



Deep in the green hills of Matadi, a wise mother monkey once taught her little daughter a lesson. She gave her a banana and said: “Peel it, mash it, and then try to put it back inside.”

The daughter giggled and tried, but of course, the banana was mushy and impossible to fix. Her mother smiled: “Words are the same. Once spoken, they cannot be taken back. So before you chatter, think wisely—your words should not hurt, but heal.”

Months later, the little monkey went to the jungle school. One day, she saw her classmate Leo the lion cub being teased.

A parrot squawked: Hey cub, you are so slow, you will never catch up!

A squirrel mocked: Why do you always trip over your tail?.

Cat meowed: Nobody wants you on their team.

Classmates laughed. Poor Leo drooped his ears, his tail dragged, and his heart felt heavy.

But the young monkey remembered her mother’s lesson. She swung down from the tree and said: “Dear friend, Leo, you are braver than you think. Don’t worry, we all make mistakes and learn from it. I want you on my team because you never give up!”

Her words were like sunshine. Leo lifted his head, his roar grew stronger, and even the parrot, squirrel and cat went quiet.

From that day, Leo began to change. He practiced running every morning, and slowly he continued to improve himself. He stopped fearing mistakes and started learning from them. He encouraged other animals when they felt sad, just like the monkey had encouraged him. Leo discovered that kind words gave him courage—and courage made him shine.

Weeks later, the jungle school held a contest. Each animal had to share something important. Leo stood tall and said: “Words are powerful. They can scratch like thorns or shine like lanterns. My friend’s kind words helped me believe in myself. Now I want to use my words to help others too.”

The jungle animals clapped, the parrots squawked happily, and the elephants trumpeted with joy.

Question: Do you also think before you speak?

Heart-Work: Practicing speaking nice words to everyone. After some time, share how it made you feel.