

🇬🇧 SSSSB Story 095a: Can You Become Kinder Than Before? [5-12 years]



Two friends were talking:

Friend 1 said: “Sometimes I feel sad about how I react. I get angry quickly, and sometimes I say unkind things that I later regret. I really want to become more kind and patient.” **Friend 2 replied:** “I understand. Yesterday I got upset with a friend and was not very nice. Later, I didn't feel good inside. I also want to learn how to be more gentle and calm.”

The friends sat quietly for a moment. Then one of them said, “Some of our classmates attend SSSSB classes. Let's ask them! They learn about practicing Values and may know how to become kinder.”

Just then, a group of SSSSB children walked by. “Can you help us?” the two friends asked.

One child smiled. “Being kinder does not happen all at once. We become kinder by practising good values every day.” “How?” asked the friends.

One child replied, “When I feel angry, I take a deep breath before speaking. That helps me stay peaceful.” Another said, “When someone makes a mistake, I try to forgive instead of getting upset. That shows love.” A third child added, “When someone is left out of a game, I invite them to join. That is kindness.” Another shared, “At home, I help my parents without being asked. That is service.”

The two friends smiled. “These are small actions,” said Friend 1. “Yes,” said Friend 2, “but they can make a big difference.”

The children nodded. “Every day is a new chance to improve. If we are kinder today than we were yesterday, we are growing.”

The friends thanked them. “Now we know that kindness grows when we practise peace, love, patience, forgiveness, respect, and service every day.”

The children replied: “Exactly! A Soul Blossom heart becomes kinder one loving action at a time.”

Question: What is one small act of kindness you can practise today to become kinder than before?

Heart-Work: Choose one value this week, such as patience, love, respect, forgiveness, or helpfulness. Practise it every day and notice how it makes you feel inside.