



The
HOLISTIC CARE



PUBLIC FRAMEWORK GUIDE

PanchaVikas

The Holistic Care Five Elements Early Years Framework

Growing the whole child through nature, play, mindfulness and meaningful experience.

NURSERY

LKG

UKG

MINDFULNESS-INFORMED





Young children develop as a whole.

Body, emotion, language, thought, creativity, relationships and environment are continually connected.

PanchaVikas was created to provide schools with a simple, memorable framework for nurturing those connections without turning early childhood into a collection of disconnected subjects.

The Five Elements offer an experiential language. The developmental work beneath them remains grounded in age-appropriate play, exploration, movement, communication, emotional wellbeing, creativity and attentive awareness.

Five elemental pathways. One whole child.

● GROUND

● CONNECT

● CREATE

● COMMUNICATE

● NOTICE

The framework asks one central question:

What experiences help this child become more aware, capable, connected and joyful?



Five pathways, layered into one developmental system.

The elements are not taught as five separate subjects. They are pedagogical anchors that help teachers design balanced, meaningful experiences.

01**FIVE ELEMENTS****Experiential anchors**

Prithvi | Jal | Agni | Vayu | Akash

02**DEVELOPMENTAL DOMAINS****Whole-child growth**

Physical | social-emotional | cognitive | language | creative

03**LEARNING EXPERIENCES****How children learn**

Play | nature | story | movement | art | inquiry | mindfulness

04**AGE PROGRESSION****Increasing depth**

Nursery -> LKG -> UKG

WHAT THE ELEMENTS DO

They give children and teachers an intuitive language for grounding, feeling, creating, communicating and noticing.

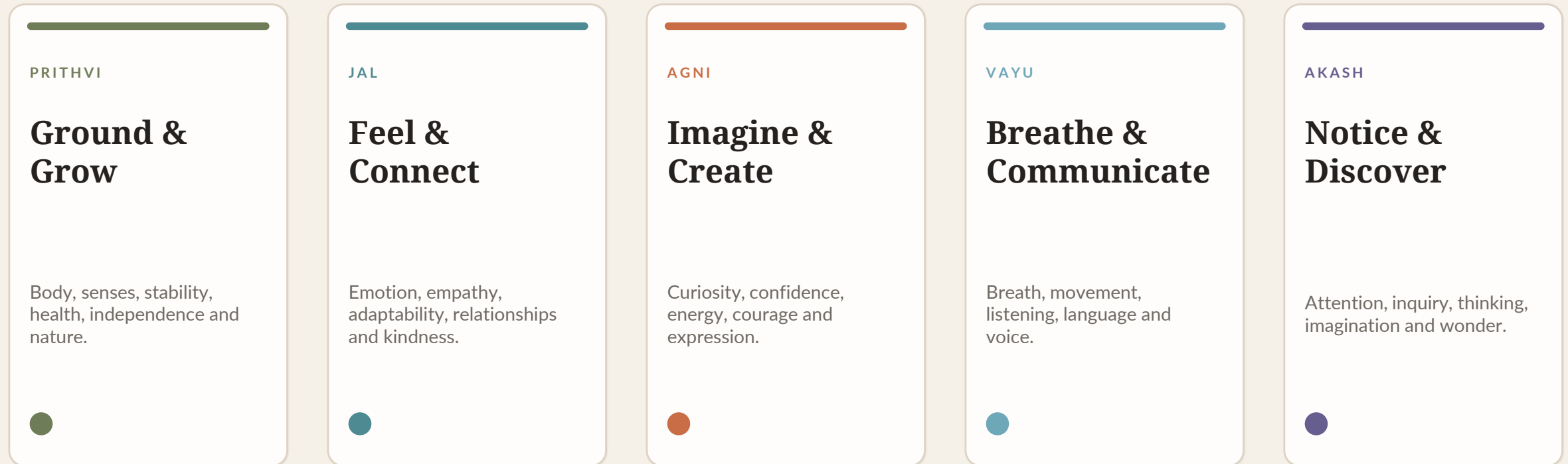
WHAT THEY DO NOT DO

They do not label children, reduce learning to one domain per element, or replace developmentally appropriate early-years pedagogy.



A child-friendly language for whole-child growth.

Teachers can choose a primary pathway for planning while allowing supporting pathways to emerge through the experience.



One activity may support several domains at once. The element is an entry point, not a box.



PRITHVI

Earth

Ground & Grow

Prithvi brings attention to the body, senses, physical confidence, routines, care and the child's relationship with the natural world.

EXPERIENCES MAY INCLUDE

- Balancing, climbing and coordinated movement
- Clay, soil and sensory exploration
- Gardening and care for plants
- Health, hygiene and growing independence

MINDFULNESS LAYER

Feel the feet, notice contact with the ground, describe texture and slow down movement.



Water

Feel & Connect

Jal supports emotional literacy, adaptability, empathy, relationships, kindness and the ability to move through changing inner experiences.

EXPERIENCES MAY INCLUDE

- Emotion cards, stories and feeling vocabulary
- Turn-taking, sharing and cooperative play
- Kindness routines and gratitude moments
- Simple co-regulation and calming strategies

MINDFULNESS LAYER

Notice a feeling, locate it gently in the body, allow it to change and choose a supportive response.





AGNI

Fire

Imagine & Create

Agni represents constructive energy, imagination, creative courage, expression and the confidence to bring ideas into form.

EXPERIENCES MAY INCLUDE

- Painting, clay, collage and open-ended making
- Music, rhythm, dance and dramatic expression
- Story invention and imaginative play
- Safe exploration of light, colour and transformation

MINDFULNESS LAYER

Notice excitement and energy before acting, then channel it into movement, creation or a considered choice.





VAYU

Air

Breathe & Communicate

Vayu connects breath, movement, listening, language and the child's growing ability to communicate with awareness.

EXPERIENCES MAY INCLUDE

- Stories, rhymes, puppets and conversation
- Listening games and sound awareness
- Show-and-tell and circle-time expression
- Breathing with feathers, scarves or bubbles

MINDFULNESS LAYER

Notice one breath, listen fully and create a small pause before speaking or reacting.





AKASH

Space

Notice & Discover

Akash creates space for attention, curiosity, questions, patterns, imagination, inquiry and quiet wonder.

EXPERIENCES MAY INCLUDE

- Observation, sorting, sequencing and pattern play
- Questions, prediction and simple experimentation
- Open-ended construction and puzzles
- Short quiet moments for listening and noticing

MINDFULNESS LAYER

Notice sounds, thoughts and sensations without needing to immediately change or judge them.





Mindfulness is not a sixth element.

It is a quality of attention that can enrich every pathway and every part of the school day.

Prithvi	Grounding & body awareness	Feel feet on the floor, notice posture, explore texture and move with attention.
Jal	Emotional awareness & compassion	Name feelings gently, allow them to change, practise calming and kindness.
Agni	Energy & conscious expression	Notice activation, channel energy into movement, art, play and purposeful action.
Vayu	Breath & mindful communication	Follow one breath, listen fully, notice sounds and pause before speaking.
Akash	Attention, silence & wonder	Notice thoughts, open attention, experience quiet and ask questions without rushing.

EXPLICIT PRACTICES

Breath awareness, listening practices, body noticing, mindful movement, short guided imagery, gratitude and gentle relaxation.

IMPLICIT QUALITIES

Presence, curiosity, compassion, non-judgmental noticing, connection with nature and learning to respond rather than react.

Mindfulness at this age is often active, sensory and relational - not prolonged stillness.



Pause. Notice. Connect.

A shared three-step language for children, educators and families.

1

PAUSE

Create a tiny space before the next action. Stop, settle or take one gentle breath.

2

NOTICE

Notice the body, feelings, sounds, breath, people or environment.

3

CONNECT

Respond with curiosity, kindness, communication, creativity or a considered choice.

“We do not teach children what to experience. We help them learn how to notice experience.”



One framework. Three levels of depth.

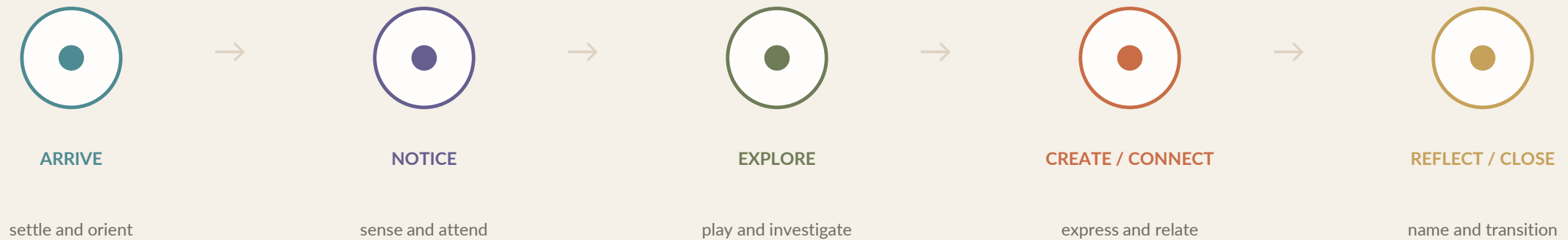
The age bands are guides, not rigid labels. Experiences deepen as language, self-regulation, coordination, attention and social understanding develop.





A repeatable learning rhythm, with room for real childhood.

Consistency helps children feel safe; variety keeps the experience alive.



VARIETY MATTERS

Across the year, sessions rotate through stories, movement, nature, sensory exploration, art, music, experiments, cooperative play, role play, inquiry and mindfulness.

MINDFULNESS IS NOT FORCED

A mindful moment can be feeling the ground, listening for sounds or noticing excitement. It does not always require sitting quietly with closed eyes.



Jal: My Feelings Can Change

Illustrative 25-minute LKG session. The full curriculum will include detailed age-specific plans, teacher prompts, resources and observation cues.

2 min	Arrive	Settle in a circle and notice one breath.
3 min	Notice	Choose an emotion card that matches how you feel now.
7 min	Explore	Short story about a character whose feeling changes after a difficult moment.
7 min	Create / Connect	Draw two weather pictures: "before" and "after" feelings. Share if comfortable.
4 min	Reflect	What helped the feeling change? What can we do when a big feeling visits?
2 min	Close	Hand on heart or belly; one slow breath; thank the group.

PAUSE - NOTICE - CONNECT

Pause when a strong feeling appears, notice what the body is doing, then connect with an adult or choose a calming action.

The goal is awareness and connection, not perfect calm.

TEACHER STANCE

Eyes may stay open. Movement is allowed.
Participation can be verbal, visual or gestural. Feelings are not "good" or "bad".



Designed with reference to India's Foundational Stage orientation.

PanchaVikas is an independent framework. It is not presented as NCERT-approved, NCERT-certified or government-endorsed.

WHY THE CONNECTION IS RELEVANT

NCF-FS 2022 addresses the developmental and educational needs of the Foundational Stage and emphasises progression, play, experience and observable learning trajectories.

HOW PANCHAVIKAS USES IT

NCF-FS provides a developmental reference. PanchaVikas adds its Five Elements architecture, mindfulness layer, age-progressive experiences, educator practice and parent connection.

Prithvi - Ground & Grow

Physical development, sensory experience, health and independence

Jal - Feel & Connect

Socio-emotional and ethical development

Agni - Imagine & Create

Aesthetic, cultural and creative development

Vayu - Breathe & Communicate

Language, listening, expression and communication

Akash - Notice & Discover

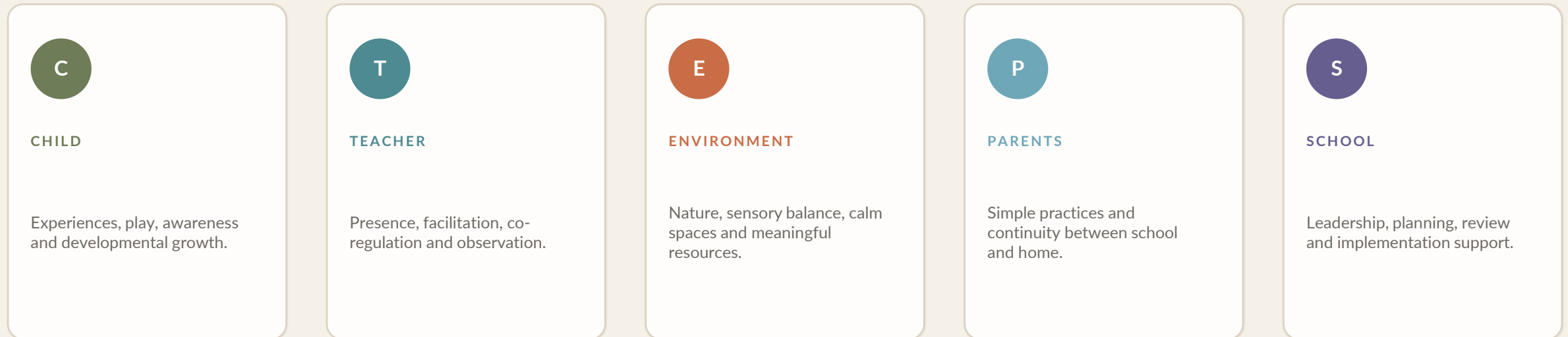
Cognitive development, inquiry, attention and wonder

Alignment is educationally informed, not an NCERT certification or endorsement.



The programme extends beyond the child.

PanchaVikas becomes stronger when curriculum, adult practice, environment and family continuity reinforce one another.



POTENTIAL THC SUPPORT TO SCHOOLS

Annual curriculum & educator manual • Educator foundation training • Mindfulness/audio resources • Observation tools • Parent orientation • Environment guidance • Implementation reviews & mentoring



Building the complete early-years system.

The public framework is the first layer. The deeper school programme is being built as protected implementation IP.

72

NURSERY

36 weeks × 2 structured experiences per week.

72

LKG

Age-progressive depth, language and independence.

72

UKG

Deeper inquiry, expression, empathy and reflection.

216 polished structured sessions

supported by daily micro-practices, educator training and school implementation tools.

PROTECTED IMPLEMENTATION IP

Detailed session library, teacher scripts, observation tools, printables, audio mapping and implementation SOPs remain within the private/licensed school programme.



FOR SCHOOLS, EDUCATORS AND EARLY-YEARS COMMUNITIES

Bring a more mindful, connected rhythm to the early years.

The Holistic Care is inviting conversations with schools interested in curriculum implementation, educator development, mindfulness resources and whole-school early-years partnerships.

[Explore a school partnership](#)

www.theholisticcare.com/panchavikas

Public introduction only. PanchaVikas is an independent educational framework; references to NCF-FS indicate design alignment and educational reference, not approval or certification.

