

By Laura Goodrich  
Based on a true story

Lydia  
L watched  
Mommy  
get ready  
for work.  
Mommy put  
on pretty pink  
lipstick. She  
looked beautiful.

Lydia looked in  
the mirror. She felt  
sad. "I don't have  
any lipstick,"  
Lydia said.  
"So I'm not  
beautiful."

# Hands, Heart, and a Smile

Mommy  
hugged her  
tight. "Wearing  
lipstick isn't  
what makes  
people beau-  
tiful. Being  
strong and kind  
makes people  
beautiful.

"You are strong and  
kind when your hands  
help others.

"You are strong  
and kind when  
your heart loves  
everyone.



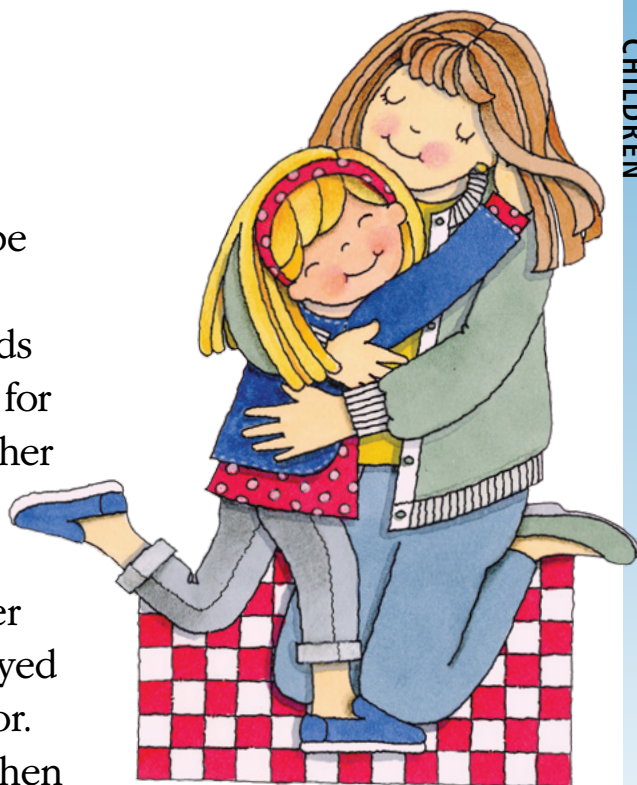
“And you are strong and kind when you smile. That makes everyone happy too.”

“Being strong and kind makes you beautiful inside, not just outside.”

Lydia wanted to be strong and kind!

She used her hands to carry the mail in for Grandpa. She gave her last cookie to her cousin.

She felt love in her heart when she played with a new neighbor. And she felt love when she gave coins to a girl collecting money for people who didn't have homes.



She smiled at people she saw. They all smiled back.

That night Lydia told Mommy, “You are right! I feel strong and kind. I used my hands and my heart and my smile today.”

Mommy smiled. “You are strong and kind, just like Jesus wants you to be!” ■

*The author lives in Utah, USA.*

