

Story 007a: A Good Start with Kind Hearts [5-12 years]



One sunny morning, three friends — Mbuyi, Priya, and Lhamo — were sitting under a big tree after school.

Mbuyi said, *"This week I played a lot and forgot to finish my schoolwork. Now I have to work harder. I want to do better next time."*

Priya said, *"I want to help others! I think I'll help my mom cook or clean the garden."*

Lhamo smiled and said, *"My new school year just started. Last year, I played first and did my homework later. This year, I will study first and also be nice to everyone in class."*

Then, they remembered what their SSSSB teachers taught them:

Mbuyi said: *"We should never think we are better than others. We are all equal."
"Always say thank you to your parents, teachers, and elders."*

Priya said: *"I will do light meditation every day — sit calmly and send light to everyone, also to animals, trees, and mountains." "Don't focus on what others are doing wrong. Just try to be better yourself."*

Lhamo said: *"Listen carefully when someone is speaking to you, and talk gently."
"Be a good student, a loving daughter at home, and a helper to grandmothers and grandfathers."*

The three girls smiled and made a promise:

"Let's try our best every day, be kind, and live the good values we learn!"

Question for You: *What is one good thing you already do, and one thing you want to get better at?*