



One day, Bunny was hopping to the Forest Friendship Picnic. His mother had packed a basket of delicious carrot muffins. As he bounced along the path, he met Squirrel carrying a huge basket of acorns.

Suddenly, Squirrel tripped over a tree root. **CRASH!** Acorns rolled everywhere! "Oh no!" cried Squirrel.

Bunny looked at the scattered acorns and then at his tasty muffins. His mind immediately shouted: "The picnic will start soon!" "If you stop to help, you'll be late!" "And those muffins smell sooo good!" Bunny's tummy agreed: **Grrrrumble!**

Just then, a tiny bell rang inside his heart: **Ting... ting...** A gentle voice whispered: "A good friend helps others first."

Bunny paused, smiled, and began picking up the acorns. Soon Rabbit, Deer, and even Monkey joined in. Together they gathered every last acorn.

When they arrived at the picnic, a surprise was waiting for them. The forest animals had chosen Bunny to receive the **Golden Heart Award** for kindness.

Monkey laughed and said, "Good thing you listened to your heart instead of your hungry tummy!" Everyone burst out laughing.

Even Bunny laughed so hard that he nearly dropped his muffin!

As he enjoyed a giant bite, he realized something important: **The little bell in our heart helps us choose kindness, even when selfish thoughts are making lots of noise.**

From that day on, whenever Bunny felt confused, he stopped, became quiet, and listened for the gentle: **Ting... ting...** Because he knew it would always guide him in the right direction.

Question: Do you also try to listen to your inner voice? What does it usually tell you to do?

Heart-Work: Spend one minute in silence. Close your eyes, calm your mind, and listen to the little voice in your heart. Share your experience.