



Kindness is not Weakness

'Inner strength is the thing you have to depend on,' I say, going back to my colouring. 'When you're sad or worried or lonely or something, you have to look inside yourself to find your inner strength. And you use it to wipe away the bad feelings and make yourself happy again. That's what makes you strong, you see.'

Mae still looks baffled. 'Wow. I don't think I've ever looked for my inner strength. Do you think I have any?'

'Everyone does,' I say, nodding.



Things to think about with your parent/guardian

1. What is resilience?
2. Is it the same as Calypso's idea of 'inner strength'?
3. Do you see any potential problems with thinking you have to use your own inner strength to wipe away bad feelings?
4. Why has Mae never needed 'inner strength'?
5. Mae seems to need kindness – she often cries, seeks out hugs from her mother and Calypso. Does this make her weak?
6. Does needing kindness and compassion make us weak?

Can you write a paragraph on your thoughts about kindness, resilience and 'inner strength'? You could call it 'Kindness is not Weakness'.

