



A little girl was playing with her toys when she heard her mother in the kitchen.

"Clink... clank..." The dishes and pans were making a lot of noise! She peeked around the corner. Her mother was washing dishes, cooking dinner, and cleaning the table all at the same time.

The girl thought for a moment and then said: *"Mommy, shall I help you?"*

Her mother smiled warmly. *"Oh yes, dear! That would be wonderful."*

The girl put away the cups, cleaned the table, and even helped arrange the spoons.

She felt happy — very happy!

Later that day, her little brother dropped his crayons.

Before he could start crying, she quickly helped him pick them up.

Her brother smiled and gave her a hug.

That evening, Daddy said: *"Today you helped without anyone having to ask. That is what a true little helper does."*

The girl felt very happy, not because of the compliments, but because she was able to help.

Question: Do you help others?

Heart-Work: Do good deeds without being asked. Afterwards, share your experience – how did it make you feel inside?