

I Can Be Glad for You

Learn together, one small step.



Look closely

Can you feel glad for a friend and a little envious too?



Story 1 / 3



Xiaohe completed a whole skipping-rope sequence for the first time. Everyone clapped. Anan looked down. She had practiced for days but still caught the rope with her feet. 'Why wasn't it me?' she wondered.

Pause and ask: Why might Anan look down?

Story 2 / 3



The teacher asked whether Anan wanted a break. Anan admitted that she felt envious. 'You want to improve too,' the teacher said. 'We can also notice Xiaohe's effort.' Anan remembered how often Xiaohe had tried. She said, 'You kept practicing. Could you show me how to start?'

Pause and ask: What words sincerely recognize effort?

Story 3 / 3



Xiaohe demonstrated one small step, and Anan tried just that part. She could not yet do the whole sequence, but Xiaohe's progress had not taken away her chance to learn. She could appreciate her friend and care for her own learning too.

Pause and ask: What can Anan keep learning?

A Buddhist idea

Someone else's progress
does not take away our chance.



Talk together

Can Anan congratulate her friend while still feeling some envy?

Which words were specific and sincere?



Try an activity

Make a specific appreciation card.



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.

