



First Mantras for Little Ones

Eight short, joyful mantras, one for each Vedabee friend. Start with one, chant it three times a day for a week, then add the next. Each one comes with a simple meaning to share and a game to make it stick.

Om



Say it: Ooo - mmm (long and slow)

What it means: Om is the very first sound, the sound of everything. It is in almost every mantra.

When: Any time, and always before the other mantras.

Make it fun: Bee breath! Make the "mmm" buzz on your lips like a honeybee. Who can buzz the longest?

For Ganesha

ॐ गं गणपतये नमः

Say it: Om Gum Ga-na-pa-ta-yay Na-ma-ha

What it means: "Hello Ganesha, I bow to you. Please clear the way for me."

When: Before starting something new: a school day, a test, a swimming lesson.

Make it fun: Make an elephant trunk with one arm and swing it on each word. Finish with a little bow.

For Rama

श्री राम जय राम जय जय राम

Say it: Shree Raam Jay Raam Jay Jay Raam

What it means: "Victory to Rama!" A happy, cheering chant.

When: Any time. It is wonderful on car journeys.

Make it fun: March like the vanara army, stepping on every word. Get faster and faster, then slow right down.



For Hanuman

ॐ श्री हनुमते नमः

Say it: Om Shree Ha-nu-ma-tay Na-ma-ha

What it means: "I bow to Hanuman. Please make me brave and strong."

When: When your child feels shy or scared, or on Tuesdays and Saturdays.

Make it fun: Stand tall like a superhero, hands on hips, then put one hand on your heart for the last word.

For Shiva

ॐ नमः शिवाय

Say it: Om Na-mah Shi-vaa-ya

What it means: "I bow to Shiva." Shiva sits calm and still on Mount Kailash.

When: Calm-down time, or before sleep.

Make it fun: Sit still like Shiva on a mountain. Chant it once loud, once soft and once in a whisper.

For Krishna

ॐ नमो भगवते वासुदेवाय

Say it: Om Na-mo Bha-ga-va-tay Vaa-su-day-vaa-ya

What it means: "I bow to Krishna, who lives in every heart."

When: Mornings, and especially at Janmashtami.

Make it fun: Play a pretend flute between each chant. Older children can try it three times without a breath!

For Durga Maa

ॐ दुं दुर्गायै नमः

Say it: Om Dum Dur-gaa-yai Na-ma-ha

What it means: "I bow to Durga Maa. Please keep us safe."

When: At Navratri, or when your child needs to feel protected.

Make it fun: Give a big friendly lion roar after each chant, then a gentle cuddle.



For Lakshmi Maa

ॐ श्री महालक्ष्म्यै नमः

Say it: Om Shree Ma-haa-laksh-myai Na-ma-ha

What it means: "I bow to Lakshmi Maa. Thank you for everything we have."

When: At Diwali, on Fridays, or at a family thank-you time.

Make it fun: Open your hands slowly like a lotus flower blooming as you chant.

A tip from the hive

Write the mantra of the week on a sticky note and put it on the fridge. Everyone in the family who passes it chants it once. Children love catching grown-ups forgetting!

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.