



Tara lived in Nepal with her mother, father, and her brother, Dinesh.

Tara used to be very kind. She helped Mama in the kitchen. She played nicely with Dinesh. She always said, *“Please”* and *“Thank you.”*

But one day, Tara got upset. *“Rita, my classmate, got a big chocolate from her parents! Why didn't I get one from you, Mother and Father?”* she shouted.

She stopped helping. She shouted at Dinesh. She was not kind anymore.

Mother and Father were sad. *“What happened to our kind Tara?”* they said.

Dinesh had an idea. *“Can I go to the SSSSB class near our home?”* he asked. *“Gurus teach good things there.”*

Mother and Father smiled. *“Yes, Dinesh. You can go.”*

After a few classes, Dinesh said to Tara, *“Come with me. The SSSSB class is peaceful and fun.”*

Tara thought. She missed being kind. She missed smiling.

She said, *“Yes. I want to try again.”*

Now Tara is kind again. She helps Mama. She plays nicely with Dinesh. She is happy—just like before.

Heart-work and Question: What can you do today to be kind at home or school?