

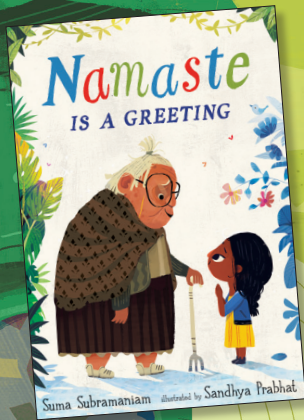


# Namaste

## IS A GREETING

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Namaste can be found in a smile, a friendship, a celebration. In this sweet, universal text, learn about its significance far beyond yoga class. Use *Namaste Is a Greeting* in your classroom to discover namaste's many meanings and to talk about simple ways to show kindness.

- Before reading *Namaste Is a Greeting*, ask students if they have heard the word *namaste* before and what they think it means.
- After reading the book, talk about the many meanings of the word. Think of English words and words from other languages your students may speak that have similar meanings.
- Look carefully at the pictures and ask your students what the elderly neighbor may be feeling and why.
- Have students plant sunflower seeds to gift to someone in their life who may be in need of a small kindness.

# *Namaste* IS A GREETING

