



Thirteen-year-old **Girl A** loved dancing. Whenever music played, utensils clanked in the kitchen, whenever rain tapped on the tin roof, her feet danced. She twirled in the courtyard, her bell-shaped earrings swung and her bare feet raised little clouds of dust.

Girl B, her classmate, was completely different. She never danced. She sat on the last bench, spoke very softly, and always kept her eyes lowered.

One day, their teacher made an announcement. "Children's Day is coming soon. Everyone will perform in pairs."

The classroom buzzed with excitement. **Girl A** clapped her hands happily. But **Girl B** became nervous and turned pale.

That afternoon, after school, **Girl A** found **Girl B** sitting behind the water tank, crying.

"What happened?" she asked gently.

Girl B wiped her tears. "I can't dance," she whispered. "Everyone will laugh at me."

Girl A thought for a moment. She made a different choice. "I'll dance with you," she said with a smile. "Don't worry. I'll teach you. Trust me. We'll do it together."

Every evening, **Girl A's** house courtyard became a dance school. There was no music system; only **Girl A** humming, "Sa sa re re ga ga..." and clapping the rhythm with her hands.

Girl B stepped left when she should have stepped right. She forgot the moves. Sometimes she stopped in the middle. **Girl A** patiently said: "Let's try again. Look at my feet. Now look at yours. See? You did it!"

When **Girl B** became tired, **Girl A** made funny dance moves that sent them both into fits of laughter. Slowly, **Girl B's** shoulders relaxed. Her feet learned the rhythm, she started looking at herself in the mirror.

On Children's Day, both girls wore matching yellow dresses. As they waited backstage, **Girl B** was nervous. **Girl A** whispered, "Don't look at the audience, just dance as you did in courtyard."

The music began, they dance beautifully together. They won second prize, but the loudest applause was for **Girl B**, because the shy girl who never danced had performed with confidence.

From that day, **Girl B** was no longer afraid, she became cheerful and confident, the two girls became best friends.

Girl A learned something too. Dancing made her happy, but helping someone else succeed make her even happier.

Question: Have you helped someone who needs help? What did you do? How did the person feel?

Heart-Work: This week, find someone who may need a little encouragement. Help them by teaching, supporting, listening, or saying kind words. Share your experience.