

Adventures in Human Values™
Stories for Children

OPEN-MINDEDNESS



Series 9, Book 9

By Vinesh Nambiar

Illustrated by Albert Lalmuanpuia Ralte

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THE HUMAN VALUES 4 KIDS FOUNDATION™



www.hv4k.org

“What are you doing?” asked Keisha.

“I’m doing yoga,” replied Steven.

“Yoga?” questioned Keisha. “What exactly is that?”

Steven explained, “Yoga is an ancient technique that people use to establish unity in their mind, body, and spirit. I’ve been doing this for a while now.”



Collin overheard Keisha and Steven talking, and he interjected, “You crack me up, Steven. You’re always into these weird things. Why can’t you just be a normal ‘meat and potatoes’ kind of guy like the rest of us?”



Steven responded, “You need to have more open-mindedness, Collin. You shouldn’t judge something that you know nothing about. Yoga could really benefit you – especially on the football field.”



Although Steven meant no harm, Collin got very defensive and said, “I am way better than you at football, you girly man!”

Steven just laughed off Collin’s comments and got back to his yoga practice.



Keisha then asked, “Steven, do you really think yoga helps you with football?”

“Certainly,” answered Steven.



“It helps my mind focus. It makes my body more flexible. And it connects me to my fearless spirit. Keisha, don’t get deceived by Collin’s fear of new things. Just keep an open mind. Then you can get the most out of life and become a better person.”

JUST KEEP
AN OPEN MIND



Later on that day, Keisha watched from the stands as the football team practiced.

She noticed that Collin kept dropping passes, while Steven caught everything that was thrown to him.



In addition, Steven was able to make acrobatic catches and he never got frustrated or angry.

Collin, on the other hand, got frustrated and angry every time he dropped a ball, which was often.



After practice, Keisha walked up to both Steven and Collin and said, “Steven, you were amazing out there. You could bend your body in all directions to catch passes. However, your ability to bend your mind through your ***open-mindedness*** is what has impressed me the most!”



This book is dedicated to the Love that resides in the hearts of everyone.

108 Steps to Love



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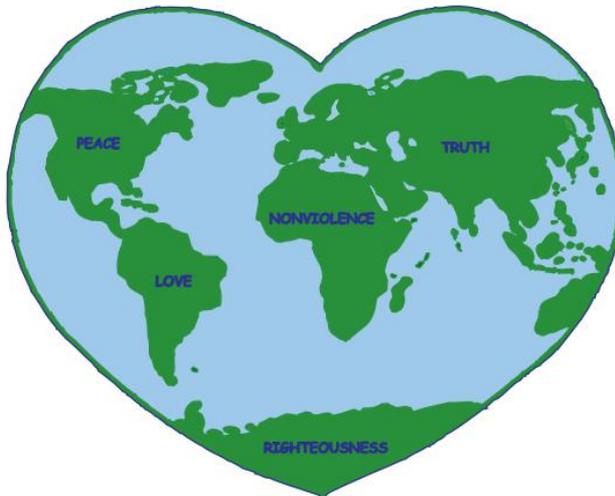


Research that can Change the World

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The Human Values 4 Kids Foundation is a nonprofit organization dedicated to promoting universal human values in children. All products, projects, and programs developed by the organization have this aim in mind and contribute to this end. The organization operates on the premise that there is no solution more effective to solving the problems facing our world than to elicit the innate wisdom that resides in the hearts of our children. The organization has been built on the foundation of Peace, Truth, Righteousness, Nonviolence, and Love. Hence, the vision for The Human Values 4 Kids Foundation is to change the world one heart at a time through values that apply to all people at all times in all places.

The Human Values 4 Kids Foundation™
changing the world one heart at a time



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Adventures in Human Values™

Stories for Children

The Adventures in Human Values books are simple, yet powerful stories that teach kids about the importance of basic human values.

Join Shivam, Khiara, Dorian, Elizabeth, CJ, Julia, Ahmed, Melia, and Keisha as they learn about **GOODNESS, EDUCATION, APPRECIATION, FOCUS, MERCY, DETERMINATION, INTEGRITY, EFFORT, and OPEN-MINDEDNESS** in this inspiring ninth series.

If we are to change the world for the better, then it must begin in the hearts of our children.

