

Small Actions Have Effects

Learn together, one small step.



Look closely

If you block a friend's train, does saying sorry erase what happened?



Story 1 / 3



Lele wanted his toy train to go first, so he deliberately put a block on Xiaohe's track. Her train stopped. "I have not finished!" she said, upset. The teacher came over and asked Lele to remove the block. Then both children paused.

Pause and ask: Was blocking the track deliberate or accidental?

Story 2 / 3



"I wanted to go first, so I blocked you. I am sorry," said Lele. He hoped to play together again, but Xiaohe said, "I want to play on my own for a while." The teacher explained, "You can apologise and respect her choice. We can also repair the track that got pushed crooked."

Pause and ask: Must Xiaohe immediately play together after an apology?

Story 3 / 3



Lele straightened the track. Next time he moved a block, he asked first. He did not earn a reward star for apologising, and he had not become a bad child forever. Repeated choices affect how people get along. Beginning a different habit today still mattered.

Pause and ask: What new action could Lele practise?

A Buddhist idea

Actions have effects.
New choices can begin now.



Talk together

What did Lele want, and how did his action affect Xiaohe?

How could he respond when she wanted time alone?



Try an activity

Draw a route from action to repair.



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.

