





# Curiosity

Everyone is open to learning new things about themselves, all that surrounds them and how the two fit together.



# Health

Everyone has the skills and tools to maintain a healthy balance of their mental, physical and emotional wellbeing.



# Confidence

Everyone believes in themselves, stands up for what is right and has the confidence to reflect and learn from their actions.



# Resilience

Everyone keeps trying to better themselves, even when things are difficult or when we make mistakes.



# Empathy

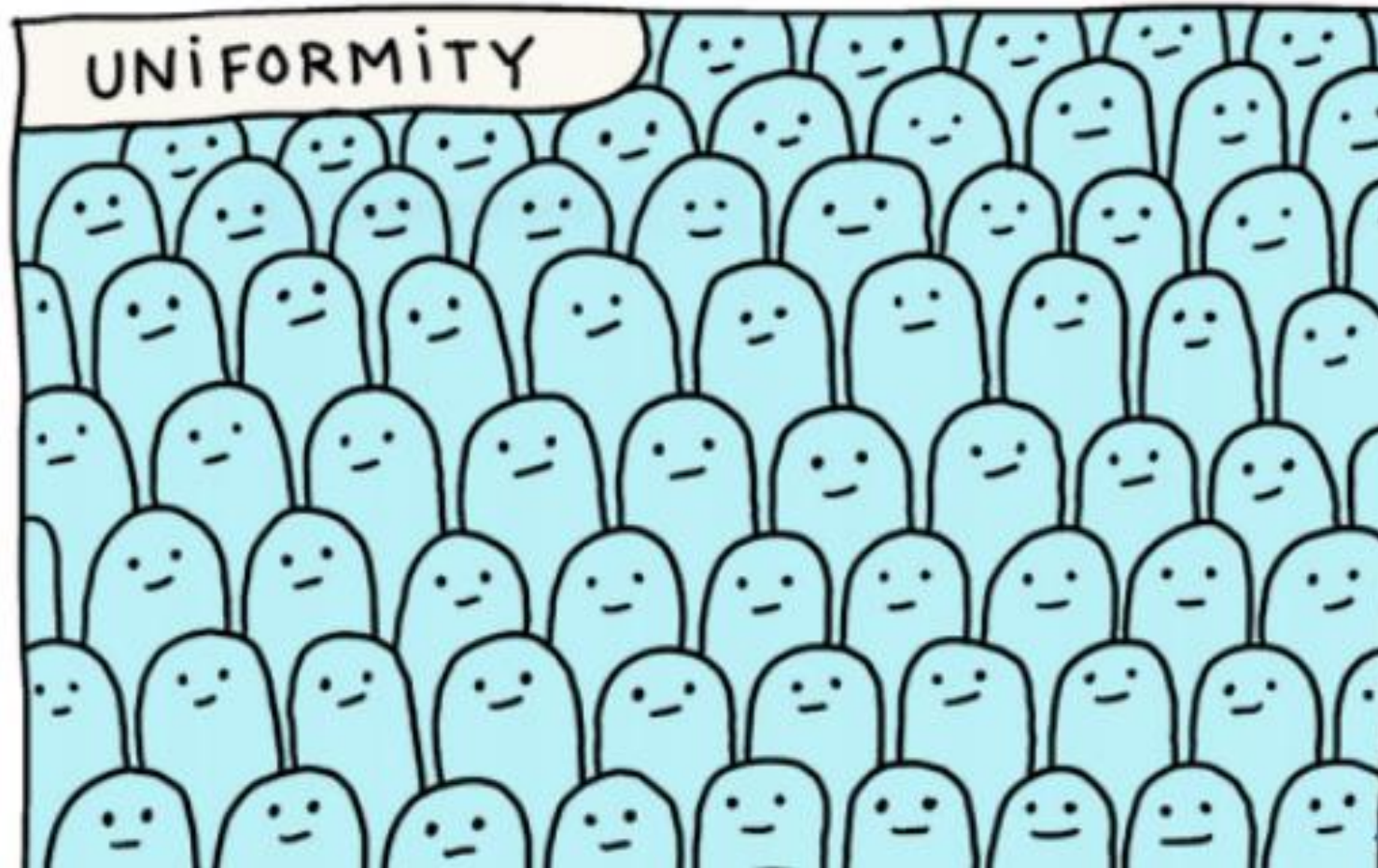
Everyone is kind, caring and considerate of the feelings of one another.



# Respect

Everyone treats our environment with respect and appreciates the cultures, beliefs and views of one another.

Do you like this picture? Why? Why not?





Same but Different - what about this picture?



What are these pictures of?



Is your finger print the same as the person sitting next to you?

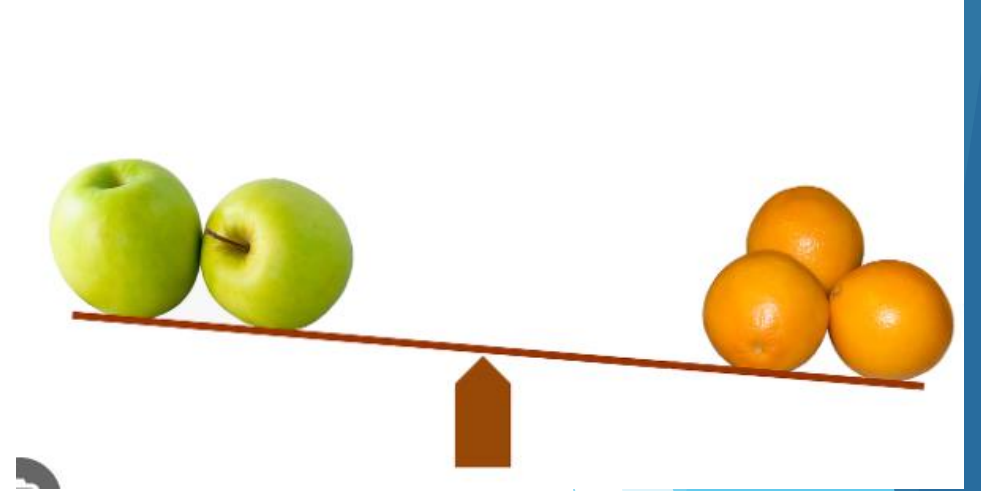


- Fingerprints do not change as you grow older.
- If a finger gets scratched, the fingerprints grow back exactly the same.
- Identical twins have different fingerprints.
- Nobody in the world has the same fingerprints.
- You are unique!



# Go Compare

- ▶ Who is older or younger
- ▶ Which cake is cheaper
- ▶ Some of these comparisons can hurt e.g who is cleverer or better at running, or even who is more popular.



# ‘Comparison is the thief of joy’

*Theodore Roosevelt - 26<sup>th</sup> US Presidents from 1901 - 1909*

**If we compare ourselves to others, we may be left with feelings of inferiority - neither creates an emotionally healthy human being!**

# Compare or not to compare?

There was once a stonecutter who was dissatisfied with himself and his position in life. One day, he passed a wealthy ladies house. Through the open gateway, he spied many fine possessions and important visitors.

‘How powerful that lady must be!’ thought the stonecutter. He became very envious, and wished that he could be like that lady. That way, he would no longer have to live the life of a stonecutter.



Then, to his great surprise, his wish came true. Suddenly, he became the lady. He was now both envied and detested by those less wealthy than himself.

A short time later, he was out walking when an important official passed by, carried in a sedan chair, accompanied by attendants and escorted by soldiers beating gongs.

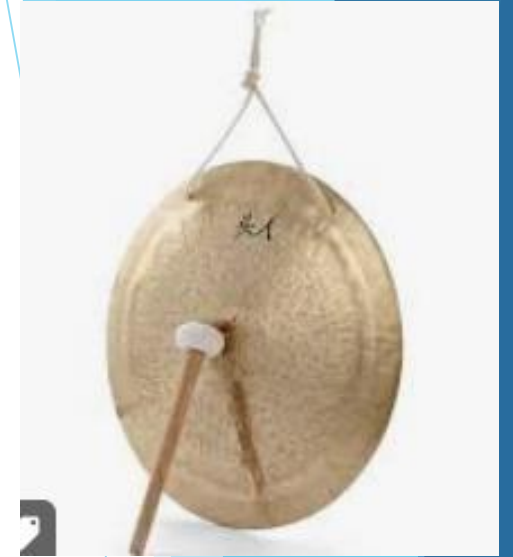
Everyone, no matter how wealthy, had to bow low before the procession.

‘How powerful that official is!’ he thought. ‘I wish I could be an important official!’

Suddenly, his wish came true again. He became an important official, carried along in his embroidered sedan chair. He saw that he was both feared and hated by the people around him, all of whom had to bow down as he passed.

It was a hot summer’s day and the man felt very uncomfortable in the sticky sedan chair. He looked up at the sun. It shone proudly in the sky, unaffected by his presence.

‘How powerful the sun is!’ he thought. ‘I wish I could be the sun!’



Suddenly, he became the sun, shining fiercely down on everyone, scorching the fields, cursed by the farmers and labourers.

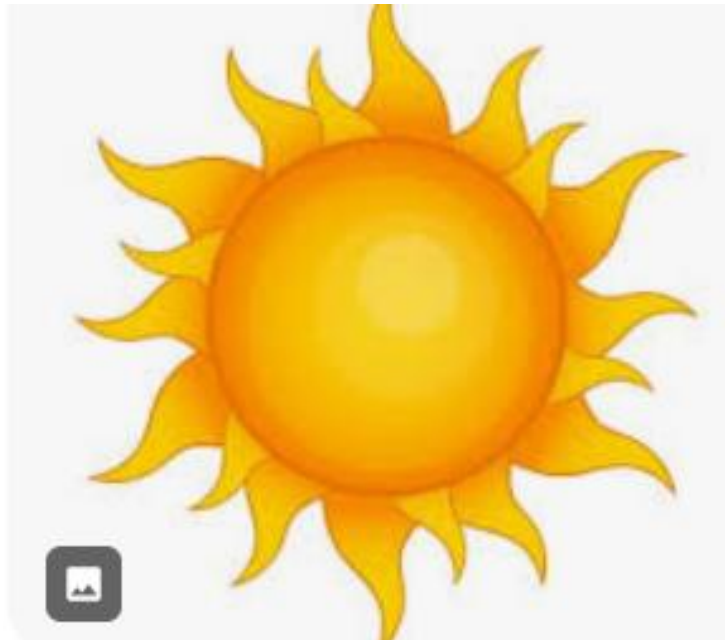
But then, a huge, black cloud moved between him and the Earth, so that his light could no longer shine on everything below.

‘How powerful that storm cloud is!’ he thought. ‘I wish I could be a cloud!’

And then, he was the cloud, sending torrents of rain down, flooding the fields and villages. Again, he was cursed by everyone down below.

However, he soon found that he was being pushed away by some great force, and realized that it was the wind.

‘How powerful the wind is!’ he thought. ‘I wish I could be the wind!’

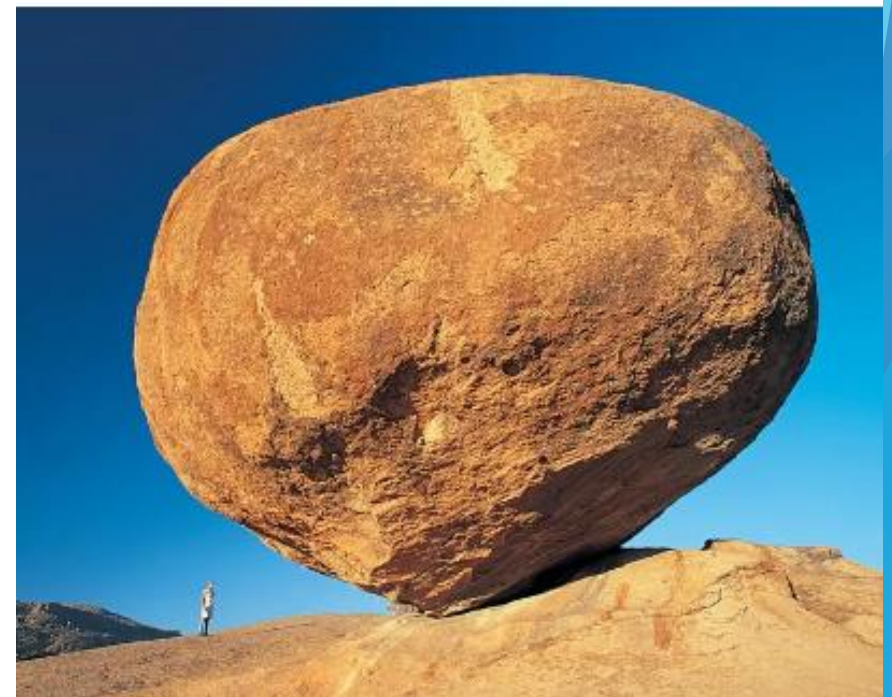




Then, he became the wind, blowing so strongly that tiles came off roofs and trees were uprooted. He was hated and feared by everyone below him.

After a while, however, he ran up against something that would not move, no matter how forcefully he blew against it - a huge, towering rock.

‘How powerful that rock is!’ he thought. ‘I wish I could be a rock!’



Then, he became the rock, more powerful than anything else on Earth.

However, as he stood there, he heard the sound of a hammer pounding a chisel into the solid rock and felt himself being changed.

‘What could be more powerful than I, the rock?’ he thought. He looked down and saw far below him the figure of a stonecutter.



## Reflection

Next time you say 'I wish...' think about the stonecutter!

Each person is unique and special.

Be content and happy with being the person that we are.