



Once upon a time, there were two children in grade 3.
Both of them had the same two friends.

Friend 1 was very restless and not so kind.
He didn't always listen to his teacher or his parents.
He thought only about himself and not about his classmates.
He was unkind when he didn't get his way.
The other children didn't like him very much.

But their Friend 2 was calm, kind, and helpful.
He shared his things with others.
He always said sorry when there was a fight and made peace again.
He helped others when they needed help.
The other children liked him.

Question: How are you – Friend 1 or Friend 2 - towards your children?

Heart-Work: Practice being the Friend 2 with others. Share your experience after some time.