



How to Play

1. Children stand in a circle.
2. One child is chosen to be **Bunny**.
3. The teacher reads out different situations.
Bunny must pause, place both hands over the heart, and listen for the imaginary: **“Ting... Ting...”**
Bunny then decides whether to follow: **The Noisy Mind** (selfish choice) or **The Heart Bell** (kind and right choice)

Example Situations: You have two cookies and your friend has none. You see someone drop their toy. Your team did a project together, but you want all the praise. A friend forgot their pencil. Someone is left out of a game.

For each situation, Bunny chooses the **Heart Bell** response.

Fun Actions:

When the teacher says: **“Noisy Mind!”** Everyone makes funny noises: *“Mine! Mine! Hurry! Hurry! Me first!”*

When the teacher says: **“Heart Bell!”** Everyone becomes still, places a hand on the heart, and softly says: **“Ting... Ting...”** Then they share a kind action.

Joyful Closing: Ask all children to close their eyes for 10 seconds and listen quietly. Then ring a small bell (or say softly): **“Ting... Ting...”** Everyone repeats: **“I will listen to the little bell in my heart and choose kindness.”**

Om Sairam 🙏 [October 2026 🇳🇵 Kathmandu, Nepal, SSSSB Guru Neerana Shakya]