



One afternoon after school, two children were sitting together and talking.

Child 1 looked thoughtful and asked: "Do you think I am too small to help others? Sometimes I feel that only grown-ups or older children can do important things."

Child 2 smiled. "Of course you can help! I am small too, but there are so many things we can do."

"Really?" asked Child 1. "What can we do?"

Just then, a playful **puppy** ran past them carrying a sock in his mouth. He dropped it at the feet of an elderly lady who had accidentally dropped her laundry basket.

"Look at Puppy!" laughed Child 2. "Even he is helping!"

Child 2 then began counting on their fingers.

"At home, we can help our parents, keep our things tidy, share with our brothers and sisters, and care for our grandparents."

"At school, we can help a friend who is struggling, welcome someone who feels lonely, pick up something that has fallen, or keep our classroom clean."

"In our SSSSB class, we can help arrange things, share with others, comfort someone who is sad, and encourage our friends to join in."

"And wherever we go, if we see someone who needs a little help, we can ask, 'Can I help you?'"

Just then, Puppy returned carrying a small stick that was much too big for him. He tripped over his own paws and rolled gently onto the grass.

The children burst out laughing. "Even when he makes mistakes, he still keeps trying to help!" said Child 1.

"Exactly!" replied Child 2. "We don't have to be big or perfect to help others."

Child 1: "So I don't have to wait until I grow up to be helpful?" "No!" Child 2. "We may have small hands, but you can have a big heart!"

Child 1 smiled happily. "Then I will start today. Whenever I see an opportunity to help, I will try my best!"

The two children walked home together. Puppy happily followed behind them, looking for someone else to help.

**Small hands can do great things when they are guided by a loving heart.**

**Question:** What can you do to help others at home, at school or in SSSSB your class?

**Heart-Work:** Practice helping others. How do you feel when you help others? Next week, share your experience – who did you help? What did you do? How did you feel when you helped?