

Kindness Can Say No

Learn together, one small step.



Look closely

Someone grabs for the glue stick you are using. Must you hand it over?



Story 1 / 3



Xiaohe was sticking a little flag onto a paper boat. Lele reached for the glue stick in her hand. "Give it to me!" Xiaohe held on and felt uncomfortable. She remembered sharing, and worried that saying no would be unkind. But she had not finished her boat.

Pause and ask: Does wanting to share mean accepting grabbing?

Story 2 / 3



Xiaohe stepped back. "Please do not grab. I am using it. You can have a turn when I finish." Lele reached again, so she called the nearby teacher: "I need help." The teacher came over and made space between them. She did not tell Xiaohe to hand it over just to be generous.

Pause and ask: Who did Xiaohe ask when Lele reached again?

Story 3 / 3



The teacher gave each child a work mat and agreed on a waiting place with Lele. Xiaohe finished her flag, then put the glue stick in the middle. She could choose to take turns and still refuse grabbing. Asking for help did not label Lele a bad person; it let an adult help keep the rules.

Pause and ask: How did the teacher give each child space?

A Buddhist idea

Kindness has boundaries.
Sharing is a choice.



Talk together

Did Xiaohe have to insult Lele to say no?

If Xiaohe could not find words, how should an adult help?



Try an activity

Let toys practise refusing and asking for help.



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.

