



Once upon a time, there was a girl who wanted to work in a hospital when she grew up. Maybe as a nurse, maybe as a doctor, maybe someone who cleans, someone who helps at the front desk, or someone who brings a patient in a wheelchair to the nurse or doctor. It did not matter to her what her job would be — as long as she could help sick people and make them feel happy.

She started practicing early. At school, she always brought a small first-aid kit with bandages and other little supplies. If a student had fallen down or did not feel well, she tried to help right away.

From people who were kind and cheerful, she learned to become even kinder and happier herself.

And when she saw someone who was sad, she tried to comfort them and give them a smile.

She discovered that you do not have to wait until you are grown up to help others. You can start today, right where you are.

Her motto was:

*“Everyone can help, no matter how small or big their task is.”*

### Question & Heart-Work

Do you sometimes think about what you would like to become when you grow up?  
How do you feel when you see someone who is sad — or someone who is very kind?