

OBJECTIVES OF Aloka Rainbow Kids – ARK

At the end of ARK, the participant will be able:

- to learn and practice the basic virtues in life (Buddha, Dhamma and Sangha) such as
 - **happiness,**
 - **knowledge,**
 - **compassion and joy,**
 - **reverence and humility,**
 - **gratitude and simplicity**

that leads to their well being – good health, prosperity, success, harmony and POSITIVE attitude.

- to learn and practice basic meditation (the way to have a calm, clear and effective mind)
- to unfold their potentials – multiple intelligences.
- to speak and do basic presentation in the public.
- be able to practice self management and interact with others more holistically
- learn to manage their virtual world in a more beneficial way and be more grounded with mother- nature: physically, mentally, emotionally and spiritually.
- be able to practice communal Dhamma living skills.
- be able to put in practice basic problem solving skills.
- To provide opportunity for others to accrued merits e.g. dhamma dana and dhana dana.

To create a strong Dhamma community who continues to learn, practice and support Buddha-Dhamma not only for oneself but for others too

To initiate and share the concept of ARK program and teaching aids in Dhamma education with other Dhamma teacher or school.