

# Myths And Legend Stories For Kids

## Kali the Demon-Slayer

(An Indian myth)

Two giants named Shumbha and Nisumbha were very powerful and boasted that they could rule the world. They had gained their power by being faithful to Shiva. This made the gods very angry. The gods asked Shiva to help destroy the giants but he would not help.

"They have earned their power by being faithful" he said.

The gods then asked Parvati, Shiva's wife, to help them to stop the giants from taking over the world and she agreed.

Parvati climbed to the very top of the Himalayan mountains. When she reached the peak, she changed herself into Durga, a beautiful woman who rode a lion.

The loyal armies of Shumbha and Nisumbha attacked Durga when they saw her. But Durga was so powerful, she destroyed them almost immediately.

Shumbha and Nisumbha were furious, so they sent their most powerful general, Raktavij.

Raktavij took with him an army of powerful giants. On seeing Raktavij and the giants, Durga grew until she was enormous. She swirled her ten arms in the air. In her hands she held many magical weapons which she used to destroy the giant army. Soon only Raktavij was left fighting.

Durga attacked him, but every time she wounded him, a thousand warriors sprang out from each drop of blood that he shed.

"Kali, help me!" called Durga. Almost immediately, a great black goddess emerged from Durga's body. As Durga fought Raktavij, Kali caught the blood he shed in her mouth, stopping the blood from becoming more soldiers.

Soon Raktavij, Shumbha and Nisumbha were dead. Kali was wild with her victory and began to stamp her feet on the world, using it as a drum to celebrate the victory.

The gods and goddesses clapped and cheered loudly. This praise made Kali even more excited and she began to dance wildly, making the world shake.

The gods and goddesses began to call out warnings to Kali, but she ignored them and danced on. Shiva realised that he must stop Kali before she destroyed the Earth. Shiva lay down amongst the dead demons. When Kali brought her foot down next to Shiva, she felt his power and stopped her wild dancing.

Kali realised that she had saved the world from the two giants but almost destroyed it because she had let her excitement and pride take over.



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**Myths and legend stories for kids** have captivated the imaginations of young readers for centuries. These tales often feature whimsical characters, adventurous quests, and moral lessons that resonate with children. Myths and legends serve not only as entertainment but also as a bridge to understanding cultural values and histories. In this article, we will explore the fascinating world of myths and legends tailored for kids, examining some of the most beloved stories, their meanings, and how they can inspire young minds.

# Understanding Myths and Legends

## What Are Myths?

Myths are traditional stories that explain the beliefs, rituals, and natural phenomena of a culture. They often involve gods, goddesses, and supernatural beings and are used to convey important lessons or morals.

Characteristics of Myths:

- Often set in a time before history
- Feature gods or divine beings
- Explain natural events (like storms, seasons, or the creation of the world)
- Include moral or cautionary lessons

## What Are Legends?

Legends, on the other hand, are tales of historical figures or events that are embellished over time. They may contain elements of truth but are often exaggerated to provide entertainment and impart lessons.

Characteristics of Legends:

- Based on real people or events
- Often set in a specific historical context
- Include heroic deeds or adventures
- Can teach lessons about bravery, loyalty, and morality

## Top Myths and Legends for Kids

In this section, we will dive into some of the most popular myths and legends that are particularly appealing to children.

### 1. Greek Mythology

Greek mythology is a treasure trove of engaging stories featuring gods, goddesses, and heroes. Some tales that resonate with children include:

- Hercules and His Twelve Labors: This story follows the hero Hercules as he completes twelve impossible tasks to earn his place among the gods. It's a tale of perseverance, bravery, and redemption.
- The Tale of Medusa: Medusa, once a beautiful maiden, is transformed into a monster with snakes for hair. Her story explores themes of jealousy, beauty, and the consequences

of one's actions.

- The Adventures of Odysseus: The journey of Odysseus back home after the Trojan War is filled with fantastical creatures and challenges, teaching lessons about cleverness and resilience.

## **2. Native American Legends**

Native American folklore is rich with legends that often convey deep respect for nature and community. Here are a few notable stories:

- The Legend of the Dreamcatcher: This tale explains how the dreamcatcher can filter out bad dreams and allow only good dreams to pass through, symbolizing protection and guidance.

- The Story of Coyote and the Creation of the World: Coyote is a trickster figure who plays a crucial role in many Native American stories. This legend discusses humor, intelligence, and the importance of balance in nature.

## **3. Norse Mythology**

Norse mythology features powerful gods and epic tales, making it captivating for kids. Some popular stories include:

- Thor and the Battle with the Giants: Thor, the god of thunder, embarks on adventures to protect the world from giants, embodying themes of bravery and justice.

- The Story of Loki: Loki, the trickster god, often finds himself in trouble due to his mischievous ways, teaching lessons about the consequences of one's actions.

## **4. Folktales and Fables**

Folktales and fables often come from various cultures and are designed to teach moral lessons. Some classic examples include:

- Aesop's Fables: These short stories, like "The Tortoise and the Hare" and "The Boy Who Cried Wolf," illustrate important morals such as perseverance and honesty.

- The Gingerbread Man: This tale of a runaway gingerbread man teaches children about the importance of cleverness and being resourceful.

# Lessons from Myths and Legends

Myths and legends are not just entertaining; they are also rich with lessons and morals. Here are some key takeaways from these stories:

## 1. The Importance of Courage

Many myths and legends highlight the bravery of their protagonists. Characters like Hercules and Odysseus face daunting challenges and overcome them, demonstrating that courage is essential in the face of adversity.

## 2. Understanding Consequences

Stories often illustrate the consequences of one's actions. For instance, the tale of Medusa teaches that jealousy can lead to tragic outcomes, while Aesop's fables often emphasize the importance of honesty and integrity.

## 3. Respect for Nature

Legends from Indigenous cultures often convey a deep respect for nature and the environment. They teach children about the interconnectedness of life and the importance of taking care of our planet.

## 4. The Value of Friendship and Loyalty

Many stories depict strong friendships and loyalty among characters. These values are critical for kids to learn as they navigate their relationships with peers and family.

## How to Introduce Myths and Legends to Kids

Introducing children to myths and legends can be an enjoyable and educational experience. Here are some effective strategies:

### 1. Storytime Sessions

Reading myths and legends aloud can make the stories come alive. Use animated voices and expressions to engage your child and spark their imagination.

## **2. Discuss the Moral Lessons**

After reading a story, take time to discuss the moral or lesson. Ask questions like, "What do you think the character learned?" or "How can we apply this lesson in our lives?"

## **3. Creative Activities**

Encourage creativity by having kids draw their favorite characters, write their own myths, or create skits based on the stories. This hands-on approach can deepen their understanding and enjoyment of the tales.

## **4. Explore Different Cultures**

Introduce children to myths and legends from various cultures around the world. This helps them appreciate diversity and understand different perspectives.

## **Conclusion**

Myths and legend stories for kids are more than just entertaining tales; they are invaluable tools for teaching important life lessons, fostering creativity, and enhancing cultural awareness. By exploring these stories together, parents and educators can help children develop a love for reading, an understanding of moral values, and a curiosity about the world around them. Whether it's the bravery of Hercules, the cunning of Coyote, or the wisdom of Aesop's characters, these timeless tales will continue to inspire generations to come. So, gather around, open a book, and let the adventure begin!

## **Frequently Asked Questions**

### **What are some popular myths and legends for kids?**

Some popular myths and legends for kids include 'The Tortoise and the Hare', 'King Arthur and the Knights of the Round Table', 'The Boy Who Cried Wolf', and 'Greek Myths like Hercules and Medusa'.

### **How can myths and legends benefit children's learning?**

Myths and legends can enhance children's learning by fostering creativity, improving literacy skills, teaching moral lessons, and introducing them to different cultures and historical contexts.

## Are there any myths that explain natural phenomena?

Yes, many myths explain natural phenomena, such as the Greek myth of Demeter and Persephone explaining the seasons, or the Native American legend of the coyote creating the stars.

## What age group is best suited for myth and legend stories?

Myth and legend stories are best suited for children aged 5 to 12, as they often resonate with their sense of wonder and curiosity about the world.

## How can parents engage children with myths and legends?

Parents can engage children with myths and legends by reading stories together, discussing the themes and morals, encouraging creative retellings, and exploring related crafts or activities.

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