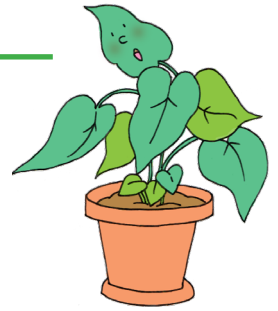
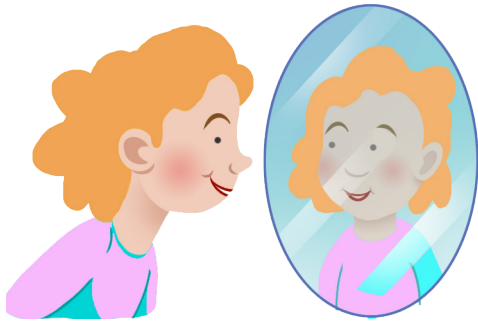


The seeds of GOOD LIVING

Be kind and make sure that weeds do not grow in my pot!



If we plant an apple seed we will never reap oranges. In the same way we will never be able to reap "good fruits" in our lives (like good school grades, good friendships, excellence in a sport...), if we do not cultivate thoughts, words and actions in tune with our goals. In other words, if we do not dedicate ourselves to our studies or to the sports we are passionate about, or if we are not kind to others, it will be difficult to be satisfied with our performance, and make lots of friends!



Thoughts are at the basis of everything!

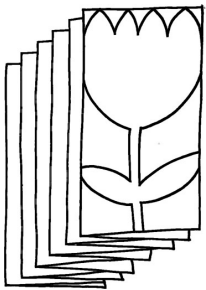
Thoughts are just like seeds because little plants sprout from our thoughts, too. They are called '**reactions and consequences**'. But it is not enough to "plant good thoughts". We need to pluck out the roots of bad thoughts! Bad thoughts are like weeds! Every day let's dedicate time to our "inner garden" by sitting in silence for a few minutes. This is how we can observe our thoughts and behaviour more closely. As we do this regularly, every day, we will be able to grasp those feelings that we carry within us, that make us feel uncomfortable with ourselves. By focussing on our loving heart which is filled with the flowers of kindness, trust and compassion, we can transform these feelings and, as a consequence, feel much better. Our inner garden will bloom in colour and fragrance, and lots of things around us will change to the better, too!

I heard that when you "sow wind you reap a whirlwind". What does this mean? Wouldn't it be better to sow "sunshine" in place of "wind"? How could we do so?

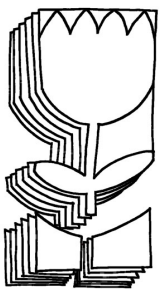


ACTIVITY: The Flowers of Human Values

1.



2.

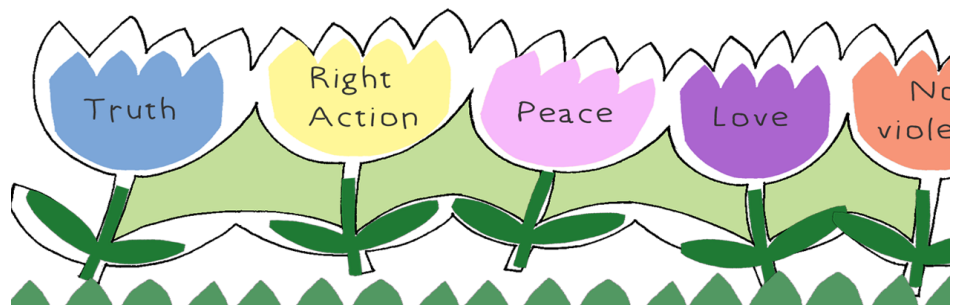


You need: the model template, white bristol paper, coloured paper, scissors, glue, paint, and the craft material that you love best.

How: Fold the paper like an accordian. Draw your flower on the upper layer and cut it out, but not completely. When you open the folded paper you will discover many more flowers!

3. **Make a poster:** Glue your flowers onto a piece of bristol paper. Use paint, markers or colour paper cutouts to decorate them. When you make your flowers remember to give each one a value. Add balloons, butterflies or fill the sky with stars to make your flower garden more and more beautiful! Pin this value poster in your bedroom or classroom. It reminds us that a good character is full of values, just like a garden is full of fragrant flowers!

To cultivate good thoughts it is important to use three things well: Our eyes (see good), our ears (hear good), and our tongue (speak kindly).



To help a seedling sprout we need to water it! In the same way, to help wisdom sprout in our hearts we need the right nourishment! What kind of nourishment do we need?