

Avalokiteshvara: Listen and Care

Learn together, one small step.

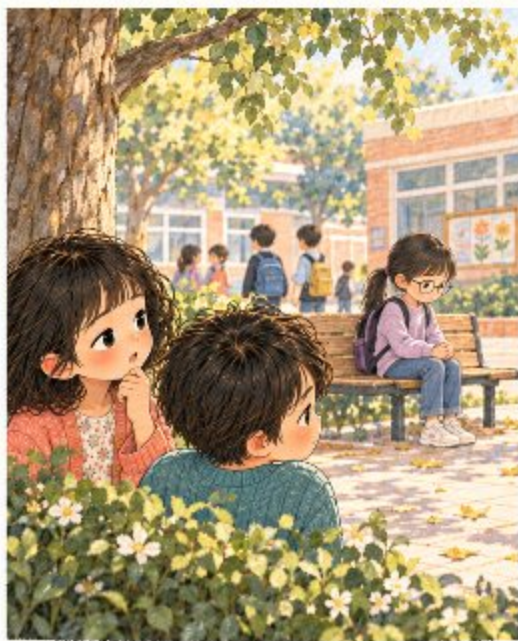


Look closely

If someone sits alone, do we know what they need?



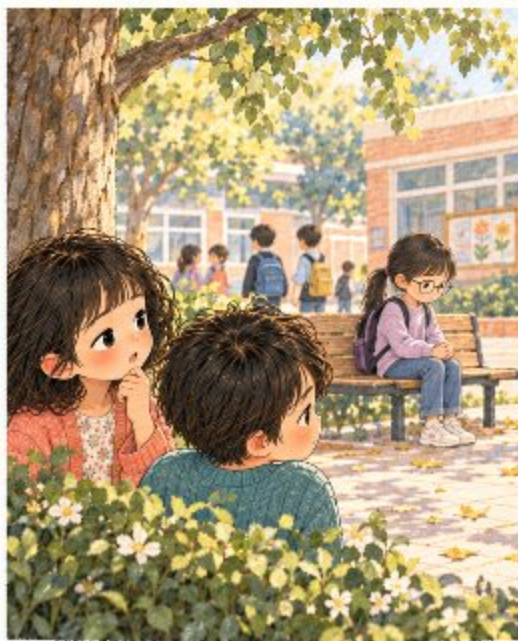
Story 1 / 3



Xiaohe and her brother look at a picture of Avalokiteshvara holding a lotus. Mum says, "In Chinese, this bodhisattva is called Guanyin; in Tibetan, Chenrezig. There are different forms, including two and four arms. This lotus-holding picture introduces compassion."

Pause and ask: What detail helps us recognize the picture?

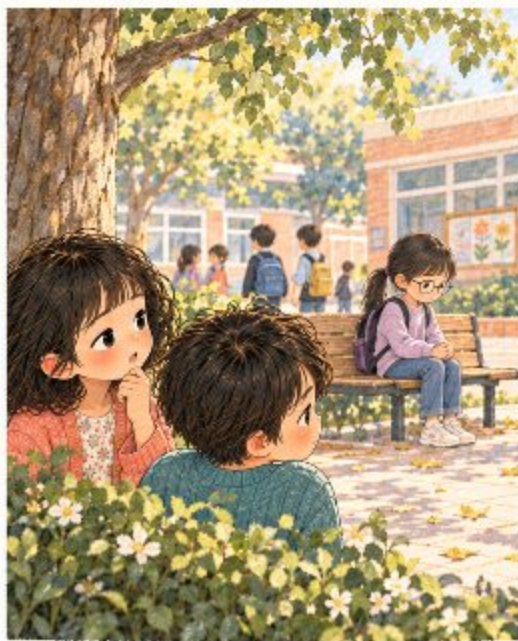
Story 2 / 3



After school, a new classmate with glasses sits alone on a bench. Xiaohe's brother wants to pull her into a game. "Let us ask first," Xiaohe suggests. "Would you like company, or a little quiet time?" She waits, giving her space to answer.

Pause and ask: Why does Xiaohe ask before pulling someone into a game?

Story 3 / 3



"I would like to talk. I do not know everyone yet," she says. The three sit together. Xiaohe listens as she describes her favourite books. Caring can begin with something small: notice a person, hear what they need, then offer suitable help.

Pause and ask: How does the answer guide their actions?

A Buddhist idea

Care listens to needs
instead of deciding for others.



Talk together

What if the classmate wants some quiet time?

What helps someone feel listened to?



Try an activity

Draw a two-step “ask, then help” 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.

