English Version - SSSSB Story 106b: Values in Action [13+ yrs]



A Gentle Girl studied in a school where good manners were given as much importance as academic success. Students were encouraged to practice human values such as kindness, respect, and good conduct. The Gentle Girl sincerely applied these values in her daily life.

After completing school, she joined a new institution for higher education. There, she discovered a very different environment. At first, she found it difficult to adjust. Although she made a few new friends, she noticed that some of their habits did not reflect the values she had learned.

One day, the Girl and FriendA were talking. FriendA often used unpleasant words during their conversation and even directed an inappropriate remark at her. Instead of arguing or becoming angry, she quietly returned to her seat and remained silent.

Later, FriendA said, “I am sorry.” The Gentle Girl asked, “Why are you saying sorry?” FriendA replied, “Because I used some inappropriate words while talking to you.”

The Girl responded calmly, “If you already know those words are not good, why use them? Our words affect the people around us. It is always better to speak kindly and positively. When we use good words, we make others happy and create a peaceful atmosphere.”

FriendA listened carefully and said, “Thank you for correcting me with kindness instead of anger. I am truly sorry. You made me realize that good words create peace while careless words can hurt others. I promise that from today onward, I will think before I speak and use my words to encourage, respect, and uplift others.”

From this experience, the Gentle Girl learned that people in different environments may have different habits and values. Instead of criticizing them or becoming like them, we should remain firm in our own values and lead by example.

The Girl influenced her friend not through arguments, but through patience, good conduct, and gentle words. She showed that values are not merely lessons to learn but principles to practice every day. By living her values, she inspired positive change in someone else.

Question: Do you think before you speak?

Heart-Work: Practice speaking kind words. Later, share your experience, how did it impact others?

Om Sairam 🙏 [October 2026 ✍ Bhaktapur, Nepal, SSSSB Student Bandana Gautam]