

A Thought Is Not Always a Fact

Learn together, one small step.

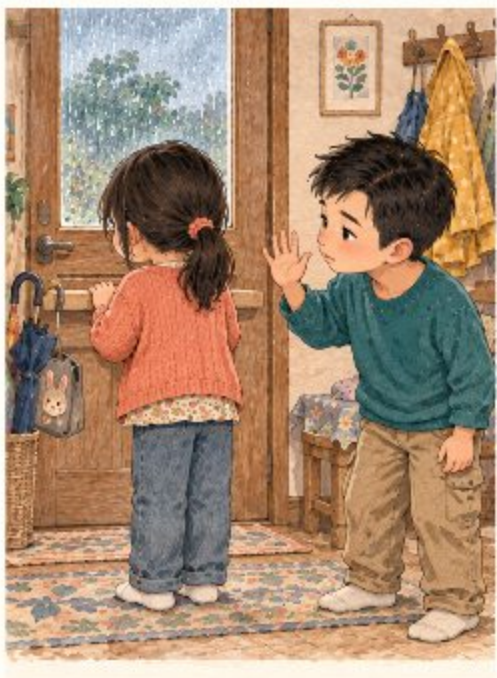


Look closely

If a friend does not answer at once, does that always mean they dislike us?



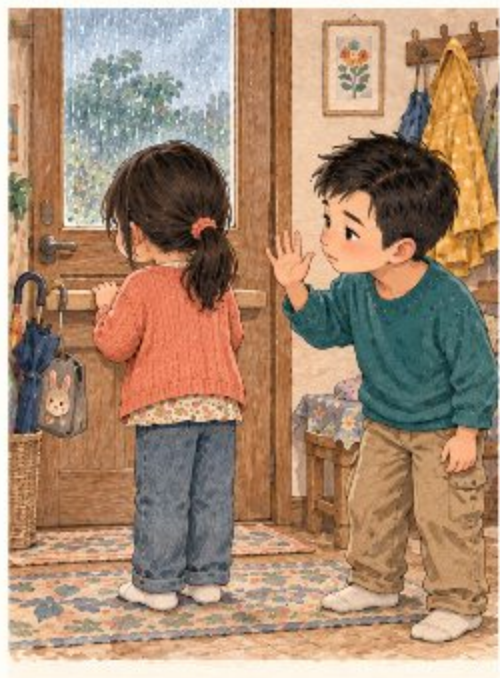
Story 1 / 3



Ayuan waved to Anan by the window, but she did not turn around. 'She doesn't want to be my friend,' he thought. He wanted to leave. The teacher asked, 'What did you see? And what are you guessing?'

Pause and ask: What did Ayuan see, and what did he guess?

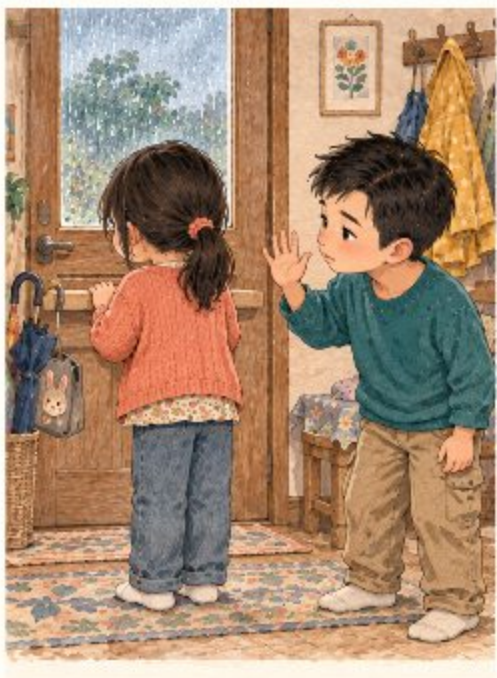
Story 2 / 3



'I waved and she didn't answer,' Ayuan said. That was what he had seen. 'She dislikes me' was still a guess. He went a little closer and called her name. Anan had been watching an injured bird outside and had not noticed him. She wanted an adult to help.

Pause and ask: How did he learn another explanation?

Story 3 / 3



Ayuan felt relieved. A thought could prompt him to find out more, but it was not already a fact. Sometimes finding out would still feel upsetting. Then he could speak with a trusted adult, instead of trying to figure everything out alone.

Pause and ask: Who can help if someone really is being hurt?

A Buddhist idea

A thought appears.
It is not automatically a fact.



Talk together

What had Ayuan observed, and what had he guessed?

If a child really is being excluded, who could help?



Try an activity

Draw: observed, guessed,
and a safe way to ask.



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.

