

🇬🇧 SSSSB Story 040a: Little Hearts, Big Lessons [5-12 years]



One day in the SSSSB class, the guru said: “In every class, you listen to value stories and share your experiences. How do you like the stories?” The children replied in one voice: “They are very nice, Guru Aama!”

The guru smiled: “Now, you will write stories yourselves. Is that okay?”

The children looked at each other, thinking: *We are small children—how can we write a story?*

The guru reassured them: “Don’t worry. We will talk together. If you write a story, what value would you like to put in it? I know that being SSSSB children, you already have been practicing kindness, helping, serving, and calmness. Today, we will share our thoughts based on what we practice.”

The children felt relaxed and began to share.

**Child 1** said: “I always help my mother at home. When I sweep the floor or wash the dishes, she smiles and blesses me. My story will be about helping at home because service begins with family.”

**Child 2** added: “Last week, my friend fell while playing. I stayed calm, lifted him up, and gave him water. He felt better and thanked me. My story will be about kindness and calmness, because when we stay calm, we can help others.”

**Child 3** shared: “In school, I saw a new student sitting alone. I invited her to play with us. She became happy and now she is my friend. My story will be about friendship and sharing love.”

As the children spoke, a small sparrow was listening from the window. It chirped happily: “I just learned flying! Now I inspired my little brother to fly too. He finds his own food, and my mother is happy because she does not need to bring food for him anymore.”

Children laughed! The guru smiled: “See, even the little sparrow practices values—helping, inspiring, and serving. Values are like seeds. When you plant them in your heart with calmness, they blossom into flowers of goodness. Your stories will inspire others to live with kindness, service, and love.”

The children clapped, and the sparrow fluttered its wings.

**Question and Heart-Work:** Which value do you practice, and what would you like to put in your story?