

Adventures in Human Values™
Stories for Children

108 STEPS TO LOVE



By Vinesh Nambiar

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Dedication

This book is placed at the Lotus Feet of Bhagavan Sri Sathya Sai Baba.

With all my Love,



Vinesh Nambiar



Photo from *Heart 2 Heart, Radio Sai Listeners' Journal, October 2008*
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This foot symbol is from the logo for the Walk for Values global initiative, whose mission is to spread universal human values to all people in all places one step at a time. The five toes represent the five human values of Truth, Right Conduct, Peace, Love, and Non-violence. The heart-shaped sole of the foot symbolizes Love. The tear-drop heel of the foot represents the Compassion that moves every human heart. For more information about the Walk for Values initiative, please go to the following website: <http://www.walkforvalues.com/home.html>



The heart-shaped world symbol is from the logo for The Human Values 4 Kids Foundation (HV4K), whose mission is to spread universal human values to all people in all places one heart at a time. The major land masses on the globe are covered with the five human values of Truth, Righteousness, Peace, Love, and Nonviolence. The world is transformed into a heart, which represents a world transformed by human values. For more information about HV4K, please go to the following website: <http://www.thehumanvalues4kidsfoundation.org/>



The two symbols, the feet and the heart-shaped world, have been combined to reflect the first courageous step an individual takes towards Love. The light emanating around the world is the light of Love that envelops a world transformed into Love through human values.

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COURAGE

The kids were happily playing on the jungle gym at the playground when they saw him.

“Oh no, here he comes!” yelled one of the kids.

“Let’s get out of here!” they exclaimed.

The kids hurried off and headed for class.

The school bully was on his way and everyone was scared of him. He would push kids around, hit them, and sometimes even kick them. Nobody said anything to him because they were scared.

While most of the kids ran off to class, Jim and his friend Shivam were still on the playground playing basketball.

Jim brought a brand new basketball to school that his Mom and Dad bought for him for his birthday. The ball was very nice and everyone wanted to play with it.

As soon as the bully saw them, he walked right over to them.

He forcefully said, “Give me the ball! I want to take a shot!”

Jim didn’t want to give him the ball, but he was scared, so he just threw the ball to him.

Jim said, “Here you go. You can take one shot, but then I have to go to class.”

As soon as he got the ball, the bully just kept taking shot after shot. Jim didn’t say anything because he didn’t want the bully to get angry.

Finally, Shivam had enough.

He said, "Please give Jim his ball back. We need to go."

The bully said, "What did you say?"

Shivam again said in a stronger voice, "Please give Jim his ball back because we need to go."

The bully angrily threw the ball very hard at Shivam. But to his surprise, Shivam caught it.

Shivam said, "I am not scared of you. You can try to push me, hit me, or even kick me, but you cannot scare me. I know you must be sad inside because you are being mean and nobody wants to be around you. Only by being nice and helping people will they like you. Then you will be happy."

The bully just stood there for a moment and thought to himself. Then he turned around and just walked away without saying a word.

The bully was never again mean to the kids at school because Shivam had the courage to stand up to him.



KINDNESS

It was Mykell's first day at her new school and she was a little scared.

She didn't know anyone at this school and she didn't know her way around.

She was alone.

As she was walking to class, some mean kids started making fun of her.

"Look at those freckles. She's a freckle face," they said loudly.

They were laughing at her and not being nice.

Mykell tried to walk past them quickly, but it felt like it took forever.

As soon as she turned the corner, she sat on a bench and tears began falling from her eyes.

A pretty girl then walked by and saw her there. Mykell looked up and noticed her, but put her head back down because she didn't want to be made fun of again.

Instead of making fun of Mykell, the girl walked up to her and said, "Hi, my name is Khiara. Are you okay?"

Mykell tried to hold back her tears, but she couldn't.

She said, "I'm new at this school and I don't have any friends. I was just trying to find my way around, when a group of kids

started making fun of me because I have freckles. It made me feel so sad."

Khiara immediately said, "Those kids don't know anything. I think they were being mean because they are not happy on the inside. I actually think your freckles are really cute and they make you unique."

"You think so?" asked Mykell.

"I wouldn't say it if I didn't mean it," said Khiara.

Then Khiara asked, "Do you want to come play on the monkey bars with me and my friends until class starts?"

"You want me to play with you and your friends?" asked Mykell.

"Yes," said Khiara. "Come on, let's go!"

Mykell ran off with Khiara and joined her friends. They laughed so much and were so happy playing together.

As soon as the school bell rang, Khiara walked with Mykell to class. They even sat by each other in class.

When Mykell's Dad picked her up from school, he asked, "So Mykell, how was your first day of school?"

Mykell happily replied, "It was great, Dad! I made a friend named Khiara. She is one of the kindest girls I have ever met."



FORGIVENESS

On the way to the bus stop one day, a little boy splashed his feet in a puddle of water and got Dorian's pants all wet.

The boy said, "I'm sorry. I didn't see you walking there."

At first, Dorian got mad at the boy.

But then he remembered what his Mom always told him:

"If you forgive people, then you too will be forgiven and you will be happy."

As soon as he thought of that, he said, "It's okay. I know it was an accident."

Then he just got ready to get onto the bus feeling very good.

Later on that day, Dorian was at school and a boy ran by and knocked his books out of his hands.

Again, Dorian remembered what his Mom always told him:

"If you forgive people, then you too will be forgiven and you will be happy."

As soon as he thought of that, he just picked up his books and continued on to class with a smile on his face.

At the end of the school day, Dorian's friend told him that he accidentally ripped Dorian's comic book that he borrowed.

Dorian was about to yell at his friend.

But then he remembered what his Mom always told him:

“If you forgive people, then you too will be forgiven and you will be happy.”

As soon as he thought of that, he told his friend, “It’s okay. It’s only a comic book.”

Then, miraculously, Dorian felt much better.

That evening, Dorian’s Mom asked him, “How was your day at school?”

Dorian replied, “My day was fine, Mom. I forgave a lot of people today because I remembered what you taught me.”

Dorian’s Mom said, “That’s really good, Dorian. By the way, where’s your lunch box? I need to make your lunch.”

Dorian exclaimed, “Oh no, Mom! I forgot my lunch box at school! Now what am I going to do?”

Dorian’s Mom said, “Don’t worry, Dorian. I’ll pack your lunch in a bag. Sometimes people forget things. It’s okay. You are forgiven. Please just remember to bring your lunch box home tomorrow.”

“Okay, Mom,” said Dorian happily.

Then Dorian went to his room to do his homework with a big smile on his face.

He had learned the meaning of forgiveness.



TEAMWORK

Ms. Renee wanted to teach her class an important lesson about teamwork, so she came up with an exciting class project.

As soon as all of the kids arrived, she said, "Good morning, class. I have a special project for you to complete today. I am going to give each of you a bag of blocks and I want you to build a castle that is taller than me. If you can build the castle in thirty minutes, you will all get a pizza party tomorrow. Do you all want pizza?"

The class exclaimed, "Yes, Ms. Renee, we want pizza!"

As soon as all of the kids received their bags, Ms. Renee said, "Okay class, you may now begin. Remember, you have thirty minutes to finish the castle, and it must be taller than me."

The kids quickly unzipped their bags and began building.

However, as each kid built their castles, they were only as tall as their knees when they stood up.

They were confused and didn't know what to do.

They said, "Ms. Renee, we don't have enough blocks to build a castle that is taller than you. We need more blocks."

Ms. Renee said, "Class, you do have enough blocks, but you must think and be creative to build this castle. Time is running out, class."

Suddenly, Elizabeth jumped up and said, "Everyone, we need to work together as a team and combine all of our blocks."

All of the kids quickly brought their blocks and put them into one big pile.

They all worked together to build the castle, placing piece after piece very quickly.

Elizabeth then climbed on a stool and the other kids passed her blocks, so she could keep building the castle higher and higher.

Ms. Renee smiled as she watched the kids working together and helping one another.

She told the class, "There is one minute left."

Elizabeth got down from the stool and the kids exclaimed, "We're done Ms. Renee! We did it!"

Ms. Renee walked up to the castle, looked at it, and slowly turned to the class and said, "Pizza for everyone! You did it! You were able to finish the class project on time by using teamwork."



COMPASSION

One day, on the way to the park, CJ saw a boy who was shivering in the cold because he had no jacket.

CJ went up to the boy and said "Hi, what's your name?"

The boy replied, "My name is Matthew."

CJ said, "Oh, my name is CJ. Is this your house?"

The boy answered, "Yeah, this is my house. I'm waiting for my Mom to come home. I don't know where she is and I'm freezing."

CJ thought to himself, "My Dad always told me to be compassionate and to help others."

CJ had on both a jacket and a sweater underneath.

He silently questioned, "Should I let Matthew borrow my jacket for a little while until his Mom gets home? Hmm...what is the right thing to do?"

Then CJ said spontaneously, "Matthew, why don't you wear my jacket until your Mom gets home? On my way back from the park, I'll stop by and pick it up."

Matthew said, "Thank you so much, CJ. That is so nice of you. I will take good care of your jacket. I promise."

CJ took off his jacket and gave it to Matthew, and continued on his way to the park.

In a little while, Matthew's Mom came home.

When she got out of her car, she immediately ran to Matthew and said, "My little Matthew, I'm so sorry I was not home when you came. I got a flat tire on the way back from work, so I was delayed. I hoped you would be safe and that you wouldn't be too cold because I saw that you had left your jacket on the couch at home."

She then noticed that Matthew had a nice, warm jacket on.

She asked, "Matthew, where did you get that jacket?"

Matthew explained what happened, to his Mom.

Matthew's Mom had tears in her eyes and said, "What compassion in this day and age."

When CJ came to pick up his jacket, Matthew's Mom gave him a big hug and said, "Thank you so much, CJ, for letting Matthew borrow your jacket. You have so much compassion. Your Mom and Dad are blessed to have you as a son."

CJ walked off with a big smile on his face because compassion had warmed him from the inside out.



LISTENING

Julia always listened to people. She knew that listening was important because her parents taught her about the goodness of listening. One important lesson they taught her was listening without interrupting.

They would say, "Julia, please don't interrupt us when we're talking. If you listen to us without interrupting, then we'll listen to you when you talk."

Julia used to interrupt her parents a lot, which made them very sad. But they would continue telling her how important it was to listen without interrupting.

One day, while her parents were talking, Julia just sat quietly and listened.

When her parents were done talking, she asked a really thoughtful question because she had listened.

Her parents said, "Thank you, Julia, for listening without interrupting. You are becoming such a good listener. You have made us so happy!"

Julia then decided that she would never interrupt anyone when they talked.

Another important lesson that her parents taught her was listening attentively.

They would say, "Julia, please listen attentively to us when we talk to you. This means that you listen with love and care to our words. If you listen attentively to us, then we'll do the same for you when you talk."

Julia did not listen attentively, which made her parents very sad. But they would continue telling her how important it was to listen in this manner.

One day, her Mom and Dad asked her to get ready for dinner because they needed to pick up something from the store before it closed.

Julia was right in the middle of playing with her toys, but instead of fussing as usual, she listened with love and care to her parents and got ready for dinner right away.

Julia's Mom and Dad said, "Thank you, Julia, for listening attentively to us. You have made us so happy!"

Julia then decided that she would always listen attentively to people.

In time, Julia became a great listener.

Even when her friends told jokes, Julia laughed the most because she always listened the best.



CARING

Ahmed loved his Grandma.

When he was a baby, his Grandma used to help his Mom and Dad take care of him. In fact, when his parents had to go somewhere, it was his Grandma who used to watch over him.

As he grew older, Ahmed's Grandma still did so much for him. She would take care of him when he was sick, and make him food everyday after school. She would make him soup, spaghetti, and even macaroni and cheese.

As Ahmed's Grandma got older, she wasn't able to move as good as she used to, and she grew slower and slower. However, she still tended to Ahmed in whatever way she could.

She would ask, "Ahmed, do you want some juice? Ahmed, can I get you something to eat?"

Ahmed didn't pay much attention to the changes that were occurring in his Grandma, until one day she couldn't get up from her chair. Ahmed then started realizing that his Grandma was getting old.

After that, Ahmed started doing things for his Grandma. He would help her sit down, get up, walk, and he would take food out for her. He would sit and talk to her when she was alone. He would listen to her sing. And he would even sing a song or two for her.

Ahmed was caring for his Grandma the same way she used to care for him when he was little. And although Ahmed's Grandma couldn't do things for him like she used to, he still felt the warmth of her love because it felt like the sunshine on his skin.

One day, Ahmed's Grandma said, "Ahmed, it is a blessing to have you as a Grandson. I took care of you for so many years, and now look at me. I am old and lonely. However, you still love me. You still care for me."

Ahmed then said, "Grandma, you may not be able to walk, you may not be able to talk, and you may even forget who I am, but I promise you that I will always love and care for you."

Upon saying that, a tear fell down Ahmed's Grandma's eye like a bright star.

The tear was pure joy because she knew Ahmed would always care for her.



SELF-CONFIDENCE

It was Melia's first day of gymnastics. Although Melia had never done gymnastics before, she was very excited.

In the school, she saw padded mats on the ground, a balance beam, high bars and low bars, and even a trampoline. And she saw lots and lots of kids. Melia's eyes looked in wonder at all of the fun things to do.

Sooner than she knew it, the teacher walked to the front of class and said, "Hi class, my name is Miss Trisha. Are you all ready for gymnastics?"

The kids yelled out, "Yeah!"

Miss Trisha then asked, "Can I please have one volunteer to help me show the class how to do tumbling?"

Melia immediately raised her hand and exclaimed, "I will Miss Trisha! I can do it!"

Miss Trisha responded, "You sure are a confident little girl aren't you? Class, confidence will allow you to achieve many things in life. Good job, Melia!"

Melia then walked out confidently and demonstrated how to do a variety of tumbling exercises with Miss Trisha's help.

After tumbling, Miss Trisha asked, "Class, now who will volunteer to walk on the balance beam?"

At first, nobody raised their hands because they were all scared. The balance beam looked very high.

Miss Trisha said, "Don't worry, class. I will help you, so have confidence."

Melia thought to herself, "I can do it," so she raised her hand up high.

Miss Trisha was very happy as she helped Melia onto the beam.

The first time around, Melia lost her balance and fell off. However, Miss Trisha was there to catch her.

Melia then asked if she could try again. But this time, she wanted to try without any help. Miss Trisha agreed and just watched as Melia climbed up, and carefully made her way across.

The entire class cheered as she finished!

Miss Trisha said, "Class, Melia not only has confidence, but she has self-confidence, which means she believes in herself. This is why Melia was able to make it across the balance beam without any help. Class, with self-confidence, you can achieve anything!"



SHARING

Keisha had lots and lots of toys. Her Mom and Dad had bought her many things over the years because she was the only child. Keisha didn't have to share because there wasn't anyone to share with.

Then one day, Keisha's Mom and Dad told her, "Keisha, Mommy is pregnant and she will be having a baby. You are going to be a big sister!"

Keisha was so excited! That night, she could hardly sleep as she thought about all the things she would do with the baby.

Sooner than she knew it, nine months had passed and Keisha had a baby sister named Kyshia.

At first, Keisha was amazed by the little baby. She would talk to Kyshia, caress her hands and feet, and give her gentle kisses on the cheek and forehead.

Keisha loved her little sister.

As Kyshia grew older and started walking and talking, she wanted to play with Keisha and her toys.

Sometimes she would just grab Keisha's toys away from her. Keisha would get very upset and even cry when Kyshia would play with her toys.

She would complain to her Dad, "Kyshia took my toy again!"

Keisha's Dad would tell her over and over, "Keisha, you need to share what you have. Through sharing, you will have twice as much fun because you make others happy."

Keisha didn't listen at first, but her Dad patiently repeated this to her time and time again.

One day, Keisha was playing with her toys and Kyshia wanted to play too. Instead of keeping all of the toys for herself, Keisha decided to share them with Kyshia.

When she gave Kyshia one of her toys, Kyshia's face lit up with a big smile.

Keisha and Kyshia then played for two whole hours with their toys. They pretended that they were best friends traveling around the world.

Keisha had so much fun – much more than she ever had by herself! And Kyshia was so happy to finally be playing with her big sister.

Keisha's Dad just watched them in amazement. He was so happy because Keisha had finally learned the lesson of sharing.



HONESTY

Shivam's Mom asked, "Shivam, did you put your blocks away? We need to leave for soccer practice."

Shivam hurriedly replied, "Yes, Mom!"

However, Shivam really hadn't cleaned up his mess.

After practice, Shivam's Mom said, "Shivam, you did great in practice today. And since you cleaned up your blocks, you can have apple pie after dinner!"

Shivam loved apple pie. But then he remembered that he hadn't cleaned up his blocks, and he started feeling really bad.

Shivam's Mom asked, "What's wrong, Shivam?"

He hesitatingly answered, "Mom, I didn't really clean up my blocks."

His Mom's face saddened.

She said, "Shivam, honesty is always the best policy. Even if you know you will get in trouble, it is best to be honest in the long run. No apple pie tonight!"

At that moment, Shivam promised himself that he would be honest no matter what because he couldn't stand to see his Mom so disappointed.

The next day, when Shivam was at school, he accidentally dropped finger paints all over the floor.

The teacher came in and shouted in an angry tone, "Who made this mess? Whoever did this is going to be in trouble today!"

Shivam courageously said, "Teacher, I was the one who spilled the finger paints. It was an accident."

The teacher replied, "Don't you know we spend lots of money on these paints! I want you to clean everything up, and then I want you to sit silently by yourself at your desk while everyone else plays."

Shivam said, "But teacher, I was being honest. It was just an accident and I intended on cleaning it up. My Mom told me that honesty is the best policy, even if it means I will get in trouble."

The teacher was shocked and stood there thinking.

Her face changed from an angry one to a happy one.

She said, "Shivam, you are right. I am sorry for getting angry. Honesty is the best policy. You don't have to sit silently at your desk. Please just clean up the mess and go play with your friends. I am very happy that you are such an honest boy."



TENDERNESS

Khiara was playing at the park when she heard a noise.

“Chirp...chirp...chirp...”

It sounded like a bird, but she didn’t see anything when she looked around.

“Chirp...chirp...chirp...”

Again, she heard the sound, but she couldn’t find where it was coming from.

Then she looked by a tree and saw a little bird on the ground.

She walked up to the bird and realized that it was a baby bird that had fallen out of its nest in the tree. Khiara also noticed that the bird couldn’t move one of its wings.

Khiara wanted to help the bird, so she picked it up with great tenderness and carried it home.

As soon as she got home, she told her Mom about the bird and asked her if she could fix the bird’s wing.

Her Mom said, “Khiara, I don’t know how to fix the bird’s wing, but we can take it to the veterinarian’s office and the veterinarian can fix the wing.”

“What is a *ve-ter-in-ar-ian*?” asked Khiara.

“A veterinarian is a doctor who takes care of animals, Khiara,” answered her Mom.

Khiara just sat and tenderly stroked the bird as if its life depended on it.

Then Khiara and her Mom got into the car and drove the bird to the veterinarian's office.

Once they got to the office, Dr. Priya examined the bird.

She ended up putting a little splint on the bird, and told Khiara and her Mom that the bird must stay at her office for a few days until the wing healed.

Khiara visited the bird everyday, and after a few days, the bird's wing had healed.

Dr. Priya gave it back to Khiara and said, "Khiara, you are such a wonderful girl. Not many people would have helped this baby bird as you have done. The baby bird survived because of your tenderness."

Khiara had a big smile on her face as did her Mom.

Khiara and her Mom then drove the baby bird back to the park and put it back into its nest. They watched as the Mommy bird chirped excitedly along with the baby bird.

Khiara's Mom said, "Khiara, look at how happy the Mommy bird is. That is how happy you have made me because of your tenderness."



ENCOURAGEMENT

Dorian was learning how to write sentences in school. However, he wasn't too comfortable putting the words together.

He could talk great and even write single words. But for some reason, when it came time to write sentences, they would come out all messed up.

Dorian began to think that he was not smart and he would never be able to write.

However, his teacher, Mr. Merrell, saw great potential in him. He knew that Dorian was a brilliant writer inside, but he just needed a little encouragement.

The first thing Mr. Merrell did to encourage Dorian was to think good thoughts when it came to his writing.

By thinking good thoughts, Mr. Merrell was always able to find something nice to say about Dorian's writing.

The second thing Mr. Merrell did to encourage Dorian was to speak good words to him.

He would constantly say, "Dorian, I believe you can write sentences. In fact, I think you can even write a poem!"

Dorian didn't believe him at first, but Mr. Merrell encouraged him so much that even Dorian began to believe it was possible.

The final way that Mr. Merrell encouraged Dorian was by doing good things with him.

He would show Dorian how to put words together in fun ways.

He would also give poems to Dorian to read out loud so he could feel the words through rhymes.

One poem that Dorian read a lot was this one:

If you think you can do it and really believe it, then say you can do it and soon you'll achieve it! If you say you can do it and repeat it in rhymes, then your words will become actions miraculously in time!

That poem made Dorian feel like he could do anything he put his mind to.

So with continued encouragement from Mr. Merrell, Dorian began to put words together really well.

And soon enough, he began writing many brilliant sentences.

He even started writing poems!

In fact, Dorian won a school prize for his first poem, which he dedicated to Mr. Merrell.

It was called, *'Encouragement – The Art of Giving Courage to Others.'*



THANKFULNESS

Ever since she was a little girl, Elizabeth received many things. She had nice clothes, lots of toys, and just about anything she wanted.

She would ask for things all the time, and her parents would fulfill her desires even though she wasn't always thankful.

Then one day, Elizabeth's parents told her that they could no longer afford to buy her things like they used to because her Dad had lost his job. Elizabeth was not happy about this, but she understood.

However, about a month later, Elizabeth came home and asked, "Mom, can I play an instrument at school? My teacher told us that if our parents can buy us an instrument, then we can have free music lessons at school. I really want to play the flute!"

Her Mom said, "Elizabeth, we cannot afford to buy you a flute. However, you can have my old violin that I used to play when I was a little girl if you want to play that."

Elizabeth really wanted to play the flute, but she was just thankful to play an instrument, so she was happy.

A few weeks later, Elizabeth came home and asked, "Dad, can I buy some books from the book club at school? Lots of kids are ordering new books, and I also want to order some."

Elizabeth's Dad said, "Elizabeth, we cannot afford to buy you new books. However, we can take you to the library, so you can check out books to read and then return them when you're done."

Elizabeth really wanted new books of her own, but she was just thankful to at least be able to go to the library to check out books, so she was happy.

Eventually, when Elizabeth's Dad started working again, her parents were able to buy her whatever she wanted like before. However, Elizabeth didn't ask for things anymore.

When her Mom and Dad asked her why, she said, "I have enough stuff, so I am thankful for what I have. I don't need anything else right now because I'm already happy."

Elizabeth's response filled her Mom and Dad with joy. They knew Elizabeth was truly thankful.



FRIENDSHIP

CJ had a lot of friends who cherished their friendship with him because he was such a good friend.

One of the ways that CJ expressed his friendship was by *caring* about his friends.

For example, when his friend Rayna was crying on her front porch, he ran quickly to her and asked, "What's wrong, Rayna?"

When Rayna told him that her dog had run away, CJ comforted her and told her that her dog would come back home as soon as he got hungry.

By simply caring, CJ made Rayna feel much better until her dog came back.

Another way that CJ expressed his friendship was by *sharing* with his friends.

For example, at school, when his friend Carly forgot her lunch at home, CJ said, "Here you go, Carly, you can have half of my sandwich and some of my carrot sticks."

Carly wasn't hungry for the rest of the day because CJ shared his food with her.

CJ also expressed his friendship by *helping* his friends.

When his friend Richie needed help with his math homework, CJ immediately said, "Richie, I can help you."

With CJ's help, Richie not only turned his assignment in on time, but he also got an 'A' on it!

One of the most important ways that CJ expressed his friendship was by *listening* to his friends.

For example, when his friend Poonam told him that she was nervous about speaking in front of the big crowd at their school assembly, CJ just listened to her until she forgot she had to speak.

When it was her turn to go on stage, she ended up giving an amazing speech and didn't have a trace of nervousness because CJ had listened to her.

Even though CJ would *care* about his friends, *share* with his friends, *help* his friends, and *listen* to his friends, his friends did not always do the same for him.

In fact, it was when his friends did not have time for him that he proved his true friendship because he didn't let that stop him from being a good friend.

CJ cared most about giving friendship rather than receiving it. This is what made his friendship so special.



SPORTSMANSHIP

It was family game night again and Julia was very excited to play games with her Mom and Dad. Tonight, they were going to play her three favorite games!

Julia loved playing games, and she was getting better each time they played. In fact, she would sometimes win, which made her very happy. Her parents even got happy when she won.

Her parents would tell her, "Julia, it doesn't matter if you win or not, but you must do your best and try hard. Then, if you win, you should thank all of the players for playing with you because it was only by them playing that you had the chance to use your skill to win. This is good sportsmanship in winning.

If you are not the winner, then you should congratulate the winner and thank the person for playing with you because it gave you a chance to learn and improve your skills at the game. This is good sportsmanship in losing."

Tonight, Julia was ready to do her best, win or not.

The first game they played was a board game and Julia chose to be her favorite character. After a long time, Julia won the game by reaching home first. She was so happy, but she made sure to thank her parents.

She said, "Thank you, Mom and Dad, for playing with me. You gave me the opportunity to use my skills and I was able to win."

Her parents were so happy.

They then moved on to the next game. Once again, Julia won the game and displayed good sportsmanship in winning.

Finally, they were ready to play the last game, which was a card game that tested their memories. Julia really wanted to win, but she knew it was going to be hard because her Mom was so good at this game.

Despite Julia's best efforts, her Mom ended up winning. And although Julia was very disappointed, she still displayed good sportsmanship.

She said, "Thank you, Mom and Dad, for playing with me because it is helping me to get better."

Julia's Mom responded, "Julia, despite the outcome of the game, your good sportsmanship always makes you a winner!"



PRACTICE

“Practice, practice, practice,” said Ahmed’s Dad. “Soon you will be able to spell even the most difficult of words.”

But Ahmed kept losing his patience and did not want to practice anymore.

Ahmed didn’t realize that he was getting better at spelling.

After three days, Ahmed had memorized how to spell only nine out of twenty words for his spelling test. He needed to learn how to spell eleven more words. However, they were really hard words and Ahmed was getting frustrated. He thought he would never be able to remember them.

Ahmed’s Dad said, “Why don’t you take a break, Ahmed? Do you want to shoot some baskets with me?”

“Sure,” replied Ahmed.

Ahmed and his Dad began taking shots on Ahmed’s basketball hoop. Ahmed took ten shots and his Dad took ten shots.

After the first round, Ahmed made only one basket and his Dad made three.

Ahmed’s Dad said, “We need a little more practice. I bet we’ll do much better after another round or two.”

By the end of the third round, Ahmed had made five baskets and his Dad had made seven baskets.

Ahmed said, “You’re right, Dad. We are doing much better!”

Ahmed's Dad replied, "If we keep practicing, we can probably make ten out of ten baskets. You see, Ahmed, practice is the secret to doing well no matter what the task. Even if something is hard, if you keep practicing, eventually it will get easier. It works like magic!"

Ahmed understood what his Dad said because he saw how he and his Dad got better at making baskets.

Later that day, Ahmed decided to go back to his list to practice his words for the spelling test.

After a few more days, and many hours of practicing, Ahmed was able to spell all twenty words.

The day before the test, Ahmed asked his Dad to quiz him, so Ahmed's Dad agreed.

After the quiz, Ahmed's Dad was amazed because Ahmed didn't make a single mistake!

He asked, "How did you do it, Ahmed?"

Ahmed responded with a big smile, "Practice, Dad, practice!"



RESPECT

Melia, Prithika, and her little brother, Pearson, went to the park to play.

On the way there, they saw an old lady sitting on a bench, and Pearson started making fun of her.

Melia said, "You should have respect for your elders, Pearson. She could be somebody's Grandma. Would you like it if someone made fun of your Grandma?"

Pearson replied, "But she can't even see me."

Prithika then explained, "Pearson, it doesn't matter. You should have respect for her because she is a human being."

Pearson felt really bad, so he decided he would respect all people from that day forward.

Later on, while they were playing, they saw a cat.

Pearson exclaimed, "Oh no! It's that cat again!"

Then he picked up a rock and was going to throw it at the cat.

Melia yelled out, "Pearson, stop! Don't throw the rock at that innocent cat! If you throw the rock at the cat, you could really hurt it. Would you like it if someone did that to you?"

Pearson said, "But it's just a cat."

Prithika then explained, "Pearson, even though it's just a cat, it can feel pain just like you do."

Pearson thought about it and put down the rock. He felt bad for wanting to throw the rock at the cat, so he decided that he would respect all animals from then on.

When they were done playing, they were really tired and thirsty, so they went to get a drink of water.

Pearson started taking sips and spitting them out.

Melia said, "Why are you spitting out the water, Pearson? Water is a gift of nature, and we should respect it and use it properly."

Pearson said, "But water is free and we can have it whenever we want."

Prithika then explained, "Pearson, you should not waste water because some people don't have clean water to drink. If you waste it, then you're not respecting them or nature."

Pearson felt bad about wasting the water, and decided to respect water and all gifts of nature.

Pearson learned a lot about respect that day.

He learned that respect applies not just to family and friends, but to all people, animals, and even nature.



POSITIVITY

It was the first day of softball practice and Meena had a frown on her face.

She complained, "I'll never make the softball team because I can't even hit the ball past the pitcher. Plus, I don't even throw or catch the ball that good."

However, Meena's best friend, Gabe, kept encouraging her to keep on trying. He told her that she would get better and really start enjoying the game.

By the third practice, nothing had changed for Meena. She still didn't hit the ball good nor did she catch it good. She just didn't believe that she'd ever like the game and was going to quit. She sat on the bench disheartened with her head down.

Then the best player on the softball team, Keisha, came by.

She asked, "What's wrong, Meena?"

Meena looked up and responded, "I am not good at this game. I can't hit! I can't throw! And I can't catch! I don't know why I'm even trying because I won't make the team."

Keisha just smiled and went to get a bat and a ball.

She walked back to Meena and asked, "Do you want to practice with me?"

Meena replied, "No. I don't want to practice because it doesn't help."

Keisha said, "Do you know what you need, Meena?"

"What?" Meena responded sadly.

Keisha followed, "You need a positive attitude. Having a positive attitude will help you to get better. Instead of saying 'no', 'I can't' and 'I won't', you need to say 'yes', 'I can', and 'I will'. That is being positive. With a positive attitude, you can achieve the impossible!"

Meena remembered that her best friend, Gabe, had recently told her the same thing.

Instead of being negative again, Meena decided to do something about it.

She said, "Keisha, you're right. I do need to have a positive attitude. I would like to practice!"

At first, it was hard for Meena. However, she maintained a positive attitude and kept on trying.

Meena got better with each passing day and began loving the game of softball. Eventually, she even became one of the best players on her team – all due to her positivity.



PATIENCE

“Learn to be patient, Shivam,” said his Dad. “This will bring you peace in difficult times.”

Shivam didn’t really understand what it meant to be patient. He always wanted things right away. No matter what it was, Shivam wanted it fast, and he would get frustrated if he had to wait or things took longer than he expected.

One day, Shivam was building a puzzle. This puzzle was pretty hard because it had 1008 pieces. Shivam had never built a puzzle that big before.

Since it was harder than his other puzzles, Shivam started losing his patience and throwing the puzzle pieces everywhere.

Then he decided to put the puzzle away and do something else.

Shivam’s Dad asked, “Why aren’t you building your new puzzle, Shivam?”

Shivam responded, “It’s too hard!”

Shivam’s Dad then said, “You can do it, Shivam. All you have to do is put your mind to it and be patient. Come on, I’ll help you!”

So Shivam and his Dad began building the puzzle together. It took a long time, but they finished it.

Shivam realized that by being patient, he was much calmer while building the puzzle and he was able to concentrate better. Not to mention, the puzzle actually got finished!

The next day, Shivam was at school and the teacher asked the students if they wanted to try a difficult puzzle. It was made up of only nine different colored shapes that needed to be put together to make a square. She told them that whoever could finish the puzzle would get a sheet of stickers.

Even though it seemed easy, nobody could figure out how to do it. Most of the kids gave up and went outside to play. But Shivam kept at it.

He remembered what his Dad told him the day before about patience, so he remained peaceful in the difficulty.

And sure enough, he was able to concentrate a lot better and eventually figure out how to finish the puzzle.

He was the only one in his class to finish, so the teacher gave him two sheets of stickers!

She said the extra sheet was for his great patience.



FRIENDLINESS

Khiara's Mom and Dad told her to always be friendly to people.

They said, "Khiara, genuine friendliness can put a smile on a sad person's face and brighten up a lonely person's heart. It can mean all the difference in the world to a person, if someone is just nice to them."

Khiara really took to heart what her parents told her. She tried to be friendly to everyone she met.

However, from time to time, she would run into a person that made it really hard to be friendly. And this was one of those times.

It was Khiara's first day of dance class and she was pretty excited. Khiara was already a really good dancer, so taking dance was only natural for her.

When she walked into the class, she immediately started making friends.

Soon the teacher got the class started with warm-ups. When it was time to begin dancing, Khiara was ready.

The teacher asked for a volunteer to go over a new routine. Only Khiara and one other girl raised their hands.

The other girl, Veronica, had been taking dance for a long time, so the teacher chose her first. She told Khiara that she could try next.

Veronica did the demo and sat down. Everyone clapped softly.

When it was Khiara's turn, the teacher and the other students were amazed at how good she could dance. They cheered and clapped loudly when she was done!

Veronica commented, "She's never even taken dance. I don't know what everyone is cheering about. It wasn't that good."

Even though Khiara knew she danced well, she wondered why Veronica was being so mean.

So she just walked right up to her and tried talking to her. Khiara was being as friendly as possible, but Veronica didn't want to talk to her.

Khiara then said, "You know, I thought you danced great out there!"

"You did?" replied Veronica.

"Yes, we should do a routine together," said Khiara.

Veronica's face lit up, and then she started talking a lot to Khiara.

Soon they were acting like long-time friends.

Khiara's friendliness had won her over.



GENEROSITY

Dorian had a generous spirit. His generosity started first with his Mom and Dad. Any time they would ask for his help, he was ready to be at their service. Even when they didn't ask, Dorian would help them.

One day, when his Mom was doing laundry, she had to take a break because she was so tired.

Dorian was going outside to play with his friends, but he decided to help his Mom instead.

While she was resting, he took out all of the clothes from the dryer, folded them, and put them away neatly in the drawers.

When his Mom got up, she found that Dorian had done all of the work.

She said, "Thank you, Dorian. You are so generous and helpful!"

Another time, Dorian was about to drink the last bottle of his favorite lemonade. It was so hot and the lemonade was really refreshing. However, Dorian looked outside in the backyard and saw his Dad sweating in the heat while working in the yard.

Instead of drinking the juice, Dorian ran outside and gave it to his Dad.

His Dad said, "Thank you, Dorian. You are such a nice and generous boy!"

Dorian's generosity wasn't just limited to his parents. He was also generous to his friends and even strangers.

For example, one day at school, his friend Ion forgot his notebook and pencils at home. Dorian immediately ripped out some sheets of paper for Ion and gave him his last brand new pencil.

Ion said, "Thanks, Dorian. You are the coolest!"

Another time, Dorian had been saving up his money to buy ice cream from the ice cream truck. When he heard the music from the truck, he ran outside with his money. Then he saw a little boy crying on the sidewalk.

He went up to him and asked, "What's wrong?"

The boy answered, "I can't find my money that my Mom gave me to buy ice cream. Now I can't have any ice cream and I'm going to be in trouble."

Dorian felt so bad, he just gave the little boy his own money. The boy was amazed.

And with only the boy's smile, Dorian knew that generosity was priceless.



PERSEVERANCE

Elizabeth couldn't sleep because she was thinking about her upcoming black belt test in Karate.

Elizabeth was the youngest and smallest student in her class, so she always had to work harder than everyone else. For her test, she had to break three boards with a single Karate chop, which is what the older students were doing.

Her Sensei told her that she had to be confident, practice a lot, and really concentrate in order to break the boards.

Elizabeth was confident and she did practice a lot, but she still couldn't break the boards. Her concentration was also really good, but she kept running into a problem.

One day, she told her teacher about the problem.

She said, "Miranda Sensei, sometimes when I hit the boards, my hand really starts to hurt. It feels like my hand is going to break instead of the boards, so I lose my concentration."

Miranda Sensei sat quietly for a moment and then said, "I see. It is not the pain itself that is stopping you, Miss Elizabeth, but the fear of pain. I now realize that you must learn the lesson of perseverance. You see, Miss Elizabeth, if you have perseverance, you will keep trying even though it hurts. In doing this, your fear of pain will disappear and your concentration will improve."

Over the next week, Elizabeth practiced board breaks for two hours a day. Even though her hand was hurting, she persevered through the pain and kept trying.

Finally, two days before her black belt test, Elizabeth hit the boards and they broke in half like a skinny twig from a tree. Elizabeth was amazed!

From that point on, she was able to break the boards every time she tried.

When Elizabeth took her black belt test, she passed with flying colors.

At the awards ceremony, Miranda Sensei called Elizabeth up to receive her black belt and he gave her a surprise award.

He said, "Class, although Elizabeth is the youngest and smallest of my students, I am giving her this special award for displaying the most *perseverance*."

“Okay, CJ, it’s time to go home now,” said CJ’s Mom.

CJ immediately started shouting, “I don’t want to go! I don’t want to go! I want to wait for Saige!”

Then he ran off after Saige, who was still waiting for his Mom to pick him up from school.

Saige was CJ’s best friend at school, and CJ followed him around everywhere. Whatever Saige did, CJ wanted to do.

From time to time, CJ would cause a big scene in front of the teachers, parents, and other kids at school when it was time to go home. It was so embarrassing for CJ’s Mom because everyone would look at her and CJ, and wonder why CJ was not behaving himself.

Most of the time, CJ was a nice and polite boy. So when he acted like this, it made his Mom very sad.

When they got home, CJ’s Mom sat him down on the couch and had a talk with him.

She said, “CJ, you were not being polite today at school when we were leaving. It is so important that you learn how to be polite at all times. Politeness means that you say ‘please’ and ‘thank you,’ and you do a pretty good job at that. However, politeness also means that you show good behavior at all times, follow rules, and speak kind words in a pleasing tone. And politeness starts by being nice and listening to your parents. Were you being nice and listening to me today, CJ?”

CJ thought for a minute and then a tear fell down his eye.

He said, "No, Mom, I wasn't being nice. I'm sorry."

CJ's Mom gently replied, "It is not enough to say you're sorry, CJ. You just need to be more polite."

The next day at school, CJ's Mom picked him up once again.

This time, CJ politely asked, "Mom, can I please stay at school a little bit longer until Saige's Mom comes to pick him up?"

CJ's Mom said, "No, CJ, you can't because I have a lot of work to do at home."

CJ really wanted to stay with Saige, but he said bye and went peacefully with his Mom.

CJ's Mom was so happy, and CJ realized that it was easy to be polite.

From that day forward, CJ was polite in every way.



FAMILY

It was Julia's Grandpa's 75th birthday and the whole family was at Julia's house for the party. So many people were there including Julia's Grandma, her parents, her aunts and uncles, and her cousins. The entire family loved him so much.

Julia was especially close to her Grandpa. As she sat, she began daydreaming about all the good times she had with him.

Sometimes her Grandpa would walk her to school in the morning, or he would walk her to the park after school.

Sometimes he would sing her old Spanish songs while playing the guitar.

And sometimes he would tell her neat stories about what it meant to be family. In fact, it was these little stories that Julia liked the most because her Grandpa spoke with so much sincerity and love.

He would tell her, "My dearest Julia, family is like a flowering plant. If you care for it and nurture it, even in the cold and rainy times, you can rest assured that it will bloom with beautiful flowers when the sun comes out. And like flowers, you should always care for your family even in bad times because soon enough the good times will return and the beauty of the family will be revealed."

Another thing he would tell her was, "My dearest Julia, each member of a family is like a string. All of the strings are different and can be easily broken by themselves. However, when the strings are weaved together they can form cloth that is very hard to tear. In fact, the cloth can be further made into blankets, clothes, and many other useful things."

In the same way, families are made up of many different types of people who are stronger when they work together in unity. By working in unity, they can do many things to benefit themselves, and more importantly, to help other people."

All of a sudden, Julia's family started singing happy birthday and Julia snapped out of her daydream. She immediately began singing in unison with the rest of her family.

Julia's Grandpa joyfully smiled because he could feel the love of his *family*.



CALMNESS

Ahmed was sitting by himself on the beach watching the waves come and go, and listening to the sound of the ocean.

He just got in trouble for throwing sand at his little sister and he was really upset. His Mom and Dad told him to take a walk and calm down, or else they were going to go home right away and he wouldn't get to play at the beach.

Ahmed knew he was lucky that his parents brought the family to the beach, and he definitely didn't want to go home. However, he just couldn't find any calmness inside of himself.

While he was sitting there thinking, a kid walked up to Ahmed out of nowhere and introduced himself.

He said, "Hi, my name is Joshua. Are you okay? You look pretty upset."

Ahmed replied, "Well, I was building a sand castle and my little sister messed it up. I got so mad that I picked up some sand and threw it at her. Then I got in trouble from my parents and they told me that I needed to 'calm down' or else we would have to leave the beach."

Joshua then said, "You know, my big brother once told me that if I get angry, I should either drink a cold glass of water or slowly count to ten, and then I would calm down. I didn't believe it would work, but I have tried it out many times and it works. Anyway, you should try it out sometime."

As Joshua walked off, Ahmed thought about what he said and decided to give it a shot. Since he didn't have any cold water, he quietly counted to ten.

"1..2..3..4..5..6..7..8..9..10", he slowly whispered.

When Ahmed was done counting, he felt so much better. It was an amazing trick.

He walked back to where his family was sitting and apologized to his sister.

She said, "It's okay, Ahmed. I didn't mean to mess up your sand castle. I just wanted to play with you. I still love you even though you got mad at me."

Ahmed felt really bad that he threw sand at his little sister and promised himself that he would always use the trick that Joshua taught him to find calmness inside of himself.



HUMILITY

Melia was one of the smartest kids in her class, but she had great humility. She never thought she was better than anyone else because she was so smart. In fact, she used her talent to help other students in the class. As a result, the other kids really liked Melia because she was so helpful.

Melia always scored highest on the class exams. No matter what the subject, Melia did well!

Right behind Melia was a girl named Minnie. She was really smart too. But she was different from Melia because she would brag about how smart she was. Whenever she did well on a test, she would make sure that everyone knew about it.

People who scored lower than Minnie did not want to be around her because she would make them feel like they were not smart at all.

Melia would just listen to Minnie and not say anything. However, one day, Minnie really hurt her good friend Kim's feelings.

She told Kim that she would never score higher than her on a test because she was not smart enough.

Kim was such a nice person, she didn't say anything back. However, she was really embarrassed even though she was smart too.

Melia had enough, so she went up to Minnie and said, "I believe that Kim will score higher than you on the next math test and I will help her to study."

Minnie replied in an arrogant tone, "Go ahead! It won't help because she's not smart enough!"

That evening, Melia and Kim began studying for the math test. Night after night they studied, and Kim became confident by test day.

After the test, Kim had a big smile on her face because she knew every answer.

The next day, when they got their test results, Kim scored the highest in the class – even higher than Melia.

Right away, Kim thanked Melia.

She then walked right up to Minnie and said, "Thank you, Minnie. I would have never scored so well if you didn't challenge me to be better."

That day, Minnie learned a huge lesson in humility, so she never again bragged that she was better than others.



TOLERANCE

Keisha, Praneel, Sani, and Chuck were the best of friends. Even though they came from different cultures and backgrounds, they got along really well because they had tolerance for each other's differences. And because they were so tolerant of each other, they were also tolerant of other people too.

When they were walking to school one morning, some kids were making fun of a little boy because he had glasses on, which made him look different. They were calling him 'four eyes'. The boy was getting pretty upset.

Keisha immediately said to the kids, "Why are you all making fun of him for having glasses?"

Praneel followed, "Some of the coolest people wear glasses. What is the problem if his glasses make him look different? He is still cool!"

The little boy was so thankful that they defended him.

Later on that day at school, a really smart girl was called up to the front of the class by the teacher to solve a math problem.

As soon as she got to the chalkboard, some kids started calling her 'nerd' because they thought her intelligence made her different from them.

Before the teacher could say anything, Sani said, "Why are you making fun of her because she's smart? Being smart is awesome!"

Chuck followed, "Even though she's smart, she's still one of the nicest people we know."

The girl felt so relieved that they stood up for her.

Later on that day at lunch, some kids started making fun of a boy for eating curry because it was a different type of food than what they were used to.

They said, "What kind of strange food are you eating? That stuff stinks!"

The boy got really embarrassed, but the four friends spoke up.

"What are you talking about?" said Keisha.

"Curry smells good to me," followed Praneel.

"I love curry!" exclaimed Sani.

"I eat curry all the time," said Chuck.

The boy thanked the friends and continued eating in peace.

Keisha, Praneel, Sani, and Chuck walked happily home that day knowing that their tolerance had made a positive difference.



STRENGTH

"I want to be the strongest kid in my school," said Shivam as he lifted a weight over his head. "I am lifting weights so I can have big muscles."

"Do you think that having big muscles alone makes you strong, Shivam?" asked his Dad.

"Of course!" said Shivam.

Shivam's Dad knew that Shivam didn't know the true meaning of strength, so he wanted to help him understand.

The first thing that he did was to take Shivam to see some acrobats. They had incredible strength, but not huge muscles.

"She's lifting up that guy with one hand!" Shivam said in amazement.

Shivam's Dad explained, "The acrobats are able to perform such feats of strength through skill, balance, and concentration."

Next, he took Shivam to a demonstration by an Aikido master. Two big, muscular men were struggling to move his arms, but they couldn't even move them an inch.

Shivam asked, "How is he so strong, Dad? He looks so small and old compared to those guys!"

Shivam's Dad explained, "The master is able to generate such strength through will power and focus."

On their way home, Shivam and his Dad stopped at the ice cream parlor for a treat.

The owner of the store accidentally gave Shivam's Dad a five dollar bill back in change instead of one dollar.

Shivam's Dad noticed that the owner made a mistake, so he immediately walked back and returned the five dollars.

The owner was so happy that he said, "You have shown such honesty sir by returning this money to me. For that, you can have the ice creams for free!"

Shivam's Dad said, "Thank you," and smiled.

He knew this was the final and most important lesson in strength that Shivam needed to understand.

He said, "Shivam, you can have the biggest muscles in the world and have great physical strength, but if you have strength of character, like being honest, kind, and compassionate, then other people will do things to help you, which will make you stronger than you could ever be on your own."



BRAVERY

"You can do it, Khiara!" exclaimed her Dad.

But Khiara was scared inside. She was trying to be brave for her first game, but it was difficult because she was the smallest player on the field.

Khiara was an 'All-Star' in the Division II soccer league, so they had to move her up to Division I to play with the big girls.

The girls in Division I tried to scare her because she was younger and smaller than them. They gave her mean looks and said mean things to her as she walked onto the field.

Khiara's Dad had been practicing with her for the past month so she would feel comfortable playing with the bigger kids. He knew that she had the skills to play even better than them, but she needed to be brave.

He would keep repeating to her, "Khiara, bravery doesn't mean that you have to be fearless, it simply means that you have less fear so there is room for bravery to grow. Then it will spread like wildfire and burn the fear away."

As Khiara got into position on the field, she couldn't remember anything that her Dad had told her. All she could think about was how big and scary the other girls looked across from her.

The next thing she knew, the referee blew the whistle and the soccer ball hit her in the leg.

Her teammates were yelling, "Go, Khiara, go!"

Khiara realized that the ball was in front of her. At first, she just stood there and didn't move because she was scared.

But then she remembered what her Dad told her about bravery.

In an instant, Khiara started kicking the ball down the field.

The other team surrounded her, but she ran circles around them. Left and right, players fell down trying to get the ball away from her.

All of a sudden, Khiara kicked the ball as hard as she could.

She heard the team cheering loudly. She did it! She scored the first goal of the game!

Khiara became increasingly brave as the game went on just like her Dad had told her. And through her bravery, Khiara ended up scoring three goals and leading her team to victory.



GRATITUDE

Dorian showed a lot of gratitude toward his parents. This means he was very thankful for all that they did for him.

They taught him the value of honesty and right conduct. As a result, he would always do things that would make them happy. He did these things whether they knew about it or not.

In fact, many times Dorian's parents had no idea of the goodness he spread to others.

Even when his parents were upset with him, he was still good because he knew this was the best way to thank them for their love.

One day, Dorian was really sad at school because his parents were upset with him. He thought about it all day and couldn't figure out what he did wrong. The more he thought about it, the sadder he became.

Then during afternoon recess, he saw his friend Anthony looking really sad too.

He walked up to him and asked, "Anthony, what's the matter?"

Anthony responded, "I can't do math! I'm just no good at it! I am getting the worst grade in the class and my parents are not happy!"

Dorian said, "I can help you, Anthony. I'm really good at math."

Anthony questioned, "You can?"

"Sure," replied Dorian.

Dorian began helping Anthony with his math everyday, and soon Anthony started understanding math and scoring well on his tests. Dorian was just happy to help.

One day, the teacher asked Anthony, "How did you become so good at math?"

Anthony answered, "My friend, Dorian, has been helping me."

The teacher knew Dorian, and it didn't surprise her one bit that Dorian did this.

She then told the principal about Dorian.

He was so impressed by Dorian's character that he gave him a special award for good citizenship.

Dorian told the principal that the award was for his parents for all that they taught him.

When Dorian left, the principal called his parents and told them about the award and about what Dorian had said.

As soon as Dorian got home, his parents both gave him a big hug. They were so happy because Dorian had shown such immense gratitude.



ACCEPTANCE

Elizabeth was feeling really sad before bedtime because she couldn't understand why people were mean and did bad things to one another.

At school that morning, she saw some kids teasing a boy because he couldn't speak English too good. Instead of being patient with him, they were being really mean.

Elizabeth jumped to his defense, but it was too late. The boy was already crying.

Then later on in class, Elizabeth saw two girls fighting with each other over some crayons. Instead of sharing, they were pulling the box away from each other and yelling.

Elizabeth tried to get them to stop, but they wouldn't. All of a sudden, the box of crayons fell and many of the crayons broke.

On the way home from school that same day, Elizabeth saw a boy trying to steal a calculator from her friend's bag on the school bus.

Elizabeth yelled out, "What are you doing?"

The boy quickly pulled his hand away and shouted, "I'm not doing anything! Why don't you mind your own business?"

Elizabeth was upset and she just couldn't stop thinking about everything that happened earlier.

When Elizabeth's Mom came in to say goodnight, she noticed that Elizabeth was sad.

She asked, "Elizabeth, what's wrong?"

Elizabeth told her Mom what had happened.

Her Mom just listened and smiled.

Elizabeth asked, "Mom, why are you smiling?"

She said, "Elizabeth, I am happy that you are always good even when you encounter bad. The only thing you need to learn is acceptance. Acceptance means that you understand that people can act both good and bad. If they act badly, it doesn't mean that you should be bad too or do nothing about it. It simply means that you should continue being good. So just accept that bad is an opportunity for good to be known and wrong is an opportunity for right to happen. And sometimes, the best you can do is to just accept things and be good anyway."

Elizabeth smiled tiredly. She was finally ready to sleep because she had accepted her day.



DISCIPLINE

“You must have discipline, CJ, if you want to achieve success in life,” said CJ’s Dad.

He always said this to CJ, but CJ never quite understood what his Dad meant until he got selected as a finalist to represent his school in the *City Spelling Bee*.

Before CJ was selected as a finalist, he had to spell words with the top spellers in his school.

In the final round, it was just CJ, Eric, and Shalini left. CJ was really sweating because some of the words Eric and Shalini were asked to spell were very hard, scientific words that CJ didn’t know how to spell.

Luckily, he was never asked to spell those words, so they all made it through. However, after that, CJ became scared because he realized that not all words were easy for him to spell.

He told his Dad about it and his Dad said, “CJ, remember when we were at the library yesterday and that boy was making noise during story-time.”

“Yes, Dad, I remember,” responded CJ.

His Dad went on to explain, “Well, CJ, his Mom had to keep telling him to stop for him to be quiet. Although the boy showed some discipline by finally listening, his Mom had to tell him over and over.

During story-time, you were being quiet, but nobody had to tell you. You just knew the rules and did the right thing. That is called self-discipline, which is the highest form of discipline. Now

if you want to learn how to spell new words, then you need to do whatever it takes for you to feel confident. If you need any help, I am here for you. Do you understand, CJ?"

"Yes, Dad," replied CJ.

For the next month, CJ woke up early every morning and learned how to spell three new words a day all on his own.

By the time of the *City Spelling Bee*, he had learned how to spell ninety new words.

During the Spelling Bee, CJ saw sweat coming down from the other kids' faces because the words were so hard. However, CJ just smiled because he could spell every word.

CJ ended up winning the *City Spelling Bee*, but his favorite word of all was spelled D-I-S-C-I-P-L-I-N-E.



HAPPINESS

"I'm not happy!" exclaimed Julia.

"Why aren't you happy?" asked her Mom.

"For a lot of reasons," responded Julia in an unhappy tone.

"Like what?" asked her Mom.

Julia explained, "Well, at school today, I was not selected as the class leader even though I've been good everyday since school began. The boy that the teacher chose to be the class leader is not very nice and he was yelling at us for no reason today. He acts like he is the boss of everyone now, even though he's just the class leader for the week."

"I see," said Julia's Mom. "Did the teacher just let the boy yell at everyone?"

"No," responded Julia, "she had a talk with him, so he became nicer by the end of the day."

"I see," said Julia's Mom in a more contemplative tone. "So shouldn't you be happy because the boy changed by the end of the day? Maybe he'll be a good class leader for the rest of the week. You have to give him a chance."

And Julia, just because you are good everyday doesn't mean that you should expect to be selected as the class leader. You should be good just for the sake of being good, not to get a reward like being picked as the class leader. You can't always get what you want in life, but you can always choose to be happy.

You see, real and lasting happiness comes from inside of you, not from outside of you. So it doesn't matter what is going on around you, nobody can stop you from being happy. Maybe one day you will be the class leader, and this experience will make you a better leader. For now, you need to be happy in your role as a good student. Do you understand?"

Julia nodded and a smile came on her face.

"What else is bothering you, Julia?" asked her Mom.

Julia looked at her Mom with a big smile and said "Nothing, Mom. The things that were bothering me don't bother me anymore because I'm choosing to be happy. It's actually pretty simple when you think about it because happiness is always inside of me just waiting to come out."



COOPERATION

It was the end of the school year and the class was being broken up into teams to work on their big science projects.

Ahmed, Karen, and Navin were selected as Team #3.

The teacher told them that the team that came up with the best science project would win a prize, so they needed to be really creative.

Immediately, Navin said, "I want to build a fast, toy car to explain objects in motion."

Karen responded, "No, I want to build a mini-oven to show how food is cooked."

Navin and Karen started arguing over whose idea was better, while Ahmed just sat there with a confused look on his face.

Ahmed knew this arguing would get them nowhere, so he thought hard about what to do.

He then said, "Karen and Navin, we need to have some cooperation in order to choose a good science project. Cooperation means that we need to listen to everyone's ideas openly and work together peacefully to select the best idea and actually do the project."

"Okay," responded both Karen and Navin. "We'll try to cooperate better."

Ahmed explained, "I've listened to Navin's idea of building a toy car and Karen's idea of building a mini-oven. Why don't we do a

project on solar power that shows how the sun's energy can be used to power both a toy car and a mini, pizza-box oven?"

Navin exclaimed, "That's a great idea, Ahmed!"

Karen followed, "My Mom and Dad were just saying how we need to figure out how to use the sun's energy for power instead of gas in order to stop pollution and save our environment. What a cool idea!"

Ahmed, Karen, and Navin then took their newfound spirit of cooperation and used it to build a solar-powered toy car and mini, pizza-box oven.

When they demonstrated their project to the class, everyone was amazed. Even their teacher was surprised.

After reviewing all of the projects, the teacher announced that Team #3 was the winner!

When asked what they learned the most from the project, all three exclaimed, COOPERATION!



HOPE

"Don't lose hope, Melia," said her friend Alex.

"But nothing is working out!" responded Melia. "The picture I drew wasn't selected for the open house display at school, my parents don't have enough money to send me to art classes, and I can't take the free art classes after school because I have tennis practice at that time."

Alex asked, "Your drawing wasn't selected for open house? I can't believe it! That picture was awesome! Everyone knows you are one of the best artists in school. I wonder why the teacher didn't select it."

"See," said Melia, "nothing is working out!"

"I'm sorry Melia," responded Alex. "I didn't mean to make you feel worse. I just want you to know that I think your picture is great and so do many other people. The fact of the matter is that you just can't lose hope, Melia. You have a gift, and one day things will just work out to help you share your gift with others. But you need to have hope, so you don't give up on your gift."

"What exactly is hope?" asked Melia.

Alex said, "Well, my Dad told me hope is like the light of the sun reflecting on the moon when it's dark outside. Even though it's dark, you still know the sun will come out again because you can see the moon at night."

"But, Alex, there are times when the moon can't be seen at all," said Melia.

Alex responded, "Melia, that's when you need to have faith, which is another story. For now, you just need to have hope because things can work out."

A few days passed and Melia came running to Alex.

"Alex, you won't believe it!" exclaimed Melia.

"The picture that I drew that my teacher didn't select for open house is going to be in the newspaper because I won their art contest. And the principal at our school was so impressed that he decided we should have an art class that is taught during the school day. Now I can become a better artist!

By the way, take a look at my latest drawing. It is a picture of a bright moon on a dark night with the sun hiding behind it smiling. It's a picture of hope."



SELF-CONTROL

Larry was slouched down on the couch with his belly hanging out and his eyes almost shut, while his friends Veena and Brannon went swimming at the community center. Only his best friend Keisha stayed with him.

They had just finished eating pizza, and Larry had eaten too much once again. Larry overate a lot and it was beginning to take a toll on him.

Keisha didn't like it at all because she would always be left sitting with Larry while the other kids were having fun.

Keisha finally had enough and decided to have a talk with him.

The next day, Keisha and Larry were walking to the park and Keisha said, "Larry, I think you need to have more self-control."

"What do you mean, Keisha?" responded Larry.

"Remember yesterday when we had pizza?" said Keisha.

"Yes, it was yu-um-my," Larry recalled.

"Well, you ate too much as usual and you missed out on swimming," explained Keisha. "I missed out too because I was being a good friend to you by staying with you. And even though I stayed with you, we hardly talked because you were so sleepy!"

Larry said, "I didn't have money to go swimming anyway. So what's the big deal?"

Keisha responded in a strong tone, "Larry, the big deal is that not having self-control is hurting you and it's also affecting me"

because I'm your friend. And the reason you don't have any money is because you always spend it on candy. If you had more self-control, you wouldn't buy all the candy you saw. Then maybe you'd have some money left to do other fun things!"

Larry couldn't go to sleep that night because he was thinking about what Keisha said.

Over the next few days he started noticing how he lacked self-control in many areas. He also noticed how it hurt him by being that way.

Soon enough, Larry began eating less and spending less money on candy. That gave him much more time and money to do many other fun things he enjoyed.

With Keisha's help, Larry had learned the lesson of self-control.



LEADERSHIP

Shivam was a good leader. However, this had not always been the case.

In fact, for a long time, he would just follow other kids around and imitate them. He would walk like them, talk like them, and even act like them.

His Dad told him, "Shivam, you need to be a leader. Don't just follow the other kids and do whatever they do. That can get you into trouble. You are a good person, so do what is right and be an example for the other kids. Some kids will follow your example and you will lead them to doing good things."

Shivam didn't listen to his Dad at first, but soon he learned.

One day, a boy at the park was throwing rocks in the air and Shivam decided to join him, even though he knew it was not good.

All of a sudden, Shivam was screaming in pain because a rock hit him on the foot.

The next day, Shivam couldn't even walk.

As he lay in bed, he thought to himself, "Why did I follow that kid and throw rocks? Now I can't even play outside with my friends."

On another occasion, Shivam was at soccer practice and the coach asked everyone to run to the blue flag.

A bunch of kids started running to the red flag instead, so Shivam followed them.

The coach gave stickers to everyone who listened to him.

Shivam thought to himself, "Why didn't I just tell the other kids to run to the blue flag? Then we would have all gotten stickers."

Shivam was beginning to see how being a leader could help not just him, but others too.

A few weeks later, when Shivam and his friends were walking home from school, his friends wanted to walk through an area that said, 'KEEP OUT – DANGEROUS AREA'.

Shivam said in a strong voice, "We shouldn't go in that area because we can get hurt! Come on, let's go!"

He started walking away and his friends followed him.

All of a sudden, there was a loud CRASH!

Shivam and his friends stood in awe as they saw a fallen tree right where they were about to walk.

Shivam had saved his friends from getting hurt through his good leadership.



FOREBEARANCE

Khiara loved playing basketball with her little brother, Kailen, and teaching him new skills. As a result, Kailen was a pretty good basketball player.

Today, Khiara wanted to teach Kailen something new, so she was looking for kids to play a game with them.

Kailen then saw two kids from his school who were twin brothers that played on the school basketball team. They were really good, but they weren't very nice. They were known for playing rough and making fun of people.

Kailen said, "Oh no, here come the twins from school. Let's leave."

Khiara saw this as a great opportunity to teach Kailen, so she said, "No, Kailen, let's stay and play a game with them."

She called the twins over and asked them if they wanted to play.

They laughed and said "Sure, but don't start crying if we beat you!"

Kailen had a scared look on his face, but Khiara made him play.

As they played, Khiara and Kailen started doing really good, so the twins decided to play rough.

All of a sudden, Khiara twisted her ankle and fell down. It hurt so bad that a tear came down her cheek.

The twins started laughing and said "We knew we shouldn't have played with a girl. We told you not to start crying if you lose."

Khiara looked up at Kailen and could see that he was embarrassed.

She then pulled herself to her feet and dusted off her clothes. Her ankle was hurting bad, but she had so much love for her brother that she didn't want to let him down. She refused to give up or to be intimidated by ridicule from the twins.

Soon enough, Khiara and Kailen were in the lead and they needed only one more basket to win.

Khiara passed the ball to Kailen and yelled, "Shoot!"

Kailen shot from really far and it went in! They both screamed with joy!

The twins walked off in shame with their heads down.

Kailen then said, "Thanks, Khiara. I know your ankle was hurting and the twins were making fun of you, but you played anyway – for me. I learned so much today."

Khiara had taught her brother about forbearance.



GIVING

It was Dorian's birthday and he was so excited. Dorian knew he was going to get lots of gifts and all the attention would be on him.

Dorian's baby sister, Pallas, thought it was her birthday, so she kept saying excitedly, "I'm getting presents today! I'm getting presents today!"

Dorian asked her, "What kind of present do you want?"

"I want doggie slippers just like you!" she exclaimed.

Dorian's favorite slippers were his doggie slippers. He wore them all the time because they were so nice, warm, and cozy.

Sooner than Dorian knew it, his party started and he forgot about his sister.

Dorian ate so much food, played games, and had lots of birthday cake. Now it was time for him to open his presents.

Everyone sat around and watched as Dorian opened present after present. There was wrapping paper all over the place. Dorian was so appreciative of all that he had received. He kept thanking people over and over again.

As Dorian was opening his last gift, he looked up and saw Pallas just sitting there holding some wrapping paper with a sad look on her face. She had realized that it wasn't her birthday and she wasn't getting any gifts.

All of a sudden, Dorian bolted up, picked up some wrapping paper from the ground, and ran to his bedroom.

After a while, Dorian's Mom called out, "Where are you, Dorian? Everyone is waiting for you to open your last present."

Dorian responded, "I'll be just another minute, Mom."

Dorian then came out of his room with a gift in his hand and he walked right over to Pallas. Pallas's face lit up as he handed her the gift.

He said, "Pallas, this gift is for you for being the best sister in the whole wide world."

When she opened the gift, she found a pair of doggie slippers that were exactly like Dorian's. In fact, they were his slippers, which he had given to her.

Pallas gave him a big hug and kiss. She was so happy.

Even though Dorian received many gifts that night, he received his greatest gift by giving.



DEDICATION

Elizabeth was being asked to run for class president at school. She didn't want to run for class president, but her friends Patrick, Francis, and Andrew really wanted her to because she had so much dedication in whatever she did.

Patrick recalled, "Elizabeth, remember when you had the lead role in our class play? You practiced so much and showed such dedication that it rubbed off on everyone. We all started working harder and being more dedicated, so the play ended up being the best our school had ever done."

Francis then followed, "That's so true, Elizabeth. Remember the time when you were the leader of our class volleyball team and we won the school championship? You never missed a practice, you were the first to practice and the last to leave, and you worked harder than everyone else during practice. Your dedication made us all better."

"That's right!" Andrew exclaimed. "Then there was that time when we went on the class camping trip and you were selected as our group leader. All the other groups got lost in the woods when trying to find their campsites, but you had worked for hours the night before preparing an easy-to-read map because you knew you had a big responsibility.

Your dedication led us to our camp sight way before the other classes, so our group got class medals."

The three friends said, "You see, Elizabeth, your dedication would make you such a good class president, and you could help our class to become the best in the school. Please accept our nomination because we know you will win."

Elizabeth thought about it long and hard and finally said, "Okay, guys. I will accept the nomination for you. But if I don't get voted in, then you can't say I didn't try."

In the election, almost all of Elizabeth's classmates voted for her, so she easily became class president.

And it was no surprise to anyone that Elizabeth's class ended up winning the '*Best of the Best*' award for their outstanding service and dedication to the school that year.



BROTHERHOOD

CJ and Devan were perfect examples of brotherhood. They were always there for each other.

CJ was older than Devan, so he really watched out for his little brother and took care of him.

Devan, being younger, always respected CJ and listened to what he said.

Together, they were a great team.

The nice thing about CJ and Devan was that their brotherhood extended to others too because their Mom always taught them to treat everyone like they treated each other.

One day, CJ and Devan were at the movie theatre with their cousin, Jesh. They went to see the new *Adventures in Human Values* movie called 'We Can Move Mountains.'

After they sat down in their seats, a boy started throwing popcorn in Jesh's hair.

Devan saw this, so he turned around and said, "Please stop throwing popcorn at my brother."

The boy stood up and exclaimed, "He's not your brother! He doesn't even look like you!"

CJ saw what was going on, so he stood up and said in a strong tone, "These two are both my younger brothers and we've come here to watch a movie. Please leave them alone."

The boy immediately said, "I'm sorry," and sat down because CJ was older and bigger.

The next day, CJ and Devan went to play baseball at the park. CJ was a team captain, so of course he selected Devan first. As they were coming to the last players, they noticed a little boy named Devandra, who nobody wanted to pick simply because he was small and quiet.

Devan knew this was wrong, so he told CJ to pick Devandra next.

CJ picked him and immediately the kids on the other team started making fun of Devandra.

Both CJ and Devan said, "Quit making fun of him. He can play! He is our brother!"

The kids stopped, and Devandra looked shocked because nobody had ever stood up for him like that.

Devandra ended up being one of the best players on the team because CJ and Devan gave him the opportunity to shine by sharing their brotherhood.



SACRIFICE

Julia and her friend, Priya, were practicing for the big district swim meet coming up in a few months. Everyday they swam together trying to improve their speed.

Sometimes they would time each other as they swam, and sometimes they would even race each other.

They were both very fast, but Priya was the fastest swimmer in the district.

During one of their races, Julia cried out in pain and had to get out of the pool. She couldn't move her arm.

She pulled a muscle in her shoulder and the doctor said she had to stop swimming for at least one month. Julia was so sad because she knew it would be difficult for her to get in shape to even enter the swim meet, let alone win it.

One day, Julia and Priya were sitting together in Julia's room and Julia started crying.

She said, "I really wanted to compete in the swim meet because my Grandma will be here to watch. She has never seen me swim before and she would be so happy to watch me swim – and even happier if I won!"

Priya knew how important this was to Julia, so she said, "Julia, don't worry. I will help you to get back in shape. I am going to drop out of the competition in order to help you to win it."

"You can't do that," Julia said. "Swimming is so important to you."

Priya replied, "Yes, I can, Julia. There will be many other swim meets for me, but this is your chance to make your Grandma proud."

As soon as Julia could get back in the pool, Priya began helping her.

By the time of the competition, Julia was swimming faster than she ever had in her life.

In fact, she was so fast that she easily won the meet and received a gold medal.

Her Grandma was so happy!

But after the meet, Julia and her Grandma went up to Priya and put the medal around her neck.

Julia's Grandma said, "Priya, Julia told me what you did. It is amazing that you would sacrifice your own chance to win to help Julia just so she could make me proud. While Julia has won this competition, you deserve the gold medal for your sacrifice."



CONSIDERATION

It was a cold winter's day and Ahmed was on the nice, warm bus headed for school. The bus ride to school was long and bumpy, and they had many stops to make.

Usually, Ahmed sat next to a friend. But today, he put a large, grocery bag containing his school project in the open seat next to his because he didn't want it to get smashed.

By the last stop, the bus was pretty crowded, but Ahmed had kept his project safe. The only open seats were in the back of the bus where the rowdy kids sat.

As the kids got on the bus, Ahmed noticed a boy he had never seen before. He caught Ahmed's attention because he had messy hair and a big hole on the right side of his jacket. He could see that the boy was hesitant to go to the back of the bus.

Then someone from the back yelled out, "Check out that kid's hair and the hole in his jacket!"

Everyone in the back started laughing. Ahmed could see the scared and lonely look on the boy's face, and his heart melted.

He immediately grabbed his bag and pushed it under the seat in front of him.

He then stood up and said, "I have an open seat here."

The boy looked relieved and cracked a slight smile.

Ahmed then began talking to the boy and learned that he had just moved into the neighborhood. The boy's name was Jeff.

Once they got to school, Ahmed showed Jeff around and introduced him to his friends.

He hung out with Jeff until the end of the day and sat with him again on the bus on the way home.

When Jeff got off, Ahmed's friend, Vimal, sat by him and asked, "Why did you hang out with that new kid all day today?"

Ahmed explained, "My parents have always taught me to be considerate of others feelings. When Jeff got on the bus this morning, I could tell he needed a friend. I just showed him the same consideration that I would hope to receive if I were new. And he was really nice."

Vimal replied, "Ahmed, now I understand. You are too cool. I think I need to be a little more considerate myself!"



RESPONSIBILITY

“If you have any talent or special ability, Melia, then you have a great responsibility to share your talent or use your ability for the benefit of others,” repeated her Mom. “Even if you do not get anything for what you do, you will get happiness on the inside, and this is worth its weight in gold.”

One day, Melia and her Mom and Dad were shopping at the mall, when they ran into an old lady who was giving kids free pumpkins for Halloween. Her name was Ms. MacGregor and she had setup a pumpkin patch right in the mall out of the kindness of her heart.

As soon as she saw Melia, she said, “Come on over and pick your very own pumpkin.”

Melia was so excited. She picked the cutest pumpkin there.

Then Ms. MacGregor said, “Please come back to the mall on Halloween because we will have lots of exciting things for kids to do here that are safe and fun.”

A few days before Halloween, Melia thought to herself, “I’m going to make a special picture for Ms. MacGregor for Halloween.”

Melia was a great artist, and this was one way she could use her talent responsibly to give something back to Ms. MacGregor for being so nice.

When she showed her Mom and Dad, they were amazed – not just by the picture, but by the fact that Melia used her talent for such a good purpose.

On Halloween, Melia's Mom and Dad took her to the mall, so she could give the picture to Ms. MacGregor.

They didn't see her at first because there were so many kids and so much going on.

Then Melia spotted her.

She went right up to Ms. MacGregor and gave her the picture.

She said, "This is for you for being so nice and giving me a free pumpkin."

Ms. MacGregor almost started crying because she was so happy.

She said, "I will keep this picture in my special book forever. Whenever I need a smile, I will open it and look at it."

The look on Ms. MacGregor's face spoke volumes to Melia. Now Melia understood why it was such a great responsibility to share her ability.



HEROISM

"My favorite superhero is *Professor Truth*," exclaimed Ryan!

"My favorite superhero is *Wonder Girl*," shouted Adrianna!

They both turned to Keisha to see what she was going to say. However, Keisha remained silent.

Then Adrianna asked, "So who is your favorite superhero, Keisha?"

Keisha replied confidently, "I have two favorite superheroes – my Mom and my Dad."

"Your Mom and Dad?" questioned Ryan. "They're not superheroes. They're just regular people."

"Yeah," agreed Adrianna. "They don't have any super-powers."

"Yes they do," responded Keisha.

"What are their super-powers?" they both asked.

Keisha explained, "You see...when I'm scared, my Mom can give me a hug and make me feel safe, like she has a super shield designed to protect me. When I'm hurt, she can give me a kiss and make me feel better, like she has the power to heal me. When I need her help, my Mom drops whatever she is doing and comes to my rescue, just like *Wonder Girl* does in the comic books."

"Wow, I never thought of it like that," said Adrianna.

“What about your Dad?” asked Ryan.

“Well...” said Keisha, “when I have a problem, my Dad can solve it, like he is a super robot built to help me. When I think I can’t do something, he can look at me and make me believe in myself, like he shoots off rays of confidence. And when he tells me he is going to do something, he always does what he says just like *Professor Truth* does in the comic books.”

“Wow,” said Ryan. “I guess you’re right.”

“You see,” said Keisha, “being a superhero means displaying heroism in a super way, so anyone can be a superhero if they choose to.”

Both Ryan and Adrianna agreed. They had learned that just like in the comic books, heroism is always more than meets the eye.



FOLLOWING

Coach Matt had to select a player from his soccer team to be the team captain for the season. He was looking for someone who not only played well, but was good at following rules and directions.

During practice, Coach Matt had all the kids do drills to measure their footwork, speed, ball control, passing, and shooting ability.

From the drills, it was apparent that Shivam, Tino, Koby, and Aditya were the best players.

Then Coach Matt tested the four kids on the rules of soccer and discovered that both Shivam and Tino were the best at following the rules.

Finally, Coach Matt tested them on their ability to follow directions.

To his surprise, both Shivam and Tino followed his directions perfectly. Therefore, Coach Matt did not know who to pick.

It was the first game of the season and Coach Matt still had not selected a team captain.

During the game, Tino was playing like an 'all-star.' Then, all of a sudden, Tino fell down screaming in pain as he tried to score a goal.

Shivam was right behind him and could have easily scored. But instead, Shivam stopped to make sure Tino was okay and helped him back up on his feet.

Coach Matt was shocked and asked, "Shivam, why didn't you just score the goal?"

Shivam answered, "Coach, Tino fell down in pain and I needed to make sure he was okay. Tino is more important than a silly goal. We can always score another one."

After the game, Coach Matt made an announcement:

"Everyone knows that Shivam is a good player, and he is good at following rules and directions. However, Shivam also showed me that he follows his conscience, which is that silent voice inside that tells people what is good and what is right. This is why I have selected Shivam to be our team captain – for following his conscience!"



TALENT

Kay and Jesse were sitting down on a bench at the park playing the guitar and singing joyfully.

They were great musicians and sang wonderfully together. They weren't shy because they loved to share their talent with others.

As people walked by, they had to stop and listen to them sing because they were simply captivating.

Khiara happened to be playing at the park with her friends, Neel and Ranjana, when they heard the music.

Neel and Ranjana said, "Come on, Khiara, let's go listen to the music! Maybe you can sing with them too!"

Khiara said, "No, it's okay. I'd rather just stay here and play."

Neel responded, "Khiara, you are so talented. Why don't you want to go?"

Ranjana followed, "Yeah, Khiara, you have a voice that can melt hearts."

Khiara didn't want to go because her friends always embarrassed her by telling people she could sing so great.

Although she was hesitant, her friends finally persuaded her to go. And sure enough, when they got there, they told Kay and Jesse that Khiara was a great singer.

Immediately, they asked Khiara if she wanted to sing. Khiara kept refusing until finally Jesse asked her a question.

He said, "Khiara, if you have talent, then why don't you share it to bring joy to others?"

Khiara thought about it and replied, "I am shy."

Kay then asked, "Khiara, when you are around music, do you just hear it, or do you feel it?"

Khiara exclaimed, "I feel it!"

She knew exactly what Kay meant.

Jesse then exclaimed, "That means that music is in you! When something is in you, it is natural, so it's magical when you share it."

Khiara never thought of it like this, so she decided to sing while Kay and Jesse played the music for her.

When she finished, there was a loud applause from all the people who had gathered around them. Every single person had a huge smile on their face. In fact, some people had tears in their eyes.

Khiara felt more joy singing than she had ever felt before because she used her talent for the sake of others.



EMPATHY

Dorian's friend Greg was going through some difficult times and was really sad. He wasn't talking to anyone, but Dorian could tell something was wrong. Dorian decided to talk to him to see if he could cheer him up.

He called out from a distance, "Hi Greg, how's it going?"

Greg didn't respond.

Then Dorian yelled out, "Hey Greg, do you want to play catch with the football?"

Again, Greg didn't say a word.

Dorian then walked up to Greg and asked, "Greg, what's wrong? You're not even responding to me."

Greg finally replied, "Dorian, my Dad is really sick in the hospital and he can't even open his eyes or talk. I've been going to the hospital everyday after school to see him, and I just sit with him for hours. He doesn't even move. I don't feel like doing anything right now. I have not even been doing my homework for the past few days."

Dorian recalled how his Grandma was recently in the hospital and how he felt. This memory of his Grandma made him feel empathy for Greg because he could really understand what he was going through.

He said, "Greg, I know what you're going through because my Grandma was recently very sick in the hospital too. I learned that the most important thing during that time was to share love with my family. This will help you focus on what really matters in

life and give you energy to do the things you're supposed to do. Do you think your Dad would want you to be so sad that you don't even do your homework?"

Greg said, "No way! My Dad always says that no matter what happens in life, I should always keep on living and giving."

Greg then smiled and said, "Thanks, Dorian, for your understanding. It feels like you lifted a huge weight off my shoulders."

By having empathy, Dorian was able to truly help Dorian feel better.



DUTY

Elizabeth's Mom would always tell her, "Elizabeth, when you make a mistake, you have a duty to try to correct it. When you break something, you have a duty to try to fix it. And when you make a mess, you have a duty to try to clean it up."

As a result, Elizabeth always tried her best to fulfill her duty.

One day, when Elizabeth was at school, her teachers, Teacher Jane and Teacher Lorna, assigned a class project to everyone.

They said, "Class, today we are going to have you work in teams to build a house out of construction paper. The team that builds the most sturdy and beautiful house will get a prize."

Elizabeth was teamed up with two other girls, Nicole and Monique.

They split up the work, so Elizabeth was responsible for the foundation, the frame, and the walls of the house. Nicole was responsible for the doors and windows. And Monique was responsible for the roof.

Elizabeth finished her part with no problems.

Nicole, however, cut doors and windows that were the wrong size for the house. She actually wanted to glue them on anyway even though she knew she made a mistake.

However, Elizabeth said, "Nicole, you made a mistake, so it's your duty to try to fix it."

Nicole reluctantly redid the doors and windows.

When it was Monique's turn to put on the roof, she broke three of the windows Nicole had glued on. Monique asked Nicole to fix them.

However, Elizabeth said, "No, Monique, you broke them, so it is your duty to try to fix them."

Monique didn't want to, but she ended up fixing what she broke.

Nicole and Monique then exclaimed, "We're done! Let's go play now!"

Elizabeth responded, "No, you two, look at this big mess we made. We need to do our duty and clean up the mess."

The three girls then made their work area spotless.

At the end of the day, Teacher Jane and Teacher Lorna announced that Elizabeth's team made the winning house.

The girls were so happy. They realized that fulfilling their duty is what had made them winners.



CONTENTMENT

CJ was not one of the most popular kids at school, nor was he one of the best athletes, top students, or most gifted artists. However, everyone liked CJ. There was something noticeably special about him, but nobody could put their finger on it.

One day, two brothers, Devin and Justin, were talking about it.

Devin said, "Justin, have you noticed that CJ is always happy? Yesterday, in our math class, he scored 80 out of 100, which is just okay. Yet, he was happier than I was! And I scored 99 out of 100, which was the highest score in the class!"

"Yeah," said Justin. "In our photography class, CJ got a 'B' on his class project, but he was smiling from ear to ear. I wasn't even that happy, and my project got selected for the school-wide photography competition!"

"I wonder why he is always so happy?" questioned Devin. "No matter what kind of grades he gets or how he does on projects or in activities, he is happy."

"I know," said Justin. "We should ask him what his secret is."

So Devin and Justin went up to CJ and started talking to him.

Justin said, "CJ, we noticed that no matter what, you are always happy and we want to know your secret."

"Yeah," followed Devin. "Even though I do so well in school, I can't figure out how to be happy all of the time like you."

CJ smiled shyly and said, "There's no secret. It's just finding contentment in whatever you do."

“Contentment?” questioned Devin. “What do you mean?”

CJ replied, “Contentment means that I am happy with what I get, with how my life is, and with whatever happens to me because the only thing I can control is my attitude. I do my best in whatever I do and I am nice to people at all times, whether things are going good for me or not.

So if I don’t score high on a test, or I don’t do great on a project, I don’t mind. I’m just content with doing my best and being a good person. This gives me great peace and I get happy. So guys, I guess the secret is just contentment, which is available to everyone at any time.”



SWEETNESS

Julia was known for being a loving girl because she spoke with such sweetness.

Her Mom would always tell her, "Julia, remember to always speak sweetly to people, especially the ones you love. By speaking sweetly, you can change someone's day or make a person feel special. Even when you get angry or frustrated, still speak with sweetness because it is an expression of your love."

Julia took her Mom's words to heart.

One day, Julia was at her friend Grace's house trying on some clothes. Emma, Grace's little sister, also wanted to try on clothes with them, but Grace wouldn't let her.

Finally, Grace yelled, "Get out of here you little twerp! You're too fat to fit into these clothes anyway!"

Emma looked so embarrassed and ran into her room crying.

Julia asked, "Grace, how can you be so mean to your sister? Don't you know your words are an expression of the love you have inside of you. By talking to Emma like that, you can really hurt her feelings and make her feel unloved."

Grace responded, "She'll get over it. It's no big deal."

Julia replied, "It is a big deal, Grace," and walked out of her room to see Emma.

Grace followed and stopped by Emma's door to listen to what they were talking about.

Julia said, "Emma, I'm so sorry that Grace said those harsh things to you. I don't know why she was being so mean because I know she loves you."

"No, she doesn't," said Emma. "Plus, she's right. I am fat! Who could love a fatso like me?"

At that moment, Grace's heart sunk. She realized how her words affected Emma.

She walked into the room immediately and apologized to Emma.

From that day forward, Grace spoke sweetly to all people, especially to Emma. She realized that sweetness in speech is a powerful expression of love.



CONCENTRATION

He hit the ball ever so lightly with great concentration. It went rolling, rolling, rolling and fell right into the hole.

“Hole in one!” Ahmed exclaimed.

“Not again!” cried out Neel.

“How does he do it?” Amaan questioned aloud.

“I don’t know,” said his older brother Neel, “but I’m really getting tired of this. He is ahead of us by so many strokes, we can’t catch up.”

It was actually Ahmed’s first time playing miniature golf, so it was pretty amazing that he was playing so well.

Neel and Amaan, on the other hand, played all the time and were really good.

However, Ahmed was exceptional. He had an astounding ability to hit the ball into the hole on his first turn – a ‘hole in one’ as they say in golf.

As they moved through the course, Ahmed grew in confidence and got better and better.

By the eighth hole, Ahmed had already made three ‘hole in ones.’

Now they were at the last hole, Hole #9. This was the challenge hole on the course. People who were able to hit the ball through the windmill and into the hole got a coupon for a free round of miniature golf.

Everyone wanted to make it, but hardly anyone ever did. And if they did make it, it was pure luck.

Ahmed was the first up.

Neel and Amaan said, "Ahmed, you're good, but don't be disappointed if you don't even get close on this one."

Ahmed just smiled.

He then stared at the hole for a while. He was concentrating so hard, it was as if laser beams were shooting out of his eyes.

Then he hit the ball.

It rolled slowly up the steep hill, right past the windmill, and fell right into the hole.

The sirens on the windmill went off and everyone came to see.

Ahmed did it! He made a hole in one on Hole #9! And he got a free pass for another round of miniature golf!

Neel and Amaan asked, "How did you do it, Ahmed?"

Ahmed replied, "I used concentration power. If you use concentration power, and quiet your mind, then all you have left is you and the task at hand. With concentration power, you can move mountains!"



FORTITUDE

It was the first day of track practice and Melia was nervous. This was the first time she was practicing with the 100 meter hurdle team.

The track coach, Coach Tasleem, had seen Melia running and jumping over benches at school and thought she would be a great hurdler.

Melia, on the other hand, wasn't so sure about this, but she told the coach she would try it out.

When Melia got out on the track, she walked up to the team and said, "Hi, my name is Melia. Coach Tasleem wants me to try running the 100 meter hurdles, so I thought I would give it a shot."

The squad leader, Vicki, replied, "Look, Melia, I know you're good at gymnastics and swinging around on bars and stuff, but that doesn't mean you'll be good at hurdling."

"Hurdling is for the big girls," she sneered.

The other girls laughed along.

When the girls got to the starting blocks for their first practice run, Melia settled in and waited for the whistle.

As soon as she heard the whistle, she took off and was in the lead until all of a sudden --- CRASH!

She tripped over a hurdle and fell down.

All the girls stopped, but instead of helping her, they started laughing at her.

Coach Tasleem was appalled by their behavior, but she just ran to see how Melia was.

Melia's knee was bleeding, so the coach patched her up.

Then she said, "Melia, you can sit out for now."

Melia responded, "No, coach, I'm okay."

Even though she was in pain, Melia had fortitude and overcame the pain.

Over the next few weeks, Melia practiced and practiced.

She ended up coming in first place at the track invitational and bringing home the team trophy.

At the award ceremony, Coach Tasleem said, "This trophy symbolizes the fortitude of one girl, Melia. She was able to use her strong mind to overcome great adversity. I don't just mean the hurdles that she jumped over, but also the hurdles that her team put in front of her by not accepting her. If not for her fortitude, our team would have never received this trophy!"



FAITH

"Have faith," said Keisha. "Everything will be okay."

"How can you be so sure?" asked Rani. "Shivani has been sick for so long and she has not gotten better. Everyone has lost hope and becoming so sad."

Keisha replied, "Rani, everything will really be okay. However, you need to have faith. A long time ago, a friend of mine explained to me that faith begins where hope ends."

"What exactly does that mean?" asked Rani.

Keisha explained, "When you hope for something, it means that you are being positive, but you expect something to happen. Many times, when people hope for something, but it doesn't happen like they expect, then they get angry, frustrated, or even sad. However, if they have faith, then they will just accept whatever happens and choose to be happy anyway."

So faith means that you stay positive even when hope seems to run out. The funny thing about hope is that it really never runs out because faith is always there to protect it. And where there is faith, there is love. And Rani, where there is love, you can rest assured that everything will be okay."

"Wow!" exclaimed Rani. "I get it. I really do understand what you are saying. Thanks."

"No problem," responded Keisha.

Rani went off in a happy mood. She realized that she couldn't make Shivani get well, but she could have faith that whatever

happened would be right. Then she could concentrate on being happy and just loving Shivani – and that’s exactly what she did.

Over the course of the next few weeks, she visited Shivani every day and just spent time with her talking, laughing, and joking.

Miraculously, Shivani got better. The doctor’s were amazed and so was the family.

When they asked Shivani how she thought she got better, she said, “Well, I just wanted to be there for Rani. I didn’t want her to go through life without her big sister being there for her, so I had to get better.”

Rani then knew that faith had made all the difference in the world.



CLEANLINESS

Everyone was working on their shoebox collages for their group projects at school.

Shivam, Paul, and Pranesh were working together on their collage. They were creating a scene from their favorite *Adventures in Human Values* book.

Actually, all of the students had been working on their collages for the past three weeks, and they had only two days left before they had to turn them in. Along with the collages, the students had to present a book report at the school's open house.

Shivam really wanted to do a good job for his parents, but his group had a lot of work to do. Shivam knew they were behind because their work area was just too messy. The other groups had much cleaner tables, which made it easier to work.

However, their group had cut up pieces of paper everywhere and glue all over the table. It not only made it hard to work, but it didn't make them feel good about themselves or their collage.

Shivam finally had enough. Although he didn't want to make his partners mad, or hurt their feelings, he had a talk with them.

He nicely explained, "Paul and Pranesh, we need to have cleanliness in our work environment because it will help us focus and make us feel better. We're so behind on our project and our collage doesn't look good at all. We will be an embarrassment to our families if we have such a messy table and poor collage."

Paul said, "I don't care about the mess or the collage, I'm concentrating on our book report presentation."

Pranesh responded, "Paul, the book report is important, but the collage is equally important. Shivam is right. The mess is having a negative effect on us."

Paul reluctantly agreed to clean up with Shivam and Pranesh.

When they finished, they were able to complete their collage in one day. Then they used the extra day to work on their book report.

In fact, the cleanliness they displayed in their work environment helped them to create one of the best open house displays of the night!



BEAUTY

“Pauline is a beautiful person,” said Khiara. “Just because people think she is pretty on the outside doesn’t mean that she is not a beautiful person on the inside.”

“But that’s all people talk about when they mention Pauline,” replied Anil.

“I mean just yesterday someone was saying how her pictures were in a magazine. Who cares about that? The world doesn’t need more pretty faces in magazines. It needs people who are helpful and care about the feelings of others. It needs people who are considerate and make others happy. Everyone in the world can’t be pretty like Pauline, but it doesn’t mean they are less than her.”

“Anil, Pauline doesn’t think other people are less than her,” replied Khiara. “In fact, she always tries to look at the best in others. It’s not her fault that people focus on how she looks on the outside. She is so talented, nice, and filled with good character. And Anil, it is her good character that makes her beautiful, not her outward appearance. At least that is what I see.”

Vini was listening to both of them talk when all of a sudden something occurred to her.

“Anil,” she explained, “Khiara, hit it right on the spot. She looks at how Pauline is on the inside, not how she looks on the outside. Therefore, maybe it’s less about Pauline and more about how we all see beauty.”

“Yes,” followed Khiara, “real beauty is something that comes from inside of a person and is shown through human values such as kindness, compassion, and honesty.”

Anil thought for a moment and said, “You’re right. If more people thought along these lines, then Pauline wouldn’t be in a magazine for her pretty face. Instead, she would be in it because of something good that she did. Then she would be a wonderful example for others to follow. By focusing on the real beauty in people, the whole world would become a better place.”

Soon enough, Anil got to know Pauline a lot better and he finally realized what a truly beautiful person she was.



UNITY

“Dorian and Melia work so good together,” said Sunil. “No matter what they do together, they do well.”

“Yeah, you’re right,” responded Sangeeta. “Last month, they got the highest grade in the class on their joint history presentation. And just yesterday, they won the doubles tournament in our tennis class. Next month, they are entered in the school talent show and I’ll bet they’ll do really good again.”

“No worries, Sangeeta,” said Sunil. “Although they’ll be good, they won’t be able to beat our combined piano and vocal arrangement.”

Sangeeta just smiled and they both headed off in different directions to their classes.

Dorian and Melia happened to be in the same class together, so they used all of their free time to think and talk about their act for the talent show.

They planned to play a song on their guitars together. The song required a great deal of unity in their playing, so if one of them messed up their part, the whole song would be ruined.

Each day, when they got home from school, they practiced their song until they got tired. Then they would go to the park and play until it was time for dinner. They were such good friends that unity came naturally to them.

By the time of the talent show, Dorian and Melia were ready.

As they played their guitars, people couldn’t believe the beautiful sounds that they created by playing together. When they

finished, it was obvious that they would win the talent show.

And sure enough, they did.

Sunil and Sangeeta were sad that they didn't win, but they were good sports and congratulated Dorian and Melia on their outstanding performance.

Then Sunil asked, "How do you both do it? How do you work so well together?"

Dorian responded, "We just care about each other and we sacrifice what is good for just one of us for what is good for the both of us. Then we can concentrate on unity in our thoughts, words, and deeds. This unity between us brings us much happiness – and amazingly, success always follows."



PERCEPTION

Ms. Dawn said to the class, "Perception is how you become aware of things in the world by using one of your five senses."

"What are the five senses?" asked Elizabeth.

"The five senses are seeing, hearing, tasting, touching, and smelling," responded Ms. Dawn.

She went on to explain, "Class, perception is extremely important in your lives because it affects everything about you. It affects how you think, how you talk, and even how you act."

"What exactly do you mean?" asked Elizabeth.

"Let me give you an example", replied Ms. Dawn. "When you watch a cartoon about your favorite superhero, how does it make you feel, Elizabeth?"

"Well, my favorite superhero is *Professor Truth*," said Elizabeth. "*Professor Truth* cartoons always show how telling the truth in a nice way helps the good guys and girls win every time. When I watch those cartoons, it makes me want to always tell the truth too."

Ms. Dawn explained, "So you see, Elizabeth, by watching and listening to this cartoon, it makes you think, talk, and potentially act in a certain way. Think of how good people would be if the things that they allowed into their perception were good things. Do you think it would make people better?"

Elizabeth thought about it for a minute and answered, "Yes. It really makes sense."

"Ms. Dawn," said Nesh, "I don't see how this applies to your other senses."

"Yeah," said Kesh. "How does this apply to taste, touch, and smell?"

Ms. Dawn answered, "Think about it Nesh and Kesh. What if you taste an apple right off of the tree and feel the wholesome energy nourishing your body and mind? Would it affect who you are that day? Have you heard of the statement, you are what you eat?

In the same way, what if you touch with love to comfort your Grandma when she is sad? What if you smell a sweet smelling flower and give it to your mother? Class, perception can change your world for the better if you accept only good things through your five senses."



FREEDOM

"CJ...come on....why don't you sit down and have some *Zing* soda with us, blow some *Wacky-Taffy* bubbles, and just relax?" said Lisa.

"Yeah," said Vinay, "we can play some music too. I'll bring out my guitar and we can jam together."

"No, it's okay," responded CJ. "*Zing* soda isn't good for you. It has too much sugar and gives you a short burst of energy, but then it makes you feel yucky afterward. And those *Wacky-Taffy* bubbles, although they taste good and all, they make you careless after a while. I care about things too much to waste time being careless."

"What are you talking about CJ?" responded Vinay. "So many kids, and sometimes even their parents, blow *Wacky-Taffy* bubbles. It is the thing to do these days."

"Yeah," followed Lisa, "you're just not a free person, CJ. Your parents are too strict. You don't do anything cool and fun."

CJ replied, "Look Vinay and Lisa...I am free. However, my parents have taught me about true freedom and the responsibility that goes along with it. My parents have taught me that I'm free to love, I'm free to give, I'm free to help, and I'm free to forgive. I'm free to be happy, I'm free to be kind, I'm free to be truthful, and have peace of mind. So you see...I really am free.

The only thing is that my parents have also taught me that responsibility goes hand-in-hand with freedom. Therefore, I need to do good things with my time. I know you think what you're doing is cool and fun, but I'm doing things that I think are cool and fun. These things make my friends and I feel good all of the

time.”

Vinay and Lisa were speechless and looked at each other rather confused.

CJ then saw his friends coming to get him.

CJ said, “I’ve got to go now. My friends and I are going to use our ‘freedom’ to play some music for the kids at the children’s hospital. It gives us much happiness. Do you both want to come?”

Vinay and Lisa immediately said, “Yes, CJ, definitely! You’ve got us interested in seeing what real freedom is all about!”



WEALTH

Julia didn't come from a family that had a lot of money, but she was definitely wealthy.

The type of wealth that she had could never be taken away. Her wealth was deep within her heart in the form of human values, such as truth, righteousness, peace, and love.

One day, Julia was walking to class with her friends, Gwen and Pierce, when they saw a new girl at school. They decided to introduce themselves.

The girl was pretty and had on fancy, designer clothes. They couldn't help but notice her earrings, necklace, and bracelet too because they glistened in the sun.

Julia cheerfully said, "Hi, my name is Julia. What's your name?"

"My named is Pranita," replied the girl.

"How do you like our school?" asked Gwen.

"I don't like it at all," Pranita answered.

"Why not?" asked Pierce. Pranita bluntly responded, "This school is junky. It has small, old buildings, and the clothes that people wear here are so cheap looking. My old school was rich. It had new, big buildings and well-dressed people. The people were wealthy, so they could afford nice things."

Julia realized that Pranita didn't understand the true meaning of wealth.

Julia said, "Pranita, although this school is not brand new, and the people don't dress fancy, it is the best school in town. You see, wealth cannot be measured by money, clothes, and buildings. True wealth can only be measured by how something or someone makes you feel on the inside.

At this school, we are taught human values. We are taught to love and care for each other. This kind of wealth never runs out and it's easy to get – just reach inside your heart. This is why our school gets top marks when compared to other schools."

After hearing Julia, Pranita slowly changed her view of wealth and soon realized the true value of her new school.



INSPIRATION

“How do you do it, Ahmed?” asked Melissa. “You are able to get so many students to join the Service Club at our school. I try to get people to join the Computer Club, but hardly anyone shows up!”

“Yeah,” said Kristopher, “I try to get people to join the Bowling Club, but I don’t get nearly the turnout you do. You even have Melissa and I coming to the Service Club meetings. What is your secret? What is the key to your success?”

“There’s no secret,” laughed Ahmed. “However, inspiration is definitely the key to my success.”

“What is inspiration?” asked Melissa.

Ahmed replied, “Inspiration is a feeling that comes from love for another person or thing. It creates a stir in your heart, and makes you think, talk, and act in a positive way.”

“Can you explain this further?” asked Melissa.

“Okay,” responded Ahmed. “Do you both remember the first project that the Service Club did to clean-up the school?”

“Yes,” they both responded.

“And do you remember how some kids were laughing at us and throwing paper balls on the ground, making it hard for us to clean-up,” said Ahmed.

“Yes,” they replied.

He followed, "We continued cleaning despite the difficulty because we have love for our school. When we were done, and the students actually saw how good our school looked, they really appreciated it. Some kids even apologized to us."

"Wow!" said Kristopher.

"So you see," said Ahmed, "inspiration is why people join the Service Club. They hear me talking about the projects that we do and they are inspired to help because they feel the love in what I'm saying."

"I see how inspiration works now!" exclaimed Kristopher. "It comes from the heart and speaks to the heart. And since everyone has a heart, it's no wonder that inspiration is the key to your success!"



EQUANIMITY

Melia was talking to her friend, Sunjay, trying to cheer him up.

Sunjay was really sad because his best friend, Alicia, was not being nice to him.

Sunjay explained, "Alicia is always getting mad at me. When we hang out together, she's not happy. It seems like she doesn't want to be my friend anymore."

Melia asked, "Sunjay, what are you doing to make her upset?"

Sunjay answered, "I'm not sure. I'm just being myself. I guess she just doesn't like me anymore."

Melia said, "Sunjay, don't take it personally when she gets mad. Think positively about Alicia because there may be something else that is bothering her. In the meantime, if you really care about her, you need to have equanimity in your friendship."

"What do you mean by that?" asked Sunjay.

Melia responded, "Equanimity means that you accept the good times and the bad times as part of your friendship. By doing this, you will always be happy and appreciative of your friendship with Alicia. Soon enough, I'm sure she'll come around."

"You really think so?" asked Sunjay.

"Certainly!" replied Melia.

All of a sudden, Alicia came by and started yelling at Sunjay.

“You were supposed to meet me at the library five minutes ago!” she exclaimed. “You are so inconsiderate! You don’t even care about me!”

Melia was surprised that Alicia got so angry. However, she was even more surprised by Sunjay’s response.

Sunjay did not get angry, but just smiled and said, “I’m sorry, Alicia. I know you are mad at me, but I’m not mad at you. I really do care about you. I just want you to be happy. So, no matter how good or bad our friendship is, I will always be happy and appreciative that you are my best friend.”

Melia couldn’t help but smile because Sunjay had shown what equanimity is all about.



HELPING

Keisha did not know what to do. Her paint was running out, her brushes were worn down, and she was really tired.

“How am I going to finish painting this mural for our Children’s Center’s *Human Values Celebration* tomorrow?” she thought to herself. “So many people will be coming, and everyone will see this unfinished picture. It’s just not right because the mural was meant to show everyone through art how human values can change the world.”

Keisha just dropped her paint brush on the floor and sat down looking tired and dejected.

Just then, a young boy from the Center, Makota, was walking by when he saw Keisha with the unfinished mural behind her.

He asked, “Keisha, what’s wrong?”

Keisha replied, “I don’t think I can finish this mural by tomorrow. I’m running out of paint, my brushes are worn out, and I’m just tired. I have been working so hard, but I just can’t do it alone.”

Makoto’s face brightened and he asked, “Can I help?”

Keisha thought for a moment and said, “Sure. What can you do?”

Makoto responded, “I don’t paint well, but I can help by getting you more paint and new brushes.”

“You can!” Keisha said excitedly.

“Yes,” replied Makoto. “I also have some friends who would love to help, so I’ll be back soon. Just keep on painting, Keisha. Help is on the way!”

Keisha suddenly got a jolt of energy, and she jumped up and got back to work.

Within a half-hour, Makoto came back with fresh cans of paint, new paint brushes, and a few friends to help.

They all began helping Keisha, and in a few hours time, the mural was finished.

The kids just stood there and admired the picture.

Keisha said, “This is *our* mural. Thank you everyone. Without all of you helping, this would not have been completed.”

The next day, everyone was talking about the mural and how it spoke about human values without saying a word.

Many people gave gifts to the Center because of this mural alone. The mural, and its creation, showed the real power of helping.



MANNERS

"I want to have some ice cream!" Shivam exclaimed.

"Excuse me, Shivam," said his Mom. "Where are your manners?"

"Oh yeah, can I please have some ice cream, Mom?" asked Shivam.

"Okay, Shivam, but please don't forget your manners. Good manners matter."

"Okay, Mom," replied Shivam.

The next day, Shivam's aunt came over to the house and brought Shivam a gift. It was a brand new, 1008 piece puzzle. Shivam opened the puzzle, dumped the pieces on the ground, and started putting pieces together.

Shivam's Mom said, "Excuse me, Shivam, what do you say to Aunty Rima?"

"Thank you, Aunty Rima," replied Shivam.

Shivam's Mom thought to herself, "How am I going to teach Shivam good manners, so he remembers their importance?"

After much thought, an idea came to mind.

The next morning, Shivam's Mom told him that they were going to spend the day looking for examples of good manners.

The first place they went was the park.

Right away, Shivam saw an example of good manners when a boy let a little girl go on the slide ahead of him, while all of the other kids were pushing and shoving. He noticed how the little girl said 'thank you' with a wonderful smile on her face.

At lunch time, Shivam saw another example of good manners when an old man couldn't get up from his seat at the restaurant, and he asked the waitress to 'please' help him up.

The waitress gladly helped him, and the old man expressed his sincere thanks with a heartfelt smile and a gentle pat on the shoulder.

Throughout the day, Shivam noticed that people shared good manners with each other not by just saying 'please' and 'thank you', but also through other kind words and gestures. In fact, he noticed that when people shared good manners, there were always smiles, happiness, and good feelings.

When they got home, Shivam hugged his Mom and said, "Thanks, Mom. I had a really fun day. Now I see how good manners really do matter."



LOYALTY

Khiara and her friends formed a bowling team to enter the citywide, *Children's Bowling Tournament*. They thought it would be fun if they all tried bowling together.

They knew some other kids from their school who were really competitive and were signing up simply to win the tournament. However, for Khiara and her friends, it was more about having fun and their loyalty to one another.

There was one team in particular, the '*High Flyers*,' who already had brand new bowling shoes, bowling balls, and team uniforms – and they were primed to win.

Khiara's team wasn't about all that. In fact, even her little brother, Kailen, was on the team, despite the fact that he was much younger and could barely roll the bowling balls.

One day, while they were practicing, Khiara kept bowling strike after strike, knocking down all of the pins. Everybody took notice, especially the *High Flyers*.

After a discussion, some team members from the *High Flyers* walked up to Khiara and asked, "Khiara, how would you like to join our team, the *High Flyers*? You know we are going to win this competition. And with you on our team, there is no doubt we'd win."

Khiara immediately responded, "Thanks for asking, but I am loyal to my teammates. I could never leave them."

"If you join us, you'll get new bowling shoes, a new bowling ball, and a new uniform with your name printed on the back," they tempted her.

“No thanks,” said Khiara. “I love my teammates.”

“Suit yourself,” they replied gruffly walking off in disgust.

Khiara and her friends just continued practicing.

By the time of the competition, Khiara’s team looked outstanding, although they didn’t even have uniforms or special amenities. However, they did have loyalty to one another, and this made them stand out in the crowd.

In fact, they named their team the *Loyalty Strikers*.

That year, their team won the citywide, Children’s *Bowling Tournament*, and they proved that, win or lose, their loyalty made the difference.



PLAYING

Dorian and his friends were playing flag football at the park and it was getting pretty intense.

Dorian's team was losing by two touchdowns, and some of his teammates were getting frustrated, especially his good friend, Surend.

Surend was a really good football player, but sometimes he did not have a good attitude when his team was losing. As a result, he took out his frustrations on players from the other team as well as his own team.

Surend yelled in frustration, "I'm not playing anymore! This game stinks! We're never going to win!"

Dorian responded, "Surend, please calm down."

"I can't calm down!" exclaimed Surend. "I am playing to win, not to lose!"

Noa then interjected, "What makes you think we're going to lose? The game is not over yet. At least I'm still playing."

Noa and Surend then started arguing with each other until finally Dorian intervened and said, "Look you two, we've got to get it together. If we argue with one another, then we have no chance of winning. Plus, it doesn't even matter if we win. What matters more is how we play the game."

Surend had a confused look on his face and asked, "What do you mean by that, Dorian?"

Dorian explained, "Surend, if we play the game fairly and honestly, give our best efforts, have positive attitudes, and carry a winning spirit, then we will be playing the game with values.

This is playing in the right way because it creates peace and harmony. It doesn't mean that we won't try to win, but we don't have to hurt others in the process. If we hurt others, then what's the use of playing?"

Surend thought to himself for a moment, and then responded in a calmer tone, "You're right, Dorian, I never thought of 'playing' like that. I'm sorry everyone."

Dorian, Surend, and their friends began playing again. They didn't win the football game that day, but they did learn a valuable lesson:

Playing a game with winning values and losing the game is far better than winning a game and losing your values.



SELFLESSNESS

A few months before the school year ended, Ms. Malini told her class that she was going to give the top scoring student three special prizes at the end of the year.

The students were so excited because they knew that Ms. Malini gave out great prizes.

As a result, they all worked very hard over the next few months. However, Ms. Malini could only pick one person to receive the prizes – and that person was Elizabeth.

In the final week of school, Ms. Malini called Elizabeth to the front of the class and gave her the prizes. She told Elizabeth to open them all in front of the class.

In the box, Elizabeth received the newest series of *Adventures in Human Values* books that all of the kids were clamoring for.

In the bag, Elizabeth pulled out *Give & Receive*, the hottest selling kid's game at all of the toy stores.

And in the envelope, Elizabeth found three passes to the newest, cartoon movie that all of the kids were talking about.

Elizabeth was shaking in excitement.

Elizabeth then opened a note that was also in the envelope. It read:

“Elizabeth, please look at all of your friends in the class. I am going to give you a choice. You can return all of your prizes and we will do something special for all of the kids in the class on the last day of school, or you can keep these prizes for yourself.”

Elizabeth looked out at her classmates. She remembered the human values lesson about selflessness that Ms. Malini taught them earlier in the year. She knew that selflessness meant to think of others before she thought of herself.

Elizabeth then respectfully gave the prizes back to Ms. Malini as her friends looked on in amazement.

On the last day of school, Ms. Malini gave each student a big bag, including Elizabeth.

Then she explained, "Class, Elizabeth returned all of her prizes so that we could do something special for everyone today. As a result, I have decided to give each one of you the prizes that Elizabeth passed up in order to match Elizabeth's act of selflessness."



WISDOM

CJ and David were both excellent students, especially when it came to science and technology.

Whenever class projects were completed in these areas, one of them would have the highest score.

Interestingly enough, they were very different people.

CJ was focused on getting good grades, so he could learn new ways to help other people, while David focused on getting good grades in order to stand out as a star student.

One day, Teacher Daniel, their science teacher, announced that he was going to sponsor a *Science & Technology Fair* at the school, which would offer a prize for the most innovative project.

CJ knew right away that he was going to do a project that would turn his friend Marla's wheelchair from a manual chair that she had to roll by herself into a motorized chair that she could move around automatically with a lever.

On the other hand, David, after much deliberation, decided that he would do a project to improve his pellet gun. David knew that pellet guns were popular with the kids, so he thought lots of people would like his idea.

At the *Science & Technology Fair*, so many people showed up, and it was far more popular than expected.

CJ had a huge smile on his face watching Marla. She was so happy using the wheelchair, so CJ was in a state of bliss.

David also had a huge smile on his face because he felt such pride in his work as the kids clamored around him.

Teacher Daniel went around to all of the projects that day.

He spent a lot of time at David's project, so David felt great.

However, when he got to CJ's project, he was amazed. He immediately put a blue ribbon on the wheelchair and announced the winner.

He said, "CJ has shown incredible knowledge and mastery of technology in developing this wheelchair. However, more important than CJ's knowledge is the light of wisdom he has shown by creating something to help another person. While knowledge is important, wisdom is what truly makes the difference."



TRANQUILITY

Rosie, Venus, and Neeta were sitting at the lunch table gossiping.

As Julia walked by, she thought they were talking about her and it really bothered her for some reason. Even though she didn't know what they were saying, the fact that they were whispering and looking her way really disturbed her.

Shivam asked, "What's wrong, Julia? The smile on your face has turned into a scowl?"

"Yeah," followed Keisha, "what's bothering you?"

"Well, it's Rosie, Venus, and Neeta," replied Julia. "They are always gossiping about something. I think they were talking about me."

Shivam said, "I know those three are always wasting time gossiping instead of doing something constructive, but they are really nice. I wouldn't worry about it."

For the rest of the lunch, and the rest of the day, Julia was in a bad mood and wasn't fun to be around.

Keisha had to have a talk with Julia on the way home from school.

She said, "Julia, you need to have tranquility, so you don't get so bothered about things."

"What is tranquility?" asked Julia.

Keisha explained, "Tranquility is when you are happy and peaceful inside no matter what happens around you. You see,

you got frustrated over Rosie, Venus, and Neeta because you thought they were talking about you. As a result, you were grouchy all day. You only hurt yourself by getting so disturbed. What's even sillier is that you don't even know if they were talking about you? And if they were, what if they were saying something good?"

"You're right, Keisha," replied Julia. "But how do you find tranquility?"

Keisha responded, "You just need to look for it inside of yourself. If you spend your time focusing on what disturbs you outside of you, then you will be frustrated. If you spend your time focusing on positive things inside of you, then you will find tranquility."

Rosie, Venus, and Neeta then joined them, and they all walked home together.

Rosie said, "Julia, we were just saying earlier today that your shoes are awesome!"

Keisha and Julia just looked at each other and smiled.

Julia understood why tranquility was so important.



EQUALITY

“Why do you think we are less than the kids at Mt. Richmore?” asked Ahmed. “Just because they have nice classrooms, lots of computers, and tons of school supplies, it doesn’t mean they are better than us.”

“But we can’t compete with them, Ahmed,” replied John.

“Yeah,” said Sujana, “they beat us at everything.”

“We have no chance against them in the *Math Olympics* this year,” said John in a defeated tone.

Ahmed knew that they were equal to the kids from Mt. Richmore, but he didn’t know how to convince his friends.

That day, he went home dejected and sat on the couch.

Ahmed’s Mom was walking by and saw him sulking.

She asked, “What’s wrong, Ahmed?”

Ahmed explained the situation and his Mom’s eyes welled up with tears.

She said, “Ahmed, I know we do not have much money, but I want you to understand something about equality. You see, Ahmed, all people are equal on the inside because everyone has the capacity to express and understand human values. Even if a person cannot hear, they can talk sweetly. If they cannot see, they can feel courage. And if they cannot talk, they can understand wisdom.

Therefore, Ahmed, no matter how things appear on the outside,

you must never believe that you are lesser or greater than another person because we all have the capacity for human values. You must see all people with this vision of equality. Then you will be able to achieve success in whatever you do.”

The next day, Ahmed explained this vision of equality to his friends and they took it to heart. They understood that Mt. Richmore only meant that they were ‘more rich’ in terms of money, but they were no more or less as human beings from a human values perspective.

From that day forward, they began to practice for the *Math Olympics* with spirit and determination.

And just like Ahmed’s Mom said, they achieved success.

That year, inspired by this vision of equality, they won the *Math Olympics* competition for the first time ever.



HARMONY

Melia was so amused watching Joe, Phil, and Ben in the three-on-three basketball tournament. She laughed to herself as she watched them play because they were so out of sync.

Joe would get the ball and just stand there thinking about what to do next.

Phil would get the ball and yell at his teammates to go here and there, but he wouldn't pass them the ball.

And Ben would get the ball and just take shots without thinking about or talking to his teammates.

As a result, they were way behind by half-time.

When they came to the sideline, Joe asked, "Melia, what's wrong with our playing? Why do you think we are losing by so much?"

Melia responded, "It's pretty obvious, guys. You three are not playing in harmony. Joe gets the ball and thinks about what he's going to do himself, but he doesn't think about the team. Phil gets the ball and tells his teammates what to do, but he does nothing himself to help the team. Ben gets the ball and makes a move without thinking if it's good or bad for the team."

"What do you suggest we do?" asked Ben.

"It's simple," replied Melia. "You just need to make sure your thoughts, words, and deeds are in harmony with the team."

When they got back in the game, Joe got the ball. Instead of just thinking about himself, he called out to Ben and threw him a pass. Ben scored!

When Phil got the ball, he dribbled past his defender by himself and then passed the ball to Joe for the score!

By the end of the game, the score was actually tied.

Then in the final seconds, Ben stole the ball. Instead of just dribbling down the court and taking a shot, he called out to Phil who was wide open underneath the basket. He threw the ball across the court and Phil easily scored.

They celebrated the victory in amazement!

After the game, Joe, Phil, and Ben thanked Melia for giving them advice.

They said, "Melia, we now know that in order to have harmony on our team, we must have harmony in the thoughts, words, and deeds within ourselves."



SERVICE

Sanji and Ann were helping Keisha and Shivam with a service project they were working on.

Shivam had written short stories for children that taught them human values and Keisha had drawn pictures for the stories.

Now Keisha and Shivam had thousands of books that they needed to bundle up into sets.

As they were working, Ann asked, "So what made you both decide to do this project?"

Shivam smiled and replied, "Love, Love, Love."

Keisha followed, "For me, I always wanted to be a super-hero, so I saw this as a way I could use my artistic talent to help others in a super way."

Sanji then exclaimed, "You two are going to make tons of money from these books! They are awesome!"

Keisha said, "Actually, it's not about money, Sanji. In fact, we've gained more than money could ever buy. In working on this project, we've learned patience, perseverance, teamwork, cooperation, and much more. These values can never be taken away from us."

"But if it's not about money, then how are you paying to make all of these books?" asked Ann.

Keisha replied, "People are supporting the project because they see the value of the books and the purity of our intentions. After

reading the books and understanding the project, people say they can't help but to help us."

"Yeah," said Shivam, "people have given us money to print thousands of books to give away to kids for free! The kids will be so happy, and they will learn so much when they read the books!"

Sanji asked, "Aren't you getting anything for the service you're doing? Maybe your name will get in the newspapers, or you'll be on TV and get famous."

Keisha responded, "True service is not about name and fame, Sanji. True service is about helping others, which is really helping ourselves. Through true service we will all get richer with love; we will all recognize the names of human values like truth, righteousness, and peace; and the human values in each book will become famous!"



GOODNESS

"Do you know what your name means?" asked Shivam's Dad.

"Ummm...Ummm....No, Dad, I don't know what it means," responded Shivam. "Can you please tell me?"

"Shivam, in simple terms, your name means *goodness*," answered his Dad. "However, your name really signifies one who brings goodness to others, which makes it extremely special."

"Why?" asked Shivam.

Shivam's Dad then explained, "You see, Shivam, many people mistake goodness to be a static quality, stable like a huge rock, which does not move and does not affect anything around it. However, true goodness is a dynamic quality, like a flowing river, which moves and transforms everything that it touches."

"I get it!" exclaimed Shivam. "You and Mom gave me the name, 'Shivam', so that I remember to bring goodness wherever I go and to everyone I meet!"

"Exactly!" said his Dad in an excited tone.

Shivam then stood there for a moment with a confused look on his face.

"Dad, how exactly am I supposed to do that?" he asked.

"Well, Shivam, this is the easy part or the hard part depending on the decisions that you make in your life," said his Dad. "If you choose to be kind, compassionate, and forgiving in your life, then you will bring goodness to others. If you choose to be peaceful, righteous, and loving in your life, then you will bring goodness to

others. If you choose to speak the truth in your life, then you will bring goodness to others."

"I understand, Dad," said Shivam. "You're saying that I need to share the human values that you and Mom teach me with others."

"You got it, Shivam," replied his Dad. "However, not only that, you will also need to live them. By living human values, you will always bring goodness to others and make things new just like a river does with everything that it passes."

Shivam thought for a moment and said, "Dad, thanks for naming me 'Shivam'. I love my name and I promise that I will bring goodness to others at all times wherever I go."



EDUCATION

"Okay, students, before we begin our lesson today, can any of you tell me what the real purpose of education is?" asked Teacher Cindy.

Right away, many students raised their hands.

"Okay, Will, please tell me what you think," said Teacher Cindy.

Will answered, "Real education is about learning Math and Science."

Teacher Cindy gently replied, "Although Math and Science are important, learning them is not what real education is about.

"Okay, Vivek, what about you?" she followed.

"Real education is about learning English and History!" exclaimed Vivek.

"Good answer, Vivek," responded Teacher Cindy. "But like Math and Science, English and History are not what real education is about."

At that point, all of the students put their hands down because they had no idea what the answer was.

Teacher Cindy asked, "Does anyone else want to give it a try?"

Khiara was thinking deeply the whole time, when finally she raised her hand.

"Okay, Khiara, let's hear what you have to say," said Teacher Cindy.

Khiara then explained, "My parents have taught me that the end of education is character. They always say that there is no use learning subjects like Math, Science, English, and History unless people have good character and use what they learn to help other people."

Teacher Cindy was beaming. "You are absolutely right!" she said excitedly. "Real education is about being a good person first, and then putting what you learn into practice to help other people and make society better."

If you learn English and then write about truth, then your education serves its real purpose. If you learn Science and build compassionate machines that help others, then your education serves its real purpose.

Class, you must use your education to do good things in the world. Only then will education serve its real purpose. And the only way you can do good things is by having good character. Therefore class, the end of education is character."



APPRECIATION

It was a warm, spring day and Dorian was packing up his old comic books in boxes in the garage.

Once he filled up the boxes, he had nine boxes total.

The problem was that he couldn't lift them up to stack them on top of each other.

As he struggled lifting the first box, Dorian's friends saw him from across the street on their way to the park.

Thomas called out, "Dorian, do you need help over there?"

Dorian looked up and was pleasantly surprised to see his friends.

He exclaimed, "Sure!"

Then Thomas, Veronica, Navi, and Anne went over to help.

They stacked the boxes in no time.

Dorian felt so much appreciation toward them. He thanked them over and over as they left, and asked how he could repay them.

Anne said, "Don't worry about it, Dorian, just do something nice for someone else one day."

The next day, when Dorian was on his way to the park to play with his friends, he saw Sophia and Jessica picking up leaves and pulling weeds in their front yard.

He could tell they were tired, but he really wanted to play. Then he thought about what Anne had told him the day before.

Although he wanted to play, he wanted to show his appreciation for what his friends had done for him, so he asked Sophia and Jessica if they needed help.

Sophia said, "Dorian, thank you so much for offering. We are struggling to clean up the yard."

Dorian began helping them and they finished the work in no time.

Sophia and Jessica felt so much appreciation for Dorian. They thanked him over and over, and asked how they could repay him.

Dorian said, "Don't worry about it, you two, just do something nice for someone else one day."

The next day, when Sophia and Jessica were riding their bikes, they saw their friends, Thomas, Veronica, Navi, and Anne shoveling dirt in Thomas' driveway.

In order to show their appreciation for Dorian, they offered to help their friends.

Without even realizing it, the friends were helping each other through a circle of appreciation.



FOCUS

Jan was wondering what to do. "Should I try out for the cheerleading team or should I take the after-school, Spanish class?" she thought to herself.

As she was pondering deeply, Elizabeth walked up to her and asked, "How's it going, Jan?"

Jan answered, "It's going okay, but I am having trouble deciding whether to try out for the cheerleading team or take the after-school, Spanish class."

"I thought you have a passion for languages," said Elizabeth. "Weren't you the one who dreamed of learning Spanish one day?"

Jan replied, "Yes, I have always wanted to learn Spanish, so I could tutor Spanish-speaking students who don't understand English that well. There was a time when I didn't know English well, so I know what they're going through. But I also think I can make the cheerleading team. The coach told me that I can be the best cheerleader on the team due to my background in gymnastics. My name would be everywhere and I would be so popular."

"I see," said Elizabeth. "You're considering trading your passion for learning Spanish for glory in cheerleading."

"What do you mean?" asked Jan.

Elizabeth then explained, "Jan, in life you need to focus on what's important to you with the 'eye of the tiger.' When a tiger is hungry, it focuses its eyes on its prey and goes after it without being distracted by anything."

It seems to me that although you want to learn Spanish, you are getting distracted by cheerleading because you can become popular. Therefore, you are not focusing on what's important to you, and you are willing to sacrifice what you really want."

"Oh my goodness!" exclaimed Jan. "You are right! I never thought of it like that. I'm definitely going to take the Spanish class because helping kids is far more important than being popular. Thank you so much, Elizabeth, for bringing back my focus."

Elizabeth replied, "You're welcome, Jan. Remember, you must always have the 'eye of the tiger.' With this kind of focus, you can achieve your dreams."



MERCY

CJ was playing with his friends when the school bully walked up and started pushing everyone around.

CJ stood up to the bully courageously, but the bully didn't stop.

CJ said assertively, "Please stop pushing everyone around!"

The bully replied, "Why don't you stop me then?"

CJ did not want to fight the bully, so he told his friends, "Let's get out of here."

As they walked away, the bully ran up from behind and pushed CJ to the ground.

CJ's elbow started bleeding and his pant leg ripped at the knee.

CJ got up, brushed himself off, and just walked away.

The bully then ran from behind to push CJ again, but a teacher came out, so he didn't.

The bully just snickered and walked away with his friends.

Vic and Ravi asked, "Why didn't you stand up for yourself?"

CJ answered, "I did not want to get into a fight. It wouldn't have solved anything."

"You were scared," they teased.

CJ knew in his heart that he was not scared. He was simply doing what he felt was right.

Then, a few months later, he proved it.

Once again, CJ was playing with his friends and the bully walked up.

This time, he walked right to CJ and tried to push him.

Instead of falling to the ground, CJ used Aikido to divert the bully's energy, and the bully went flying.

This made the bully so angry. He just got up and ran at CJ with fury.

Again, CJ threw the bully even farther.

CJ then walked up to the bully as he lay on the ground hurt.

The bully cried out, "Please, don't hurt me! Please, don't hurt me!"

CJ could have punched and kicked the bully, but he didn't.

He just walked away.

Everyone was shocked, especially the bully.

Vic and Ravi walked up to CJ and asked, "Why didn't you hurt that turkey for what he did to you?"

CJ then explained, "I showed mercy on him and forgave him because he is a human being. It wouldn't have done any good if I hurt him. However, by showing mercy, I showed him that real power comes to you when you choose to help people rather than hurt them."



DETERMINATION

“How are we going to do it?” thought Julia sitting silently by herself. “We only have three weeks to finish our class project and we’re only half way through. It is impossible.”

Julia felt sad and dejected and didn’t know what to do.

Ahmed saw her sitting by herself, so he went over to her.

He asked, “What’s wrong, Julia?”

Julia then explained what was bothering her.

Ahmed was also concerned, but he didn’t know what to do.

Ahmed said, “I’m going to talk to our other teammates and see if we can come up with a solution.”

Julia said, “Okay, Ahmed, I’m just going for a walk to clear my mind.”

So Ahmed and Julia went their separate ways.

Julia walked all the way to her favorite resting place and sat down.

As she stared out, her face brightened up when she saw the sprawling roots coming out of the ground from the tree she was sitting under.

Julia remembered when the tree was first planted. Nobody believed it would grow because they said the ground was too hard for the roots to spread. However, the tree was determined to grow.

The tree's roots took on a life of their own and showed such determination in finding water. The roots squeezed through rocks, broke through the clay soil, and even spread above ground in order to help the tree grow.

And grow it did. The tree became big and beautiful, and gave shade to all those who sat under it.

Julia walked back to her teammates excitedly. She found them all sitting around looking worn out after much conversation.

Julia, however, was filled with energy and exclaimed, "Team, we must have determination in finishing our class project."

She explained about what she learned from the tree.

Julia's firmness of resolve spread to the other team members and they began to believe it was possible.

The team began to operate like the roots of the tree in search for water, and they finished the project in only two-and-a-half weeks.

They had achieved the impossible through determination.



INTEGRITY

The basketball coach for the *'Professionals'* All-Star Team asked Ahmed to play on the team he was putting together.

He said, "Ahmed, you are amongst the best of the best of all the players I've watched on our local teams. I would like you to join *'my'* team."

Ahmed accepted the offer with enthusiasm.

As they played, he had so much fun with his new teammates, and he excelled in practice.

One day, Ahmed thought it would be a great idea to invite some of his friends over to meet the coach and scrimmage with the team.

Ahmed's friends were the best players from another *'All-Star'* team in the district.

When Ahmed told the coach, the coach felt threatened and said, "Ahmed, are you trying to make a name for yourself or something? I don't know what you're up to, but you can't just bring your friends to our practice. I chose you for this team and I can take you off of it. This tournament isn't about friendship - it's about *'professionalism'*. Furthermore, this is *'my'* team and we will do things *'my'* way."

Ahmed was shocked by the coach's tirade because his intentions were innocent.

Ahmed tried to explain things to the coach, but he wouldn't listen to Ahmed's open and honest discourse.

Ahmed was hurt by the coach's comments because the coach questioned his integrity. Ahmed knew that he had done nothing wrong. He felt that real teamwork embraced openness, honesty, and friendship.

Although he told his friends they couldn't come, he felt something was not right with the coach's approach. Ahmed couldn't sleep that night because his integrity kept him awake. The coach had decried the very human values by which Ahmed played and lived.

The next day, Ahmed quit the team. His teammates were saddened by his departure, but they understood why Ahmed left after he explained things.

And even though Ahmed gave up his chance to be an 'All-Star' and win the tournament, he gained strength in his integrity and secured a victory in life.



EFFORT

Raddika was working on her tennis serve and was having much difficulty hitting the ball in-bounds. Try and try as she would, she kept hitting the ball outside the lines.

After a few more practice serves to Melia, Raddika exclaimed, "I quit! I just can't serve! I will never be good at this game!"

At first, Melia didn't respond.

Then Raddika put her racket down disheartened and said, "What am I going to do, Melia? I need to get my serve better before our team's first match. Is there any trick you can teach me?"

Raddika knew that Melia was the best tennis player in the entire league, so if there was any trick to serving, then Melia would know it.

Melia thought for a moment and then responded confidently, "The trick is 'effort' Raddika. You need to put in more effort into your serving and you will find that the inevitable will happen."

"What do you mean?" asked Raddika.

Melia replied, "The inevitable is that you will begin to serve good, silly. When you put in the required effort, you are bound to accomplish what you set out to do. This holds true in anything that you do. However, you must remember to never compare yourself to others because the effort that you require is different than the effort someone else requires. The fact of the matter is that with effort, you will get better, so just keep on trying, Raddika."

Raddika reluctantly picked up her racket and began serving more.

The whole day, she didn't get one ball in-bounds, but she did get closer.

Raddika didn't get disheartened because she decided that maybe she just needed to put in a bit more effort.

The next day, when Raddika and Melia started practicing, Melia hit the ball in-bounds on the first try.

Then she continued serving well all day. It was amazing! Raddika was so happy! She just couldn't believe what was happening!

Melia said, "You see, Raddika, all you had to do was put effort into your serve and work through your problems. With effort, the impossible has become inevitable."



“What are you doing?” asked Keisha.

“I’m doing yoga,” replied Christopher.

“Yoga?” questioned Keisha. “What exactly is that?”

Christopher explained, “Yoga is an ancient technique that people use to establish unity in their mind, body, and spirit. I’ve been doing this for a while now.”

Collin overheard Keisha and Christopher talking, and he interjected, “You crack me up, Christopher. You’re always into these weird things. Why can’t you just be a normal ‘meat and potatoes’ kind of guy like the rest of us?”

Christopher responded, “You need to have more open-mindedness, Collin. You shouldn’t judge something that you know nothing about. Yoga could really benefit you – especially on the football field.”

Although Christopher meant no harm, Collin got very defensive and said, “I am way better than you at football, you girly man!”

Christopher just laughed off Collin’s comments and got back to his yoga practice.

Keisha then asked, “Christopher, do you really think yoga helps you with football?”

“Certainly,” answered Christopher.

“It helps my mind focus. It makes my body more flexible. And it connects me to my fearless spirit. Keisha, don’t get deceived by

Collin's fear of new things. Just keep an open mind. Then you can get the most out of life and become a better person."

Later on that day, Keisha watched from the stands as the football team practiced.

She noticed that Collin kept dropping passes, while Christopher caught everything that was thrown to him.

In addition, Christopher was able to make acrobatic catches and he never got frustrated or angry.

Collin, on the other hand, got frustrated and angry every time he dropped a ball, which was often.

After practice, Keisha walked up to both Christopher and Collin and said, "Christopher, you were amazing out there. You could bend your body in all directions to catch passes. However, your ability to bend your mind through your open-mindedness is what has impressed me the most!"



HONOR

“Shivam, you must always remember to honor your parents, teachers, and guests,” said his Grandma or ‘Paati’ as he affectionately called her. “To honor these people means that you should respect them and treat them with kindness and appreciation at all times. Even more importantly, it means that you should live up to the honor that they have given you.”

“What do you mean, Paati?” asked Shivam.

Shivam’s Paati explained, “First, your parents give honor to your life from the time you are born. They take care of you, they feed you, and they clothe you. They love you, they protect you, and they raise you. You could not be here today if not for your parents. Therefore, you must always honor them, even when you no longer need them.”

“I understand,” responded Shivam. “What about my teachers?”

Shivam’s Paati replied, “Shivam, your teachers honor your life by teaching you things that are necessary to live in society. They teach you how to read, write, add, and subtract. They care for you when your parents are not there and they are responsible for your development. For that Shivam, you must always honor your teachers.”

“I understand,” responded Shivam. “What about guests, Paati? Why should I honor them?”

Shivam’s Paati answered, “Shivam, you must understand that no guest can enter your home uninvited. Therefore, if you invite someone into your home, and they enter, then they have honored you by accepting your invitation. Therefore, any guest must be treated with honor.”

Shivam then asked, "Paati, what if my parents upset me, or my teachers are not nice, or my guests do not respect me? What should I do then?"

Shivam's Patti responded, "Shivam, no matter what, you must still honor them.

You can speak with your parents, teachers, and guests about whatever is bothering you. However, you must always speak kindly and with appreciation, so they maintain their honor and you maintain yours. This is the way of honor, Shivam."



PURITY

Miss Tejel held a big picture in front of the class and asked, "Class, what do you see when you look at this picture?"

Nikheel answered quickly, "I see a dirty, old man, who needs a shower!"

The class burst with laughter.

Miss Tejel said, "Fair enough. Anyone else?"

Vidi then shouted, "I see a poor man who can't even afford nice clothes!"

"Yeah," followed Nived giggling, "his pants are so old and tattered, and his 'undies' are sticking out."

The class exploded with even more laughter.

Miss Tejel said, "Fair enough. But you sure are being tough. Does anyone see anything good about this picture?"

Khiara then raised her hand. "Yes, Khiara, what do you see?" asked Miss Tejel.

Khiara said, "I see a nice man with a wonderful smile on his face. He is a Grandpa who has just picked strawberries for his granddaughter. It is a hot day, so he is sweating and his clothes are tattered because he is wearing his gardening clothes. He is resting, waiting for his granddaughter to bring him some ice, cold water from inside the house."

"How did you see all of that?" asked Miss Tejel?

Khiara said, "First, I looked at the man's eyes and saw compassion that only a grandfather could have. Then, I saw a basket of strawberries on the ground. Finally, I saw a little girl coming out of the house with a glass of water, but she's not even drinking it."

"Amazing!" exclaimed Miss Tejel. "Class, Khiara was able to see all of this in the picture because her thoughts are pure. As a result, she was able to see good in something that appeared to be bad on the surface."

In fact, this picture is of my Dad and the little girl is my daughter. My Dad is picking strawberries for my daughter, who is his granddaughter. My Dad is a good and honorable man, who is rich with love and compassion."

"I'm sorry I said mean things," said Nived.

"Yes," followed Vidi and Nikheel.

"It's okay," replied Miss Tejel. "Just remember, when there is purity in your thoughts, there will be purity in the world."



NOBILITY

“Dorian, you have such goodness and nobility,” said Mr. Emir.
“You are a jewel in a sea of illusion.”

“Thanks, Mr. Emir,” responded Dorian. “But, Mr. Emir, what exactly is nobility?”

Mr. Emir recalled his experiences as a young boy. His life was rich in character, but poor in material comforts. He remembered waking up every morning to the smell of his Mom making warm tortillas on their old, gas stove in the kitchen.

His Mom would call, “Emir, it is breakfast time *mijo*. You have a long day of studies ahead of you. Remember, my son, although I want you to earn good marks in school, the end of education is character. I would rather that you grow up to be a noble man with average intelligence than a genius without nobility.”

Emir recalled innocently asking, “Mom, what is nobility?”

His Mom answered, “My dear son, nobility means that you follow the human values that your father and I teach you, such as truth, righteousness, peace, love, and nonviolence.

It means that you give up selfish qualities, such as greed for money and lust for power, and use your knowledge and abilities in the service of others.

Look at us *mijo*, our home is simple, our clothes are plain, and we do not have extra money to spend. However, we have big hearts, and we spread love and joy to each other and everyone we meet. Thus, although we are poor in one way, we are rich in character.”

Mr. Emir was lost in memories until Dorian called out, "Mr. Emir!"

Mr. Emir immediately responded, "Sorry, son, I was recalling some of the best days of my life with the best teacher I ever had. Dorian, even though I am your Math and Science teacher, what is it that I say is more important than these subjects?"

"Human values," answered Dorian. "You say that Math and Science without human values are useless subjects."

"Do you believe me, Dorian?" asked Mr. Emir.

"Of course," replied Dorian.

"There is your answer," smiled Mr. Emir. "You are a living example of nobility."



DEVOTION

Elizabeth was walking home with her friends Cynthia, Divia, and Ken, and they passed by Sunil's house.

"Whatever happened to Sunil?" asked Cynthia.

"I don't know," replied Divia.

Ken said, "He's just weird if you ask me."

"He's not weird!" said Elizabeth. "After his Mom got sick, something happened to him."

"Whatever!" exclaimed Divia. "I agree with Ken. That guy is strange."

Elizabeth couldn't sleep that night because she felt in her heart that Sunil was still the same person she knew him to be.

The next day, she decided to go over to his house. When she rang the doorbell, Sunil's Dad answered.

Elizabeth asked, "Is Sunil home?"

"Yes, he's home, but I don't think he wants any visitors," said his Dad.

"Please, Mr. P, I would really like to talk to him," pleaded Elizabeth.

"Okay, you can go upstairs," he directed. "He's at the room at the end of the hall."

Elizabeth went upstairs and slowly walked to the room. The door was slightly open, so she peeked in.

There was Sunil's Mom sitting in a wheelchair. She was paralyzed and could not move her arms.

Sunil was gently brushing her hair. Each brushstroke was filled with devotion. It was as if he were an artist painting a masterpiece.

Elizabeth watched for a few more minutes, then just turned around and walked back downstairs with tears in her eyes.

"What happened?" asked Mr. P.

"I don't know," replied Elizabeth. "I was going to ask Sunil why he doesn't play with us anymore, but I just couldn't. It was like he answered me without even talking."

"Yes, Elizabeth," said Mr. P. "You have witnessed Sunil's pure devotion to his Mom. He sacrifices his life for her. I used to tell him to go out and play, but he always refused. I would get so frustrated with him. Then, one day, I watched Sunil brush his Mom's hair and I was speechless. I had tears in my eyes like you. From then on, I have never asked him again. You see, Elizabeth, pure devotion speaks without even a single word."



MODERATION

CJ and his friend, Jasmine, were collecting shells at the beach for the annual shell exhibition on the boardwalk.

They were having so much fun picking up the most beautiful shells they could find.

They gathered only enough shells for their display, so they were able to easily carry their bag of shells back to the boardwalk.

Kamen and Deepa, on the other hand, frantically gathered as many shells as possible for the exhibition because they felt more was better.

As a result, when it came time to carry their bag of shells back, it was heavy and overflowing with shells.

When they got back, CJ and Jasmine were already done setting up their display.

Kamen and Deepa had to work frantically to set-up their display in time for the exhibition. It was difficult for them because they had too many shells.

By the time of the exhibition, Kamen and Deepa had a cluttered and messy display, and many of the shells they picked went to waste.

On the other hand, CJ and Jasmine used all of their shells to put together a beautiful display that people flocked to.

After the exhibition, Kamen went up to CJ and asked, "How did you and your friend put together such a wonderful display in so little time?"

CJ responded, "We used moderation."

"What do you mean?" asked Kamen.

CJ then explained, "If your shoes are too small, you will not get enjoyment from walking because your feet will be cramped and you'll be bothered by pain. If your shoes are too big, you will not get enjoyment from walking because your feet will be sliding everywhere and you'll be worried that your shoes will fall off. In order to get enjoyment from walking, your shoes must be the perfect fit.

The same goes for anything in life. For the exhibition, we used moderation and picked just enough shells for our display. As a result, we only picked the nicest shells, our bag was light, and we were able to set-up a beautiful display. More importantly, by using moderation, we had time to enjoy every minute of the exhibition."



FAIRNESS

Paula and Julia were the team captains for the *History Team* at school. They were going back and forth on who to select as their last team member.

It was obvious that Marlene should be selected because she loved history and knew so much about things that happened in the past. She also got the highest grades in the class on all of the history tests.

Although she could help the team win the upcoming *District-wide History Competition*, there were some team members who did not want her on the team.

As a result, Paula said, "If we pick Marlene to be on the *History Team*, then some of our best team members will be upset."

Julia answered, "Paula, it doesn't matter if people get upset. Marlene is such a nice person, who has outstanding character. She also knows more about history than all of us, so she could help our team win. And most importantly, Marlene passed the quiz to join the *History Team* with the highest score of anyone who's ever taken the quiz! It's only fair that we select Marlene."

"But Julia, some of our best team members may quit the team," pleaded Paula.

Marlene then paused for a moment to think.

Finally, she said, "Paula, history has taught us that fairness is always right despite what people may think or do. Many people have struggled in history, so that fairness would prevail. If we do not show fairness to Marlene now, then we have not learned one of the most important lessons in history."

“What’s that?” asked Paula.

“That a fair decision is a fearless decision,” replied Julia. “You see, Paula, when you make a fair decision, you have made a decision that you know in your heart is right. Therefore, you will have no fear despite what anyone says or does. And, in the end, as history has proven time and time again, when fairness is the basis of the decision, then the outcome is always good.”

“Okay, Julia,” said Paula. “I now understand. We have to pick Marlene as our last team member. It’s simply a matter of fairness.”



CHARITY

Brian and Jennifer were helping with the big *Kids Helping Kids* charity event to raise money to help disadvantaged children learn how to read.

Even though the event was for a good cause, many of the kids were just there to be popular and show off their new clothes. They were spending more time posing for pictures than actually talking to people about how they planned to help the children learn how to read.

And even many of the adults who were donating money to the charity did so without asking any questions and without smiles on their faces.

It appeared as if nobody really cared about the children or realized how important it was for them to learn how to read.

Brian and Jennifer decided to leave the event. They walked off disheartened and uninspired.

As they were walking off, they heard something that just captivated them.

One of the new kids helping with the event, Ahmed, was talking about the *Reading Program* and its purpose, as well as the concept of charity.

He spoke with such truth and love.

The more he spoke, the more people gathered around him.

They began asking questions about the *Reading Program* and were thrilled to give money to such a cause.

Brian and Jennifer were amazed by what they saw.

They walked up to Ahmed and said, "We were about to leave this event because there was something missing. Then we heard you talking. You are wonderful!"

Ahmed replied, "Actually, this charity is wonderful. Many people help and give to charity, and then think they are so great. I don't do charity work for these reasons. To me, charity means that you give from your heart with a spirit of love and sacrifice to help other people. Then, you begin to see that you are no different than others, so helping them is like helping yourself. My Dad always says that we gain more than we give through true charity."

Brian and Jennifer just looked at each other and smiled.

They learned a great lesson about charity.



SYMPATHY

Melia had so much sympathy for people when they were sad or going through difficult times. She genuinely cared for others whether she knew them or not.

For example, one day, Melia was walking to her friend Julia's house and saw a little boy crying on the sidewalk.

She walked up to him and said, "Hi, my name is Melia. What is your name? Are you okay?"

The boy answered, "My name is Vineet. I'm just sad because my Aunt Shavi has left us and I don't know if I'll ever see her again. I love her so much."

Melia could feel how sad Vineet was, so she said, "Don't worry, Vineet. Even if you never see your Aunt again, you will always be able to feel her love. That feeling of love will never leave you."

Vineet wiped his tears and smiled, and Melia continued on her way.

As soon as she got to Julia's house, Julia told her that their friend, Judy, was in the hospital.

Melia had tears in her eyes and said, "Poor Judy. She is always getting sick. I wish that her life was easier. We need to visit her right away."

Julia said, "Melia, you have so much sympathy for people. You're so nice! I'll ask my Mom if she can take us."

When they got to the hospital, Melia saw Susan walking in too.

“Oh no,” said Melia. “There’s Judy’s friend, Susan. I always try to avoid her because she’s so negative and she says nasty things about other people all the time.”

Julia then said, “Did you know that Susan has had a really tough life? So many bad things have happened to her. The more Julia told her, the more surprised Melia became. Although Melia knew that Susan had no excuse for acting the way she did, Melia felt much sympathy for her due to her circumstance.

As a result, Melia walked up to Susan and began talking to her.

They ended up all walking into Judy’s room together.

As soon as Judy saw her friends, her face lit up. The fact that her friends came to see her in the hospital made her so happy. Her face alone proved that a little sympathy can go a long way.



WATCHING

Keisha, Savitri, and Chalun were all teamed up at summer camp. They were heading out along a dirt trail with Ms. Adrienne, their camp advisor.

As they walked, Ms. Adrienne explained things about the plants and animals that lived in the woods surrounding the trail.

She said, "There are many types of wonderful plants in this area, along with beautiful birds, cute critters, and even snakes."

"Snakes!" exclaimed Keisha in a fearful tone.

"Don't worry," replied Ms. Adrienne. "The snakes in these woods are harmless."

As the kids continued along the trail, they were awestruck by the beautiful scenery. However, Keisha was all tensed up watching for snakes until they finally reached a large, open clearing.

Ms. Adrienne said, "I want everyone to sit down here, close your eyes, and start watching."

"How can we watch if our eyes are closed?" asked Keisha.

"I want you all to watch your thoughts, so you won't need your eyes," responded Ms. Adrienne. "Then we'll talk about what you saw."

The kids then sat silently, along with Ms. Adrienne, until she asked them to open their eyes.

Keisha said she saw lots of creepy snakes.

Savitri said she saw beautiful birds.

And Chalun fell asleep, so Ms. Adrienne had to wake him up.

Ms. Adrienne said, "Kids, it is important that you watch your thoughts at all times because they affect what you say and do. If you have good thoughts, then you will say and do good things."

As they walked back to their cabin, Chalun yelled out, "A snake, a snake!"

Keisha calmly said, "That's not a snake, Chalun. It's just a tree branch."

Keisha then just walked up and picked it up without even flinching.

Ms. Adrienne asked, "Keisha, why weren't you scared, since you're terrified of snakes?"

Keisha answered, "I decided that I would have positive thoughts about snakes. So when Chalun yelled out, I was able to remain calm."

"Excellent!" exclaimed Ms. Adrienne, "just excellent! You have shown how powerful watching your thoughts can be!"



SURRENDER

“Shivam, what’s wrong?” asked Khiara with a look of great concern on her face.

“I have too many things to do and I just don’t know how I’m going to get everything done,” replied Shivam.

“What exactly do you have to do?” asked Khiara.

Shivam explained, “I have to write a book report for my English class, I have a homework assignment in my Math class, and I have a presentation in my Spanish class. I also have a soccer game on Tuesday and a basketball game on Thursday. Plus, I am helping Julia with her science project and I have to clean out the garage for my parents.”

“Wow,” replied Khiara. “That sure is a lot to do.”

“Khiara, you’re always able to do so many things,” said Shivam. “How do you do it all and not worry about anything?”

Khiara thought for a moment and said, “I just surrender, Shivam.”

“You what?” asked Shivam in disbelief.

“I just surrender,” said Khiara once again.

“How can you just give up?” asked Shivam.

Khiara then explained, “I don’t give up, Shivam. I just surrender my desires. For example, when I have a book report, I just do my best and surrender my desire to get a good grade. When I have a soccer game, I just do my best and surrender my desire

to score a goal. If I am helping someone, I just do my best and surrender my desire to know that my help has made a difference.

You see, Shivam, when you surrender your desires, you free yourself from worry. Then you can concentrate on whatever you're doing without worry and spend more quality time doing what you need to do."

"That makes a lot of sense," said Shivam.

The next week, Khiara saw Shivam and he was happy as could be.

She said, "Shivam, your smile is as bright as the sun. Did you just win a prize or something?"

"No," laughed Shivam. "I just took your advice and surrendered my desire to be the best at everything. Now, I feel so good and free."

"That's great," said Khiara. "I bet you never thought you could gain so much by surrendering!"



DISCRIMINATION

“Khiara, you must use your power of discrimination to determine what is right and wrong,” said her Mom.

“But, Mom, my teacher told me that it is wrong to discriminate,” replied Khiara.

“Khiara, when you discriminate against people in a prejudicial way, then it is wrong,” said her Mom.

“What is pre-ju-di-cial, Mom?” asked Khiara.

Khiara’s Mom then explained, “Khiara, prejudicial means that you don’t like someone or something for a reason that is not good, such as because of a person’s skin color or the color of their hair. This type of discrimination is very bad.

However, I am telling you to use the power of discrimination that comes from your heart and tells you when something is right or wrong, good or bad. For example, if someone is doing something that hurts people, and they ask you to join in, then you should use your power of discrimination to not join them. If someone asks you to do something that is not good for you, then you should use your power of discrimination to refuse.”

“I understand, Mom,” said Khiara.

The next day, Khiara was playing with her friends and some other kids on the playground at school.

All of a sudden, one of the popular boys yelled out, “Everyone with black or brown hair is cool. We don’t want people in our group with blonde or red hair.”

Khiara's friends, Dorian and Monica, looked shocked and saddened.

Khiara was also very popular, and she said, "It's not right to dislike people because of the color of their hair. Let's get out of here!"

Khiara, Dorian, and Monica walked off and slowly all of the other kids followed.

The popular boy was left alone to think about what had happened.

Khiara's teacher, Mr. Terry, had witnessed the whole thing.

Later in the day, he said, "Khiara, I saw what you did out there to stop discrimination and it was wonderful."

Khiara smiled and responded, "Actually, Mr. Terry, I used my power of discrimination to determine what was right in order to stop the prejudice that was wrong."



GRATEFULNESS

Coach Dave told Makini and Jack, “Dorian is grateful for everything that you do for him. You will never meet a teammate like him. Be sure to treat him good when I’m gone because he has given me more than I was able to give to him.”

“How has he given you more than you gave to him, coach?” asked Makini. “You’re the one who gave him a starting spot on our basketball team.”

“Yes, you’re right, Makini,” replied Coach Dave.

“However, since coming to our team, Dorian has given extra effort to help us win. And he has done everything he can to make me look good. We have won so many games because of him. All the while, he continues to show how grateful he is, when it is I who am truly grateful to him.”

When Dave moved away, Dorian was the saddest member of the team. He told Dave that he would always be grateful for everything that he had done for him, and his sincerity made Dave feel warmer than any other team member he had ever coached.

In time, Makini and Jack forgot what Dave had told them. However, Dorian continued to show his gratefulness.

Once again, Dorian’s hard work allowed Makini and Jack to score many points and be star players.

The new coach who took over the team the next season overlooked Dorian’s immense talent. Makini and Jack were too busy scoring to worry about how the coach perceived Dorian.

When the new season came along, Dorian did not make the team. Everyone was shocked as Dorian was one of the most beloved members of the team.

As Dorian walked out of the gym, he recounted how Makini, Jack, and Dave had helped him, and how grateful he was to them.

Makini and Jack then remembered what Dave had told them.

They talked the coach into asking Dorian to stay on the team. However, Dorian would not because he knew it was time for him to move on.

Dorian's gratefulness had even warmed the heart of the new coach, and he realized just how special Dorian was.



UNDERSTANDING

Elizabeth was sitting at the school lunch table alone. Her head lay between her folded arms, unmoved, as if she was oblivious to the world around her.

Juanita saw Elizabeth and became concerned.

She slowly approached her because she thought she might be sleeping.

However, when she neared, she saw that Elizabeth was not sleeping at all. Instead, she had tears in her eyes.

Juanita asked, "What's wrong, Elizabeth? Why are you crying?"

Elizabeth then explained, "Juanita, I just feel sad. Some of the kids at school can be so mean and self-centered. This morning, I heard someone, whose name I won't mention, talking so badly about one of my friends. On the one hand, she is supposed to be helping my friend because the teacher assigned her as my friend's tutor.

On the other hand, she is telling other people that my friend is not smart and will never be as smart as her. All the while, she acts so innocent and helpful in front of the teacher and my friend. If they only knew how she really felt."

Juanita listened with such understanding and almost had tears in her eyes herself.

She said, "Elizabeth, I know what you're saying. I don't know why people are so mean to each other sometimes. It really makes me sad too when I see or hear people doing hurtful things to others."

Elizabeth and Juanita continued talking, and after a while, Elizabeth was totally energized and awake. She felt so much better after talking to Juanita.

She said, "Thanks, Juanita, for talking to me. It's really amazing. I was feeling so sad before you came and sat with me, but now I feel good."

Juanita then said, "My Grandpa once told me that understanding another person is like helping them carry their luggage. By understanding, you make a person feel that they are not alone. As a result, understanding takes away half of the burden and allows them to travel more lightly."

"I totally 'understand' what you're saying," giggled Elizabeth. "I understand understanding!"



COMMITMENT

CJ was on the badminton team with Shannon, Sonya, and Sharon. CJ and Shannon were partners, and Sonya and Sharon were partners. Together, they were the best players at their school, and the best badminton duos out of all of the elementary school's in the area.

Neither duo had ever lost a match, so their team was undefeated.

One day, CJ had a disagreement with the coach. His coach told him that he couldn't be friendly and loving on the court, especially with the other team members. He felt that winners should be cold as ice and focused on nothing but winning during a match.

CJ did not agree with this, nor did he feel that he could play with a coach that believed this. Therefore, CJ regretfully quit the team.

He explained everything to his team members, but not all of them truly understood.

One day, Sonya said to the team, "I think we should ask the coach to ask CJ to return to the team. We have lost a few tournaments since he left, and we never used to lose."

Sharon said, "CJ doesn't have any commitment. He seems to quit things all the time. I heard he quit the basketball team too because he felt like the best players didn't treat the rest of the team with respect."

"You're right," said Shannon. "He broke up our duo and hurt our team. He only thinks about himself."

Sonya then said, "I don't agree. Think about it, you two. CJ has more commitment than all of us. He is committed to values, such as love, peace, and truth. He shows his commitment through his friendship and teamwork. Can't you see that he has so much commitment to values that he is willing to do anything to preserve them?"

"You're right," replied Shannon in a solemn tone. "I have always admired this about CJ, but I have never had the strength or courage to be like him."

"Okay," said Sharon. "But what will we tell the coach?"

Sonya then said, "We'll tell the coach that we need CJ back – not because of his commitment to the team, but because of his commitment to values."



DETACHMENT

"Bonnie, what exactly are you doing?" asked Julia.

"I'm practicing Tai Chi," answered Bonnie. "My friend told me that it would help me to relax. I'm just too worried about things these days and I really need to find a way to relax."

"What do you have to worry about, Bonnie?" asked Julia. "You're just a kid. We're not supposed to have worries at this age."

Bonnie replied, "I have a lot to worry about, Julia. I have so many responsibilities."

Julia recalled that her Dad said the exact same thing to her Mom the night before. She also recalled what her Mom told him.

Julia said, "Bonnie, my Mom says that the best cure for worry is detachment."

"What's detachment?" asked Bonnie.

Julia explained, "Detachment means that you live life for each moment by offering the best that you have to give in the moment. For example, you can choose to be loving, kind, or forgiving in any given moment. You can choose to be happy, grateful, and patient in any given moment.

By living in this manner, you don't have to concern yourself with what happened in the past or what will happen in the future. This is detachment. You detach from worrying."

"That sounds good, Julia, but it also seems impossible," said Bonnie.

“Bonnie, nothing is impossible,” replied Julia. “My Mom says that if you practice detachment, then it will soon become second nature.”

For the first few days, Bonnie didn’t take Julia’s advice. She just continued practicing Tai Chi thinking that this alone would relax her.

The problem was that Julia began worrying that she wasn’t doing the Tai Chi moves correctly, so she became less relaxed than before.

She finally decided that she would try practicing detachment.

After a few weeks, Bonnie noticed that she started feeling much better, and her Tai Chi also started feeling good and making her even more relaxed.

One day, Julia asked, “How are you feeling, Bonnie?”

Bonnie replied, “I’m feeling great! Your Mom was right. Detachment is the best cure for worries!”



REVERENCE

Ahmed was playing with his friend, Mikoto, at Mikoto's house. They were having such a fun time working on the science kit that Mikoto's Dad had bought for him.

They were trying to build a solar powered toy car, which was one of many available projects that could be created from the kit.

While they were working on the kit, Mikoto's little brothers, Yuki and Airi, quietly came in and sat on the bed.

They sat there for a while without making a sound and just watched them as if they were in awe of their older brother.

Then, they got up, left the room, and shut the door behind them.

Soon you could hear them running, playing, and making noise.

Ahmed said, "Wow, Mikoto, your little brothers are so good. When they came in your room, they didn't make any fuss to play or cause any ruckus. They don't just respect you...they, they....hmmm...I'm not sure what to call it?"

"Reverence," responded Mikoto. "My parents are really big on reverence. Basically, it means that we respect each other as a family because we love each other, not because we have to respect each other out of family duty. This type of respect creates reverence, which is much better than dutiful respect because it comes from the heart."

"I think that your brother and sister should come to my house to teach my sister about reverence," laughed Ahmed.

Both Ahmed and Mikoto began working on their car once again, and they were almost complete when Mikoto's Mom came home.

She said, "Mikoto, please come down and help me bring the bags of groceries inside."

Mikoto immediately got up.

Ahmed said, "Let's just finish building the car first, Mikoto. Then I'll come with you to help."

Mikoto replied, "No, Ahmed. My Mom needs me, so I must go now. You can just stay here and work on the car until I return."

Ahmed said, "No, it's okay, I'll go with you and help."

Ahmed realized that Mikoto was showing reverence for his Mom, so love made him respect her wishes immediately.



JUSTICE

Kai and his sister, Maribel, were walking through the hall, hand-in-hand, on their first day at their new school.

Kai was very protective of his little sister because she had experienced injustice at her old school due to her trouble hearing.

At their old school, kids would sometimes make fun of Maribel because she wore hearing aids. Kai would always defend her, so he grew accustomed to being by her side.

Kai dropped Maribel off to class and watched her walk through the door with deep concern. He knew that he could protect Maribel outside the classroom when they were together, but he couldn't protect her once she got in.

At their old school, some of the teachers treated Maribel as if she could not learn as well as the other kids, and this is what hurt Maribel the most.

Maribel's family knew that she was incredibly smart and talented. Thus, they all hoped that she would be treated justly at her new school.

When Maribel entered the class, she timidly sat by Melia. Melia noticed her hearing aids right away, but she didn't give them much thought. Melia was just happy to make a new friend.

Melia and Maribel hit it off wonderfully and became best of friends.

Maribel ended up making a lot of friends at her new school.

The teachers also realized how gifted Maribel was and she became one of the top students at the school.

One day, Maribel explained to Melia how she was treated at her old school.

Melia was shocked.

She said, "The teachers and kids at your old school did not give you justice simply because you were different. You should enter the region-wide essay contest and write about what happened to you."

Maribel did end up writing an essay on the topic of 'justice'. Her essay explained that people must be fair to others and do what's right at all times regardless of the circumstances.

Amazingly, Maribel ended up winning the contest. She even topped the best students from her old school.

Maribel's success ended up becoming a real life story of justice!



VICTORY

Keisha and Sharda were playing Devin and Stephanie in the *White Sands Beach Youth Volleyball Tournament* finals.

Devin and Stephanie had been playing volleyball their entire lives. The brother-sister duo had played at some of the most beautiful beaches in the world.

Keisha and Sharda, on the other hand, were city-folk and had not seen that many beaches in their lives, especially nice ones. In fact, they had only been playing beach volleyball for a little over a year, but they became incredibly good in a short amount of time.

Both teams easily beat their opponents in the tournament to reach the finals. However, they knew they were going to have their toughest match yet.

Right before the match started, Keisha and Sharda walked up to Devin and Stephanie and hugged them.

Devin and Stephanie were taken aback as neither of them had ever seen an opponent do this before.

By the middle of the game, Devin and Stephanie realized just how good Keisha and Sharda were.

They weren't just good players, but really good people too. They always smiled and played the game with such love. They never got angry, nor did they get frustrated.

Both Devin and Stephanie were amazed at how Keisha and Sharda played.

By the end of the game, Keisha had a chance to win it all.

She did a jumping serve that was hard and fast.

Devin and Stephanie tried to return it, but landed with their faces in the sand.

It appeared that Keisha and Sharda had won the game, but the referee called it out of bounds by a hair.

Keisha and Sharda did not even wince. They just continued playing with smiles on their faces.

Devin and Stephanie were in shock and ended up winning the tournament. However, they knew in their hearts that Keisha and Sharda deserved it.

As a result, they decided to give the trophy to them.

Stephanie said, "Although we have won the tournament, you both have taught us about true victory through your purity, patience, and perseverance in the game."



CHARACTER

Shivam and Khiara were kicking around the soccer ball in the front yard when Shivam's Dad walked by.

He said, "Remember, you two, the body will shine when the character is fine."

Shivam rolled his eyes in embarrassment, and Khiara just giggled because Shivam's Dad was always saying something funny.

Shivam never really thought about his Dad's countless sayings, but for some reason, Khiara was really thinking about this one.

She asked, "Shivam, what exactly did your Dad mean by that saying?"

Shivam replied, "I'm not sure, Khiara. I never really thought about it. You know, my Dad is always saying that line."

"Can you please ask him about it because I really want to know?" asked Khiara.

"Okay," responded Shivam reluctantly. "I'll ask him for you – but only for you."

A few weeks later, Shivam and his Dad were outside in their vegetable garden checking on their vegetables.

Shivam's Dad said, "Shivam, see all of these fresh and naturally grown veggies. They will help keep you healthy and make your body shine."

Shivam then recalled his Dad's saying and his promise to Khiara.

He asked, "Dad, you always say that the body will shine when the character is fine. What exactly do you mean by that?"

Shivam's Dad smiled and answered, "Shivam, do you see the tomato plants we have here?"

"Yes," Shivam replied.

Shivam's Dad went on to explain, "The tomato plants need water and good soil to be healthy and grow. However, in order to be really strong and bear sweet, juicy tomatoes, the tomato plants need sunlight.

Human beings also need water and good food to be healthy and grow. However, to be strong, vibrant, and useful to society, human beings also need good character.

Good character is like the sunlight for our minds and bodies. With good character, human beings can produce wonderful fruit, such as pure thoughts, sweet words, and kind acts. This is why I always say that the body will shine when the character is fine!"



VIRTUE

“Mom, what is virtue and where is it?” asked Khiara.

“That’s an interesting question, Khiara,” answered her Mom.

“Why do you ask?”

“Well, I heard the word in a song and I was just wondering about it,” replied Khiara.

Khiara’s Mom then explained, “Khiara, virtue is a quality found in the hearts of all people at all times that reflects their purity and goodness. It comes out of people in the form of patience, kindness, honesty, and many other good qualities.”

“Mom, if virtue exists in all people at all times, then why do people act mean and selfish sometimes?” asked Khiara.

“That’s a good question,” answered her Mom. “You see, even though virtue exists inside the hearts of all people at all times, sometimes it doesn’t come out in their thoughts, words, and deeds because they forget that virtue is within them.”

“If we could help people to remember that they are filled with virtue, then the whole world would be a better place!” exclaimed Khiara.

“Yes, Khiara...and what a wonderful world it would be,” replied her Mom as she gave Khiara a big hug.

The next day, Khiara was writing vigorously at her desk.

Her Dad asked, “Khiara, are you writing a book or something? You have been at your desk for hours. You’re on summer break right now, so I know you don’t have homework.”

Khiara responded, "Dad, I'm writing songs about virtue to help people remember virtue is inside of them. I want to make the world a better place, especially for the younger kids like Kailen."

Khiara's Dad's heart just melted at the immense virtue of his daughter.

He asked, "Khiara, can you please sing us one of your songs after dinner?"

Khiara answered excitedly, "Sure, Dad!"

That evening, after dinner, Khiara sang a song about virtue to her family. Her parents' faces were beaming as the words poured forth:

Don't you forget the virtue inside... let it out, let it out, and don't let it hide....because in every heart in the human race is the virtue to make the world a better place.



MORALITY

'The path of morality is the road to immortality,' was written on the chalkboard in bright, white chalk.

"What does it mean?" Dorian thought to himself.

Dorian's teacher had asked each student in the class to think about the quote and write an essay about what it meant.

Dorian looked up the words *'morality'* and *'immortality'* in the dictionary, but he still couldn't figure out what it meant.

At dinner that evening, Dorian was in deep thought and hadn't even touched his food.

His Mom asked, "Dorian, what's wrong? You haven't even taken a bite of your food yet!"

"Yes, Dorian," laughed his Dad. "Usually, if a plate of spinach lasagna is put in front of you, it's gone in five minutes."

Dorian said, "I'm just thinking about a quote that our teacher wants us to write an essay about."

"What's the quote?" asked his Dad.

"The path of morality is the road to immortality," responded Dorian.

"Ahhh...", said his Dad with a smile on his face. "We have heard that quote before."

"Do you know what it means?" asked Dorian.

“Well, I think we can help you figure it out?” answered his Dad. “First, Dorian, you must understand that morality is simply doing what’s good and right. And immortality means that which lasts forever.”

“But nothing lasts forever,” said Dorian.

“Actually, Dorian, there are many things that last forever, such as love, virtue, and morality,” replied his Mom.

“You see, when you act morally, you act in a way that reflects the truth, beauty, and goodness that is inside of your heart. This truth, beauty, and goodness that is inside of you, is the same truth, beauty, and goodness that is inside of the hearts of every person in the whole world.

It has always existed and will always exist. So when you act morally, you act in a way that is good and right for everyone, always.”

“I get it!” exclaimed Dorian. “By following the moral path, my thoughts, words, and deeds will live in the hearts of others and will light the road for them to also act morally. So morality can live forever!”



VALUES

Elizabeth's parents would always say, "Elizabeth, your values define who you are. Therefore, we hope that you always choose to follow truth, righteousness, peace, nonviolence, and love. These human values will only lead you to goodness."

Elizabeth took what her parents said to heart and always tried to follow these basic human values.

When Elizabeth woke up each morning, she would tell herself that it would be a good day because her values would guide her.

And every night, when she went to sleep, she would be thankful because her values always led her to goodness.

This morning was no different. Elizabeth woke up bright and cheery as ever, and got ready for school.

However, when Elizabeth got to class, her teacher, Ms. Dianne, immediately pulled her aside and asked, "Elizabeth, did you cheat on the spelling test yesterday? You and Nancy had the exact same answers!"

"No, I never cheat!" Elizabeth replied in a surprised tone.

"Then how do you explain your identical tests?" she asked.

Elizabeth said, "I don't know. Maybe we should talk to Nancy."

Ms. Diane replied, "Nancy would never cheat! I will give you until the end of the day to confess, but if you don't, you will be in big trouble!"

Elizabeth became troubled at first. However, she found peace inside knowing that her values would see her through.

Elizabeth then decided to talk to Nancy herself.

At first, Nancy got angry and pushed Elizabeth.

She shouted, "Are you trying to get me in trouble?"

Elizabeth remained calm and did not push back.

Ms. Diane saw this and came up to them and asked, "What's going on here?"

Nancy got scared because she knew she had cheated, so she blurted out what she had done.

Ms. Diane's face sunk as she turned to Elizabeth and said, "I'm so sorry, Elizabeth. I thought it was you who cheated."

Elizabeth just smiled and lovingly said, "It's okay, Ms. Diane."

That night, Elizabeth went to bed thankful because her values had once again led her to goodness.



TRUTH

CJ was anxiously awaiting his report card. He knew that he had done well in every class except for English.

In his English class, CJ's teacher, Mr. Ricardo, spoke so fast that CJ couldn't understand what he was saying most of the time. In fact, everyone in his class had the same problem.

However, when they would try to tell Mr. Ricardo that they couldn't understand him, he would get angry because he thought they were making fun of him due to his accent.

CJ, once again, got the day's mail to check for his report card. And finally, it had arrived.

He opened the report card apprehensively and a frown slowly enveloped his face. He had received his worst grade ever in his English class.

His first thought was to hide his report card from his parents. However, he thought of how much he loved his parents, so he knew he had to tell them the truth.

After dinner that evening, he told his parents about his grade even before they opened the mail.

At first, they were disappointed. However, CJ's thoughts were filled with love as he told them the truth about his problem in class.

CJ's Mom said, "Thank you, CJ, for always speaking the truth."

CJ's Dad followed, "Yes, CJ, love in thought is truth, and this human value is far more important than your grade in English."

Please speak to Mr. Ricardo and tell him the truth in such a way as to not hurt his feelings. Explain how he speaks too fast and that it is not his accent that causes the lack of understanding for everyone in class."

CJ followed his Dad's advice and spoke to Mr. Ricardo.

Mr. Ricardo said, "CJ, I am so ashamed of myself. All of this time, I never realized that I was preventing all of you from learning because of my pride. I will slow down my speech and pronounce my words with more clarity."

From that point on, Mr. Ricardo became a great teacher and everyone began doing well in his class.

With loving thoughts, CJ was able to speak the truth, but to speak it palatably so that even Mr. Ricardo was willing to listen to him.



RIGHTEOUSNESS

Julia was helping with the end-of-the-year barbeque for her school. She was a member of the food committee with her friend, Shane. They were figuring out the menu for the barbeque, and how much of each item they needed.

Once they finished their list, they took it to Mr. Altier, so he could review it and buy all of the items.

Upon reviewing the list, Mr. Altier said, "I don't think there's enough food here. We need more macaroni and cheese, more baked beans, and more of everything!"

Shane replied, "But Mr. Altier, we estimated the quantities precisely, so there will be no waste. It would not be right for us to waste food."

Mr. Altier said, "We must have enough food or the barbeque will be an embarrassment. If we have left-over food, there's no harm in just throwing it out."

Julia and Shane were very upset about this. They knew that it wasn't right to waste food, but there was nothing they could do.

At home that evening, Julia was slouching on the couch upset.

Her parents asked, "What's wrong, Julia?"

Julie then explained what had happened.

Julia's Dad said, "Julia, you are right. It is wrong to waste good food."

Julia's Mom followed, "Julia, love in action is righteousness. Therefore, we can't let the food get thrown out. Please call us if there is any left-over food. We will come to your school to pick it up to take to the *Community Kitchen*, where they feed hungry families who can't afford to buy food."

Julia got so happy and thanked her parents profusely.

And sure enough, the day of the barbeque, there ended up being lots of leftovers.

Principal Gonzalez said, "What are we going to do with all of this food? We cannot just throw it away!"

Julia then told him what had happened and how her parents had offered to pick up the food.

Principal Gonzalez thought for a moment and said, "Julia, I am embarrassed by this. You should not have to call your parents. Mr. Altier and I will take the food ourselves. Your righteousness is an example for all of us to follow."



PEACE

Spencer was listening to some music on his headphones when Ahmed came by.

Ahmed asked, "Spencer, what are you listening to?"

Spencer yelled out, "What did you say?"

Ahmed then motioned Spencer to take his headphones off and asked again, "What are you listening to?"

Spencer responded, "Oh, I'm just listening to some calming music with ocean waves in the background. My Mom said it would help me because I'm getting too frustrated on my baseball team. I got really mad when I struck out at our last game, so I threw my bat down and it chipped. That's the third bat I've chipped! My Dad said that if I chip any more bats, then I can't play anymore."

"Is the music helping?" asked Ahmed.

"The music is nice when I'm listening to it. However, once I'm on the field, I forget about being at peace and seem to just take pieces out of my baseball bats," giggled Spencer.

Ahmed then asked, "Spencer, do you love playing baseball?"

"Of course," answered Spencer.

Ahmed then said, "My Mom always tells me that love as feeling is peace. Therefore, if you really love baseball, then you will have the feeling of peace while you're playing."

It seems to me that you are getting angry with yourself when you're playing, so maybe you just need to love yourself first in

order to find peace. If you love yourself without conditions, then you will forgive yourself for any mistakes you make playing the game. This will help you to find peace within yourself, so you can then be at peace with others and in everything you do."

At Spencer's next game, he tried hard, but struck out the first two at bats.

However, he remembered what Ahmed told him about peace and loving himself unconditionally. So he just forgave himself and miraculously remained calm.

The next time he was up to bat, Spencer hit a homerun. It was amazing!

As Spencer ran around the bases, he realized that the path to peace is love, and it could only begin inside of himself.



NONVIOLENCE

Melia was playing tag with a bunch of kids at the park.

One girl, who had on a pink shirt, was a little rough, so everyone tried to stay away from her.

When the girl was *'it'*, she ran after Melia's friend, Sarah, and pushed her to the ground.

Sarah started crying and walked away, so the girl laughed at her and shouted, "You're a cry baby!"

Later, the girl did the same thing to Melia's friend, Isabella.

Melia's other friends said, "We're getting out of here! We're not playing with that girl. She's too rough!"

The girl saw them leaving and yelled out, "You're all a bunch of chickens!"

Melia said, "They're not chickens. You're hurting people and you're saying hurtful things to them, which is even worse."

The girl just smirked and continued playing.

When the girl was *'it'* again, she ran after Melia and angrily pushed her to the ground.

Instead of crying, Melia just got up and brushed herself off.

The girl shouted, "You slow-poke! Next time, run faster because it was so easy to tag you!"

Melia got upset, but then she remembered what her Dad always told her.

He would say, "Melia, nonviolence is love with understanding. Therefore, if someone hurts you or hurts your feelings, then you should never hurt them back because love does not hurt others. If you can be nonviolent in adversity, then it means you have great strength and power."

After thinking about this, Melia just continued playing.

When the girl was *'it'* again, she chased Melia with a vengeance. However, this time, the girl twisted her ankle and fell down.

Melia immediately ran to her and helped her get up.

She then walked the girl to a picnic table to sit down.

The girl asked, "Why are you helping me, when I tried to hurt you?"

Melia said, "Help ever, hurt never. This is the way of nonviolence."

The girl then said, "I'm sorry I was so hurtful. I'm never going to hurt people again."

Melia then realized that nonviolence is far more powerful than violence because it helps, not hurts, and transforms people for the better.



LOVE

“Did you all hear that Shivam is going to have a baby sister?” asked Keisha excitedly.

“That’s great news!” exclaimed all of the friends. “Let’s go to Shivam’s house to congratulate him!”

So they all headed off to Shivam’s house.

Once they got there, Shivam was so excited to see his friends.

But as soon as his Mom got back from the store, he ran up to her, hugged and kissed her belly, and said, “I love you, baby.”

All of the friends then touched Shivam’s Mom’s belly too.

Later that night, while getting ready for bed, Keisha asked, “Mom, can you love someone without even seeing them?”

Keisha’s Mom smiled and responded, “Yes, Keisha, you can love someone without even seeing them. Dad and I loved each other before we even met. It’s just something we felt in our hearts through written words.

And Keisha, when you feel love, it is the most wonderful feeling in the world. You know, love is inside of everybody at all times. We just need to feel it in our hearts. Sometimes people will say that they are looking for love, but they can’t find it anywhere. However, if they just looked inside their own hearts to find it, then they would see love everywhere in the world outside.”

Keisha smiled because she knew what her Mom said was true. She felt it in her heart and it made her body tingle all over.

Months passed by and finally Shivam's Mom went to the hospital to deliver the baby.

Shivam waited excitedly in the waiting room with his grandparents, family, and friends.

Then suddenly, they all heard the sound of two babies crying.

When they entered the room, they just couldn't believe their eyes.

Shivam's Mom and Dad exclaimed, "We have twins everyone! Meet Shreya and Sahana!"

Shivam had the biggest smile as he walked up and gently kissed both of his sisters on the forehead.

Upon seeing this, Keisha's body tingled all over again.

Keisha felt so much love and understood why you cannot see love.....

....because love is what truly makes you see.

Loka Samasta Sukhino Bhavantu
(May everyone in all the worlds be happy)

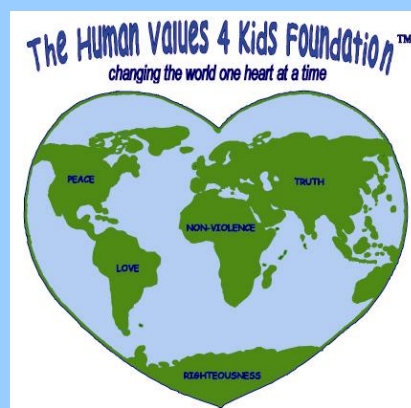
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