The Two Travellers – A story about Optimism

There was once a traveller who was walking from a village in the mountains to a village in the valley. As he walked along, he saw a monk working in a field, so he stopped and said to the monk, “I’m on my way to the village in the valley, can you tell me what it’s like?”

The monk looked up from his labour and asked the man where he had come from.

The man responded, “I have come from the village in the mountains.”

“What was that like?” The monk asked.

“Terrible!” the man exclaimed, “no-one spoke my language, I had to sleep on a dirty floor in one of their houses, they fed me some sort of stew that had yak or dog or both in it and the weather was atrocious.”

“Then I think that you will find that the village in the valley is much the same,” the monk noted.

A few hours later another traveller passed by and he said to the monk, “I am on my way to the village in the valley, can you tell what it’s like?”

“Where have you come from?” enquired the monk.

“I have come from the village in the mountains.”

“And what was that like?”

“It was awesome!” the man replied, “No-one spoke my language so we had to communicate using our hands and facial expressions. I had to sleep on the dirty floor which was really cool as I’ve never done that before. They fed me some sort of weird stew and I have no idea what was in it but just to experience how the locals lived was great and the weather was freezing cold, which meant that I really got a taste of the local conditions. It was one of the best experiences of my life.”

“Then I think that you’ll find that the village in the valley is much the same,” responded the monk.

Life is 10% what happens to us and 90% how we respond. Don’t allow the challenges of life to take away your joy.

There are lots of reasons to complain and be miserable if that’s how you look at life.

There are lots of reasons to be enthusiastic and joyful if that’s how you look at life.

How do you look at life?
Rain
I come pitter – patter
When you’ll chitter – chatter
I fall as rain
Without any pain
I’m like any body of water
But much much shorter

On your head I fall
Even if your’re not very tall
I’m cleared by large mops
Though I come in tiny drops
My followers are thunder and lightning
And boy! They are really frightening!

Few people wonder when I’ll get done!
While others feel I’m really fun
I make crops smile
And at times vile
When I fall on them
At times quite untamed

You may have guessed by now,
Who I am and
Something I forgot to tell
I make things very damp
And never get a cramp
Let me tell you now
I am rain, not at all vain

This year, in May, I was selected to represent our school in the STEP camp, in Goa. STEP is a leadership-based programme, organized by Project SEARCH. I discovered myself at the STEP camp, made a lot of new friends and had the time of my life, for once, not homesick.

Project SEARCH is a TERI-Tetra Pak initiative, a school education program on sustainable consumption and active citizenship. Its idea is to encourage young students and teachers to practise the 4Rs — refuse, reuse, reduce, and recycle — in their daily lives.

When the summer vacation ended, and I came back to school, all I could think of was the Tetra Pak carton collection in our school. You see, Tetra Pak cartons are 100 per cent recyclable, as they are made of paper, aluminum foil and polyethylene. Furniture, showpieces and even paper can be made out of these recycled cartons. A few speeches were given and the school’s Tetra Pak collection started in full swing. The response and enthusiasm of the students was unbelievable. Thanks to everyone, the Tetra Pak collection bin was full in about a month.

All I hope is that we all are always this enthusiastic when it comes to doing something for our earth, and the Tetra Pak collection goes on, hopefully forever.
Do you know what the national animal of India is? Of course, you do. Yes, it’s the tiger. And you do know that the national flower of India is lotus. The national bird of India is peacock! But, do you know what the state bird of Maharashtra is? No guesses? It’s the green-footed yellow pigeon. And the state bird of Delhi? Well, the state bird of Delhi is house sparrow.

The common house sparrow is supposed to be... well, common. But is it? Once upon a time, these little birds could be heard chirping everywhere, and all the time. Seeing these birds is a rarity now, a pleasure available only to those who live in the greener parts of cities, or near gardens. Why is this happening? The answer is obvious- the population of sparrows is declining rapidly in cities. This is due to a lot of reasons. A few of these reasons are reduction in the availability of favoured food of sparrows, increased predation levels, loss of nesting sites and mobile tower radiations.

Conservation of sparrows is important as they are an important part of nature. A sparrow’s chirping is considered soothing and lowers blood pressure. Sparrows keep insect population under control, and hence are natural pesticides. Birds are also a lovely sight to look at, and educational for children.

The population of sparrows can be increased by putting up bird-feeders, as they do not get enough food to eat. Bird-baths should be kept in gardens and windows, especially during summers, when a lot of birds die due to dehydration. Nest-boxes can be put up for sparrows to breed, and increase in population.

So, let’s get ready to hear our sparrows chirp!
Even an apple a day would not keep these charming doctors away.

Doctor's Day Role Play

Bake us a cake as fast as you can.
Paper Plate Puppet Theatre

Story Telling Basket

Sensory Experience