*

Ravi (clutching the bottle): *Got it! I'm coming!*

Mahesh (starting the car): *Let's just hope we're not too late.*

Questions:

1. How do small gestures, such as helping Ravi with his shoes, shape harmony and connection within a family?
2. What effect does Mahesh's shift from urgency to gentleness have when Ravi says, "But I want to learn"?
3. How can a family find the right balance between urgency and compassion when mornings feel rushed or tense?
4. As a parent, what steps could you take to keep mornings on time while still fostering calm and cooperation among family members?

SWAMI SAYS ...

You say, you don't have time and you are busy with your office work. When you pay all your attention to your office work, who will look after the children?

-Sri Sathya Sai Speaks, Vol 41, Discourse 12, July 2008

WRAPPING UP ...

- Facilitator to summarize the highlights from discussions as well as individual reflections [Brief takeaway by facilitator.]
- Reflections- request attendees to share anything that was interesting or intriguing or inspiring. Reflective prompt: *Let's go around and quickly hear from everyone in one or two words, your takeaway from today's Parenting session.*
- Commitment- Let us, as parents, commit to recognizing the difference between wants and needs, and to guiding our children with empathy and wisdom—fostering contentment, cooperation, and shared values over material excess.