

# Seven Days of Small Kindnesses

Learn together, one small step.



## Look closely

Is a kindness record for winning or for remembering?



## Story 1 / 3



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Xiaohe draws seven boxes. Mum does not fill them with assignments. She asks what the children would like to practise. Xiaohe chooses helping to find things, while her brother chooses putting away pencils. Each starts with a small action they want to try.

Pause and ask: Who chooses the small action?

## Story 2 / 3



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Before going out, the boy cannot find his mitten and feels upset. Xiaohe asks whether he wants help. Together they discover it beside the shoe basket. He feels relieved. Later Xiaohe draws a mitten to remember how she helped.

Pause and ask: How does Xiaohe check whether help is wanted?

## Story 3 / 3



A few days later, one box is empty. “Did I fail?” Xiaohe asks. Mum explains that a blank can mean forgetting, resting or not yet recording. They discuss what could make next time easier and how their actions affected others. Nobody counts whose page has the most pictures.

Pause and ask: Must every empty box be filled?

## A Buddhist idea

Record to reflect, not rank.



## Talk together

Why ask before helping?

What different things might an empty box mean?



## Try an activity

Draw seven boxes for kind actions.  
Blank days are okay. It is not a contest.



## 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.

