

🇬🇧 SSSSB Story 075a: Good Manners Make Us and Others Happy [5-12 years]



Two little girls were sitting in their classroom during break time. They looked sad.

Girl 1: *"Sometimes I speak unkindly... then I forget to be polite."*

Girl 2: *"And sometimes I copy wrong things from others. Then I feel sorry afterward."*

Tears came into their eyes.

At that moment, a small, friendly bird flew to the window. It looked at them gently and chirped softly, almost like words:

*"Don't be sad.
You can always start again.
Choose kindness."*

The girls smiled. The bird had given them exactly what they needed.

Girl 1: *"The little bird helps us remember to do better."*

Girl 2: *"Let's be kind from now on and be a good example!"*

That day, they also remembered something their teacher had said: "When your manners are good—when you say 'please,' 'thank you,' and speak kindly—your heart feels light, and others feel happy too."

With a happy feeling, they went home that day — their hearts were light and warm.

Question: How do you feel when you are kind and use good manners?

Heart-Work: Practice to kindness and good manners with everyone – at home, school and everywhere. Later share how people reacted when you were kind and polite.