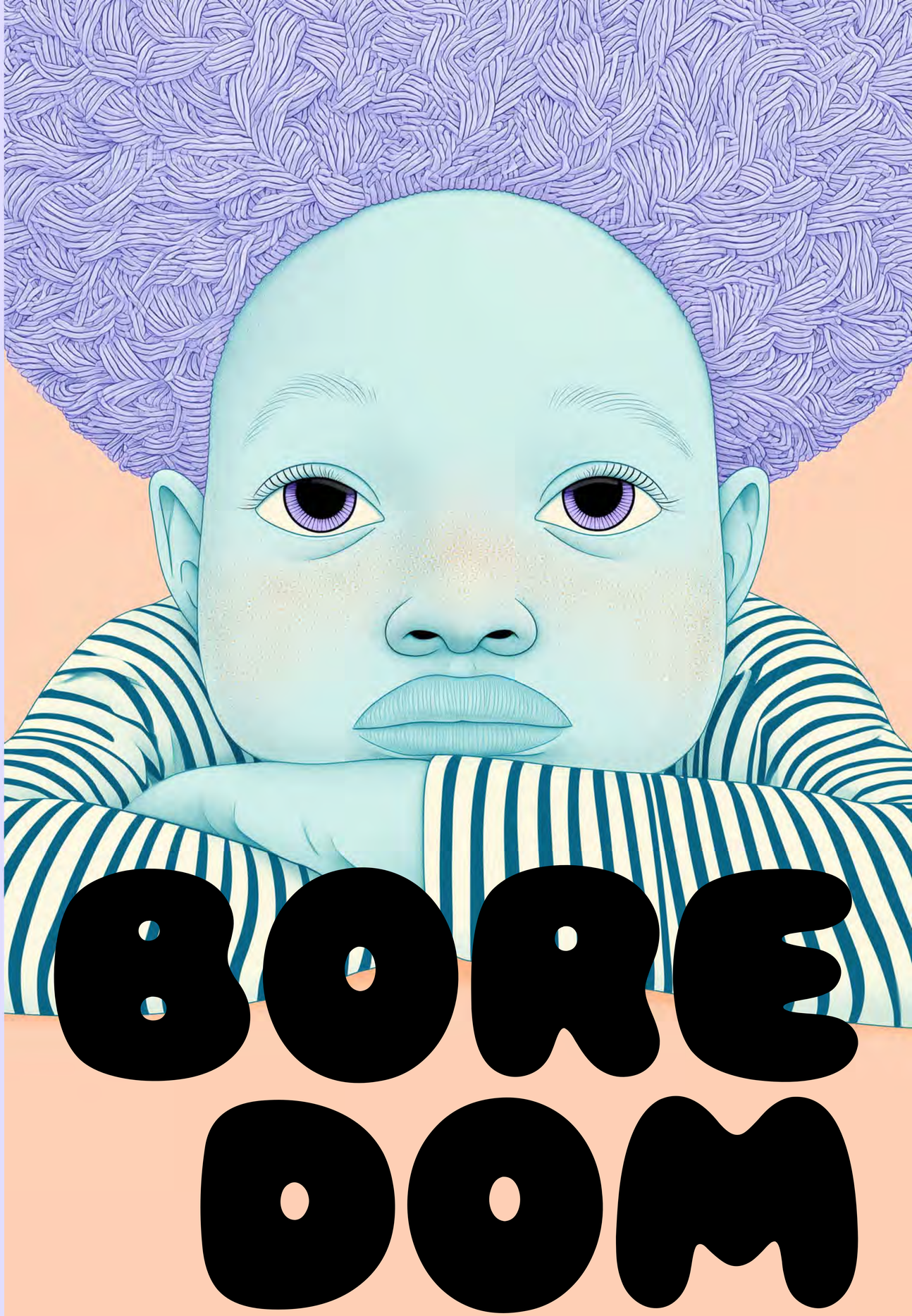
WE FEEL BORED WHEN WE CAN'T FIND ANYTHING THAT INTERESTS US OR ENTERTAINS US AT THAT MOMENT

IT CAN MAKE US FEEL LIKE DOING NOTHING, BUT IT CAN ALSO HELP US DISCOVER NEW ACTIVITIES OR IDEAS



A RAINY DAY

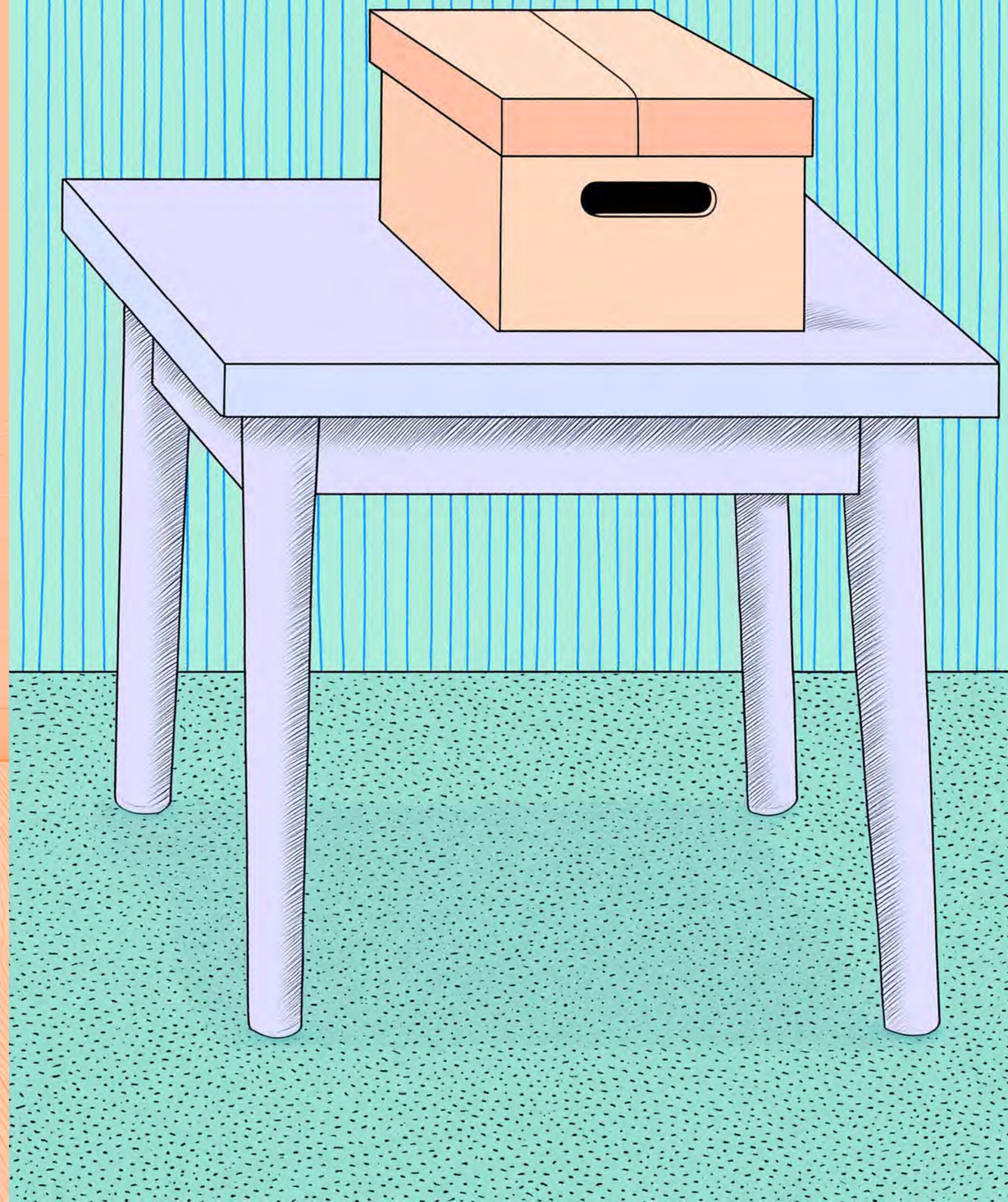
IT WAS A RAINY AFTERNOON, AND LEO COULDN'T GO OUT TO THE PARK.



—HOW BORING!
—HE SAID AS HE LOOKED OUT THE WINDOW.

THEN HE SAW A CARDBOARD BOX ON A TABLE.

—WHAT IF I BUILD SOMETHING?



LEO FOUND
SOME PAINTS,
SCISSORS,
AND STICKERS
AND LET HIS
IMAGINATION
RUN WILD.

HE DREW, CUT,
PAINTED, AND
GLUED, AND
LITTLE BY LITTLE,
HE TURNED
THE BOX INTO
EVERYTHING HE
HAD IMAGINED.



FEELING BORED
WAS NECESSARY
FOR HIS MIND TO
CREATE SOMETHING
EXTRAORDINARY.



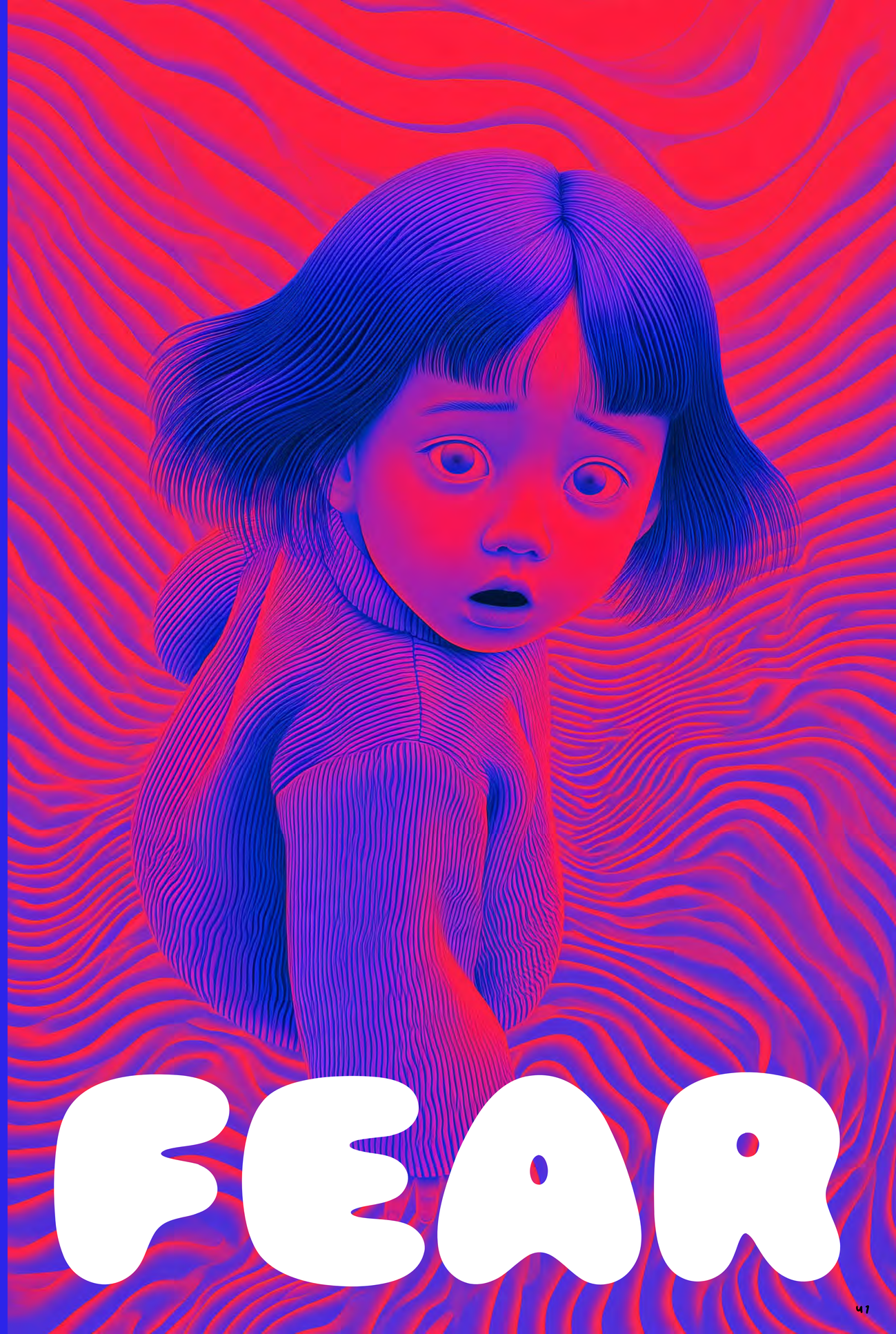
WE FEEL CALM WHEN WE ARE RELAXED, AT EASE, AND FREE FROM FEAR, ANGER, OR WORRY

IT HELPS US THINK CLEARLY, BREATHE CALMLY, AND ENJOY THE MOMENT



WE FEEL FEAR WHEN WE THINK SOMETHING MIGHT BE DANGEROUS, MIGHT HURT US, OR WORRIES US

FEAR HELPS US STAY ALERT AND PROTECT OURSELVES. WE MAY ALSO FEEL FEAR OF THE UNKNOWN



WE FEEL GUILTY WHEN WE THINK WE'VE DONE SOMETHING THAT MIGHT HAVE HURT SOMEONE ELSE OR THAT WASN'T RIGHT

IT MAY MAKE US FEEL BAD, BUT IT ALSO HELPS US RECOGNIZE OUR MISTAKES, ASK FOR FORGIVENESS, AND TRY TO DO BETTER



WE FEEL JOY WHEN WE'RE HAPPY, WHEN WE'RE ENJOYING SOMETHING, OR WHEN WE'RE EXPERIENCING A SPECIAL MOMENT

IT MAKES US SMILE, GIVES US ENERGY, AND MAKES US WANT TO SHARE OUR HAPPINESS WITH OTHERS



WE FEEL LOVE WHEN WE'RE HAPPY TO SPEND TIME WITH SOMEONE, WHEN WE LIKE THEM, AND WHEN WE WANT THEM TO BE WELL

LOVE IS LIKE A HUG FROM THE HEART. IT HELPS US TAKE CARE OF OUR FAMILY, FRIENDS, PETS, AND THE PEOPLE WE LOVE



THE INVISIBLE LITTLE BOX

ONE DAY, THE TEACHER CAME INTO CLASS WITH A BOX.

–TODAY I'M GOING TO SHOW YOU SOMETHING VERY SPECIAL – SHE SAID.

THE CHILDREN LOOKED AT THE BOX AND WERE SURPRISED.

–BUT IT'S EMPTY! – EXCLAIMED NICO.

THE TEACHER SMILED.

–IT LOOKS EMPTY, BUT IT'S FULL OF LOVE.

EVERYONE WAS CONFUSED.

–HOW CAN IT BE FULL IF THERE'S NOTHING INSIDE? –ASKED JULIA.

–BECAUSE YOU CAN'T SEE OR TOUCH LOVE –EXPLAINED THE TEACHER–, BUT YOU CAN FEEL IT.

THEN SHE ASKED THE CHILDREN TO SHARE MOMENTS WHEN THEY HAD FELT LOVED.



—WHEN MY MOM HUGS ME —SAID JULIA.



—WHEN MY GRANDPA PLAYS WITH ME —ADDED NICO.

—WHEN MY FRIEND HELPS ME IN CLASS —SAID MAYA.

WITH EACH ANSWER, THE TEACHER PRETENDED TO PUT THOSE MOMENTS INSIDE THE BOX.

—SEE? LOVE IS IN HUGS, IN HELPING OTHERS, IN KIND WORDS, AND IN THE TIME WE SPEND WITH OTHERS.

BY THE END OF CLASS, THE CHILDREN UNDERSTOOD THAT THE BOX HAD NEVER BEEN EMPTY.

IT WAS FULL OF MEMORIES, AFFECTION, AND KIND DEEDS.

WE FEEL PROUD WHEN WE ACHIEVE SOMETHING THAT HAS TAKEN EFFORT OR WHEN WE'RE HAPPY WITH SOMETHING WE'VE DONE WELL

IT HELPS US RECOGNIZE OUR ABILITIES AND APPRECIATE OUR EFFORTS



PRIDE