

A Khata and a Welcome

Learn together, one small step.



Look closely

Does welcoming someone require an expensive gift?



Story 1 / 3



Mum opens a clean pale scarf with fringed ends. "This is a khata. It is often used in Tibetan culture to express respect, welcome and good wishes." Xiaohe looks at her everyday scarf: similar shapes can have different uses.

Pause and ask: What can a khata express?

Story 2 / 3



An older family friend comes to visit. Mum explains their welcome and asks if the guest would like to receive it. With Mum beside her, Xiaohe offers the folded scarf with both hands.
“Welcome. I wish you well.” The guest receives it warmly. This is not an exam.

Pause and ask: What happens before Xiaohe offers the scarf?

Story 3 / 3



Once they sit down, the children show a flower card they drew together. “Thank you for visiting.” Mum puts the scarf away carefully. Xiaohe discovers that gifts can express care, and so can sincere thanks and listening to a guest.

Pause and ask: What can we give besides an object?

A Buddhist idea

A welcome can be simple.



Talk together

How could we welcome a guest without a khata?

Why ask whether the guest wishes to take part?



Try an activity

Draw a welcome scarf.



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.

