

FILLED WITH GLADNESS

Sparrow complained a lot. If the day was cloudy and overcast, she would grumble. If it was very sunny, she was unhappy about that too. She was good at being grumpy.

At first, her friends and family paid attention to her when she would complain, but today they had taken flight to the roof across the street. Sparrow didn't know why.

"I'm so bluuuuuuue!" she warbled as she sat alone on the roof. She scowled at her friends in the distance who were chirping happily.

In the house that Sparrow was perched on, the little girl who lived there was having a tea party. Sparrow watched the girl. She seemed to always be having a great time. Friends came over every day to visit her.



Sparrow flew a little closer so she could listen to what they were saying.

“Look at your dress, Penelope! How pretty! I’m so glad you could come today. And you, too, Emily! This is going to be wonderful!”

Sparrow could feel her mood brightening. She wondered if it were that easy. Perhaps all she had to do was focus on the good things that happened to her instead of what could go wrong. She decided to try it. She had nothing to lose, so she flew over to where her friends sat and did her best to think happy thoughts and say positive words. Before long Sparrow forgot all about being grumpy; her heart was filled with gladness.

When you whine or complain, it casts a dark shadow over your day and those who are near. When you focus on being grateful and thankful, you can brighten your day and others’ days too!

Authored by Aaliyah Smith. Illustrations by Alvi. Design by Stefan Merour.
Published by My Wonder Studio. Copyright © 2016 by The Family International

