

🇬🇧 SSSSB Story 063a: Starting Every Morning the Right Way [5-12 years]



Once upon a time, in a peaceful garden at the edge of the forest, there were two cheerful friends — Chirpy the Little Bird and Sniffy the Bunny. Every morning, even before the sun came up, Chirpy and Sniffy woke up. They stretched, smiled, and softly said: *“Good morning and Sairam!”*

First, they greeted their families — Mama Bird, Papa Bunny, and all the little ones around them. Then they sat quietly under a big flowering tree.

Chirpy closed her tiny eyes and said, *“Let’s send light to everyone — to all the animals, the trees, and to all people too!”* Sniffy nodded happily.

Together they imagined the Light from their hearts spreading across the whole world — filled with peace and love for everyone.

After their short meditation, their day of good deeds began. Chirpy helped her little brothers find food and sang a cheerful morning song for the whole forest. Sniffy helped his grandmother collect carrots and made sure no one went hungry.

They smiled at everyone they met and always said kind words. When someone was sad, they listened. When someone needed help, they offered a paw or a wing.

When the sun went down, they sat again under the tree and said together: *“Today we did our best with love and light. Tomorrow we will do our best again.”* And if they hadn’t done something quite right, they promised to improve it the next time.

And so, every day from morning till evening, Chirpy and Sniffy shared kindness, peace, and love with the whole world. They learned that when you start your day with light in your heart, everything you do becomes happier and more beautiful.

Question: When you wake up in the morning what is the first thing you do?

Heart-Work: do light meditation every day, spread light to everyone and tell us how do you feel.