

# Courage to Be Kind

Hi!  
My name is  
Rachael.



## How It All Started

When I was in fourth grade, I saw a friend being bullied. I told my teacher, but I didn't do anything else. I wished I had been brave enough to do something more. My mom said if I prayed, Heavenly Father could help me.

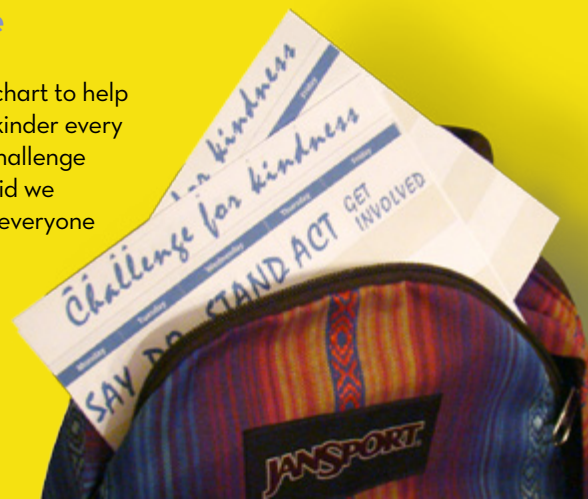
## A Prayer and a Phone Call

I went to my bedroom and prayed about it. Just as I said, "Amen," the phone rang. It was my friend Lexi. She could tell I had been crying. I told her what happened at school and invited her to come over.



## The Challenge for Kindness

I decided to make a chart to help me remember to be kinder every day. I called it the "Challenge for Kindness." Lexi said we should make one for everyone in our class.





## RACHAEL'S TIPS FOR STANDING TALL

- Stand up for yourself, for others, and for what you believe in.
- You can do more when you work together.
- Be kind to others because it makes the world a better place!
- When you feel bad about something, pray to Heavenly Father so He can comfort you and help you know what to do.

## SEND US YOUR FOOTPRINT

How do you follow Jesus by standing tall?  
Trace your footprint, and send us your  
story and photo, along with your parent's  
permission. Find out how on page 39.

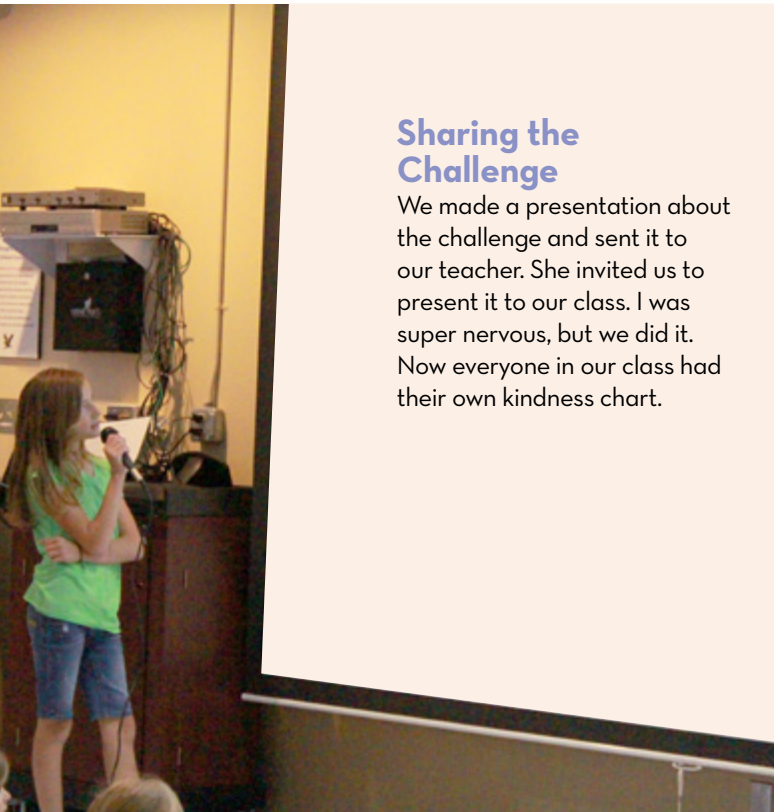


## A Huge Warm Feeling

As I walked back to my seat, I had a huge warm feeling. Heavenly Father comforted me when I felt bad and prompted me to do something that made a difference. It felt good to know I had answered Heavenly Father's challenge to be kind!

## Sharing the Challenge

We made a presentation about the challenge and sent it to our teacher. She invited us to present it to our class. I was super nervous, but we did it. Now everyone in our class had their own kindness chart.



## Butterflies!

I still wanted to do more, so I sent our presentation to the principal. She asked us to share our challenge with the whole school! Now I *really* had butterflies. I said a prayer right before the assembly started. Lexi and I took turns talking about why people bully and what to do about it. At the end we both said, "We will make a difference! Together we will stop bullying!"

