



# Sanatan Unboxed

A powerful emotional growth and storytelling program rooted in India's timeless wisdom.

## Stories that shape

Our program "Stories That Shape" builds children's mental strength and emotional intelligence by showing them how to face challenges with courage, empathy, and wisdom. In today's fast-changing world, these stories become the inner toolkit kids carry for life.

### What will kids gain?



EMOTIONAL INTELLIGENCE



RESILIENCE



STRONG MORAL COMPASS



DEEP SENSE OF SELF



# What We Do



## POWERFUL STORIES

Once A Week, Children Explore Stories Of Krishna, Ram, Hanuman, Ganesha, Shiva, Vishnu, Durga, Laxmi, Saraswati; Saints Like Mirabai, Ekanath, Tulsidas; Kings And Queens Like Shivaji, Rani Laxmibai, Sages, Sikh Gurus, Buddha, Mahavir And Many More. There Are 100+ Stories Filled With Adventure, Wonder, And Life Lessons That Help Children Grow Stronger Within.



## GUIDED REFLECTION

Each Story Is Followed By Gentle, Guided Reflection— Turning Listening Into Deep Thinking And Real-Life Learning.



## JOURNALING FOR SELF-AWARENESS

Journaling Helps Children Slow Down, Think Deeply, And Express Feelings In Their Own Words, Building Self Awareness And Clarity. It Strengthens Reflection, Problem-Solving, And Emotional Balance—Skills That Guide Them Through Life's Challenges.



**TWO AGE GROUPS**

▶ Junior 6-9 years

▶ Senior 10-15 years



## FAQs



### **What is “Stories That Shape”?**

It is a one-on-one online storytelling and emotional development program for children aged 6 to 15 years, inspired by India’s cultural history. Children listen to value-rich stories from Indian heritage and engage in guided reflection and journaling to build emotional intelligence and inner strength.

### **What age groups is it designed for?**

There are two levels:

- Juniors (6-9 years): Simple, playful, immersive storytelling focused on empathy, calmness, and basic values.
- Seniors (10-15 years): Thought-provoking stories with discussions, debates, and deeper introspection.

### **How is the program delivered?**

- One-on-one live online sessions twice a week, with each session lasting 25 minutes.
- Online group sessions once a week, with each session lasting 45 minutes. Conducted by trained educators using interactive digital tools.

### **Is this a religious program?**

No. The stories are drawn from Hindu, Buddhist, Jain, and Sikh traditions, but the focus is on universal values like courage, truth, kindness, and resilience. There is no preaching. It’s rooted in Indian culture.

### **Is the program only about Krishna or Ramayana?**

Not at all. Children explore stories of: Krishna, Ram, Hanuman, Ganesha, Shiva, Vishnu, Durga, Saraswati, Lakshmi, Saints like Mirabai, Eknath, Kings and Queens like Rani Laxmibai, Sages, Sikh Gurus, Buddha, Mahavir, and more. There are 100+ stories in the full library.

### **Are there exams or certificates?**

No exams or marks. This program is about inner development. Optional certificates of completion can be given. Children engage in fun journaling exercises to reflect and grow.

### **Do parents need to assist during or after the sessions?**

Not required. But we recommend parents occasionally speak to children about their learnings to reinforce values at home.

# Introducing Zing



## About Zing

An intelligent classroom learning companion where children participate in engaging activities, quizzes, and challenges during live sessions.



## Meet Doodle

A smart scanning device that captures your child's work and turns it into learning insights. By understanding how they solve problems and express ideas, Doodle helps tutors provide personalized guidance.



# Learning Outcomes

## What will my child gain from this program?

Your child will:

- Learn to manage and express emotions
- Develop empathy and self-confidence
- Build clarity in decision-making
- Strengthen resilience and inner calm
- Connect with Indian heritage and values



## What is the journaling component?

Each story session ends with guided journaling:

- Juniors: Drawing, emotions, simple questions
- Seniors: Reflective writing, life scenarios, creative tasks

This encourages self-awareness and emotional growth.

## How do you keep children engaged?

We use:

- Time-travel adventures (for Juniors)
- Q&A and role-play
- Relatable characters
- Story-based digital media
- Creative expression during journaling



## How does this program help in building good habits?

Through stories and guided reflection, children learn the importance of gratitude, kindness, and mindful choices in everyday life.

## How does the program support a child's confidence?

By encouraging children to express their thoughts, ideas, and feelings through journaling and discussions, helping them feel heard and valued.

