

Lesson 06

Kind wishes for everyone

Learn together, one small step.



Look closely

After saying 'May you be happy,' what small thing could you do?



Story 1 / 3



Xiaohe drew a flower and wrote, 'May everyone be safe and happy.' 'Who is everyone?' Ayuan asked. 'Our families, classmates and people we don't know,' she replied.

Pause and ask: Who could "everyone" include? Start nearby and think further.

Story 2 / 3



They chose a small action: tidy the reading corner so the books were easier to reach. Xiaohe did not score her kindness or ask everyone to thank her.

Pause and ask: What does making space in the reading corner add to a kind wish?

Story 3 / 3



She quietly wished, 'May this good action help others. May more people have less sadness and more happiness.' Tomorrow, they could choose another small action.

Pause and ask: Try a wish in your own words, aloud or silently.

A Buddhist idea

Aspire to do good. Dedicate good actions for the benefit of others.



Talk together

Why does a kind wish still need an action?

Can a good action matter when nobody praises it?



Try an activity

Draw a wish flower: one wish,
one action, one dedication.



For grown-ups

Read aloud, discuss and try a small activity.

Stories and exercises: BlessFu

Illustrations: AI-assisted

Full references and guidance are in the companion booklet.

