

Ling Helps

with

Kindness

**A story about helping,
sharing, and caring.**



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This is Ling. She is 5 years old. Ling loves to help and share kindness.







**This is Mei. She is 3 years old. Mei was playing all day,
and her toys were everywhere!**







**Mom asked Mei to clean her room. But Mei didn't know how.
She felt unsure.**







**Ling said, "I'll help you, Mei!" She picked up a blue
dolphin and smiled.**







**Ling said, "Let's start with your stuffed animals!" Mei
grabbed her bunny.**







**Next, they put blocks in the toy box. "Good job,
Mei!" said Ling.**







"Now let's clean up your books!" said Ling. Mei nodded happily.








When the room was clean, it looked amazing! Mei clapped her hands.







**Mom and auntie came in and smiled big. "Wow! You used
your blue kindness mindset to help your sister cleaned her
room so nicely!"**







Ling asked, "Mom, can we help with something else?"







"You can help fold towels!" said Mom. The girls nodded.








Mei whispered, "Helping feels nice." Ling giggled and gave her a hug.







**Ling said, "Being kind means listening and helping from
your heart."**







You can share kindness too—by helping your family and friends!



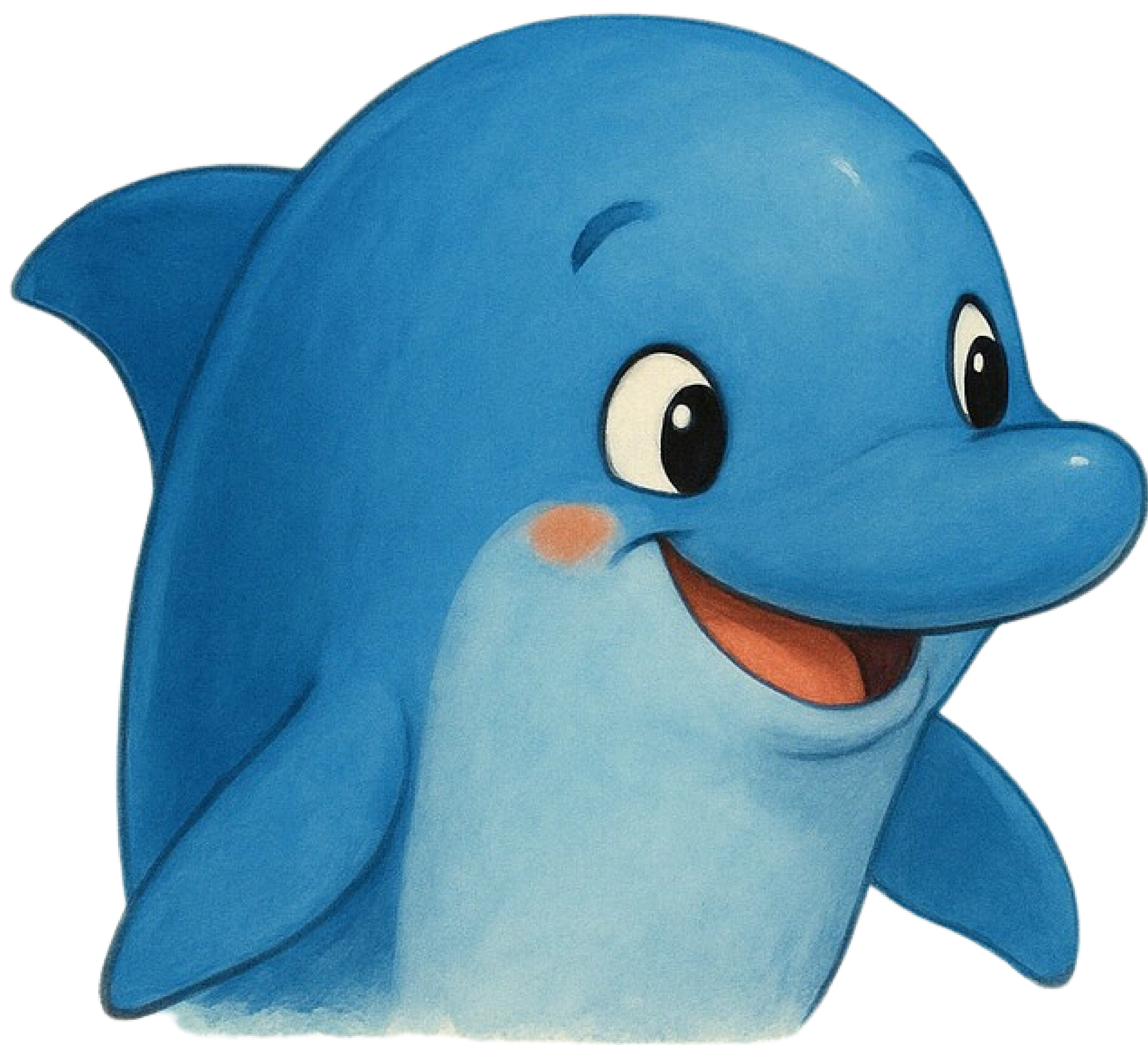




What are some ways YOU can share kindness today?



Ling and her blue dolphin teach what it means to be kind.



Follow Ling and her dolphin friend as they show her sister how to be helpful and share the value of kindness in this sweet picture book.