



Chanting with Little Ones

Mantras are some of the oldest songs in the world. Children love rhythm and repetition, so chanting comes naturally to them when it feels like play. This guide shows you how to start, keep it fun and build a gentle daily habit.

Why chant with your child?

- **Rhythm builds memory.** Repeating sounds and beats is how little ones learn rhymes, songs and language.
- **It calms the body.** Long "Ooo-mmm" sounds slow the breath down, which is lovely before sleep or after a busy day.
- **It builds belonging.** Chanting together links your child to grandparents, temples and festivals.
- **It lasts a lifetime.** A mantra learnt at three is often still there at eighty.

Before you begin

- Keep it short: **3 to 5 minutes** is plenty for under-sevens.
- Pick the **same time each day**, such as after brushing teeth in the morning or just before the bedtime story.
- Make a small **prayer corner**: a cloth, a picture of a favourite friend and a battery tea-light (safer than a real flame).
- **You chant too.** Children copy what they see. Your joy is the best teacher.
- Never force it. If your child wanders off, keep chanting softly. They are often still listening.

Ten fun ways to chant

- 1 **The echo game.** You chant one word, your child echoes it back: "Om" ... "Om", "Namah" ... "Namah". After a few days, swap roles and let your child lead. Children love being the teacher.
- 2 **Lion, cat, mouse, heart.** Chant Om four times: loud like a lion, soft like a cat, whispering like a mouse, then silently "in your heart". Finish with a quiet moment and ask, "Could you hear it inside?"
- 3 **Bee breath (Bhramari).** Hands on tummy, breathe in to fill a balloon. Say "Ooo" as the balloon empties, then close your lips for "mmm" and feel them buzz like a bee. Our Vedabee bee loves this one! Do it three times.
- 4 **Clap the beat.** Clap each sound: Om - Na - mah - Shi - vaa - ya is six claps. Then tap knees, then shoulders, then head. It turns the mantra into a rhythm game.
- 5 **Pasta mala.** Thread 11 or 21 pieces of penne pasta onto wool and tie the ends. Move one bead along for each chant. A full mala of 108 is too long for little hands, so 11 is perfect to start.
- 6 **Mantra parade.** Walk around the room or garden, taking one step for every syllable. Add a scarf as a flag or a tambourine for the beat.



- 7 Chant and freeze.** Play a mantra recording or chant together. When the sound stops, everyone freezes like a statue of Hanuman. Whoever wobbles first starts the next chant.
- 8 Story first, then mantra.** Read a friend's story on vedabee.com, then say their mantra "to say hello to them". The story gives the mantra meaning.
- 9 Colour and chant.** Put on a gentle chant while your child colours a Vedabee activity sheet. They absorb it without trying.
- 10 Star chart.** Use our free *Mantra Star Chart*. A full row of stars earns a small treat, such as choosing tonight's bedtime story.

Your 21-day starter plan

Week 1 - Om. Three long Oms, morning and night. Use the bee breath and the lion-cat-mouse game.

Week 2 - add Ganesha. "Om Gam Ganapataye Namah" three times. Use the echo game.

Week 3 - add Rama. "Shri Ram Jai Ram Jai Jai Ram" three times, as a mantra parade.

After 21 days you have a happy routine. Try our *First Mantras for Little Ones* and *Gayatri Mantra in Four Weeks* guides next.

Pronunciation is written the way it sounds in English. A little wobble is perfectly fine: the love and the habit matter far more than perfect sounds.