

Kind Help Starts with a Question

Learn together, one small step.



Look closely

Someone pauses at a puddle. Is pulling them along necessarily helpful?



Story 1 / 3



After rain, a small puddle lay near the library door. An older person using a cane paused nearby. Xiaohe wanted to take their hand and pull them through. Mother gently reminded her, "Ask what help is wanted first." Xiaohe stood out of the way. "Would you like some help?"

Pause and ask: What did Xiaohe first want to do?

Story 2 / 3



"Thank you. Holding the door is enough. I can use the dry path myself," the person replied. Lele asked Mother to hold the door. The children stepped aside. They did not pull an arm or take away the cane. The person knew which way of walking suited them.

Pause and ask: Why did nobody pull an arm or remove the cane?

Story 3 / 3



The person slowly entered along the dry path and thanked them. "I thought pulling would be quicker," Xiaohe said. Mother replied, "Wanting to help is warm-hearted. Asking and observing make useful help more likely." They remembered: care, understand, then take a suitable step.

Pause and ask: What helps a kind intention become useful?

A Buddhist idea

Care, observation and thought
help kindness find a suitable way.



Talk together

What help did the person actually want?

What could the children do if the answer were “No, thank you” ?



Try an activity

Let toys practise asking and listening.



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.

