



Children's Day was coming soon. One morning, the teacher announced, "Every child must perform a dance on Children's Day!"

The classroom filled with cheers. But a Girl felt worried. She had never danced before. She was shy and afraid everyone would laugh at her.

That afternoon, she sat sadly in her garden. Her animal friends noticed. "Why are you sad?" asked the parrot. The girl sighed. "I have to dance, but I don't know how."

The rabbit's ears drooped. The squirrel scratched his head. The parrot tried to dance on one foot and trumbled off a branch, making everyone laugh. Then the peacock spread his feathers. "Why worry?", he said proudly. "I will teach you!"

From the next day, the peacock became her dance teacher. At first, it was not easy. The girl struggled. She forgot steps, turned wrong way, and once she spun so fast that she landed on the ground with a plop!

But peacock never gave up. "Again," he said kindly. "Watch carefully. Focus." Everyday the girl practiced. Every day she paid attention. Little by little, she improved. Soon her feet moved smoothly. Her hands floated gracefully. Most importantly, she began to believe in herself.

At last, Children's Day arrived. She felt nervous. But, then she remembered the peacock's words: "Focus on the dance, not on your fear." Taking a deep breath, she stepped onto the stage. The music began. She twirled, smiled, and moved with confidence.

When she finished, the audience burst into applause. They asked, "How did you learn to dance so well?"

She smiled. "My friend helped me," she said. "I followed my SSSSB Guru teachings: keep trying, pay attention, and never give up."

That evening, she returned to the garden with a basket of fruits and seeds. "Thank you, my friends," she said gratefully. The peacock bowed, the parrot squawked happily. The rabbit hopped in circles, and the squirrel accidentally dropped a nut on his own head!

Everyone laughed together.

And the girl learned something important: A kind friend can help us discover strengths we never knew we had. When we pay attention, keep practicing, and never give up, we can achieve amazing things. And when someone helps us, we should always be grateful.

Question: Have you ever helped a friend or family member who needed your support?

Heart-Work: This week, do one good action for someone – kind action, encouraging words etc. Next week, share your experience – how did you feel, how did the other person react?