

## The Four Noble Truths, for kids!

1.Truth of suffering. This means we all feel sad, mad, or scared sometimes. When we feel these feelings we can try to remember we are not alone, there are many other kids feeling the same thing. And it's ok to cry if we feel like crying.

2.Truth of the cause of suffering: there are many reasons why we may feel these feelings, such as not getting what we want, feeling left out, physical pain or seeing others being mistreated or in pain.

3.Truth of the end of suffering: It is possible to suffer less and be happy and peaceful more often. All emotions come and go, they don't last forever, like the waves of the ocean, they arise then subside.

4.Truth of the path that leads to the end of suffering. By following the Buddha's example of loving kindness and compassion for everyone, including ourselves, we can reduce suffering and be happy and peaceful. And it's ok to laugh if you're happy. 😊