

Brave hearts, curious minds

Two stories about asking for help and seeing a question differently, with a worksheet for each.

English edition · Free family activity pack

1. Hanuman and the healing mountain
 2. Ganesha's journey around the world
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Make room for a little time together

Choose one story per sitting. Read aloud together, talk about the questions, then draw or write on its worksheet. Younger readers can tell their answers to a grown-up.

You need paper, a pencil and optional colours. Each story includes a family activity; allow extra time for it. Answers to the open questions can differ. There is no score or certificate.

Print on A4 at actual size, or choose Fit for another paper size. Print only the pages you need. The text and worksheets work in black and white. Personal, family and classroom printing is welcome; retain the source notes and attribution. Third-party videos are not included.

Original retellings and activities by SanatanJr. Traditions differ; source and family notes accompany each reading. Illustrations use AI-generated artwork. This is not an educator endorsement.

sanatanjr.com/en/collections/courage-and-curiosity

Hanuman and the healing mountain

Lakshmana needs help. Hanuman can reach the mountain—but what should he do when he cannot recognise the healing herbs?

4 minutes of reading · Take your time



A task that matters

During the struggle in Lanka, Lakshmana was badly hurt. Rama, who had travelled so far beside his brother, was overwhelmed with worry. Around them were friends who wanted to help. Yet wanting someone to recover and knowing what to do were different things. They needed the guidance of Sushena, who understood healing.

Sushena examined Lakshmana and reassured Rama that his brother was still alive. There was a way to help him. Certain healing herbs grew on a distant mountain, and someone needed to bring them back. Sushena turned to Hanuman. His strength and ability to travel swiftly could carry out the difficult journey.

Hanuman listened to the instructions. The journey mattered because of the person waiting at its end. He set off towards the mountain, leaving Rama and the others with Sushena. This part of the task called for the powers Hanuman knew well: courage, speed and the strength to cross a great distance.

Among the mountain plants

When he reached the mountain, a different difficulty awaited him. Plants grew all around, but which were the herbs Sushena had named? Hanuman searched. The place was right, yet he could not confidently recognise what he had come to collect. Being able to reach the mountain had not made him an expert in its plants.

Time mattered. Returning with the wrong herb would not help Lakshmana, and searching without a plan could delay the return. Hanuman had to admit what he did not know. That did not mean abandoning his friend. It meant finding a way to bring the right knowledge and the needed plants together.

Then he chose an extraordinary solution. If he could not identify the herbs, he would carry the mountain's summit to the person who could. Hanuman lifted the great, plant-covered peak and rose into the sky with it. The whole summit travelled with him, so the plants Sushena needed would not be left behind.

Help reaches Lakshmana

When Hanuman returned, he set the peak down and explained the difficulty honestly: he had not found the right herb, so he had brought the summit. Sushena praised his effort. Now the healer could inspect the plants himself. Hanuman's journey had brought his friend the help that he could not supply alone.

Sushena found the healing herb and prepared it. In this episode, Lakshmana recovered after smelling the prepared herb. Rama saw his brother rise and embraced him with tears of relief. The friends who had been waiting anxiously could rejoice. The mountain's arrival had made the next step possible.

Hanuman is often pictured carrying the mountain through the air, and it is easy to remember only that tremendous strength. But the story also gives us a quieter thing to notice: he did not pretend to know every answer. He kept the purpose of his journey in mind and brought his difficulty to someone who could help.

For the grown-up

This reading mentions a serious injury and recovery without describing the battle in detail. The healing is part of a sacred narrative, not a lesson in treating injuries or choosing plants. The family activity uses a familiar everyday task.

An original retelling of the later healing-mountain episode in Valmiki Ramayana, Yuddha Kanda, represented in Section CII of the linked 1892 translation. Sushena directs Hanuman and treats Lakshmana. The epic also contains an earlier herb journey; later popular versions add or change events, mountain names and a sunrise deadline. Those details are not combined here. Scene-setting and reflections are our additions.

[Valmiki Ramayana · Yuddha Kanda, Section CII \(1892 translation\)](https://www.gutenberg.org/cache/epub/60188/pg60188.html)

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<https://sanatanjr.com/en/stories/hanuman-and-the-healing-mountain>

Talk, draw and try

Hanuman and the healing mountain

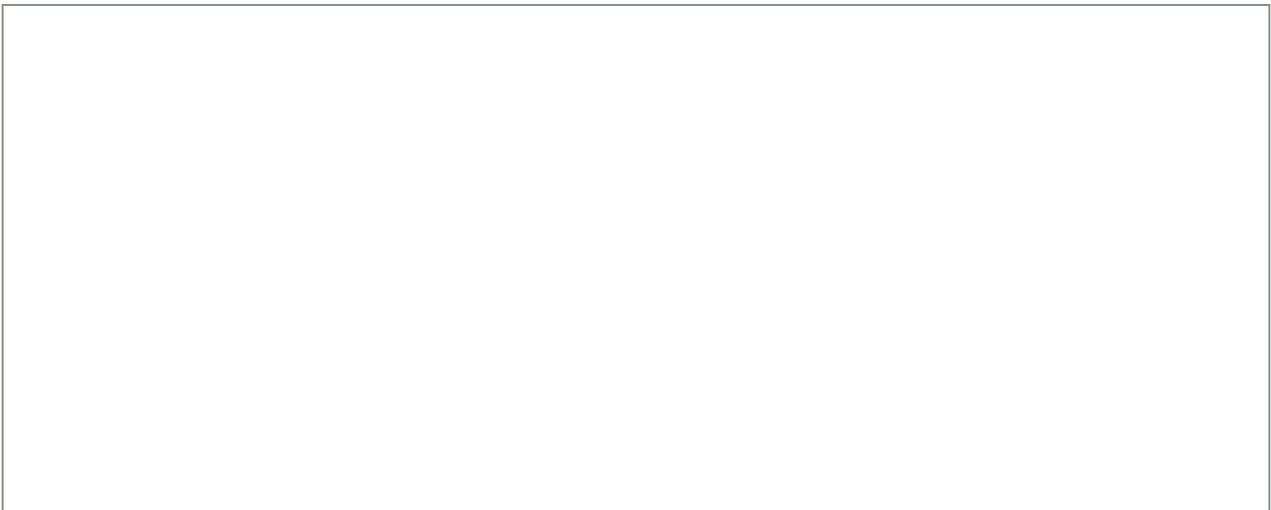
Wonder together

What did Hanuman know how to do, and what did he need Sushena to do?

When has asking for help helped you finish something important?

Make it your own

Draw a map of helpers: someone who notices a problem, someone who asks for help, and someone with the needed knowledge. One person does not have to know everything.



Make a help map · 5 minutes

Choose an everyday task such as repairing a toy or learning a new game. Use paper or talk together.

1. Name one part you can do and one part you need help with.
2. Choose a trusted person who could help with that part.
3. Practise a clear request: explain what you tried and what you need next.

Ganesha's journey around the world

Kartikeya has a swift peacock. Ganesha has a little mouse. How can they both travel around the whole world?

4 minutes of reading · Take your time



One fruit, two brothers

At their mountain home, Ganesha and his brother Kartikeya faced a puzzle. There was a special fruit, and both brothers wanted it. In this telling, Shiva and Parvati set a challenge: the fruit would go to the one who first went around the world and returned. The brothers listened. Around the whole world! That sounded like a very long journey.

Kartikeya was ready. His peacock could carry him over hills and forests, beyond rivers and distant shores. He climbed onto its back, and its great wings opened. Before long, brother and bird were a bright speck in the sky. Kartikeya had understood the task as a journey across the earth, and he was giving it his best effort.

Ganesha looked down at his own companion, a little mouse. Its quick feet were useful on the ground, but they could not carry him across the sky like a peacock's wings. He could hurry after Kartikeya, yet hurrying would not solve the problem. So, instead of starting at once, Ganesha became quiet and thought about the question.

A different kind of journey

What did the word 'world' mean? There was the wide earth, certainly: its mountains, waters, creatures and people. But Ganesha also thought about the two people sitting before him. Shiva and Parvati had given him a home, love and a place to learn. Through them, he had begun to know the world at all.

Ganesha walked towards his parents and bowed. Then he began to circle them. Once, twice, three times, he went around Shiva and Parvati with care. The mouse did not have to race a peacock. This journey asked for something other than speed. It asked Ganesha to show what he understood and whom he honoured.

When he stopped, Ganesha explained his answer: his parents represented the whole world to him. He had made his journey around them with love. Shiva and Parvati recognised the thought behind his small circle. In this version of the story, they accepted his answer and gave him the fruit.

What makes a world?

Kartikeya returned after his long flight and found Ganesha already there. He had crossed great distances, while his brother had stayed close to home. When he heard Ganesha's answer, he understood why their parents had accepted it. The same challenge had led the brothers to imagine two very different journeys.

There is room to admire Kartikeya's energy and Ganesha's thoughtfulness together. Ganesha's answer did not make the earth small or turn a mouse into a faster bird. It showed that a familiar word could carry a deeper meaning. Sometimes, before we decide how quickly to act, it helps to wonder what we have really been asked.

For the grown-up

This is the fruit-prize telling. Other versions change the challenge, the reward or Kartikeya's response. Talk about the people who care for your child without assuming every family looks the same.

An original SanatanJr retelling of a widespread Ganesha family tradition, using the fruit contest and three circuits found in the selected videos. Scene-setting and explanations are our storytelling, not scriptural quotations. Traditions differ, including versions involving marriage and different reactions from Kartikeya; this page does not identify a single definitive version.

[Ganesha family stories · FirstCry Parenting](https://parenting.firstcry.com/articles/10-fascinating-lord-ganesha-stories-for-children/)

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<https://sanatanjr.com/en/stories/ganesha-and-the-world>

Talk, draw and try

Ganesha's journey around the world

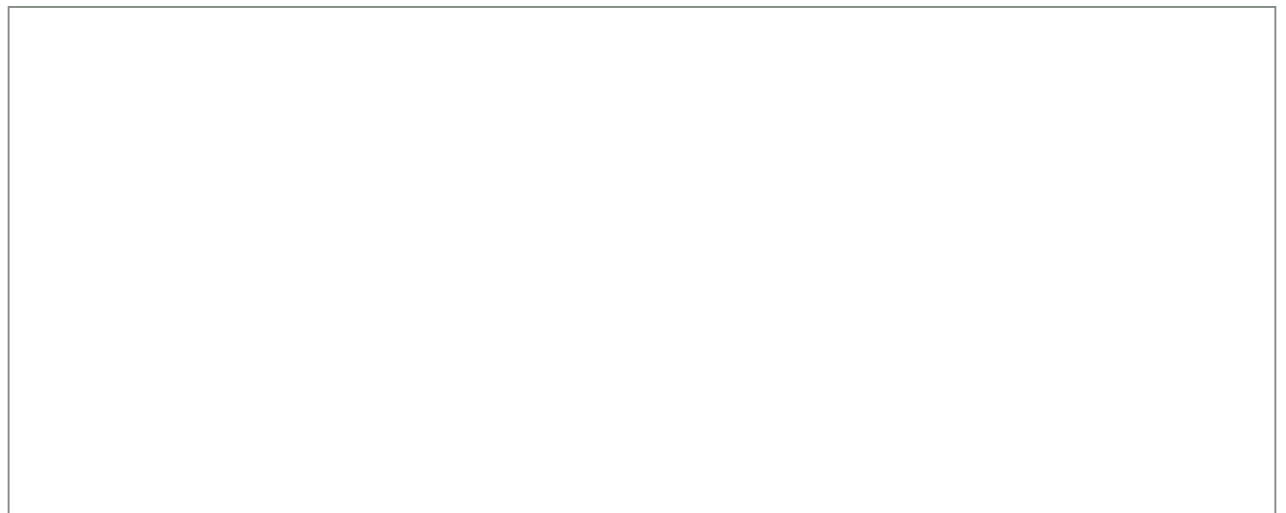
Wonder together

Was Ganesha answering the same question as Kartikeya, or a different one? Tell each other why.

Who helps your world feel like home? Your answer can include any caring person in your life.

Make it your own

Draw what "my world" means to you. Include people, places or things you care about. Tell a grown-up why you chose them; different answers can open a conversation.



Draw your world · 5 minutes

You need paper and something to draw with. There is no winning picture.

1. Draw a large circle. Add people, places, animals or memories that matter to you.
2. Choose one thing inside it and tell someone why it belongs in your world.
3. Compare your circles. Notice something you learned about each other.

Bring the stories together

Hanuman needs help recognising the herbs. Ganesha thinks about what “the world” means. Name a question you can explore with a grown-up. Who could help, and what could you try safely?



One thing to carry into our day

Choose one small idea to try together. You may change your mind or ask for help. Return to a favourite story whenever you like.

Read in either language and find selected companion videos online:

sanatanjr.com/en/collections/courage-and-curiosity