



It was the first day of the new year, and two friends, Amara from Congo and Babita from Nepal, were talking.

Amara said, "This year, I want to be a better person. Last year, I copied homework, wasn't always nice, didn't help my parents much, and got angry quickly."

Babita replied, "Oh, Amara, you're not so bad! I was worse. I didn't listen to my parents, got jealous of others, and left my homework until the last minute."

They realized they needed to improve. "If we keep acting like this," Babita said, "people won't like us, and we won't set a good example."

They decided to visit their wise teacher, Guruji, for help.

Guruji welcomed them with a big smile. Amara whispered, "If Guruji knew how we behave, he wouldn't be so nice." But they told him the truth: "Guruji, we want to have better manners this year."

Guruji smiled and said, "That's wonderful! This place is here to help children like you."

He asked, "Who goes to the doctor?"

"The sick," they replied.

"And who comes here?"

"Those who want to improve," Babita said.

Guruji laughed. "You're not bad children. You just need practice. This place is for everyone—those who want to improve, stay good, or help others."

He added, "Think good thoughts, say kind words, and do nice things. If you do this, you'll see yourself change."

Question: What advice do you think Guruji gave Amara and Babita to help them improve?