

Tara: One Brave Little Step

Learn together, one small step.



Look closely

Can we be a little nervous and still do something kind?



Story 1 / 3



Mum and the children look at Green Tara: a green figure, a flower nearby, one leg extending down. "This is a familiar form of Green Tara," Mum says. "We will use the picture to talk about caring action and courage." It is an educational illustration, not an event happening now.

Pause and ask: What do you notice in the illustration?

Story 2 / 3



Xiaohe has drawn a welcome card for a new classmate. At the classroom, she feels nervous. "I do not know what to say." Mum practises with her: "Hello, I am Xiaohe. Would you like this card?" Her brother says, "You can take your time."

Pause and ask: What small step helps Xiaohe prepare?

Story 3 / 3



Xiaohe walks over and introduces herself gently. The classmate smiles and accepts the card. Courage need not be a grand gesture; it can be a polite greeting. If someone does not want to chat, she can also say, "That is okay. Maybe another time."

Pause and ask: What if someone does not want the card?

A Buddhist idea

Courage can be small,
and care respects choice.



Talk together

Who helps Xiaohe when she feels nervous?

Does bravery have to mean danger or a huge action?



Try an activity

Draw a welcome card and try a gentle greeting.



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.

