



In a tall tree near a peaceful meadow lived a little sparrow named Piku. Unlike his brothers and sisters, Piku was afraid of flying. He preferred staying safely in his nest and watching the other birds.

Every day, the young birds practiced flying. They made mistakes, sometimes landed in bushes, but always tried again.

Piku often thought, "What if I fall? What if I can't do it? It's much safer here."

One day, an old owl came by. He asked, "Why don't you fly with the others?"

"I'm scared," replied Piku.

The owl smiled. "If you try, you might succeed. If you don't try, you'll never know."

Those words stayed in Piku's mind.

The next morning, he gathered all his courage. His wings trembled as he stood at the edge of the nest. He took a deep breath and jumped.

At first, he dropped downward. Then he flapped his wings. Slowly, he began to rise.

"I'm flying!" he chirped happily.

Piku was not a perfect flyer yet. He made mistakes and even landed in a bush once. But he learned a lot simply by trying.

Soon, he was flying confidently across the meadow.

That evening, the owl saw him soaring high above the trees.

"You see?" said the owl. "By trying, you gave yourself a chance to learn and grow."

Piku smiled. He knew the owl was right.

Question and Heart-work:

Can you think of something that felt scary at first, but once you tried it, it became easier?