



VIVEKA TO SANKALPA · EXPLORERS · AGES 10–12

Welcome to Explorers

Viveka to Sankalpa: from wise choices to committed action

How this course works

- One value per lesson, 11 values in all, from Viveka to Sankalpa.
- Each lesson has a story, an activity, studios, a seva action, a family conversation and a journal prompt.
- Tick the checklist at the end of each lesson, then mark it complete.
- Finish all 11 values to download your e-certificate.

BEFORE YOU START

Get ready

- ☐ ☐ I set up a journal or folder for my evidence
- ☐ ☐ A grown-up knows I am starting
- ☐ ☐ I chose a regular time each week