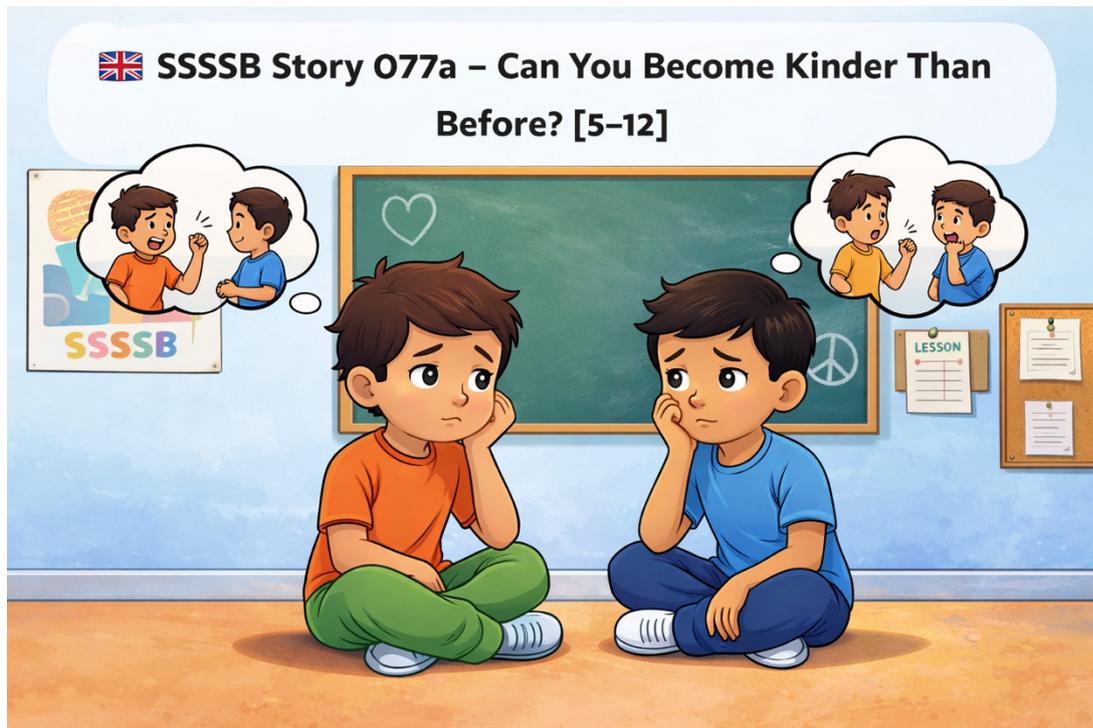


🇬🇧 SSSSB Story 077a – Can You Become Kinder Than Before? [5–12]



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Two friends were sitting together after class.

Friend 1 said: *“Sometimes I feel a little sad about how I react. I still get angry very quickly. Sometimes I say things that are not very kind, and later I regret it. This year, I really want to try to become more kind and patient.”*

Friend 2 replied: *“I understand that feeling. Yesterday I became upset with a friend and did not speak very nicely. At home, I was also not as kind as I wanted to be. Afterwards, I did not feel good inside. I also want to learn how to be more gentle and calm.”*

The friends thought quietly for a moment.

“Maybe we can ask the SSSSB children,” one of them said.

“In the SSSSB classes, they surely learn about being kind, patient, and understanding each other. Perhaps they can help us.”

Question of the Day & Heart-Work

Who can help these two friends become kinder and happier?
What can you do when you feel angry, jealous, or sad?

Share your own ideas and experiences.