



Once upon a time, there were two best friends — Kito, a boy in Grade 2 who went to the human school, and his best friend Oe-Oe a Monkey, who was in Grade 2 at the animal school.

Every morning, the two friends met on their way to school. When Kito walked to his human school and Oe-Oe jumped towards his animal school, they waved happily at each other.

Every afternoon after school, they met again.

They talked about what had happened that day — about their families, what school was like, when the sports day would be, and which teacher was always so kind and helpful.

But today their conversation was about something very special:

What do you do first when you get home from school?

Oe-Oe the Monkey asked curiously: *“Kito, what are you going to do when you get home? You’ll do your homework first, right? You said you had a lot of homework today!”*

Kito laughed and said: *“No, Oe-Oe! I’m going to play football first with my friends. Yesterday I lost, and today I must win! Homework can wait. My sister always helps me, when I’m lazy or tired, I pretend I have a stomachache or a headache, then she feels sorry for me and does it with me!”*

Oe-Oe looked surprised and shook his head. *“But that’s not honest, Kito! We should always try to do our best by ourselves first. My Mother Monkey, Father Monkey, Brother Monkey, and Sister Monkey all like to help me, but I always try to do my work by myself first. I do my homework, clean my room, and help Mama Monkey when she needs it. Only then do I go outside to play with the other little monkeys in the neighborhood.”*

Kito became quiet for a moment and thought deeply. *“My monkey friend Oe-Oe is right,” he said softly. “I need to change my behavior.”*

Question: Like Kito, do you also have some of your behaviours that need to change ?

Heart-Work: Identify in yourself what needs to change, practice consistently and share your experience.