

One More, or Enough for Now?

Learn together, one small step.



Look closely

Do you need a whole box of stickers to make one card?



Story 1 / 3



A box of shiny star stickers sat on the craft table. Xiaohe chose a sheet, then reached for more. "Every colour is lovely!" she said. Mother was waiting for a turn. Mother did not say liking stickers was bad. She asked, "What are you making today? How much will you need?"

Pause and ask: What did Mother ask instead of criticising?

Story 2 / 3



Xiaohe looked at her unfinished card. She kept one favourite sheet beside it and returned the rest to the shared box. "I still want the other colours," she admitted. "You can like them without taking them right now," said Mother. "First see what you can do with this sheet."

Pause and ask: Are liking and taking the same thing?

Story 3 / 3



Xiaohe added a few stickers and drew more stars with a pencil. The card was not covered, but it had its own style. Mother found stickers for her card too. Pausing when she had enough did not ban happiness. It left room for other choices.

Pause and ask: What could Xiaohe do besides add more stickers?

A Buddhist idea

A wish can be present,
and action can still be chosen.



Talk together

Could Xiaohe still want the stickers after returning them?

Could “enough” differ for different projects?



Try an activity

Plan materials for a little card.



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.

