

A Thank-You Tree

Learn together, one small step.



Look closely

Whose work helped bring a slice of bread to the table?



Story 1 / 3



Xiaohe took a bite of breakfast bread. "Delicious!" Mother asked, "Who helped, besides the person who put it on the table?" Xiaohe thought. "The baker!" Then she remembered the farmer growing wheat, the delivery driver, and the sunshine and rain that helped the wheat grow.

Pause and ask: Did only one person help bring bread to the table?

Story 2 / 3



They drew a thank-you tree. Its branches held small pictures, not scores: a wheat field, an oven, a delivery van and a hand passing a plate. "We cannot meet everyone who has helped us," said Mother, "but we can try to notice the help." Xiaohe added the little spoon she had set out herself.

Pause and ask: Why are there pictures, rather than scores, on the tree?

Story 3 / 3



"I would like to make a thank-you card," Xiaohe said. Mother joined her in watering a small bean plant, then they looked at the card. Thanks could be spoken, drawn or quietly remembered. Xiaohe did not have to agree to every request to show appreciation.

Pause and ask: Can you appreciate help and still make your own choices?

A Buddhist idea

Thanks can be simple,
and freely chosen.



Talk together

Why did Xiaohe include a farmer and a delivery driver?

Besides giving a present, how could someone express thanks?



Try an activity

Draw a tree with three small kinds of 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.

