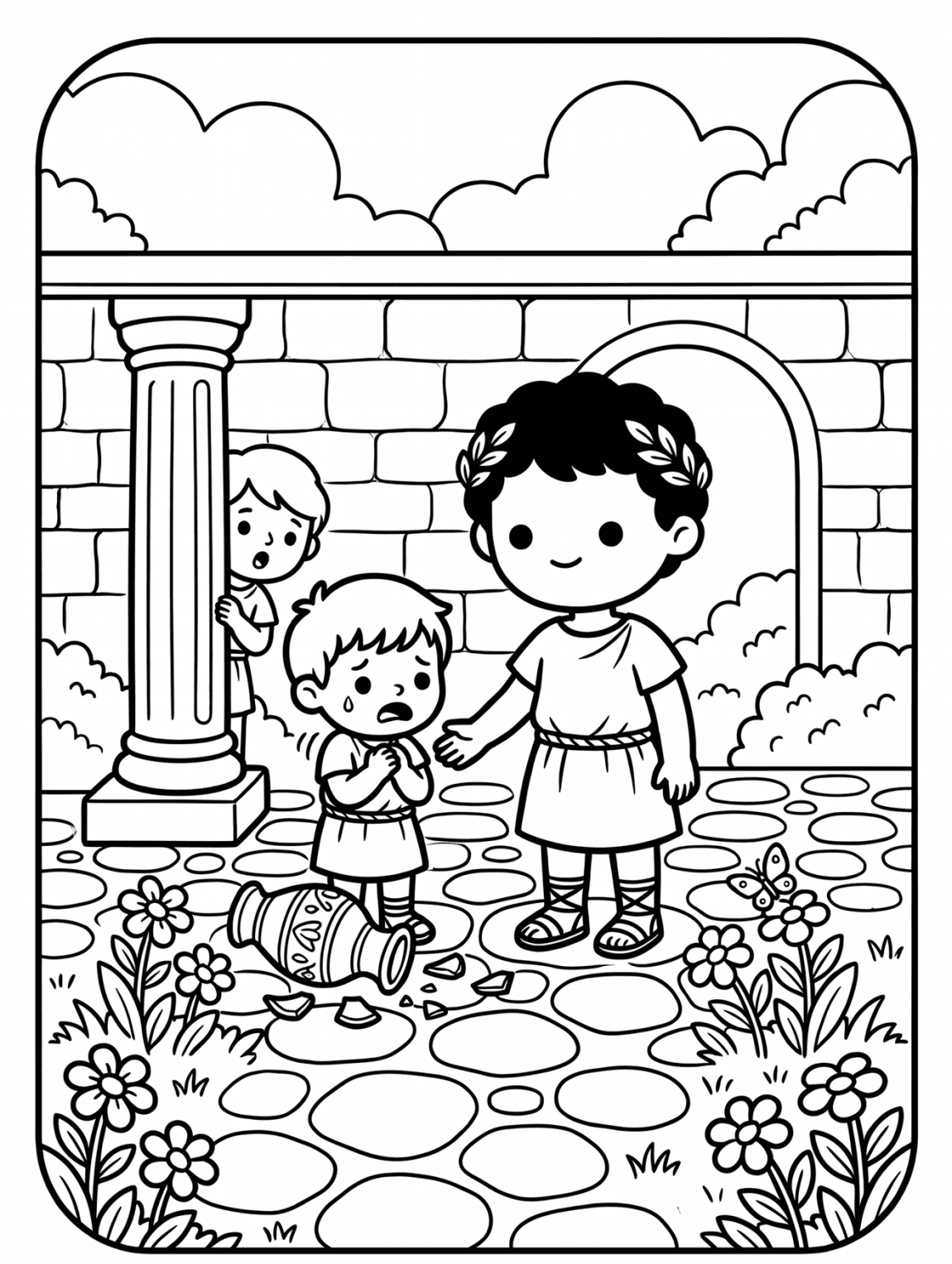


Being angry about what happened usually hurts more than what happened. - after Marcus Aurelius · Meditations 11.18

spark & wonder



Less talking about what a good person is. More being one. - after Marcus Aurelius · Meditations 10.16

spark & wonder



Love the people life puts beside you, and mean it. - after Marcus Aurelius · Meditations 6.39

spark & wonder



Wherever there is a human being, there is an opportunity for kindness. - after Seneca · On a Happy Life 24

spark & wonder



When someone is lost, it is better to show them the way than to chase them away. - after Seneca · On Anger 1.14

spark & wonder



Regard a friend as loyal, and you will make him loyal. - after Seneca · Letters 3.3

spark & wonder



Don't talk about your beliefs. Show them. - after Epictetus · Enchiridion 46

spark & wonder

The story behind these pages

Every picture in this pack shows a child who stops for someone else. A boy picks up an old man's figs. Another wipes up spilled ink with the younger boy who knocked it over. One shares his bread with the new boy, and one sits down next to a girl whose pot just broke. While your child colors, ask: who is being kind here, and how can you tell?

These drawings come from

The Calm Emperor

The Wise Friend

The Free Spirit

Scan to see the book