

Selected entries from The Human Values Foundation's Stories on Values Competition, 2019

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Save Trees

by Bhavish - aged 9



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Stories And Their Values

Main Value(s) Other Value(s)	Title of Story Writer & Age	Page
Behaviour choices Peace	Behaviour Choices And Peace by Lara (10)	1
Behaviour choices	Football Galore by Lucas (9)	3
Behaviour choices Kindness to animals	Kindness Is Flammable by Alinah (10)	4
Caring about nature	Caring About Nature by Mariya (8)	6
Caring about nature	Contamination Is Serious by Jorge (II)	8
Caring about nature Behaviour choices	Holi With Mother Nature by Atharv (9)	10
Compassion	Always Be Kind 1st by Shaheer (II) Prize!	12
Compassion	Helping Hand by Srivamsi (9)	13
Consideration Helping others	Living Better Lives by Joy (IO)	14
Courage	The Brave Friend by Eeshan (8)	16
Generosity Helping others	Everlasting Happiness by Grace (9)	17
Happiness	Friendship by Leah (8) with artwork by Chloe (8)	19
Helping others Love	Birth To Death by Sana (9)	20
Helping others	Choose Kindness All The Time by Inayet (8)	22
Helping others	Do A Good Deed, Get One Back by Rayn (IO)	24
Helping others Courage	Friendship Matters by Annie (IO)	25
Helping others	Kindness by Arfa (10)	26
Helping others Compassion	Kindness Is Golden 2nd by Toby (9) Prize!	27

Stories And Their Values cont.

Main Value(s) Other Value(s)	Title of Story Writer & Age	Page	
Helping others Happiness	Love And Kindness by Shreyas (10)	29	
Helping others	The Kind Boy by Sherwin (9)	30	
Honesty Behaviour choices	Honesty Wins by Joe (IO)	31	
Kindness to animals	Epos The Flame Bird by Muhammed (8)	32	
Kindness to animals	My Pets Are Not Toys by Dimas (II)	34	
Kindness to animals Helping others	The Dog And The Kind Girl by Aditi (7)	35	
Love Gratitude	A True Gift by Arnav (8)	37	
Love	Experiencing Love by Eliz (9)	38	
Love Gratitude	What's More Important? by Noah (9)	39	
Perseverance	Mechanical Leg by Amelia (10)	41	
Perseverance Helping others	Perseverance by Lola (10)	43	
Respect for others	John Learns To Respect Others by Venkata (9)	45	
Respect for others Forgiveness	The Neem Tree And The Squirrel by Akash (9)	47	
Responsibility	Homework From Hell by Kian (10)	49	
Responsibility Behaviour choices	Responsibility by Suny (9)	50	
Sharing	Zayne And His Beautiful Ball by Trisha (8)	52	
Teamwork	Teamwork Always Wins by Pranav (8)	53	
Truthfulness Behaviour choices	The Cunning Fake Fall by Lorenzo (9)	55	

Peace Is Elegant

by Mabrur - aged 9



Artwork

Value	Title of Picture Artist & Age	Page	
Behaviour choices Ethics	You Decide! by Aadhya (9)	9	
Caring about nature Behaviour choices	Compassion Towards Nature by Navaneeth (6)	54	
Caring about nature Behaviour choices	Kindness To Earth by Mirudhula (9)	11	
Caring about nature	Save Trees by Bhavish (9)	Inside Cover	
Caring about nature Behaviour choices	Save Trees, Save Earth by Arshita (5)	7	
Caring for nature	We Care by Chaitanya (9)	38	

Artwork

Value	Title of Picture Artist & Age	Page
Compassion Behaviour choices	Aliens' Space Race by Jibran (9)	30
Compassion Helping others	Be A Kind Buddy by Benjamin (8)	25
Contentment	Creativity by Anika (IO)	21
Helping others	Expressions Of Kindness by Jessica (8)	15
Helping others	Helping by Samuel (8)	40
Helping others	Kindness by Ellie (6)	35
Helping others Teamwork	The Jungle Adventure by Ambiya (8)	36
Love Happiness	Friendship Is The Best Gift You Can Get by Ellijoy (IO)	18
Love Inner happiness	Kindness Is My Magic by Sofia (6)	Front Cover
Love Compassion	Love And Compassion by Kavyashree (6)	48
Optimism Understanding self	Ambition by Malak (IO)	46
Optimism	Hope by Maryam (9)	42
Peace Unity	Peace by Maanika (9)	2
Peace	Peace Is Elegant by Mabrur (9)	iii
Perseverance	Perseverance by Dhruv (8)	44
Perseverance Understanding self	Resilience by Max (8)	5
Responsibility	Responsibility by Diarra (10)	51
Teamwork Perseverance	Teamwork by Ashvin (II)	33

Introduction

The fourth "Stories on Values" Competition for children aged 7 to II was one of the best ones we have had. As ever, the competition's closing date coincided with World Values Day, which was on 17th October, 2019. This time there were not only prizes for the best stories, but also prizes for the best artwork by children up to the age of II.

As usual we invited children to choose a value and write their own short story about it and, if they wished, the story could be illustrated. Furthermore, children under II were invited to send us original stand-alone artworks on a favourite value. The 400-word limit on the length of the stories was not observed by everyone so, sadly, several good stories, which exceeded this limit, had to be ruled out from consideration for prizes.

Entries flooded in from children in many very diverse parts of the world, including India, Malaysia, Nigeria, Pakistan, Spain, Bosnia-Herzegovina, and around the UK. We were immensely impressed by the imaginative power and the depth of understanding of the crucial role played by values in our lives, evident in so many of the stories. Remarkably, some were written in English as a second language and we are delighted to report that a number of those have been included in this booklet. Well done indeed to this particular group of children.

The judges had an unenviable task with so many potential contenders for the winning story. The one they finally settled on was "Always Be Kind" by Il-year-old Shaheer from Elmwood Junior School, Surrey, UK, which tells the inspiring tale of a 9-year-old orphaned, homeless boy who barely manages to feed himself each day, yet gives his only apple to the Queen of his country, who is disguised as an old woman begging for food. This kindness transforms his life.

The Runner Up was Toby from Sri Sathya Sai Spiritual Education in London, UK with "Kindness Is Golden". This is an uplifting account of how a young boy called Geoff constantly helps his father, who has multiple sclerosis. Geoff accompanies his dad to the hospital where he gets him a special wheelchair that brightens his life considerably and means the family will be able to enjoy outings together far more easily.

The artworks also showed high levels of creativity and skill, and prizes were awarded to 6-year-old Sofia from Capel Manor Primary School in London for "Kindness Is My Magic", 9-year-old Bhavish from Samsidh Mount Litera Zee School - Vidyaranayapura in Bangalore, India for "Save Trees", and 8-year-old Ambiya from Manor Junior School in Essex, UK for the series of illustrations in her story "The Jungle Adventure".

The storywriters won book tokens for their school libraries worth £150 for the Winner, £75 for the Runner Up and £25 for each of the Highly Recommended stories. All the prizewinning authors and artists were given a personal copy of **The Big Think Stories Book**, a compilation of the stories for ages 7 to 11 that feature in our new values programme for children aged 4 to 11, **The Big Think**. (An introduction to this programme can be found at the end of this booklet.)

Here is the list of prize winners:

Place	Story	Author	Age	School	Country	
1st	Always Be Kind	Shaheer	11	Elmwood Junior School, Surrey	UK	
2nd	Kindness Is Golden	Toby	9	Sri Sathya Sai Spiritual Education, London	UK	
HIGHLY RECOMMENDED						
	Everlasting Happiness	Grace	9	Living Values Children's Education Foundation	Nigeria	
	Living Better Lives	Joy	10	Living Values Children's Education Foundation	Nigeria	
	Love And Kindness	Shreyas	10	Samsidh Mount Litera Zee School – HSR Extension	India	
	Teamwork Always Wins	Pranav	8	NIVE – New Horizon Public School, Bangalore	India	
	The Brave Friend	Eeshan	8	NIVE - New Horizon Public School, Bangalore	India	
	The Cunning Fake Fall	Lorenzo	9	Holme Grange School, Berkshire	UK	
Place	Artwork	Artist	Age	School	Country	
1st	Kindness Is My Magic	Sofia	6	Capel Manor Primary School, London	UK	
1st	Save Trees	Bhavish	9	Samsidh Mount Litera Zee School – Vidyaranyapura	India	
1st	The Jungle Adventure	Ambiya	8	Manor Junior School, Essex	UK	

We are most grateful to our panel of three distinguished and innovative judges: Ed Mayo, Dr Paquita de Zulueta and James Minter. We also much appreciate the care Galia Durant took when deciding on the best pictures. Galia's range of talents is very evident in the illustrations she created for The Big Think Stories Book and the songs she composed and performed for The Big Think programme.

As always in a competition like this, a considerable amount of work takes place behind the scenes. We applaud the work of all in our team who helped us run another very successful competition, and would particularly like to thank Ann Greenwood, a trustee of the Human Values Foundation and former headteacher who, together with very experienced and now retired teachers: Carol Venables and Rena Breese, along with Primary school teacher, Jane Greenwood, read through the hundreds of entries sent in and put forward the short list of excellent entries resulting in the above winners.

We would like to thank and congratulate ALL the children who took part in this year's competition for their amazing submissions. Their stories and pictures display so much insight and sensitivity about what is truly valuable in life, and their ability to convey such profound thoughts is a reflection of the life-enriching values education work taking place in their schools and being further supported at home by their parents, carers and others.

Finally, our thanks to the schools and their magnificent teachers and parents who gave so much time and energy in organising the writing and submission of these fine stories and artworks.

Happy reading!

Charles Fowler
Chair, Human Values Foundation

Behaviour Choices and Peace

by Lara - aged 10

Once, there was a 9-year-old boy called Jack who looked up to a group of boys called 'The Champs'. They were the most popular children in school. Everyone tried to impress them, but Jack tried the hardest.

On the day of the school trip, Jack wanted to sit next to a boy called James, but The Champs disliked him. Everyone liked a boy called Mark (the leader of The Champs) – no one dared to argue with him. Jack contemplated and wondered, "Should I do what everyone else would do or should I sit next to James?"

Eventually, Jack decided to ask Mark.

"Hi Mark. I was wondering if I could sit next to you on the bus," Jack asked.

"Why do you ask me?" Mark answered in an amused voice.

"Because... I really look up to you." Jack quickly answered.

"Oh, do you? And what will I get in return? An encyclopedia? Ha!" Mark giggled.

"OK, maybe not. Would you rather I sit next to someone else?" Jack sadly replied.

"I would love you to. Ha! Ha! Ha!" Mark chanted.

Jack ended up sitting by himself whimpering, "If this carries on then I'll be miserable. I got humiliated and now I'm sitting by myself."

When they arrived, the children split into groups of five. Mark and his gang were in one group whilst James joined another group. Jack didn't know which group to join. Eventually, he asked Mark if he could join him. Mark replied, "You have to offend the other group to join!"

Jack had had enough and exclaimed, "No! That would be wrong. You know what? I don't want to be part of your group - not if it means bullying my friends! I've been trying to impress you and that was a mistake!" Jack shouted. Then Mark spoke up, "How dare you talk back to me. When I'm done with you, you'll wish you never met me." Then the rest of Mark's gang spoke up, "Listen Mark, none of us want to be your friend any more. We've realized you're a bully."

Mark got punished for bullying and Jack apologized to his friends for his behaviour. Luckily, they all forgave him.

Jack felt proud, so he started a new group with his friends called 'The Smarties' and their motto was to choose your own path to life. They soon became the most popular group in the school.

Peace

by Maanika - aged 9



Football Galore

by Lucas - aged 9

One miserable day, a 9-year-old boy called Luca went to play in a football match for his local team. He really didn't want to play because it was pouring with rain. He begged his dad to be let off playing but his dad said, "You have to go because it's a Cup game and if you don't win, you will get knocked out of the contest." So Luca went off in a grump and played in the match. He ended up scoring a hat trick and his team won 12-0. To top that, he was also awarded Man Of The Match!

He came home proud of himself and his dad said, "Now that wasn't worth the moan was it?" After his dad said that, Luca relaxed his body and then did his prep. He had lunch and afterwards he watched a bit of television. Later, he played some more football in the garden with his little brother and then he had dinner and went to bed.

During that week he played in a match for his school team. He also won that match, this time 6-I and got Most Valuable Player.

He thought to himself, "What a great week and I hope every week is like this."

Finally, Luca woke up and thought, "football galore" with a big grin on his face.

Kindness Is Flammable

by Alinah - aged 10

"Mum!" shouted Ian. He was sitting at the kitchen table.

"Yes Ian," Mum sighed. Ian's mum was tired of his lack of politeness.

"I'm going go-karting," Ian replied rather huffily, wondering why his mum seemed to find him tiresome.

He wiped his mouth with the sleeve of his jumper. Pushing away his plate of hot toast with golden pools of butter, he didn't even excuse himself as he kicked his chair back and stood up.

Stomping into the hall, he pulled on his coat and trainers. He proudly sidled up to his go-kart (a rather expensive birthday present), and jumped in.

Rev! Rev! Rev went the engine and the go-kart sprang forward.

Chugging along the pavement, he spotted a scrawny ginger cat slowly scampering his way. For a few seconds, he waited impatiently. However, his tolerance didn't last very long. He sped forward and ran over the frightened cat, leaving it limp and lifeless, staring up at him. "What are you staring at?" shouted Ian. Without looking left or right, he backed up into the road, ready to finish the cat off. SMASH! What happened next would have enormous, life-changing consequences.

As Ian sat up in his hospital bed, he looked intently at the doctor who spoke to him gravely. "A blue Mercedes Benz hit you when you backed onto the road and I'm very sad to say that you are paralysed from the waist down." Ian was shocked and felt sorry for himself. A single tear rolled down his cheek. He heard the click-click of the doctor's shoes as he left the ward.

Finally, after a week, he was discharged and his mum pushed him in a wheelchair as they left the hospital. Meanwhile, in a parking lot quite close by, a small ginger cat scampered over to a blue Mercedes Benz. "Did you do that?" asked the driver.

"Yes," said the cat.

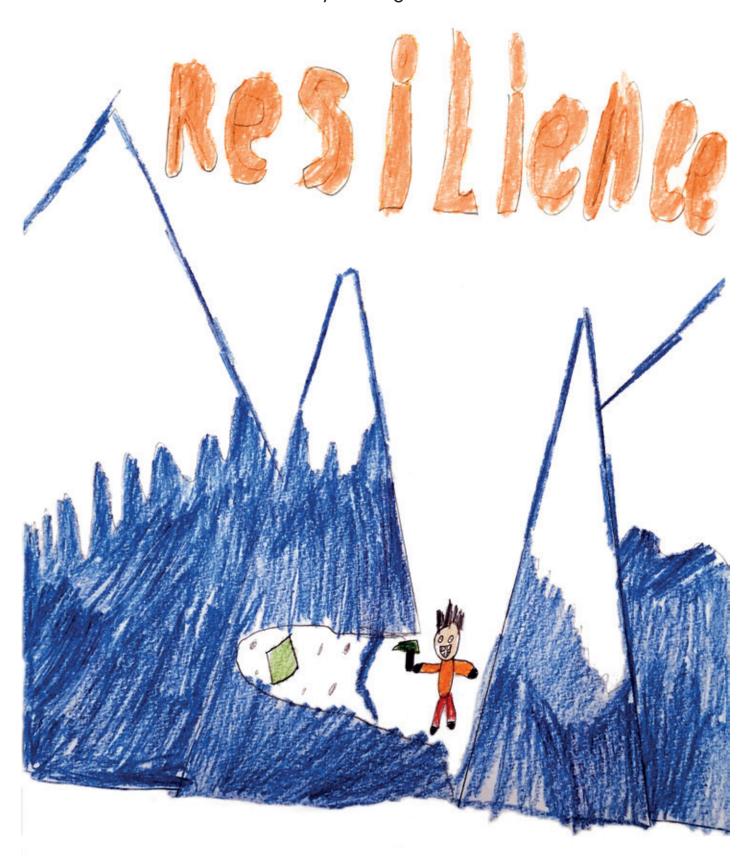
"Jolly good show, lad!" exclaimed the mysterious driver.

"Another lesson has been taught."

After the acc<mark>ident, Ian began treating a</mark>nimals with kindness and being polite to people. It was like spreading fire! Kindness is flammable!

Resilience

by Max - aged 8



Caring About Nature

by Mariya - aged 8

Chapter I The Garden

Once upon a time there was a girl and her name was Ella. She was 8 years old.

One day Ella went to her friend's house. First they played inside and then they went into the garden. When Ella saw the garden, she was shocked. Everything was dried out. Ella quickly grabbed the watering can and watered the plants but that only worked with the smaller plants. The trees were still dried out. She told her friend to take her home quickly. So they went to Ella's house.

Ella's house had a lot of trees in the garden. She told her friend to take care of her plants like she does.

They went back to her friend's house and picked out the old, dried trees with her mom's help. Then they planted more trees. From that day, whenever Ella came to visit, she saw her friend's garden was never dry again.

Chapter 2 The Jungle

One day Ella and her friends went to have a picnic in the forest. When they got there they set up the picnic mat and played for a while and after that they had some food. Before going home they went for a hike. They went to the lake and found trash everywhere.

In one place they tried to pick up some of the rubbish but there was too much. They needed help so they called on their moms and dads but it was still too much so they went to get more people. They got the whole neighbourhood and finally there were many helpers.

They all tried their best and took notice and they also cleaned other parts of the forest so that

The Fnd

Moral of the story

You should always care about nature. So why don't you try to do what Ella and her friends did and start from your garden and end in a forest?

Save Trees, Save Earth

by Arshita - aged 5



Contamination Is Serious

by Jorge - aged 11

Chapter 1

My Class And I

Hello to everyone! My name is Jorge and I am in Class 6 of EPO B. Our class is like all the others except we have special abilities that make us heroes. When we talk about pollution, we need to take our time, because contamination is very serious. Every day we display posters that say: Protect nature we need it!

Chapter 2

Our Special Abilities

- Everyone in our class has this ability to see contamination in the air and on the ground.
- Javi has the ability to make drones with Nico.
- Lucia V, Maria, Claudia and Estela are experts in drawing and help to make the posters.
- We have creative people who are able to make a model of contaminated cities.

Chapter 3

We Are In Space

My friends Javi and Nico are making a rocket that they will send to the moon with us inside so we can take photos of the earth before and now.

The before photos will show tons of litter and smoke from industrial sites all over the world polluting the air.

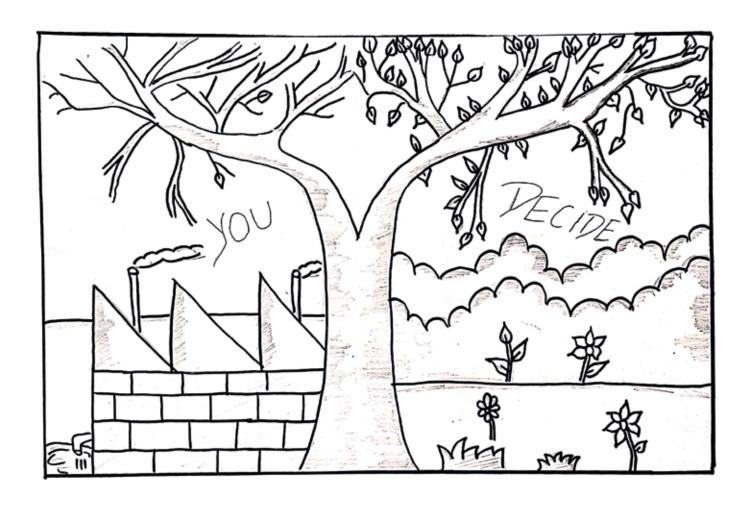
Chapter 4

Everyone's Reaction

Everyone's reaction on earth is awesome. They cannot believe the disaster that we are creating with harmful oil and factories. They are starting to install more solar panels, wind turbines and other renewable energy resources. We will plant a lot of trees and NASA plans to repair the ozone layer so we will have less greenhouse effect. When all the cities do it, we will get a better planet.

You Decide!

by Aadhya - aged 9



Holi With Mother Nature

by Atharv - aged 9

There was a boy named Yuvi. From his early childhood his favourite festival was Holi. He loved the beautiful colours and splashing them all over the place.

This year's Holi was more special as he was celebrating his birthday too. Like every year, he was woken up early by his mother and was given his amazing birthday presents, but on this occasion he was more excited to celebrate his favourite festival with colours and water. While he was planning his fun-filled day, his dad surprised him by putting colours on his face. But this time he felt different.

He said, "It smells wonderful." He asked his father what it was.

His father said, "The colours are made by your mom, at home, using turmeric, sandalwood and henna."

Then Yuvi looked around for his Pichkari (a container used to spray liquids), but couldn't find it. When he asked his dad, he explained to Yuvi, "You can't imagine how much harm we do to our Mother Earth by using artificial colours and wasting water. From now on, we will play Holi only with homemade dry colours and eating delicious sweets."

Yuvi smiled and said, "This will be my birthday resolution as well".

In this way, Yuvi celebrated Holi and his birthday with Mother Nature.

He enjoyed the festival to the fullest and took care of the environment too.

The Earth is our home and we should take care of the Earth to live a safe and long life.

Kindness To Earth

by Mirudhula - aged 9





Always Be Kind

by Shaheer - aged 11

Once upon a time, in a faraway kingdom called Hariot, there lived a nine-year-old boy called Sajid. He had honey-coloured skin and limp, hazelnut-brown hair. Unfortunately, he was homeless as his parents had died when he was very young and he had no relatives to take care of him. However, he definitely got on with life. He did different jobs each day to earn a little money to buy an apple or a sandwich every night at the bazaar. Living on the streets made him tough and resourceful. He was a fully-grown man in a nine-year-old's body.

The Queen of Hariot saw a man being disrespectful to an older person.

She did not like to witness such acts so she decided to test her people's kindness. She wanted to see what would happen if she was on the streets.

As the sun rose, Sajid awoke groggily in an alleyway so run-down that it would deter people from entering it. He ran out as a horrible stench invaded his nostrils. Quickly, he found a job and sweat beaded his forehead as he mustered all his strength to heave sacks of potatoes onto a truck. He earned two bronze coins and as the sun began to set, he ran to the bazaar and bought an apple.

While walking back to his alleyway, he saw an old woman begging for food. He thought of his mother, who always had to beg for food. Uncertainty stabbed at his heart, making him uneasy. He reluctantly handed over the apple. The woman's eyes radiated pure joy as she smiled. Suddenly, she removed her cloak and a beautiful gold crown nestled on her head. The Queen! Everyone gasped.

"This young boy is an inspiration to us all and he has a quality that no man can ever buy, Kindness! I am rewarding him with a place to stay at my palace, where he will be educated and grow up into a fine young man," she announced.

Everyone cheered.

Sajid knew that his parents would have been very proud.

He learned an important lesson that day: Be kind to everyone, big and small, for kindness is a strength that stems from the heart!

Helping Hand

by Srivamsi - aged 9

Once upon a time, there was a boy named Ramu who was very good natured. He used to regularly go to school and complete his routine. One day, while coming back from school, he saw a puppy on the road. It had hurt its paw and was barking loudly. It looked so cute but the barking scared Ramu and he knew that his mother would not allow any pets in the house. So Ramu rushed back to his house.

The next day was a holiday, so Ramu thought he would somehow get the pet inside the house. He went out to find the dog but to his astonishment he did not find it where he expected. He looked around and searched for it but he could not find it. Sadly Ramu went back to his house.

At night while he was watching TV, the news in one of the channels was showing the puppy, which Ramu had seen. The puppy was with his cousin! After some time, he managed to get his cousin on the phone and asked him immediately as to why he was on the news with that puppy. Ramu's cousin told him that he had saved an endangered breed of dog and so it became a news item and the government had awarded him a prize of 1,000,000 Rupees. Ramu congratulated him and asked him what he would do with the money. His cousin said that he would use all the money for himself. On hearing this, Ramu got angry and hung up the phone.

He went to his mother and told her all that had happened. Listening to this, his mother also got angry. She told him "If you had got the prize, you would not be greedy like your cousin."

Ramu felt sad and that he should have rescued the dog when he had seen it, then he could have used the money to help the needy.

Moral: When you have the opportunity to do good, never think twice. Just do it. You never know how help comes to you in abundance.

Living Better Lives

by Joy - aged 10

My father, Mr Etim, was a rich businessman. One day he and I had to go on a business trip to Aba. We had to travel by train from Lagos. We had our tickets reserved. My father and I boarded the train, found our berth, put down our luggage and then lay down comfortably.

After some time a young man carrying a small baby came quietly and sat hesitatingly on our berth. My father, Mr Etim, flared up with anger and shouted, "How dare you sit on my berth. Get up or I will ask the attendant to throw you out." The young man immediately got up and left.

After attending to his business in Aba, we had to return home. This time we had no reservation. We got onto the train and looked for a friendly person with whom we could share a berth. We could find none. My father, Mr Etim, and I stood for some time but our legs soon got tired. First standing on one leg, then on the other, then on both... finally we could not bear it any longer and sat down on the berth of an old, grumpy lady, who was lying down. The old lady shouted loudly, "Hey, you there! Get up immediately and leave. We have no place to accommodate you." We tried a few other berths and got the same response each time. Finally we sat on the floor facing the toilet. The odour from the toilet irritated our noses and we felt sick. We got up and stood by the window in order to get some fresh air.

I remembered clearly my father's inconsiderate behaviour towards the young man carrying his little baby. My father felt sorry about his bad behaviour and decided that in future he would share his berth with anybody in need of a seat.

The next time my father and I travelled, he tried to occupy as little space as possible and he managed to accommodate a few children and an aged man.

* * * * *

Consideration is having regard for other people and their feelings despite their condition. Consideration is thoughtfulness. It has helped me to do things that bring happiness to others.

IF ALL OF US COULD LIVE A NOBLE LIFE, WE CAN BUILD A BETTER SOCIETY.

Expressions Of Kindness

by Jessica - aged 8





The Brave Friend

by Eeshan - aged 8

Millions of years ago, in a dense forest, there lived a herd of plant-eating dinosaurs. Jam, a five-year-old, naughty dinosaur belonged to this herd. All day, he would play with his friend, Fortune. Jam loved playing! He was always interested in playing on a cliff near his home. His mother would tell him not to and drag him back by his tail but Jam wouldn't listen and tried again. He would crawl to the edge of the cliff and look down. Sometimes, he would push a stone over and see how long it would take to hit the bottom. It would take a long time! Fortune joined him in all these adventures.

Jam's herd would eat, play, sleep and have fun together. But they also had a huge fear.



Bruno was a strange beast and the entire forest feared him. No one dared fight him. He had three eyes and a mouth with a thousand teeth. He was so huge and mighty that the ground shook when he walked and all the animals would flee from him, even Jam's herd

That day began as usual. Jam and Fortune were playing when they heard the roar of BRUNO. Their herd started running. Fortune and Jam followed but Fortune tripped, fell and hurt his leg. He couldn't move. He asked Jam to run and escape. If Jam ran, he would be safe but Fortune would be eaten. Making a quick plan, Jam ran towards Bruno and teased him. Furious, Bruno started chasing Jam. Fortune looked on in horror! He understood that Jam was trying to save him.

Jam led Bruno to the cliff and reached the edge. It was frightening but Jam waited till Bruno was close and then suddenly moved aside. Bruno, who was charging at great speed, couldn't stop himself in time and went over the edge and fell. Down and down he went. It was a long time before Jam heard the crash. Bruno would not trouble them anymore.

Later, when the herd returned, they saw that Fortune was hurt but alive.

And Jam was the hero!

* * * * *

Be brave and help others in their need.

Everlasting Happiness

by Grace - aged 9

I have a friend called Abigail. Abigail was a very poor girl.

Her parents died when she was a baby.

Abigail used to work as a dishwasher. The money she earned from this job was just enough to pay for her food and house rent. She had no money left to buy herself clothes.

It was winter time. Abigail had a very old, ragged sweater, which she wore every day. The sweater had many holes in it. Abigail was very sad and unhappy. She thought, "No one is as miserable and unfortunate as I am." Then she would wish, "If I still had my parents, if I had more money, even if I had a few warm clothes without holes in them, then I would be happy, but alas! I have none of these to make me happy." Thus Abigail continued to be sad and unhappy. She spent her days crying over her poor condition. She often dreamt of herself wearing very expensive and beautiful clothes; however when she woke up, she found herself the same, sad, poor girl.

One very cold day, Abigail was walking along the street. Suddenly she saw a young girl with a very thin dress. The girl was shivering with cold. The chattering of her teeth could be heard from a distance. Her lips were blue and her nose was red with cold. Abigail went close to the girl and asked her, "It's very cold. Why aren't you wearing woollen clothes?" The girl replied, "I am a poor girl and don't have any warm clothes to wear." Abigail was very surprised. She asked, "Don't you even have one sweater with big holes in it, like mine?" The girl shook her head and said, "Not even one with a big hole in it, like yours."

Here was one girl who was even poorer than Abigail. Without a second thought, she took off her sweater and offered it to the other poor girl and said, "Here, take this sweater and put it on." The girl's eyes shone with joy. She held the old, ragged sweater in her hands and gave a cry of happiness. She thanked Abigail for her kind generosity and put on the sweater. She was so happy that she couldn't contain her happiness and started going round and round, laughing and singing joyfully.

Friendship Is The Best Gift You Can Get

by Ellijoy - aged 10



Friendship

by Leah - aged 8

with artwork by Chloe - aged 8

Once upon a time, a girl called Lisa and a boy called Tim were best friends. Some people thought that they were brother and sister.

One day, when Lisa came home from school, her parents gave her some bad news.

The next day, Tim was very excited when
Lisa reached school. He ran up to her and
asked, "Aren't you happy that it's Friday?"
Lisa sadly replied, "Not really."
Tim looked puzzled. "Why not?" he asked.

Lisa sighed, "Well I ..."
"You what?" asked Tim.

"I'm moving to Barbados!" Lisa cried.
"You what!" exclaimed Tim. "How could you not tell me?"
"Because I only found out yesterday!" shouted Lisa.

This was their first fight ever! They wanted to have all the fun they could have before Lisa left. Tim said that Lisa could choose as she was leaving. Lisa decided that they should go on an adventure. However, Tim suddenly remembered that he had ballet lessons and could not play.

He was walking away from Lisa when he turned in a flash and said, "I can't let you go! I will come with you to Barbados, if we can convince your parents." After trying to convince Lisa's parents for three days, the friends gave up. They were very sad and tearful as they wished each other good-bye.

Lisa left for Barbados the following week. As she settled into her new life, Lisa began to feel better. Lisa and Tim still keep in touch with each other and have a very strong friendship. They realised that strong friendship can survive anything, even great distances!



Birth to Death

by Sana - aged 9

In 1995 on the 24th of March a baby boy was born. His name was Brian.

His parents were really happy about the birth of their beautiful, sweet son. They were finally parents. His parents were wealthy. Some of you might think that because of the money Brian would be a spoiled brat. Well in this story he isn't. He is a sweet, kind, loyal and generous boy.

Brian's mom is Tia. She works as a lawyer to help innocent people get justice.

His dad is Chris. He works at a big business company as a sales person. When Tia was pregnant he worked harder to earn more money before Brian was born.

Now, with a healthy baby boy and a new family, they were working harder than before.

They wanted the best for their son. When they went to work, they would call their parents to babysit.

Their parents loved their grandson. They took him for ice cream, a walk, to the arcade games and other fun things.

On the other side of the town I year later ...

In 1996 on 5th of July a baby girl was born. Her parents were so happy! For them she was the cutest and the prettiest girl they have ever seen in their entire life. They named her Zuleyha.

Zuleyha's dad is Amir. He works as a book writer. He writes story books for kids and grownups.

Her mom is Melina. She works as a librarian. As a kid she loved reading story books for children. The tales were friendly, fun and had a happy ending.

Amir and Melina worked together. His company delivers books to the library where Melina works.

3 years later ...

Brian is now 4 and Zuleyha is 3 years old.

They're in kindergarten. They met on the playground. Brian was swinging on the swings. When he was going on the slide, he saw Zuleyha with two older girls. They wanted her stuffed bunny. She hugged her bunny tighter but the girls tried to force her to give it to them or they would rip it out of her hands. Brian went inside to get help from Miss Rose, the teacher.

Zuleyha hugged Brian and from that day on they were best friends!

Actually, after they graduated, they fell in love and got married. Brian inherited his mother's sense of justice and became a famous judge.

Zuleyha became a child psychologist. She dedicated her life to help children with emotional trauma, just like she had once.

Emotions... from birth to death

Creativity

by Anika - aged 10



Choose Kindness All The Time

by Inayet - aged 8



Once there was a poor, little boy called Myles. His mum was very sick and she had really bad breathing problems so he tried stealing an asthma pump to see if that would help her feel better. Since he didn't have any money on him, he took it without going to the till.

The owner saw Myles leave the shop without paying and knew he was stealing so he chased him. An old lady nearby, who always sat on the brown bench near his house, saw what was happening. She asked how much the asthma pump would cost, looked across at Myles, who was breathless from running, and generously decided to pay the angry pharmacist.

"That would be fifteen pounds" he said very mad. The kind woman paid for it.

"Why would you do that for me?" Myles asked in curiosity.

She looked at him, smiling softly and replied, "Remember this ..."



10 years later

Myles and his mother were doing fine and he always remembered to wave and smile at the woman who he believed saved his mum.

One day she wasn't there and he soon found out she had been taken to the hospital and was really sick but she couldn't afford surgery. The doctor came in with a brilliant grin. "Great news! Someone has offered to pay for your surgery!"

She looked at the doctor, shocked. "Who?! Me, but why?"

The doctor spoke happily, "There's someone here to see you!"

Myles, now a doctor, appeared from behind the bright, blue curtains. "When I was younger, a certain woman told me to remember that, "Helping someone in need is a good deed" so I just did what she said."

The old woman looked at Myles with tears in her eyes, "It's you! Thank you."

Myles hugged the woman and helped her to get better. She got better.



Do A Good Deed, Get One Back

by Rayn - aged 10

"Lakeside village!" the conductor barked. "Evacuees out!" Sniffling, Andrew stepped onto the platform. "Hello, are you Andrew Wyatt?" Andrew looked up to see a small, wrinkly-faced woman holding a large paper sign with his name on it. "Yes," Andrew replied sullenly. "Come with me." Andrew silently obeyed, walking alongside her. "Who are you?" he asked. "My name is Ms Johnson. I'm a nurse at the hospital here and you will be living with me until it's safe for you to go home again" she replied. The next day, after breakfast, Ms Johnson packed up the leftovers and took Andrew to the hospital with her. On the way, she gave the remainder of breakfast to the beggars.

A few months later, Andrew was playing with a ball while Ms Johnson cooked dinner. Crash! The ball went through the window, shattering the glass and tipping over the candle inside. The curtain caught fire and it was spreading rapidly. Andrew had only one thought on his mind – What happened to Ms Johnson? Without a thought for his own safety, Andrew jumped into the flames. He soon found Ms Johnson lying on the floor near the exit. Struggling to lift her up, Andrew dragged her to the street where he shouted, "Fire! Fire!" The villagers heard and raised the alarm. Miraculously, he wasn't burnt but Ms Johnson had to go to the hospital after inhaling smoke. At her bedside, Andrew cried and apologised again and again. When she opened her eyes, she smiled ruefully and croaked, "Don't worry."

After Ms Johnson left the hospital, she looked at the burned remains of her house, crying. Andrew cried too. Where would they live now?

Suddenly, a child ran up the path. "Look what we've done!" he said excitedly. The child led her to a house on a hill overlooking the lake. All the villagers were crowding around it. The mayor said, "As we are all grateful to you, Ms Johnson, we've patched up an old house for you." Speechless, Ms Johnson burst into tears of gratitude. "Thank you" she cried. "Thank you."

Friendship Matters

by Annie - aged 10

Kelsy was a new girl in 5P. She was a very qui<mark>et</mark> girl, always kept to herself and never bothered anyone. In addition, her grades were extraordinary. She was very bright – the perfect student.

One day, a group of girls in Year 6 began tormenting her. This continued for a week and one day it got out of hand. The girls came up to Kelsy after school and beat her up. Little did Kelsy know, her hero was just around the corner. Lily, a girl from Kelsy's class, had been watching the bullying right from the beginning. However, she didn't want to tell anyone because she was afraid of getting into trouble herself. This time she decided to tell someone for Kelsy's sake.

The next day, Kelsy didn't come into school but the bullies did. When Lily arrived in class, she asked the teacher where Kelsy was. The teacher said that she was absent but had not received a reason. After lunch, Lily went to her teacher and told her the whole story about the bullying. She also told her that the bullies had beaten Kelsy and that was why she was absent. The teacher was shocked at what the bullies had done to timid Kelsy. She thanked Lily for coming forward, even though she was afraid. The bullies were dealt with severely.

The following day, Kelsy returned to school. She thanked Lily for speaking up and not being a bystander. The bullying stopped and Kelsy and Lily became very good friends and were always there for each other in any situation.

Be A Kind Buddy

by Benjamin - aged 8



Kindness

by Arfa - aged 10

Once upon a time there was a little girl walking along a street. It was New Year's Eve and very cold. She was very poor. She and her family had nothing to eat. She sold matches to get some money. At her small house, there was a father, a mother and an ill grandma. Her mother asked her, "Would you go out and sell some matchboxes so we can get something to eat?" She replied, "No! I won't go. It's too cold out there!" Her father was very angry on hearing this and said, "Go out, you stupid girl! And sell all the matches till the evening, and don't come home unless you sell all of them!" Her grandma felt sorry for her. She apologized, "Oh dear, please go or else he will beat you! I am so sorry to have such a cruel son!" "OK Grandma, I'll go" she replied.

She went out every day, barefoot, to sell the matches but this time she wore her mother's slippers. Outside, everyone was enjoying playing with snow and some were having food. Along the street there were delicious cake and other food shops. Ignoring her hunger, she walked ahead. Moving further she bumped into a group of people coming from the other direction. "Oh, sorry, Little Angel. Are you OK?" said a man. "I am fine. Would you like to purchase some matches?" she asked. "Oh, what luck! I was just searching for some to celebrate New Year's Eve. But are you sure they work? I mistakenly purchased many which are not working" the man told her. The girl replied, "Yes, I am sure they work. You can even try if you don't believe me!" The man took out one matchstick and struck it and it lit up. He purchased many matchboxes from her, thanked her and went away.

She walked further and saw a bread shop and bought five small bread rolls. When she came out, she started thinking that she should go home but then she remembered that her father said she must sell all the matchboxes, so she continued walking. She found two ladies sitting at a table trying to light some candles. When the ladies saw that the little girl had a lot of matchboxes, they called her over and asked for a few. One by one she sold all the matchboxes and then went to a pharmacy and bought medicines for her grandma. With some money left, she went straight home. Everyone had their food but she didn't eat anything. Besides, she was taking care of her grandma. In the morning, when her grandma woke up, everyone was shocked to see that she was fine! Her father even started working from then onwards.

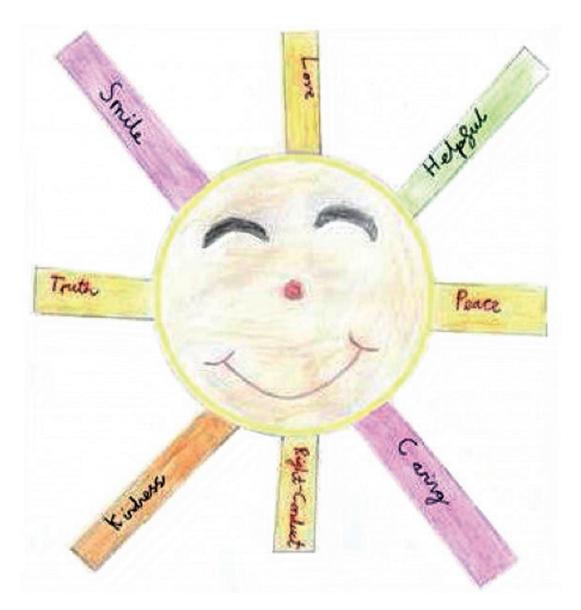
Moral of the story:

Kindness is very important. We should always be kind to everybody. We should not only take care of ourselves. In fact we may forget our pains and start to feel the problems others are suffering from and try to solve them.



Kindness Is Golden

by Toby - aged 9



It was a gloomy, rainy Friday. In a country village, there lived a helpful young boy called Geoff. He had shabby hair, huge hazel eyes and light brown skin. Geoff was a kind and caring boy, who helped others. However, today Geoff was melancholy, just like the rainy Friday. Someone, whom he loved, was not well.

"Dad, time to wake up to go to the hospital" said Geoff.

"Just a few more minutes, I'm so tired" Geoff's dad replied.

Geoff was sad. "I'm coming to help you to get ready."

Geoff's dad had multiple sclerosis, which made him sleepy, dizzy and sometimes grumpy. Worst of all, Geoff's dad could not walk. He needed help with lots of things like getting washed and dressed, putting his shoes on and eating food. Geoff did his very best to look after his dad. He knew in his heart that his dad was compassionate and kind, like the golden sun. Most of all, Geoff prayed that his dad would get better.

Today, Geoff was taking his dad to the hospital to collect a special wheelchair. Arriving at the hospital, Geoff and his dad waited patiently for the therapist. After a while, a smiley, friendly lady approached them and said, "Hello, my name is Lucy. I'm going to show you the new wheelchair."

Geoff felt anxious and squeezed his dad's hand.
Lucy fetched the new wheelchair. It was black,
with large wheels, and a comfy seat. Helping dad
into the wheelchair, Lucy showed dad, and Geoff,
how to use the chair and its functions.

Geoff watched dad move around in his new wheelchair. Dad smiled at Geoff, which made Geoff feel good. "Well done, Dad! I'm so proud of you," cried out Geoff. "Thank you, Lucy, you've helped my dad to move around," said Geoff.

"Well, that's my job. Everyone needs to help everyone. Now, you will be able to go out often, as a family," said Lucy.

Geoff was looking forward to pushing his dad to the park in the special wheelchair. "You're a kind, helpful boy. You have helped me become mobile. I love you," beamed Geoff's dad.

Geoff beamed back, "I love you too, Dad. It's good to be helpful, because kindness is golden and compassion is the way of life."

Love And Kindness

by Shreyas - aged 10

Saanvika was waiting for her mother to pick her up from her painting class. As she stood outside, she noticed a little boy staring at the sheet of paper that she was holding. Recognising him as Sonu, her parents' domestic helper's son, she asked kindly, "Do you want to see what I painted in class today?" Sonu nodded eagerly. She immediately showed a picture of two people enjoying themselves at a fun fair. It was colourful and the boy's eyes lit up with brightness. He asked her, "How did you make this? It's so beautiful!" Saanvika was happy that the boy liked her painting. She said, "My teacher taught me how to draw and colour."

The boy's face immediately lost its happiness. He sadly said, "I also love colouring but I don't have colouring materials." After a while, Saanvika's mother arrived. When she saw the painting, she complimented her daughter. But there was no happiness in Saanvika's face. Her mother questioned Saanvika as to what happened. She told her all about her conversation with Sonu.

Her mother explained that it's not possible for everybody to have everything in life. Some people cannot even afford to buy necessities. When Saanvika heard this, she felt even more compassion for Sonu. She decided she had to do something for him.

The following week, it was Sonu's birthday. Saanvika decided to buy Sonu a complete painting and colouring set from her savings. She told her mom about this and her mom felt really proud and happy for her daughter. She readily agreed. On Sonu's birthday, Saanvika gifted him the painting set. When Sonu opened it, his joy knew no bounds. He thanked her and her mom for it. He said, "This was the happiest day so far." Saanvika also felt very happy that day.

Moral: Be kind and help everyone!

The Kind Boy

by Sherwin - aged 9

Once upon a time in a village there was a king. Every time the king visited his people, they acted kindly but one day the king had a doubt if they were really kind with each other. So, he dressed up like a weak and a poor person and went to meet his people.

Many people passed by, but no one helped him. Then a boy passed by and saw the poor person and helped him.

The next day, when the boy woke up, he saw guards waiting outside his house. They took him to the palace and he was rewarded.

Moral: Be kind - you will be rewarded for your kindness one day or another.

Aliens' Space Race

by Jibran - aged 9



Honesty Wins

by Joe - aged 10

One hot, sunny day Ted and his friends, Austin, Leo and Alfie, were playing football in the local park. They were enjoying the time off school and loved playing together in the Summer holidays. Feeling thirsty, Ted decided it was time for a break so the boys sat on the grass and drank a cold drink.

"I know," said Alfie, "we can have a penalty shootout. Austin, you go in goal and Leo can take the first shot." "No problem" replied Austin, "I'm a really good goalkeeper."

They finished their drinks and jumped up ready to get into position. Just behind the goal was the clubhouse, which is where the players got changed before a match.

Leo placed the ball on the penalty spot and took two steps back... Ted blew the whistle and Leo kicked the ball as hard as he could. SMASH!!! The ball went just wide of the goalpost and hit the clubhouse window. "Oh, no" said Leo, "that wasn't meant to happen. What shall we do now?"

"I think we should run and pretend it wasn't us" said Alfie. "I agree" said Austin, but Ted and Leo thought differently. "We have to be honest and tell the truth." Leo picked up his rucksack and pulled out a pen and notebook. "We can leave an apology note with our mobile number, explaining what happened. After all, it was an accident"

"Good idea," said Ted, "it's always better to tell the truth." "Fair enough" agreed Austin and Alfie. "Let's do that then." So, the boys wrote a short note explaining what happened and pushed it under the clubhouse door.

They left the park feeling sad, and a bit guilty.

The next morning Leo received a call from the park caretaker asking the group to return that afternoon. They were nervous about what he might say, but all their parents agreed, honesty is the best policy. Mr Burton, the caretaker, was very nice and thanked the boys for being honest. "It makes a difference when you tell the truth and means you can be trusted again. Thank you for owning up to what happened. I can arrange for the window to be fixed and maybe, as a goodwill gesture, you can help me paint the building ready for next season."

"Absolutely," the group answered together. "This was a good lesson to learn in the value of honesty."

Epos The Flame Bird

by Muhammed - aged 8

Once there was a BAD, fiery phoenix terrorizing the village, burning everything down. There was one person who could break its golden chain - TOM, the bravest boy in the village. He just needed to collect the last piece of the magical, golden armour, which was the helmet. "Let's get on with the mission. Let's go to the top of the hills to scout for Epos. Let's go Stallion," said Tom. "Neigh," the horse agreed.

"Shhh. I can see a campsite. There might be someone in the tent."

"Woof. Woof" barked Eclipse. "Calm down" said Ellena. "Who are you?" she asked. "I am Tom. I am on a quest to break the chain on Epos the Flame bird." "NO! I am" exclaimed Ellena. "Wait" said Tom. "How about we team up to find Epos?" "Great idea, Tom. Let's go Eclipse!" "Hey, come on Stallion!"

"Look," said Tom. "It's Epos. We need to work together to get that golden chain to turn him good again and to protect our city, Avantia. Come on, boy!"

"Ahhh. Squack!!!" Poof. Epos sent a fireball directly at Tom. "Ouch. My leg!" cried Tom. "Oh no" said Ellena. "I've got a bandage in my backpack. Let me get it. Here it is!" "Gently" Tom said. "OK, I'm already to fight Epos again." "Then let's get going" exclaimed Ellena.

"Hello, you big, fat beast. Come and get me." "RUN!" shouted Tom. "Where to?" questioned Ellena. "Towards my trap." "You made a trap?" "I've used a big net to capture Epos" explained Tom. "Just run. I will lead you."

"Squack!!" As they ran, Epos followed and fell into their trap and struggled to get out. "We've got Epos!! Hooray." "OK, now, let's try to get the golden chain off him."

"Yes, I've got it. Yay!" shouted Tom excitedly. We helped Epos the Flame Bird to turn good. "Let's get him out of the net," Tom instructed. "Good thinking. There, I think it's ready to go free. Actually, wait! Epos, would you like to be a partner and help all the other beasts out of that horrible, bad chain?" "Squack. Squack!!!" squeaked Epos. "I guess that's a Yes," laughed Tom.

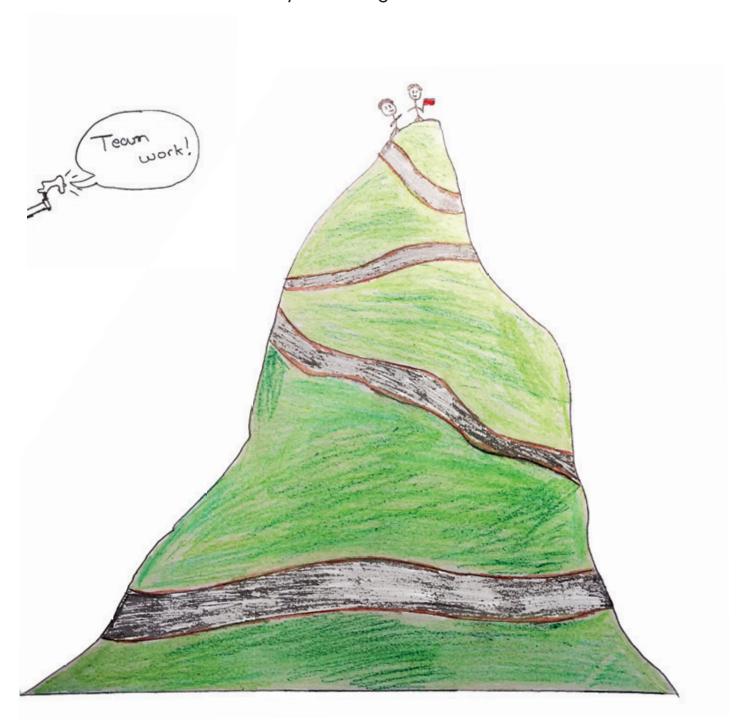
"Yay. Now we have Epos T<mark>HE</mark> FLAME B<mark>IRD o</mark>n our s<mark>ide</mark>," said Ellena.

"Hello" went a mystical voice. "You have earned the golden helmet." "Thank you, whoever said that" Tom happily replied. "Bye" whispered the mystical voice.

"OK. Let's go off on ou<mark>r n</mark>ext mi<mark>ssio</mark>n to save the beast<mark>s!</mark>" rallied Tom.

Teamwork

by Ashvin - aged 11



Sometimes in life we say we can't do it but together we achieve most of it.

My Pets Are Not Toys

by Dimas - aged 11

In my house we have two dogs. They are little and both of them are white. Their names are Netu and Noa.

Netu is now old; he is thirteen years old and Noa is seven years old.

Netu already lived in my house when I was born.

We have a friend who is a volunteer in an animal shelter and she loves to help abandoned animals. When I was four years old she told us that they had been sheltering a lost dog for a few months because it had been found abandoned in a road. So we went to see it.

When the dog saw me, she was very happy. Then I got a lead and we took her out for a walk. At this point we decided to adopt her and give her a better life. Two days later she was at home, her new home, our home.

The first thing that we did was to buy a new bed and a new lead.

To begin with she was like a toy for me. Little by little I understood that I was making a mistake. I learnt that pets are not soft toys. We need to spend a lot of time teaching and taking care of them. Dogs are very clever but rely on us for everything.

They need us to take them out for a walk in the morning, in the afternoon and at night. They also need us to feed them and to keep them clean and to take them to the vet if they are ill, or for their vaccinations - everything that they need to have for a healthy and happy life.

The first thing that my parents taught me was that to have a pet is a very big responsibility. My dogs are very happy. They always wag their tails, jump and run.

We are their family and they are a part of our family too. They are always waiting for me when I wake up and they convey 'good morning' to me with their attention. When I come back home they jump, bark and we play a lot and enjoy being together. I am very happy with them.

When I get older I will always have dogs, and I will adopt again.

So you must respect pets, help them and show them the best of yourself.

They will do the same for you.

The Dog And The Kind Girl

by Aditi - aged 7

Rani is very fond of animals. One day, while she was walking on the road she saw a dog which was hurt. She did not hesitate to provide first aid to the dog.

From that day, the dog became a good friend of hers. She always played with the dog. Both of them are very happy now.

Moral: If we help, we will get more friends.

Kindness

by Ellie - aged 6



The Jungle Adventure

by Ambiya - aged 8



Everybody is celebrating having worked hard together to dig a Bengal tiger out of a pit in which hunters had buried him.

A True Gift

by Arnav - aged 8

There was a boy named Krishna. He was studying in Grade 3. He enjoyed celebrating his birthday every year and always wanted it to be celebrated in a grand way.

He invited his friends, decorated his house with balloons and wore a new suit. He always expected gifts from his friends. He hugged those who brought big gift boxes and considered them as his true friends.

On his seventh birthday celebration, the family's maid Tara brought her son Arjun. Arjun was excited to see the decorations. He told Krishna, "I have never celebrated my birthday like this". Krishna did not react to his words. He did not like Arjun as he did not bring a gift with him. Krishna celebrated his birthday with zeal.

From then on Arjun accompanied his mother every day to Krishna's house. Arjun used to play with Krishna. Initially Krishna was not very interested, but he did not have anybody else to play with. In time, Krishna and Arjun became good friends. Arjun taught Krishna to ride a bicycle and Krishna enjoyed Arjun's company.

After a while Krishna recollected the words of Arjun in their first meeting and now realized that Arjun also wanted to celebrate his birthday like him so he asked his parents to host a party on Arjun's birthday. This was a surprise for Arjun.

Arjun enjoyed the party. When Krishna gave him a gift, which was a colourful suit, Arjun gave him a handmade card and he wrote in it, "You are the best gift God has given me, my friend!"

Krishna realized that the value of a gift is not the size of the gift box but the true love that the friend packs as a gift.

A true gift is the love of our friends.



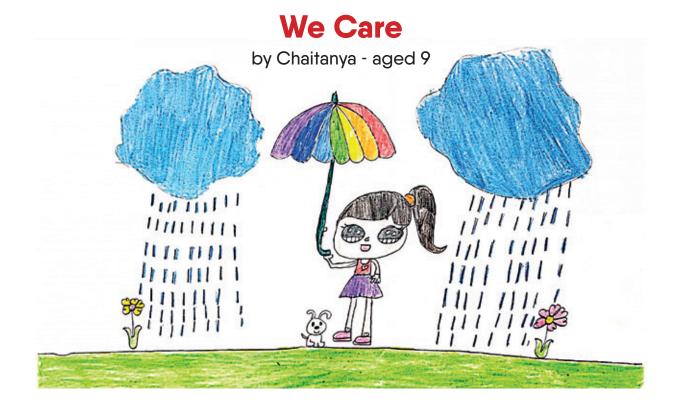
Experiencing Love

by Eliz - aged 9

Once upon a time in the world there was a boy called Jason. People called him brainless because he did not really understand what love was. So he referred to his mother and said, "I want to know what love is and learn about it." Just at that moment, his mother said, "Jason, you are still young. You still have a lot to live. Love is something you can't understand. It is something that you will feel when the right time comes." Jason smiled at his mum and said, "Thanks, Mum, for everything."

The next day Jason went to school and there was a new girl. Jason started to feel weird; he kind of liked her. She came next to him and said, "Hi." He turned red. She asked him, "What's your name?" He was so shy, he started to mumble. She told him her name was Malika and that she had been transferred from her old school to Capel Manor Primary School. Jason told her she had come to a great school and she would have a wonderful time and they could be friends. (The bell rang.) Jason told Malika he had to go and that he would see her at lunch. Jason was so happy and thought he might be in love. He just couldn't stop thinking about Malika.

When it was home time, Jason and Malika had to say goodbye to each other and made their way home. Jason was upset about this because he didn't want to leave her. Later on in the afternoon, Jason told his mum what happened at school that day and told her how he felt when he saw Malika. His mother replied and said to Jason "This is love." Jason was confused and wanted his mum to be clearer. So his mum explained and finally Jason realised he now knows what true love feels like.



What's More Important?

by Noah - aged 9

Charlie walked towards the school gates, another day over. He kicked the leaves with his scuffed shoes and waved at his Mum and little sister waiting for him. As usual, he got a big hug and lots of kisses from Mum and Lilly.

As they walked towards the bus stop, he saw Seb walking towards a big, flash car. Seb was the cool, popular kid in his class. His parents were rich, very rich and lived in a huge house with a pool and cinema. Seb always had the latest trainers, designer clothes, mobile phone and games and went on faraway holidays. Charlie looked miserable; he didn't have any of that. He lived in a tiny flat with his Mum, Dad, Nan and a sister with whom he had to share a bedroom. They would all squeeze into the lounge after dinner to watch TV, then homework, bath and bed.

Dinner was Charlie's favourite time of the day, because Mum and Nan would always make something nice. Nan made great puds. Mum or Dad would read a story to them in bed and then give them a kiss and a cuddle.

The next morning Charlie was up early, not as early as Dad though. He was leaving for work when Charlie was eating breakfast. "Have a good day at school, Son. Learn lots!" Charlie groaned and muttered something about boring. Dad kissed him and Lilly and Mum and ran out of the door. They all left for school. Nan gave him and Lilly some biscuits she had made.

When Charlie arrived at school, he saw Seb getting out of the big car. He looked very miserable. He saw Charlie, smiled and ran towards him. "What's up?" Charlie said. "My Mum and Dad are away for a couple of weeks so I only get to talk to them on the phone for a couple of minutes in the evening. The house is so big and I have no one to talk to or play with." "Well, who gives you dinner and who reads to you at night? Who brings you to school?" Charlie asked. Seb laughed. "The housekeeper feeds me. No one reads to me and Dad's chauffeur brings me to school." "Oh," said Charlie. He felt sorry for Seb.

They reached the school gates. Charlie said bye to his Mum and Lilly and got his usual kisses and cuddles. Charlie was embarrassed but he loved it.

"Mum, can Seb come round for dinner tonight? His Mum and Dad are away."
"My Mum is the best cook ever and my Nan makes the best puddings ever."
"Course he can. It will be even more of a squeeze round the table though,"
Mum replied.

"That would be great. I usually eat on my own" said Seb.

Charlie and Seb walked into school. "You are so lucky," said Seb. Charlie looked puzzled. "Why?" said Charlie as he shared his biscuits with Seb. "Because your Mum brings you to school every day and picks you up every day. Your sister is always around for you to play with and talk to. You get to do things with your family all the time, and they are always KISSING you. I wish I had that!"

Charlie thought for a moment. All this time he had been jealous of Seb and what he had, but Seb was actually jealous of HIM and what he had, his CRAZY family and their unconditional love. That was and is worth more than anything. He knew that now!

Helping

by Samuel - aged 8



Mechanical Leg

by Amelia - aged 10

If she had looked, if she wasn't in such a rush, if the car driver had seen her in time, then she would not need this mechanical leg.

It has been five months since Lily's accident. She can't actually remember what happened – it all happened so fast. She has lessons on how to walk every other day. She gets to go on these crazy machines dedicated to helping her, but instead they just annoy her. Lily falls, Lily gets up, she falls, she gets up, she falls, Lily gets fed up, then gives up. It is like a daily routine. No, it is a daily loophole.

"Lily, are you excited about your birthday tomorrow?" asked Lily's mother.

"Of course I am! I'm going to turn thirteen, why wouldn't I be excited?" Lily exclaimed, surprised. "Good point. You just looked a bit down," her mother admitted as she tucked Lily in, kissing her on her forehead before walking out of the door.

"Morning my little thirteen-year-old." "Morning Mum" Lily said wearily.

After getting dressed she opened all her presents, saving the biggest till last.

She pulled back the wrapping like there was some kind of sacred present inside. Sure enough, there was. Inside a large metal cage was a tiny, chocolate brown puppy. "She is beautiful!" Lily smiled as she opened the cage. The puppy leapt and bounded towards Lily, her tail wagging frantically, whipping Lily's legs as she licked Lily's knees. "So what are you going to call her Lily?" her mum asked. "I'm not sure. Wait! Mum she has a mechanical leg just like me!" Lily was right; sure enough the back, right leg of the puppy was mechanical. "They don't allow dogs in the hospital," Lily pointed out. "Well the doctor's agreed to allow the puppy to stay, if you are out of the hospital by the end of the year, walking just like you used to," Lily's mother smiled.

So for the rest of the three months left in the year Lily carried on with her walking lessons as normal, but the thing that kept her going was that little puppy, who walked next to Lily, the whole time supporting her, striking hope into her heart every time she fell down, and that little puppy was the first one to see her walk!

By the time the three months were over, Lily could walk, skip and run and so could leave hospital. "Lily it has been three months since you got that puppy and you still haven't named her. What's her name going to be then?" her mother asked as they walked out of the hospital door with the puppy bouncing around them.

"Well I've been thinking about it. I still don't know." Lily pondered for a minute.

"Oh! How about Hope?" Lily said proudly. "Yeah - Hope."

Hope

by Maryam - aged 9



Perseverance

by Lola - aged 10

Namaste (hello in India). It all started with this word that means respect and welcome in India. In a small tribe, where my father had to go because of work, I found a boy who appeared to be a little depressed unlike the other boys and girls that looked very happy. One day I went up to him and asked him his name. "Gaddi," he answered in a shy voice.

At first sight I saw a short boy, black hair, brown eyes, dark clothes. I thought he looked sad and I asked him, "Why are you sad?" "It is nothing" he said slowly.

The days went by and trust and confidence between us grew. One day he finally told me what was wrong with him. He explained to me that he felt sad because what he really would love to do is become a fisherman, but the heads of the tribe did not allow him to work as a fisherman because they said he was bad at fishing and they assigned him to work in the field as a farmer.

I started thinking that Gaddi had no confidence in himself and he had low self-esteem. I thought that I knew the way to help him. I told him I knew how to fish and I could help him every day and teach him how to fish in the lake. Early the next morning, we met in my cabin and we took the fishing rods and some material to start our first day fishing.

The first day was a failure; Gaddi did not catch any fish. The second day we met at the same time at the same place. We took all the fishing materials and we went back to the lake. We saw a lot of fish but Gaddi was not able to catch any again. I tried to cheer him up and convey hope to him: "It's ok; don't worry, next time you will get it." On the third day we were unlucky again. Gaddi started to cry. He threw the fishing rod away and started to run to his cabin. This was a real challenge. How could I help Gaddi?

Then I had an idea. My parents and teachers had taught me that you must be persistent and never give up. I went to see how the best fishermen of the tribe fish and I discovered that the key was putting a special food on the fishing rod as bait. I asked the fishermen what the special food they used was and they explained it was a wild fruit that the farmers of the tribe give them. I suddenly understood everything. The heads of the tribe had assigned Gaddi to orchard tasks because that was the first step to become a great fisherman.

I was very excited and started running, looking for Gaddi. I told him about my discovery and we both went to see the farmers of the tribe to learn their techniques. In this way we got the special food we needed to use as bait.

From this time onwards everything was easier and Gaddi caught such a big fish it was not possible to see his face! When he returned to the tribe with this big fish, people were impressed and everybody welcomed Gaddi. He was very happy, because he learned a very important lesson, that if you are persistent and you are self-confident you can get whatever you want.

Perseverance

by Dhruv - aged 8





John Learns To Respect Others

by Venkata - aged 9

One day, John's mother informed him that his grandfather was coming to stay with them for a week. John had never stayed with his grandfather. He was not happy with the news.

When grandfather arrived in the evening, Mamma and Papa were glad to see him. All of them sat down to chat. John was standing there but he did not greet his grandfather. His grandfather said, "How are you Son?" "I'm fine," John replied rather rudely. He then went back to his room. John's parents were upset but grandfather did not mind.

Next morning, at the breakfast table, John behaved very badly. He did not bother to wait for his grandfather. He finished his breakfast and went to the park to play. Grandfather followed; John was playing with his football. He kicked it so hard that it landed in the street and hit a man. John got scared and hid behind a bush.

The man was annoyed. Grandfather immediately went and apologized to him. He spoke to the man politely and shook hands with him. The man returned the football and went away. John was watching everything from behind the bush. He saw that his grandfather was polite, even to a stranger. He felt ashamed of his earlier bad behaviour. He went up to his grandfather and said, "Grandpa, I am sorry. I was very rude and disrespectful to you."

Grandfather patted him on the head and said, "Son, you are a good boy. You must know that love and respect always win. You should learn to show respect to everyone". John promised to be good to all and respect his elders.

They went home and John asked his grandfather to tell him some stories. Grandpa readily agreed. And from then on, John respected his elders and was not rude again. John started greeting his grandfather.

His grandfather told him that we should give respect and receive respect and that we should respect everyone.

His grandfather wished him goodbye and went back to his village.

John lived happily and started being respectful to others.

Ambition

by Malak - aged 10



The Neem Tree And The Squirrel

by Akash - aged 9

Once upon a time, there was a big village where there were many trees. There were big trees, small trees, tall trees, short trees, trees with fruits and flowers, bushes, climbers, creepers, shrubs and herbs.

Amongst them stood a big, tall neem tree called Neemi.
A squirrel named Cheeku lived in the neem tree.
Cheeku used to eat the fruit from many of the trees. After feeding, he used to go and sleep under the shade of Neemi.

One day Neemi wondered, "Why does Cheeku eat every other tree's fruit except mine? I shall ask him". The next day, Neemi asked Cheeku, "Why do you eat the other trees' fruit but not mine?" Cheeku said, "Your fruit and leaves are very bitter. I don't like them. I like only sweet fruit and leaves. But I take shade under you and sleep peacefully."



Neemi was a little upset but he didn't say anything. Days passed by. One day Cheeku came to Neemi crying. He said, "Neemi, I ate too much fruit and my tummy hurts a lot!" Neemi said, "Go to that small house. Doctor Bear lives there. He will give you some medicine." Cheeku agreed and went to the small house. There, he found a big bear sitting on a big chair. He said, "Hi there, little one! I am Doctor Bear. Why are you here?" Cheeku said, "I am Cheeku. My tummy hurts a lot! Can you help me?"

Doctor Bear asked, "What did you eat today?" Cheeku said, "Jackfruit". Doctor Bear asked how much he ate. Cheeku replied that he ate a whole jackfruit. Doctor Bear said, "Oh, that's too much! You shouldn't eat so much in a day. Go; eat some of Neemi's leaves. You will feel better."

"But Neemi's leaves are so bitter!" said Cheeku. "Then, I can't help you any further. Don't eat any more fruit from now on", said Doctor Bear. Cheeku went back to Neemi and said, "Um, you know Neemi? Doctor Bear asked me to eat some of your leaves to feel better." Neemi offered a few leaves. Cheeku ate them and started feeling better.

Cheeku said, "I'm sorry I said your leaves are bitter. Did you feel bad?" "I felt a little upset. Please remember, not all good things taste sweet!" said Neemi. From then on they lived happily ever after. Cheeku realized that he should respect the positive qualities in everybody.

Too much of anything is not good and not all good things taste sweet.

Love And Compassion

by Kavyashree - aged 6



Homework From Hell

by Kian - aged 10

It was a murky day. It was raining softly. I walked down roads and past alleyways until I got home. There was a cold atmosphere around me, so I turned on a light. It lit the room and made the atmosphere brighter as well. I walked upstairs to see if anyone was home... no one was.

I sat down. It was roughly 3.30pm when I got home. It was now 4.57pm, almost 5 o'clock. Then I heard it ...the doorbell. I didn't know who it was but I thought I knew...I opened the door. It was... MY MUM! I guessed correctly. I had dreaded this moment all day because she was going to ask that dreaded question she asked every day. It haunts me when she says it: "HAVE YOU DONE YOUR HOMEWORK?" I just hated it when she said it. It was like a world war, well between the two of us it was.

When she walked in, she asked me, "How are you doing?" I answered, "I'm fine" but of course, as mum's do, she didn't believe me. This conversation lasted about 20 minutes until it just stopped. I don't know why it stopped but it did, so I was relieved. So I sat down.

She then asked one final question... "HAVE YOU DONE YOUR HOMEWORK YET?" Of course I hadn't! This was the moment I had been dreading all day. This was the moment that was fatal but I had to be a man about it, didn't I? My mind was racing now, thinking of excuses, but the longer I thought about it, the more I wanted to tell the truth. Mum said impatiently, "I'm still waiting" so I blurted out, "I haven't but I'll do it in 30 minutes." She said that was alright.

I had bought myself 30 minutes to think of an excuse or lie but I couldn't. My mum came back to check on me, so I told her I was going to do it. Wow, you wouldn't believe how good it felt to get that out of my system! So I walked upstairs, sharpened my pencil and cracked on with it. It took me about one hour. I was proud of finishing. Then my mum shouted, "Ethan, you know that you still have two more pieces of homework!"

Responsibility

by Suny - aged 9

Once upon a time there was a little boy called Billy who lived in a lovely village by a river. Billy was very irresponsible and every time he tried to do something, he would do it wrong. Billy's mum and dad were always telling him to be more responsible.

Once Billy went to the supermarket to buy some food as his mum and dad wanted to give him a chance to prove himself to be more responsible but he failed to live up to expectations, ... this is how the story went!

Billy walked to Tesco supermarket to buy some food for the family. The items were written down on a shopping list with the cash amount of 30 pounds. He was walking proudly and confidently, telling himself, "I can do this." "I can prove my parents wrong."

Billy collected a trolley and started ticking off everything on the list. He was doing very well and had managed to get everything that his parents had asked for, so he decided to go to the checkout and pay for the shopping. Well, that's until he saw the PICK & MIX sweets section. "Oh, yeah!" he was thinking. "I will go and get some sweets." So Billy started filling up the large tub full of his favourite sweets but then he saw the magazines and thought, "Oh, yeah! I think I'll go and have a look at those."

He was mesmerised by all the new magazines, so he decided to buy five! As he went to pay, he thought that he would pay for his things first! The total amount came to 30 pounds and then he realised that he hadn't got enough money left over to buy the groceries, so he could not buy the food for his parents. He had a thought that maybe he could run as far as possible and never return.

But Billy decided that he would make the right decision and put back the five magazines and the large tub full of his favourite sweets so that he could buy the food shopping and make his parents proud and happy for him. So that's exactly what he did.

When he returned home with bags of shopping, his family were so happy that their son had finally become a responsible young man and didn't make the same shopping mistake as last time!

Responsibility

by Diarra - aged 10



Zayne And His Beautiful Ball

by Trisha - aged 8

Once upon a time in a small town lived a little boy named Zayne. One day, his parents gave him a beautiful big ball. The ball had four different colours. No one had seen such a beautiful ball before. Everyone who saw it wanted to play with it. Zayne was very proud of his new ball. He took it everywhere he went

When Zayne went outside to play with his ball, all the other children would come running to him to play with it, but Zayne would clutch his ball tightly and never allow anyone to touch it. The other children were very annoyed with his behaviour and asked him not to be greedy, but Zayne did not care what they said. He simply did not want to share his ball. He played with it all by himself, but it was not as much fun.

So, he started playing near other little boys. He wanted to make them jealous. Seeing this, one of them said to him, "Your ball is nice. It is big and has nice colours, but it is just a ball. If it rolls under a car, it will burst like any other ball. So don't be so proud about it." Zayne did not care and was still very proud of his ball. "My ball is the best. It will never burst!" he said. "Yes, it will!" said the other boy.

"There comes a car. Go ahead and throw it under the car," screamed the boy. "Are you scared?" he teased Zayne. By then, Zayne was very angry. He quickly threw his ball under the car. All the children gathered there and stood waiting to see what would happen.

The ball rolled between the front wheels and landed under a back wheel.

There was a loud bang! It sounded like a bomb going off.

Zayne's ball had burst! Only a rubber rag remained on the road. Zayne began to cry as loudly as he could. All the boys started laughing at him. Zayne felt really sad, but he realized his mistake. He knew he had been greedy. He did not want to be proud and greedy anymore. He had learnt his lesson.

The next day, when his parents brought him another ball, he shared it with all the children in his neighbourhood. Nobody called Zayne greedy ever again.

It is never good to be proud and greedy. Greed always leads to loss.

Teamwork Always Wins

by Pranav - aged 8

Once upon a time, a rabbit lived happily in a forest along with its animal friends. One day, it was jumping, rolling and dancing by the lakeside. Suddenly, the rabbit noticed a big rock blocking the path of water from the river to the lake. The blockage was stopping the water from entering and filling up the lake. Since the lake was the only source of water for the whole forest, the rabbit was worried about the prospect of water scarcity. Rabbit tried to move the rock but it was too big. Rabbit was not able to shift it.

Rabbit decided to ask help from the other animals.

Rabbit met the deer and told him about the problem. Deer said, "Oh! The rock is so big and heavy. I can't help you" and ran away. Rabbit asked for help from the bear. "Ah! Why are you not letting me take a rest?" yelled the bear. Rabbit met with giraffe, elephant, monkey and bison and asked them to help but all the animals refused.

Months passed and summer arrived. It was very hot. Day by day, the existing water in the lake was evaporating and the big rock blocked the river filling the lake.

One day, the lake almost dried up. Now, the animals realized their mistake. The elephant told the rabbit, "Sorry, dear friend. On the day you were worried about the rock, we didn't care about it.

Now, we will all solve the problem."

The elephant called all the animals, "Hey, all of you, come on. Let's push the rock out of the way." All the animals gathered and started pushing the rock. "Hurry up! Push! Push! All together, with full power, push!" shouted the elephant.

Finally, all together, the animals could move the big rock. Water started flowing into the lake from the river. All the animals cried in joy, "Hurrah! We did it!"

The elephant and all the other animals praised the rabbit for being a responsible animal.

Big things can be easily done by a team. Teamwork always wins.

Compassion Towards Nature

by Navaneeth - aged 6



The Cunning Fake Fall

by Lorenzo - aged 9

Once upon a time, there was a boy called Jack. He was a very friendly boy and loved to play with his friends but one day, he did something very bad.

One day at school at break time, he was playing tag with his friends as usual and he was up. Jack hated being up because it was always really tiring chasing people around. Then Jack had a very good idea about how to not be up in this game ever again!

Jack thought, "Well, what if I fake falling over and hurting myself? They will all come around me and see if I am OK and then I can tag one of them!" So he put his cunning plan into action.

The first thing he did was he started to run and then he tripped himself up. He fell down with a tumble and let out a blood-curdling scream. All of his friends came running towards him to check if he was OK. He let out another great big scream for joy, as he tagged one of his friends. His friends realised with annoyance that they had been tricked. A big argument erupted between them, which brought a teacher running over to see what was going on. The teacher saw Jack and asked him what was going on and Jack said, "They're all picking on me!"

All of his friends were standing there in disbelief as they were about to get told off. When Jack realised that he had done something bad, he ran in front of the teacher and said, "STOP! It was all my fault. I lied."

The teacher was shocked to be telling him off as he was usually such a kind boy but punishment must be dished out. The teacher looked for the other boys' opinions for what the punishment should be. They came up with a plan just as cunning as Jack's, so cunning that they could stick a tail on it and call it a fox. The decided punishment was that Jack must be tag for the rest of the year and has to do lots of running around.

He hasn't stopped running since! He is very sorry.

Details of Schools: Stories

Indicates a prize-winning entrant

Title of Story	Writer	Age	School	
A True Gift	Arnav	8	NIVE – New Horizon Gurukul, Bangalore, India	
Always Be Kind	Shaheer	11	Elmwood Junior School, Croydon, Surrey, UK	
Behaviour Choices And Peace	Lara	10	Holme Grange School, Wokingham, Berkshire, UK	
Birth To Death	Sana	9	Mahala Primary School, Bosnia & Herzegovina	
Caring About Nature	Mariya	8	The Brighton School, Karachi, Pakistan	
Choose Kindness All The Time	Inayet	8	Manor Junior School, Barking, Essex, UK	
Contamination Is Serious	Jorge	11	El Centro Inglés S.L., Cádiz, Andaluc <mark>í</mark> a, Spain	
Do a good deed, get one back	Rayn	10	Capel Manor Primary School, Enfield, London, UK	
Epos The Flame Bird	Muhammed	8	Manor Junior School, Barking, Essex, UK	
Everlasting Happiness	Grace	9	Living Values Children's Education Foundation, Lagos, Nigeria	
Experiencing Love	Eliz	9	Capel Manor Primary School, Enfield, London, UK	
Football Galore	Lucas	9	Holme Grange School, Wokingham, Berkshire, UK	
Friendship Matters	Annie	10	Elmwood Junior School, Croydon, Surrey, UK	
Friendship	Leah	8	Elmwood Junior School, Croydon, Surrey, UK	
Helping Hand	Srivamsi	9	Samsidh Mount Litera Zee School, Vidyaranyapura, Bangalore, India	
Holi With Mother Nature	Atharv	9	NIVE – New Horizon Public School, Bangalore, India	
Homework From Hell	Kian	10	Waltham St Lawrence Primary School, Reading, Berkshire, UK	
Honesty Wins	Joe	10	Capel Manor Primary School, Enfield, London, UK	

Details of Schools: Stories cont.

Indicates a prize-winning entrant

Title of Story	Writer	Age	School	
John Learns To Respect Others	Venkata	9	NIVE – New Horizon Public School, Bangalore, India	
Kindness	Arfa	10	The Brighton School, Karachi, Pakistan	
Kindness Is Flammable	Alinah	10	Elmwood Junior School, Croydon, Surrey, UK	
Kindness Is Golden	Toby	9	Sri Sathya Sai Spiritual Education, Tooting, London, UK	
Living Better Lives	Joy	10	Living Values Children's Education Foundation, Lagos, Nigeria	
Love And Kindness	Shreyas	10	Samsidh Mount Litera Zee School, HSR Extension, Bangalore, India	
Mechanical Leg	Amelia	10	Waltham St Lawrence Primary School, Reading, Berkshire, UK	
My Pets Are Not Toys	Dimas	11	El Centro Inglés S.L., Cádiz, Andalucía, Spain	
Perseverance	Lola	10	El Centro Inglés S.L., Cádiz, Andalucía, Spain	
Responsibility	Suny	9	Capel Manor Primary School, Enfield, London, UK	
Teamwork Always Wins	Pranav	8	NIVE – New Horizon Public School, Bangalore, India	
The Brave Friend	Eeshan	8	NIVE – New Horizon Public School, Bangalore, India	
The Cunning Fake Fall	Lorenzo	9	Holme Grange School, Wokingham, Berkshire, UK	
The Dog And The Kind Girl	Aditi	7	Samsidh Mount Litera Zee School, Electronic City, Bangalore, India	
The Kind Boy	Sherwin	9	Samsidh Mount Litera Zee School, Electronic City, Bangalore, India	
The Neem Tree And The Squirrel	Akash	9	NIVE – New Horizon Public School, Bangalore, India	
What's More Important?	Noah	9	Capel Manor Primary School, Enfield, London, UK	
Zayne And His Beautiful Ball	Trisha	8	NIVE – New Horizon Public School, Bangalore, India	

Details of Schools: Artwork

Indicates a prize-winning entrant

Title of Picture	Artist	Age	School
Aliens' Space Race	Jibran	9	Samsidh Mount Litera Zee School, Electronic City, Bangalore, India
Ambition!	Malak	10	Capel Manor Primary School, Enfield, London, UK
Be A Kind Buddy	Benjamin	8	Capel Manor Primary School, Enfield, London, UK
Compassion Towards Nature	Navaneeth	6	Samsidh Mount Litera Zee School, Horamavu, Bangalore, India
Creativity	Anika	10	Capel Manor Primary School, Enfield, London, UK
Expressions Of Kindness	Jessica	8	Capel Manor Primary School, Enfield, London, UK
Friendship Is The Best Gift You Can Get	Ellijoy	10	Capel Manor Primary School, Enfield, London, UK
Helping	Samuel	8	Samsidh Mount Litera Zee School, Electronic City, Bangalore, India
Норе	Maryam	9	Manor Junior School, Barking, Essex, UK
Kindness	Ellie	6	Capel Manor Primary School, Enfield, London, UK
Kindness Is My Magic	Sofia	6	Capel Manor Primary School, Enfield, London, UK
Kindness To Earth	Mirudhula	9	Samsidh Mount Litera Zee School, Vidyaranyapura, Bangalore, India
Love And Compassion	Kavyashree	6	Samsidh Mount Litera Zee School, HSR Extension, Bangalore, India
Peace	Maanika	9	Samsidh Mount Litera Zee School, Vidyaranyapura, Bangalore, India
Peace Is Elegant	Mabrur	9	Manor Junior School, Barking, Essex, UK
Perseverance	Dhruv	8	Samsidh Mount Litera Zee School, Vidyaranyapura, Bangalore, India
Resilience	Max	8	Capel Manor Primary School, Enfield, London, UK
Responsibility	Diarra	10	Capel Manor Primary School, Enfield, London, UK
Save Trees	Bhavish	9	Samsidh Mount Litera Zee School, Vidyaranyapura, Bangalore, India
Save Trees, Save Earth	Arshita	5	Samsidh Mount Litera Zee School, Horamavu, Bangalore, India
Teamwork	Ashvin	11	Capel Manor Primary School, Enfield, London, UK
The Jungle Adventure	Ambiya	8	Manor Junior School, Barking, Essex, UK
We Care	Chaitanya	9	Samsidh Mount Litera Zee School, Vidyaranyapura, Bangalore, India
You Decide!	Aadhya	9	Samsidh Mount Litera Zee School, Vidyaranyapura, Bangalore, India

List Of Values

The children chose a value for their story from the following list:

COMMUNITY	LOVE	PEACE	RESPONSIBILITY	TRUTH
Celebrating difference	Caring about	Contentment	Behaviour choices	Curiosity
	nature	Happiness		Empathy
Citizenship	Compassion	Patience	Courage	Honesty
Conservation -	Consideration	Perserverance	Ethics	Integrity
Clean air	Generosity	Self-esteem	Gratitude	Non-judgement
Conservation - Responsible consumption	Inner Happiness	Understanding self	Healthy choices	Optimism
	Loyalty		Helping others	Truthfulness
	Openness		Helping yourself	
Conservation – Saving water	Sharing		Kindness online	
			Respect for	
Forgiveness			others	
Global connections			Respect for	
Inclusion			things	
Kindness			Teamwork	
to animals			Time well spent	
Non-violence		,		•
Unity				

Values Index

The main values chosen by the children as the theme for their stories are shown in **bold**.

В		K	
Behaviour choices	s I, 3, 4	Kindness to animals	32, 34, 35
Behaviour choices	10, 31, 50, 55	Kindness to animals	Ч
С		L	
Caring about nat	ure 6, 8, 10	Love	37, 38, 39
Compassion	12, 13	Love	20
Compassion	27		
Consideration	14	Р	
Courage	16	Peace	
Courage	25	Perserverance	41, 43
F		R	
Forgiveness	47	Respect for others	45, 47
		Responsibility	49, 50
G			
Generosity		S	
Gratitude	37, 39	Sharing	52
Н		T	
Happiness		Teamwork	53
Happiness		Truthfulness	55
Helping others	20, 22, 24, 25,		
	26, 27, 29, 30		
Helping others	14, 17, 35, 43		
Honesty	31		

Why VALUES EDUCATION is on the UP AND UP

Enables each child to be the best he or she can be

Teaching children about values adds relevance to their learning and gives them a meaningful, well-considered base of standards, principles and a moral compass that they can use with increasing confidence to guide their:

• thinking • decision-making & choices • behaviour & actions so that they feel good about themselves, are ambitious and can realise their true potential.

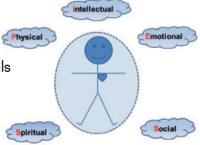


Reinforces school values

Values Education not only reinforces and builds on the school's values but it also enhances:

- its ethos, culture & standards its vision for the school & each of its pupils
- its curriculum & whole-child education
 relationships between teachers,
 pupils & parents
 the quality of teaching & learning

leading to improvements in attainment & the personal wellbeing of everyone in the school community.



Meets a need

Values Education is holistic, transformative, experiential learning that progressively teaches participants how to foster their character strengths, gain competencies and adopt rewarding habits, which together:

- enhance intellectual development
 nurture emotional & social skills
- nourish physical health & mental wellbeing

so that the children can flourish, whatever their starting points in life, & shape their futures as they would wish.



Prepares children well for life in our changing world

Explicit, systematic Values Education promotes:

- happiness, meaning, mindfulness, fulfilment, joy, purpose, positive emotions, health, enthusiasm, courage, perseverance, trust, resilience, empathy, compassion, teamworking & quality relationships
- a deeper understanding of the fundamental British values that schools must promote
- civic-minded, aspirational young people who can use their energy & talents to engage effectively with & contribute positively to their communities.

Partner Possessions Finances Spirituality Home Relationships Career Life Family Recreation & Leisure Attitude Personal Development & Education Health

The outcome

Young people gradually understand themselves, others & the wider world better & feel increasingly empowered with personal qualities, skills & knowledge that enable them to be happy, thrive & succeed throughout their school & subsequent careers.



Values Education is experiential, reflective, whole-person learning - shown by research to be essential for modern, effective schooling

In June 2019 the Human Values Foundation launched its much-needed Personal Development and Wellbeing programme for children aged 4 to 11.



The Big Think provides a powerful and engaging values-based resource enabling schools to equip children with key social and emotional skills, now recognised as essential for thriving in the 2lst century.

The Big Think's ready-to-go Assembly and Lesson kits (44 for children aged 4 to 7 and 44 for children aged 7 to II) inspire teachers to take a whole-school, cohesive approach to educating their pupils. Teaching and non-teaching staff, children and parents alike delight in all the positive benefits that flow from the completely fresh, contemporary materials, including specially commissioned stories, pictures, songs, activities and powerful guided silent sitting sessions.

The Big Think is very timely. It's proving ideal for the new expectation on schools to better balance academic learning with Spiritual, Moral, Social and Cultural (SMSC) development. From September 2020, Relationships Education will be part of the Personal, Social, Health and Economic (PSHE) education scheme of work in primary schools so The Big

Think is exciting news, with the potential for many more teachers to spend less time on resolving problems as their pupils become more engaged in their learning, academic results improve and young people are educated for life.

"We are all very excited with the new materials, stories, songs, etc."

- Headteacher, Waltham St Lawrence Primary School

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