

1. THE MILK AND THE FROGS

Fred Frog and Sam Frog are in a big pan of milk. The frogs cannot jump out. They swim and swim and swim but it is not helping. Fred Frog is giving up, stops, and sinks. Sam Frog swims and swims and will not stop. He swims fast, stirs the milk a lot and it turns to solid butter. Sam can jump out and is glad.

This lesson is good. Men, women, and children can get what they want and be glad if we never stop. Be the best we can and we will be glad.

2. LONG SPOONS

Helen had a dream. In the dream she went to a strange city of very unhappy people. One of the first things she saw was that people were always hungry. Then she saw why they were nearly starving. These folks were trying to eat their food with spoons that had handles longer than their arm.

Pretend you had to eat with a spoon as long as a shovel. How would this be possible?

A good way to do this is by feeding other people around you. You would be happy because you were helping someone else. When everyone helps each other, then everyone is happy. This is what Helen showed people in the dream. Perhaps this can show us that our happiness can even start with a dream.

3. JOE, MOE AND THE WISE MAN (advanced)

Joe and Moe were watching a flag moving on its pole. Joe said "Look, the flag must be alive because it is moving."

"No," replied Moe, " it is the wind that is making it move."

A wise man heard what was being discussed. He explained, "It is not the wind or the flag but your mind that moves."

Do you understand? Look at something around you that is moving. Close your eyes. Is it moving now? It was moving only because your mind told you so. It is our thinking that creates what happens in our life. Our life is what we think and believe.

4. STRUGGLE

Have you watched a nest of baby birds? After the birds are hatched from their egg, they will be cared for by one or both of its parents. The mother for example, will guard the nest and feed her babies till they are about ready to leave the nest. Mama bird knows when her children are strong enough to fly. Watch them from a little ways away. Some birds are timid and don't want to leave their safe nest. Some can't make up their minds. At some time, mother bird will stop trying to coax them to fly. She will push them out of the nest because she knows they will fly if they want to.

For a couple days, look on the ground under the nest. Sometimes you will find a bird or two. They had dropped to the ground without a struggle or trying to fly. Those birds that tried to fly are still alive.

Look at trees growing on bare soil, even ones that grow on rocky hillsides. It would seem that with little moisture soaking into the ground and deep rocks that trees should not be able to grow. Unlike some young trees, these large trees just struggled harder. They sent their roots far below between rocks and sometimes right through rocks to find water and food. By sending

their roots deep, they also were able to stand against strong winds.

Life for us as humans also has struggles at times. When we struggle to work our way through hard times, we not only survive but become stronger like the trees.

5. PELICANS

In a place called Monterey/ California a few years ago, something happened to some large sea birds called Pelicans. It used to be a paradise for them. After the fishermen cleaned their fish, they would throw the leftovers to the pelicans. The birds would be content, fat and lazy. Eventually, the fishermen found a way to use all the fish parts for their businesses. Then the pelicans no longer had free meals.

The pelicans didn't try to fish for themselves, even though they were made to and had the ability to fish for food. They just waited around, became thin and weak. Many Pelicans starved to death. They had either forgotten how to fish for themselves or had grown too dependent on others for their food.

If we are all to grow strong and be independent, we must learn to take care of ourselves. Those who choose not to struggle and grow stronger, will become lazy and unhappy because they hadn't tried to be all they could be.

6. PROBLEM SOLVING

During the summer of 1918, a young man from Utah visited Washington, DC. The heat was difficult and the humidity very uncomfortable. This was not like Utah. Years later, he remembered this muggy weather and brought an A & W root beer business for this area. This was in 1927 and business was terrific. His customers loved the cold root beer that was served in frosty mugs.

In the fall however, this area became very chilly and the people would not buy the cold drinks. He could have closed his shop. However, he turned this problem into a great business. His shop became known as the Hot Shoppe. He served chili, hot tomas, coffee, and sandwiches.

Fifty years later, the owner John W. Marriott oversees about 450 restaurants, 34 hotels, and some cruise ships. We all can learn from his example. It is often a key to success in developing a business for ourselves. Find a problem and solve it. Perhaps provide a service that will do what others don't like to do or have a hard time solving.

7. MAKING A DIFFERENCE

As a man was walking along an ocean beach, he saw a native picking objects up and throwing them in the ocean. When he got close, he noticed that he was throwing starfish that had been washed up at low tide. The native said he was throwing them back to save their lives.

The observer stated "There are thousands on these beaches plus those on other beaches around the world. You can't possibly make a difference."

As the native threw another into the ocean, he said, "I made a difference to that one."

8. PASS IT ALONG

When a lady and a friend finished their ride in the taxi, the man said to the driver "Thank you for the ride. You did a great job."

The taxi-driver wasn't used to such kind words, and said "Are you a wise guy or something?"

"Not all sir, I'm not kidding. I like the way you keep a cool head in such busy traffic." The driver drove away.

The lady asked her friend why he said what he did. His reply was "I'm trying to bring love and smiles back to the big city. More than likely the driver will now be a little kinder to his other customers. Those who ride with him in turn will be kinder to those they see during the day."

"Do you think that one driver will make all that happen?"

"Perhaps not", he replied, "but even if I can make only three out of ten don't feel like doing a good job because no one takes a moment to help them feel important."

The lady then said "You can't do all this alone."

"Perhaps it is hard at times but if I am persistent, it will surely happen," he said.

"Why did you wink and smile at the very plain lady we just passed?" she asked.

"Perhaps she is a school teacher and my friendly smile will help her class to have a fantastic day. I had a smile and passed it on."

Do you have a smile to give away?

9. PAUL AND THE PUPPIES

Paul saw a sign on the store window that said "Puppies For Sale." He went inside to look at the puppies. He asked the owner how much they cost. He was told \$25 or more. Paul pulled \$2.63 from his pocket and said "Can I please look at them?"

The store owner whistled, and the mother dog came from another room with five little balls of fur following her. One puppy was limping and behind the rest.

"What's wrong with the limping puppy" Paul asked.

"It was born without a hip socket. It will always be lame," the man replied.

Paul became excited. "That is the puppy I want to buy."

"You don't want to buy him. If you really want him, I will give him to you," offered the owner.

Upset, Paul looked the store owner in the eye. Pointing at him, he said, "I don't want you to give him to me. In fact, I will give you my \$2.63 now/ and pay you 50 cents a month till he is paid for."

"You don't really want this puppy", the owner stated, "it is never going to be able to run, jump, and play with you like the other puppies."

Paul pulled up a pant leg. The store owner saw that Paul had a twisted leg with a brace. Paul then said, "Well, as you see, I don't run so well myself. The little puppy needs someone who will understand and still love him."

10. THE GREATEST PLAYER

A small boy was overheard talking to himself, as he stood with his cap,

baseball and bat. "I'm the greatest player in the world," he said proudly. He tossed the ball in the air, swung hard, and missed.

Not giving up, he again tossed the ball up, took a mighty swing, and missed. He then said "I'm the greatest player in the world," he said proudly. He tossed the ball in the air, swung hard for the third time and missed.

"Wow!" he said proudly. "What a pitcher!"

11. THE PESSIMIST AND THE OPTIMIST

There were two twin sisters. They were about 6 years old. One girl was a pessimist. She was very sad most of the time. Jane was almost always unhappy.

Her sister Jennifer was an optimist. Jennifer was almost always happy. She would be glad to do most everything.

The girl's parents were not happy that they were so different. They took the sisters to a doctor for some help.

The doctor wanted to see the different ways the girls acted. He put Jane in a large room filled with toys and told her they were hers to do what she wanted. The doctor then left.

Optimist Jennifer was in another room. All that was in the room with her was a large pile of manure. The doctor left the girls by themselves for about twenty minutes.

He went to Jane's room and saw her sitting with her arms folded. "Why didn't you ride the scooter?" he asked.

"I was afraid I might fall and break my leg or arm," Jane replied.

"Why didn't you use those nice skates?" asked the doctor. "I was afraid I might fall and skin my knees or elbows", Jane replied.

"Why didn't you blow up those funny balloons?" asked the doctor.

"I was afraid the balloons might pop and frighten me", said Jane.

The doctor went into Jennifer's room. He saw manure all over the floor, walls, and ceiling. The doctor asked Jennifer why the manure was all over the room. She said, "I needed to keep digging so I could find the pony."

Would you rather be a sad pessimist or a happy optimist?

12. THE WILLOW AND THE OAK

A willow tree has branches that move easily when the wind blows. An Oak tree is not the same. The branches are very rigid and stiff.

We can learn a lesson when we think about these trees. When very strong winds blow, the solid oak hardly moves. It is stiff and resists the wind. This causes the wind to make more force against it. When the wind blows very hard, the resistant branches will break or perhaps cause the tree to be blown over.

On the other hand/ the willow tree and its flexible branches will bend when strong winds blow against them. The wind against the tree is much less as it barely causes a force. The tree more easily survives.

Our lives are like that too. When we are stubborn and are not willing to change in another direction, the pressure can cause physical problems and other problems. When we give a little and "go with the flow" there is much less stress and strain.

This is like trying to swim across a river, trying to get somewhere. It is

easier to swim with the current instead of spending so much energy swimming against it. Our goals are easier to reach when we relax to some of the challenges we get.

13. ME? DISCOURAGED?

A baseball game was being played, and a team was about to go to bat. A man asked a boy in the dugout what the score was. "We are behind 17 to 0", stated the boy.

"Aren't you discouraged?" the man asked.

"No way!" replied the boy. "We haven't started to bat yet."

14. OBSTACLES ARE OPPORTUNITIES

A great many years ago, a king had a very large rock placed in the middle of a road. He then hid to watch people when they came upon the rock. He wanted to see if anyone would stop and try to move it out the way.

A lot of the people blamed the king for not keeping the roads clear, mostly the rich people. However, they would just go on by.

A merchant came by carrying a big bundle of his vegetables to sell in town. He stopped to move the rock, so it would no longer be in people's way. After much struggling and pushing, he was able to move the big rock. Where the rock had been, he found a purse. In the purse were many gold coins. Also, was a note from the king that said the gold was for the person who moved the rock.

The merchant learned what many people don't understand. Every obstacle has an opportunity for something better, even though it may not be seen right away. Working to overcome the obstacles will bring a reward.

15. ONLY HERE AND NOW (advanced)

A man jumped onto his tire tube to float down the river. When he started his trip, it was here and now. The place he was going to was over there and later. It was in the future but when he got there, he found it was here and now. The place that had been here and now was there and then, and the place where he was going was there later. Everything was now turned around. But when he arrived at the last place, everything behind him was there and then, and all his here-ness and now-ness had gone except that he carried it with him to where he was. As far as he was concerned, it was still here and now.

Later that day he went up in a balloon. When he did/ he found both these places here and now. He could see them and feel them, and be aware of them from the heights as the very here-ness and now-ness. There was neither time nor space in those three. The past and the future are not real. All we really have is the now. The now is a gift and called the "present".

16. WHAT SHALL WE DO

There lived in a big house, a mouse-hunting cat and of course, lots of mice. One day the mice held a meeting. They needed to know how to keep from being caught by the cat.

A young mouse had an idea. "Let's hang a bell around his neck." The mice were happy with this idea and clapped their hands.

A wise old mouse said to his friends, "This is a good idea but who is going to put the bell around the cat's neck?"

Plans can often be good but sometimes seeing them done is quite another task.

17. WOLF! WOLF!

A shepherd boy got tired of always watching his sheep. He wanted some excitement. So he called to those nearby "Wolf! Wolf!" The people came quickly with things to chase away the wolf. But of course there was no wolf. The shepherd boy thought this was funny.

One day a real wolf came and the boy called for help. This time the people did not come because they were misled before. As a result, the wolf ate one of the boy's sheep.

Those who are known to lie, are not believed even when they tell the truth.

18. THE NOT-SO-WISE WOLF

A wolf wanted a fat sheep that he saw in a flock of sheep. However, the shepherd and his dog was watching the flock. The wolf found a sheepskin that was thrown away. He now had a plan.

The wolf put the skin onto himself so that he looked like a sheep. He then went into the flock without being seen. He was going to snatch a sheep for his supper.

That night, the shepherd was also hungry. He picked out the first animal he saw from his flock. It happened to be the wolf.

Sometimes the tricks we play to get something we want, will do harm to us.

19. GOING WITH THE FLOW

Two frogs were trying to swim in a fast river. They wanted to go to the place on the shore where they had jumped in the river. But the river was too fast.

The first frog swam very hard to get to their place but he got too tired and drowned.

The second frog let himself flow with the river as he slowly worked his way to shore. This made him end up a little way from where he wanted to go. However, he lived to know it is usually better to go with the flow rather than fighting the problem so much.

In life's battles, it is better not to resist but to relax and slowly work towards where we are going.

20. THE BOY AND THE MAP

There is a story often told of a young boy and his dad. His dad found a jigsaw puzzle too hard to put together. It would be a map of the United States when it was finished. He gave the pieces to his 10 year old son to put together.

In a few minutes, his dad found the map all put together. Dad was very surprised and asked how he did it.

His son explained that on the backside of the puzzle was a simple picture of a man. "You see, Daddy, when you get the man together, you also have the country together." There is much wisdom in those words!

21. THE MOST CARING

A famous author, Leo Buscaglia, gave a talk about a contest that he was asked to judge. The contest was about finding the most caring child. The winner was a four year old boy.

Next door to this four year old, lived an elderly man whose wife had just passed on. When the boy saw the old man cry, he went into the man's yard. He climbed onto the man's lap and just sat there. When he got home, his mother asked him what he said to the neighbor. The boy replied, "Nothing, I just helped him cry."

22. THE GOLDEN EGGS

This story you may know. A farmer's goose laid a golden egg. For several days, an egg a day was laid. The farmer grew rich but he was greedy and wanted more. So, he cut the goose open so he could find more golden eggs. He found none.

Sometimes our greed for more and more will cause us to lose what we have.

23. EXTRA CHANGE

Many years ago a nine year old Tommy went into a small coffee shop where they served ice cream, milk shakes and sundaes. A waitress gave him a glass of water when he sat at a table. He asked how much a sundae cost. "Fifty cents," replied the waitress.

Tommy reached into his pocket and looked at the coins he had. "How much is a dish of ice cream?" Tommy asked.

The waitress was getting impatient because she had customers waiting. "Thirty-five cents," she said hurriedly.

Tommy counted his change again. "Give me the dish of ice cream, please," he said.

The waitress brought the ice cream, put the bill on the table, and walked away. Tommy finished his ice cream, paid the cashier and left. When the waitress came back to wipe the table, she felt bad embarrassed about what she saw. Besides the empty dish, were two nickels and five pennies - her tip. With the tip money, could Tommy have had more than his dish of ice cream?

24. A RAILROAD TALE

Years ago there were men driving spikes in crossties on a railroad track. A train come to them and stopped. Someone stopped out of the train to speak with one of the workers. After the train moved on, a workman said, "I can't believe that the president of the railroad stopped to speak to you. How in the world do you know him?"

"Well," he replied, "about 30 years ago we started work on the same day doing the same job I am doing today."

"You mean to tell me that you both started off doing the same job! How come he is president of the company and you are still driving spikes?"

"The difference", the man answered, "Is that I went to work for fifty cents an hour and he went to work for the company." How big we think is what brings us the results.

25. FOR YOUR TEACHERS

This story is also for your parents and teachers. A teacher was told that her students were very bright children. Actually, she was working with students who had been working below average. But she treated them as if they were very intelligent. So she was a bigger help and excited with her students. As a result, all the students became top learners.

The teacher had read the I.Q. scores written after the name of each child on its records – 125, 132, 139, 142, 167. A room of geniuses, she thought and she treated them as such. After the school year ended, the teacher had a surprise. She learned that the numbers after the names were really their locker numbers! We do get better results from others when we expect more of them.

26. AS THE WIND BLOWS

A big, very solid oak tree grew by the river. Also, there were reeds growing there. (These are like tall weeds.) A strong wind blew the mighty oak over but the reeds remained. The tree was too proud to bend but the humble reeds just bent over. There is a saying "As the wind blows, so goes the reed." It is often better to bend a little under pressure rather than be broken.

27. RICK RABBIT AND TOM TURTLE

Rick Rabbit saw Tom Turtle going very slow. He said to Tom "is that as fast as you can go?" Rick had made fun of Tom too much. "We shall see just how fast you are. Will you have a race to see who can get to the river first?"

Rick Rabbit laughed at Tom. "Are you kidding? I will get there way before you do!"

They began the race. After a little while the quick rabbit looked back to see if the turtle could be seen. He did not see Tom, so he lay in the cool grass and took a nap.

Tom Turtle just kept going, slowly but persistently. He was not tired. He plodded past the rabbit and sometime later came to the river. Rack Rabbit woke up too late and lost the race.

Chances to win in life often pass by us when we choose to be lazy. When we are persistent, even making slow steps at times, we will reach our goal.

28. FREDDIE FOX

Freddie fox was walking through a farm. As he walked under an apple tree/ he saw a pretty apple above him. He jumped up to grab it. He missed and jumped again. "Oh well," he said angrily, "I didn't want it anyway."

It is too easy to be angry at things we cannot have.

29. MR. SUN vs MR. WIND

Mr. Sun and Mr. Wind saw a man running. Mr. Wind said "I bet I can get his jacket off his back better than you."

Mr. Sun said, "We shall see."

Mr. Wind blew hard but the man kept his jacket on. Mr. Wind blew very hard but the man buttoned his jacket. When the wind was more strong, the man held onto his jacket even harder. Mr. Wind gave up and said to Mr. Sun, "Let me see you get him to take his jacket off."

Mr. Sun just became warm with little effort at all. His love and warmth for the man was felt. The man took off his jacket.

We most often get better results when we express love and warmth for others.

30. THE BOY AND THE JAR

Robert saw a glass jar filled with candy. He wanted the candy. The jar had a small top and it was hard for Robert to get his hand into the jar. But he did and was very happy.

Robert grabbed some candy and tried to get his hand out. His hand was stuck. He yelled for help and his mom wanted to help. "Let go of the candy and then pull the hand out", she said.

Robert did not want to but he let go of the candy. He then pulled out his hand.

When we try very hard to hang onto things, it may cause problems. If we can let go of these little problems, things will become much better.

31. LOVE IN A SCAR

Danny asked his mother to go "back to school" for his first teacher-parent conference. He was sadly surprised when she said she would go. This would be the first time when his friends and teacher would see how she looked. He was embarrassed by how she looked. She was really a beautiful lady but a scar nearly covered one side of her face.

Even though everyone at the conference was impressed by the kindness and natural beauty of Danny's mother, Danny was still embarrassed and hid himself. However, he was close enough to hear the teacher and his mother when they spoke.

The teacher finally asked his mother how she got the scar.

She replied, "When Danny was a baby, he was in a room that was on fire. Even though everyone was afraid to go in the fire after Danny, I went in. As I came into the room, I saw a large beam of burning wood coming down. I laid myself over Danny to protect him. The beam knocked me out but fortunately a fireman came in and saved us both. I will always have the scar but I will never regret what I did."

When Danny heard this story/ he ran to his mother with tears in his eyes. He hugged her and felt a very strong love for his mom who risked herself to save him. He tightly held his mother's hand for the rest of the evening.

32. TAKING A RISK

It was a warm spring day. Two seeds lay side by side in the ground.

The first seed said, "I want to grow. I will send my roots deep below and send my sprouts through the crust and proudly announce the arrival of spring. I

want to feel the warm sun, and the cool dew in the mornings." And so the seed grew.

The second seed said, "I am afraid. If I send my roots down, I am afraid of what might happen in the dark below. My sprouts may get hurt if I push them through the crust. Perhaps a snail will eat my leaves. If I open my flower blossoms, someone may pull me apart. No. It is much safer for me to wait." And so the seed waited.

A bird was scratching in the soil. It found the seed and ate it.

For those of us who don't take risks and grow, we often aren't able to fully enjoy life.

33. MOLLY MITTENS

Six year old Molly always took two pair of mittens to school each cold day. She wore one pair and had an extra pair in the pockets of her coat when she left for school on these cold mornings.

One day as Molly's mother was cleaning Molly's closet, she saw a pair of mittens in each coat pocket. She asked Molly "Why do you need two pair when you only have one pair of hands?"

"Oh, I've done this for a long time," she replied. "You see, some kids come to school without mittens. If I carry an extra pair then I can share with them and their hands won't get cold."

34. WINNING ISN'T EVERYTHING

"It was a big day for the young people. Special Olympics is a yearly activity for the so-called handicapped.

Billy's parents were proud as he won the first race and a blue ribbon.

In the second race, Billy was about to win the race. Just as he got close to the finish line, he stopped and stepped off the track. "Why did you do that? You would have won another race," said his dad.

Billy was quick to answer. "But dad, I already had a ribbon. Roger didn't have a ribbon yet."

35. AN OBSERVATION

Grandfather often spent time sitting in his chair in town, watching people as they walked by. Today his granddaughter sat beside him.

While they were talking, a stranger in town looked like he was checking out the area as a possible place to live. He walked up to the two observers and asked, "So what kind of town is this?"

Grandfather slowly turned to him and asked, "What kind of town are you from?"

The stranger replied, "In my town, everyone always is critical of each other. They gossip. It's not a happy place to live in."

The older man then said "Really? That's just how this town is."

A little while later, a car with children and their parents pulled up to our two observers. After grandfather directed them to a restroom they needed, the children's father got out of the car. He asked grandfather "Is this a good place to live?"

"What about your town?" asked grandfather. "What is it like?" The children's father replied, "Where we are from people are very friendly and help each other a lot. I really hated to leave. It's almost like leaving family." At that point, the rest of the family returned and they all waved as they drove off, as grandfather said, "You know that it is just like it is in this town."

The grand-daughter was puzzled. "Grandpa, how come when the first man asked about our town you told him this was a terrible place, and when that family came, you said this was a wonderful place?"

He looked down at her and replied, "No matter where a person moves, they take their attitude with them. That's what is terrible or wonderful. How things are, depends on our attitude."

36. ANOTHER WAY TO SEE

A man was having what seemed like a bad day. It seemed like he must have got up on the wrong side of the bed. He had just had a bad day at work and was taking a bus home. Everyone on the bus seemed gloomy and quiet.

A deep voice was then heard "Beautiful day, isn't it?" The voice went on to describe different things as the bus passed them. The great old church, the park, and the beautiful scenery was described by this man as he smiled. Soon all the passengers were looking out the windows and all were beginning to smile.

When the bus stopped, the once-grouchy man saw who had been talking. The man was wearing dark glasses and carrying a thin white cane

37. VALUE OF STRUGGLES

As the man was walking along the park path, he came upon a small branch that had broken off a tree. Attached to the branch was a cocoon. He knew from his childhood that a butterfly would soon emerge from the cocoon. Gently, he took the cocoon home so he could watch this miracle. When he got home, he put the butterfly-to-be in a glass jar.

The next day the man saw the cocoon move. Soon it was shaking. Then nothing else happened. The cocoon was still glued to the twig and he saw no sign of butterfly wings.

Then the shaking became very active. The man was afraid the butterfly would die from the struggle. He removed the lid. Gently with a sharp knife he made a tiny slit on the side of the cocoon. Right away a wing appeared, and then the other. The butterfly was free!

The butterfly walked around a long time but it would not fly. The worried man called a neighbor who was a science teacher in high school. When the teacher heard what the man had done, he knew why the butterfly didn't fly. He pointed out that the butterfly needed to have struggled to make his own way out of the cocoon. The struggles would have given it strength.

Many times our own struggles and challenges will make us stronger too. When these challenges occur, we can ask "How can this make me stronger?"

38. PEACE

A king offered a prize to the person who could paint the best picture of peace. Many paintings were offered but the king really liked only two. One picture was a calm lake that mirrored the peaceful mountain around it.

Everyone seemed to think this was the best picture of peace.

The second picture also had mountains but they were rugged and bare. Above was a stormy sky with lightning. This didn't seem peaceful at first. But when the king looked closely behind a waterfall, he saw a tiny bush growing in a crack. In the bush was a mother bird on her nest. There in the middle of this angry rush of water/ sat the mother bird in peace. This was the winning picture.

When the king was asked why he chose the second picture, he explained "Peace doesn't mean being in a place where there is no noise, trouble, or hard work. Peace is finding stillness and calm in your heart while you are in the midst of noise, confusion, and trouble."

39. THE BEAUTY REMAINS (advanced)

The famous artist Auguste Renoir was almost paralyzed by arthritis during the last ten years of his life. With each brush stroke, he was fighting a lot of pain.

When asked why he continued to paint, he answered simply "The beauty remains, the pain passes." Almost to the day he passed on, he kept on painting because he saw beauty that would last.

40. THREE BOYS

Three boys were walking along a path. They came upon a horse standing in the middle of the path. It was in their way.

The first boy said, "Because I am very strong, I will force him out of the way."

The second boy said, "I will run very fast and jump over him."

The third boy who had more wisdom, said "I will simply take the way of least resistance. I will just walk around him."

Sometimes this is called the KISS principle. K-I-S-S are letters that stand for Keep It Simple Silly.

41. HAVE YOU NOTICED

Pretend it's a very hot day. Think about jumping into a nice cool lake or swimming pool. Close your eyes. See this picture in your mind. Again, you are very very hot. Feel the refreshing water as you lay or swim in it.

Has this happened to you? You are hot. You go to the waters edge, and stick your foot in it. It feels too cold, yet you know it will feel good once you are in. You hesitate. Shall I or do I really want to? Finally, you get enough courage, and you jump into the water. Now that you are in, the water is like you had hoped.

Sometimes our problems and challenges are like that. We know it would be better if we did a certain thing. But we hesitate. We become a little afraid of what might happen. But thank goodness for courage to make the right decision. We "jump in." We "get our feet wet", and it feels great! It feels great when we feel the rewards of getting enough courage to do the right thing.

42. SHOES

Mahatma Ghandi was a very famous person who cared a lot about other people. One day, as he was stepping onto a train, one of his shoes fell off onto

the tracks. He couldn't pick it up because the train had started to move.

Ghandi calmly took off his other shoe and threw it back so it landed close to his other shoe. One of the passengers asked him why he did this. The reply was something like "Now the poor person who finds the shoe on the track, will now have a pair to use.

43. USING ALL YOUR STRENGTH

Six year old Billy was on his way to his hidden hideout. In his way was a fallen log. He tried with all his strength to move it. Billy's dad was nearby and he finally asked for some help.

"Why aren't you using all your strength?" Dad asked.

"I have dad", Billy replied. "I tried very hard."

His dad quietly told Billy that he was not using all his strength because he had asked his dad for help. More strength is gained when we use the strength of those around us.

44. SAVED FOR WHAT

A man jumped into the dangerous ocean water to pull out a boy who was being swept out to sea. When he recovered, he said "Thank you for saving my life."

"That's okay, kid," the older man said. "Just be sure your life was worth saving."

45. NO CHARGE

Thirteen year old Todd went up to his mother while she was fixing dinner. She paused and read a note that Todd wrote. It said:

For cutting the grass	\$5.00
For cleaning my room	1.00
For shopping for you	.50
Baby sitting my brother	1.25
Taking out the garbage	1.00
Good report card	5.00
Cleaning the yard	2.00
Total owed	\$15.75

While Todd waited for his mom to pay him, she picked up a pencil and wrote: For the 9 months I carried you inside me - no charge.

For the many nights I sat up with you, doctored and prayed for you - no charge. For all the tears you have caused through the years - no charge. For the toys, food, clothes and even wiping your nose - no charge. For all the worries I knew were ahead - no charge. Added up, the cost of real love is _____ NO CHARGE

Todd finished reading her note. With tears in his eyes, he said, "I sure to love you, mom." He took the pen and wrote PAID IN FULL.

46. BEING ADOPTED

The first grader's were sharing pictures of their families with the class.

One boy in a picture had different colored hair than the rest of the family.

A little girl spoke up. "I know all about adoptions because I'm adopted, she offered.

Another classmate asked "What does it mean to be adopted?"

The little girl replied "It means that you grew in your mother's heart instead of her tummy."

47. BARE FOOT BETTY

It was a very hot day. Little Betty wanted an ice cream cone. When she went in the ice cream store, the clerk told her to go outside and read the sign in the window. He said not to come in the store until she had shoes on her feet.

With the change in her hand, Betty sadly left the ice cream shop. A big man followed her as she left. She read the sign that said "No Bare Feet." Tears rolled down her cheeks as she began to walk away.

The big man called her back as he sat down on the curb. He took off his very big shoes and placed them in front of Betty. He said "Here, even though you won't be able to walk in these big shoes, you can sort of slide along to get your ice cream cone. Take your time. I get tired moving around in them. I'll just sit here and rest while I eat my ice cream."

Betty was delighted as she shuffled into the store to buy her ice cream cone. She was glad she met the big man with a big belly, big shoes and a very big heart.

48. ARE YOU RICH

Two small children in ragged coats knocked on a lady's door. "Any old papers you don't want?" one child asked.

The lady saw that the ragged and cold children had no shoes and invited them in for a cup of hot chocolate. When the girl finished her cup, she asked "Lady, are you rich?"

"Me? Rich? Mercy no!" the lady said as she looked around at her shabby furniture and belongings.

The girl put her cup back in the saucer, carefully. "Your cups match your saucers," she observed.

The two children then left with their bundle of papers. They hadn't said thank you. They really didn't need to. The lady had two plain colored cups and saucers. But they matched.

As the lady finished making her dinner, she was grateful for her plain

cups, the roof over her head, her husband working steady, and a warm house to live in. Even with the simple things she had, she was never to forget how rich she really was.

49. MOTIVATION (advanced)

There is a story about a very wealthy man who wanted to get his daughter married to someone. So he invited all the eligible bachelors over to his house for a big party so he could get to them a little. He wanted the very best for his daughter.

This man had a large pool in his yard where the party was being held. In the pool he put water moccasins, alligators, and other vicious animals. He then told all the men that the first man to jump in the pool and swim the length could win either one million dollars, ten thousand acres of his land, or he could marry his beautiful daughter.

As he finished making his offer, he heard a splash at one end of the pool and almost right away a dripping young man was getting out at the other end. Certainly this was a world record for speed!

The wealthy father asked the dripping man which was his choice- the million dollars, the land, or his daughter. The young man replied that he wanted none. "Well son, what is it that you want?" asked the father.

"What I want is the name of the person who pushed me in the pool!" was his reply. Did he have a reason for swimming that fast? You bet! He was highly motivated to reach his goal. When we are motivated by our own goals instead of others, the goals are more easily reached.

50. WHALES AND GOALS (advanced)

Have you wondered how a 9 ton whale can be trained to jump about 20 feet in the air from the water and do all its tricks? The method is much the same for parents, coaches, teachers, and business managers.

First, we set a goal like a whale trainer setting a rope 22 feet high for the whale. When we have the goal set, we then figure out a way to motivate the whale. This can be done by taking a bucket of fish to feed the whale when it reaches the 20 foot goal. So how does the whale learn to jump?

The trainer starts with the rope below the water's surface so it will be very easy. Each time he goes over the rope, he pats or plays with the whale. In other words, he gets positive reinforcement. If the whale goes under the rope, he gets no reinforcement for his negative behavior.

As the whale repeats his good behavior and gets rewards, the rope gets moved a little higher. With people, we too must be enthusiastic while rewarding good behavior and not criticize people when they make mistakes. They need help. When we punish or criticize less, the bad behavior will lessen and the poor behaviors will usually be forgotten, especially when we show we care. Let's spend less time criticizing the few things that appear wrong and develop circumstances that will keep others from failing.

Think about this: Will we get better behavior changes from criminals by locking them up, or is helping them to become more responsible and successful a better way?

51. HAROLD'S HAND

It was around Thanksgiving. The teacher asked her pupils to draw a picture of something they were grateful for. She thought that most pictures would be pictures about tables with food. She was surprised when Harold gave her a drawing of a hand.

The teacher asked the class "Whose hand might this be?" One child replied, "It must be a farmer's because he grows food for us." Another said it was the hand of a farmer that grows turkeys." Finally, when the children were back at doing their own tasks, she bent over Harold's desk and asked whose hand it was.

Quietly, Harold replied, "It's your hand Teacher."

The teacher then recalled that at recess she at times had taken Harold's hand- a child who wore poor clothing and often seemed sad. She had done this at times with the young children. Harold was grateful that she had given a little of herself.

52. COURAGE FOR A BROTHER (advanced)

During the First World War, a big battle was being fought in Europe. There was a large open field between so-called "enemies". Germans were in -trenches on one side of the field. Americans were entrenched on the other side.

A German soldier was tangled in barbed wire in the open field. His painful cries were heard by an American soldier. He crawled out of the trench, crawling on his stomach to the entangled German.

The German officer realized what the American was doing and ordered his men to cease firing. Suddenly there was a strange silence on the battlefield. The American freed the German soldier and picked him up in his arms. He walked to the German trenches and placed him in the arms of his comrades. After doing this, he turned to go back to the American trenches.

All at once, a hand was placed on the American's shoulder. A German officer who had won the Iron Cross for bravery, jerked the cross from his own uniform and placed it on the American. When the American was safely in his trenches, the insanity of war started up again.