



The Story of the Star Thrower



Early one morning, as the sun was rising in the sky, an old man went for a walk along a beach. As he walked, he noticed a young boy in the distance. He saw the boy pick something up from the sand and throw it into the sea. The boy walked a few steps and then picked something else up and tossed it into the sea. The old man was curious. He made his way over to the boy, "Can I ask what you are doing?" he said.

"I'm throwing the starfish into the sea," replied the boy. The old man looked puzzled, "Why would you do that?" he said. "Because the tide is going out and the sun is coming up," explained the boy. "Soon it will be too hot on the sand and the starfish will dry out."

The man threw his head back and laughed, "But the beach goes on for miles and miles. There are thousands of starfish stranded here. You will never be able to make a difference!"

The boy gently picked up another starfish and threw it into the sea. As it splashed into the cool water, he turned to the man and said, "I made a difference to that one."

The young boy on the beach didn't give up just because he couldn't help all the starfish. He did what he could. He knew that every small act of kindness makes a difference. Every little bit of kindness counts.

You might not be able to change the whole world in a day but you can change the world for one person by being kind to them.

There are lots of things you can do to be kind whilst you are at home. Here are some ideas:

Call your friends or family on the telephone

Write a letter or email

Send a voice note

Use kind words when you speak to your family

Help tidy up

Help with the washing up

Bake a cake

Draw a picture for somebody

Say thank you

Give a compliment

Make a colourful poster for your windows for people to look at

Help lay the table

Smile at someone

Share

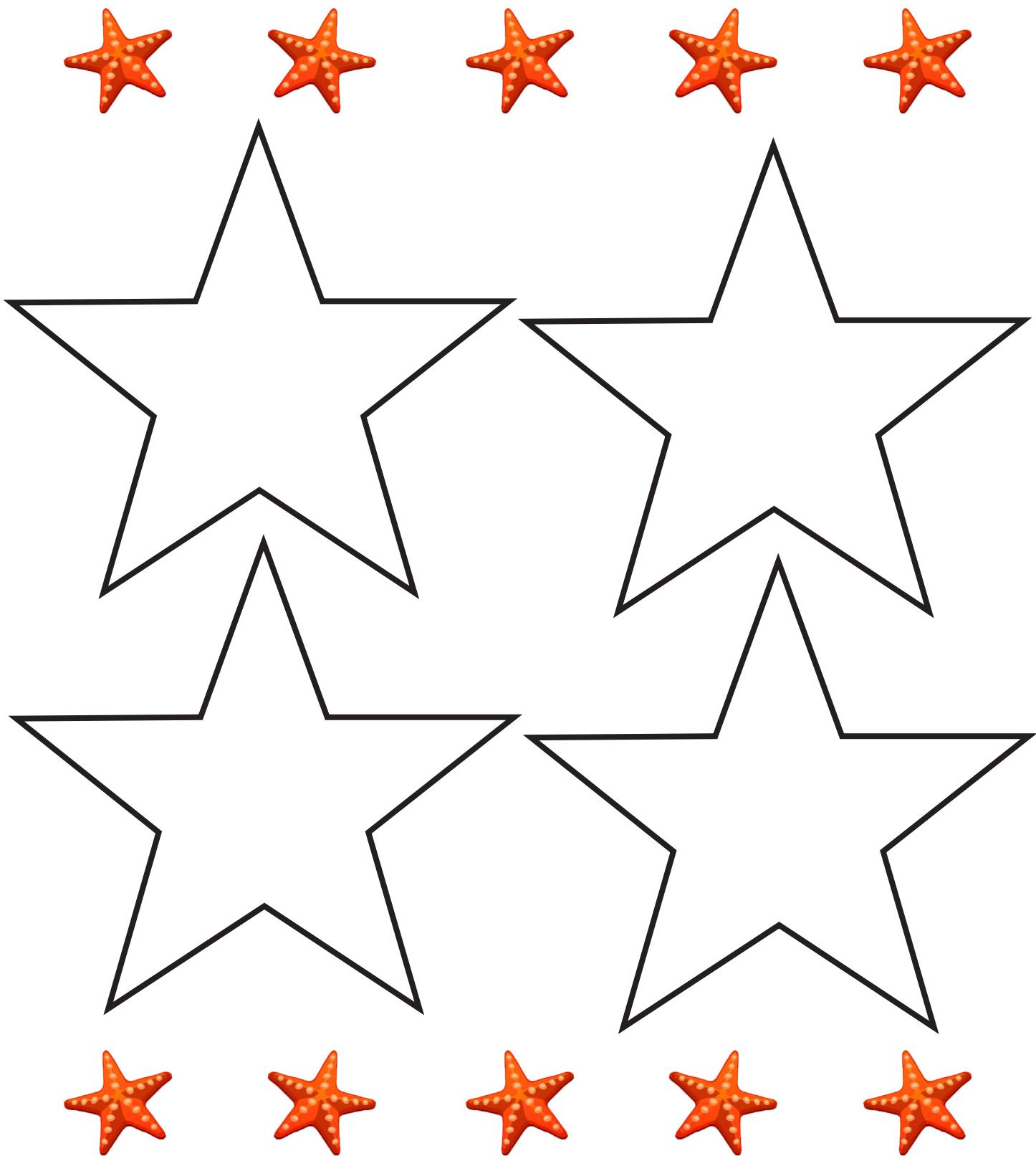
Play with a brother or sister

Read a story to somebody in your family

Can you think of anymore?



Choose four kind things that you are going to do this week and write them inside the starfish.



Remember: Every little bit of kindness, however small, makes a difference!

This story is adapted from "The Star Thrower" written by Loren Eiseley