



Sun and her sunglasses

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Theme: Remaining connected to hope – keeping a positive attitude

Appropriate age group: All age groups, especially 8 years and older



The first time it happened it was a very hot day. Even Sun felt as if she was burning up from the heat and the bright light. Sun screwed up her eyes so her smooth face was full of wrinkles. She couldn't even look at what was happening on earth below. Then Sun remembered her sunglasses. What a relief when she put them on! The sunglasses protected her eyes from the glare so she could relax and open her eyes.

What did Sun see when she looked down at the earth below through her sunglasses? She saw big animals bullying small animals and people upset with each other. She saw a river flooding its banks and destroying a village. Sun felt really upset when she saw what was happening on earth. Where were the beautiful happy sights she used to see on earth?

That night as darkness fell over the earth, Sun took off her sunglasses. When she looked down at the earth she saw good and peaceful things happening. She saw a mother singing a lullaby to her child. She saw a mouse family sharing their food. She saw the full moon making a silver path on the sea. Sun was pleased with what she saw.

The next day was another scorcher. Sun grabbed her sunglasses to protect her eyes. As she looked down at the earth she saw even worse things happening than the day before – animals dying of hunger, a baby being beaten and an earthquake that flattened a city. But strange to say, Sun was not as upset as the day before – and she didn't even notice this change in herself.

That night, when Sun took off the sunglasses and looked down on the earth she again saw beauty and goodness. She saw a father hugging his son, two animals holding each other as they slept and stars twinkling in the sky. Sun began to question herself: "How can it be that I see good things on earth every night but never during the day?"

And so it continued, by day and by night. During the day Sun saw only hurt, anger and destruction on earth and with each passing day, she felt less upset by what was happening. Sometimes she could hardly wait to see what bad thing would happen the next day. But at night she was relieved to know that there was still goodness and caring on earth.

One day Sun noticed something unusual happening down on earth. She had a good look through her sunglasses. All the people and the animals had come together and were very busy doing something. It was the first time Sun had ever seen all the people and the animals working together. What on earth was going on? Some were gathering stones, some were arranging the stones, and others were checking to see that the stones were in the right place.

The people and the animals carried on working the whole day. Sun watched all morning and all afternoon, getting more and more puzzled. She noticed the moon rising in the late afternoon while there was still light in the sky – it was almost time to take off her sunglasses. Just at that moment she saw that the stones had been arranged to write a message. She was a little shocked to see that it was a message to her.

*Dear Sun,
We miss your positive energy. We do not feel your warmth anymore. We need it back. We need to see the sparkle in your eyes as it gives us hope and joy.
Love
All of us.*

Sun read this message over and over again. Did she really have such positive power? Did it really mean so much to all the people and the animals to see the sparkle in her eyes? And why did they feel she wasn't shining as brightly and warmly as before?

All through the night, Sun thought about the message. What could it mean? At last, just before dawn, the answer came to her. The sunglasses! When she was wearing sunglasses everything looked different, of course. She could see only negative and hurtful things so she shared less positive energy.

Sun knew it was time to make a decision – a very important decision. She realised she had the power to heal or hurt everything and everyone around her. She knew deep inside herself what she needed to do.

Sun took off her sunglasses and threw them with all her might into outer space. She felt enormous relief. She took a deep breath, smiled, and her eyes began to sparkle. She felt positive energy shine from deep within her down to the earth again.



? Possible discussion points:

Identify people with a positive attitude and discuss how this impacts on their lives and the lives of others.

How does it help to have a positive attitude?

How can you try to develop a positive attitude?