

After Blossoms, New Leaves

Learn together, one small step.



Look closely

Why does the flowering tree look different this week?



Story 1 / 3



A park tree was covered in pink blossoms. Xiaohe and Mother stood underneath, looking up for a long time. "I hope it is exactly like this next time," said Xiaohe. Mother replied, "We can look carefully at today's flowers and remember how they look."

Pause and ask: What did Xiaohe hope to keep?

Story 2 / 3



A few days later, wind had scattered many petals. Xiaohe felt disappointed. “Why are so many gone?” Mother crouched down and listened instead of asking her to be cheerful. “You liked the flowers, so you miss them. Trees and flowers change day by day.” They looked at the fallen petals together.

Pause and ask: Did Mother insist that she be cheerful?

Story 3 / 3



Mother noticed tiny green leaves on the branches. Xiaohe drew the petals and new leaves in her sketchbook. She still missed the blossoms and also wondered how the leaves would grow. Appreciating something did not mean keeping it unchanged forever. She could notice this moment carefully.

Pause and ask: Can petals and new leaves share one drawing?

A Buddhist idea

Notice change, appreciate now,
and allow your feelings.



Talk together

Why was Xiaohe disappointed?

Can she notice new leaves and still miss the blossoms?



Try an activity

Draw a plant observation sheet.



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.

