



Children's
SOCIETY

Caring for the Future

Eli and the Relay Race



About Choo Choo Train

Choo Choo Train is a series of stories and activities aiming to inculcate good values in five and six-year-old children. Children will learn eight values through 16 stories and activities. The stories will feature Eli the elephant and his friends as they learn about each value.

If you are a parent or an educator, there are guided questions at the end of the story that you may ask the children to build their empathy and perspective-taking skills.

Recommended activities are also included for a wholesome experience in learning these values!

About this story

In this story, we will explore the value of kindness. Eli and his friends are ready for their Sports Day. However, Bob tripped and fell during the relay race. Felix got angry at Bob as he had trained hard to win the race. Will Felix show kindness? Read on to find out more.



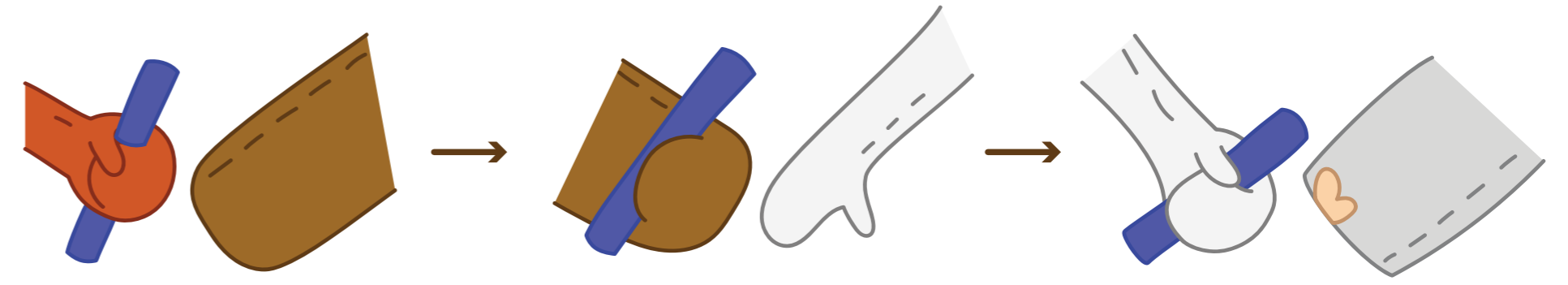


It was a bright and sunny morning. Eli and his friends were excited about Sports day in school. They had spent many days training for it.

“Calling for all runners for the 4 x 100 metres relay race!” announced Miss Gina.

“That’s our race! It’s our turn!” Eli, Felix, Bob and Ray exclaimed nervously as they got into their positions.

READY,
GET SET,
GO!



“Remember, I will first pass the baton to Bob. Then, Bob will pass the baton to Ray, and Ray will pass the baton to Eli,” Felix reminded all of them.

All the animals got into position.

“Ready, get set, go!” Miss Gina shouted as she sounded the horn.



Felix ran as fast as he could and steadily passed the baton to Bob.

Bob took the baton and started running.

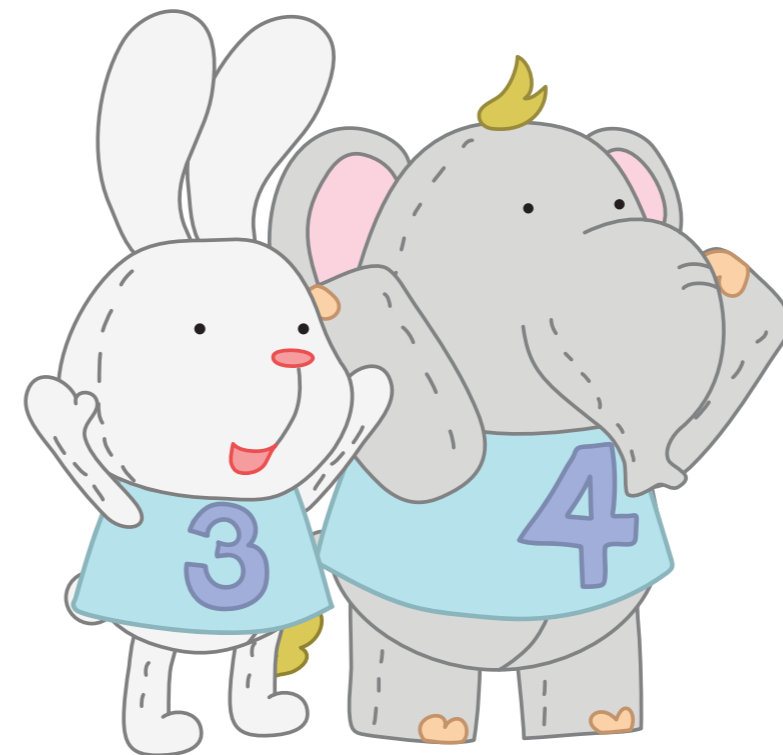
Halfway through, Bob tripped and fell.

“Why are you so clumsy, Bob? How could you fall down? Quickly stand up and run so that we will not lose!” Felix shouted angrily.



Bob cried in pain but he stood up and limped towards Ray.

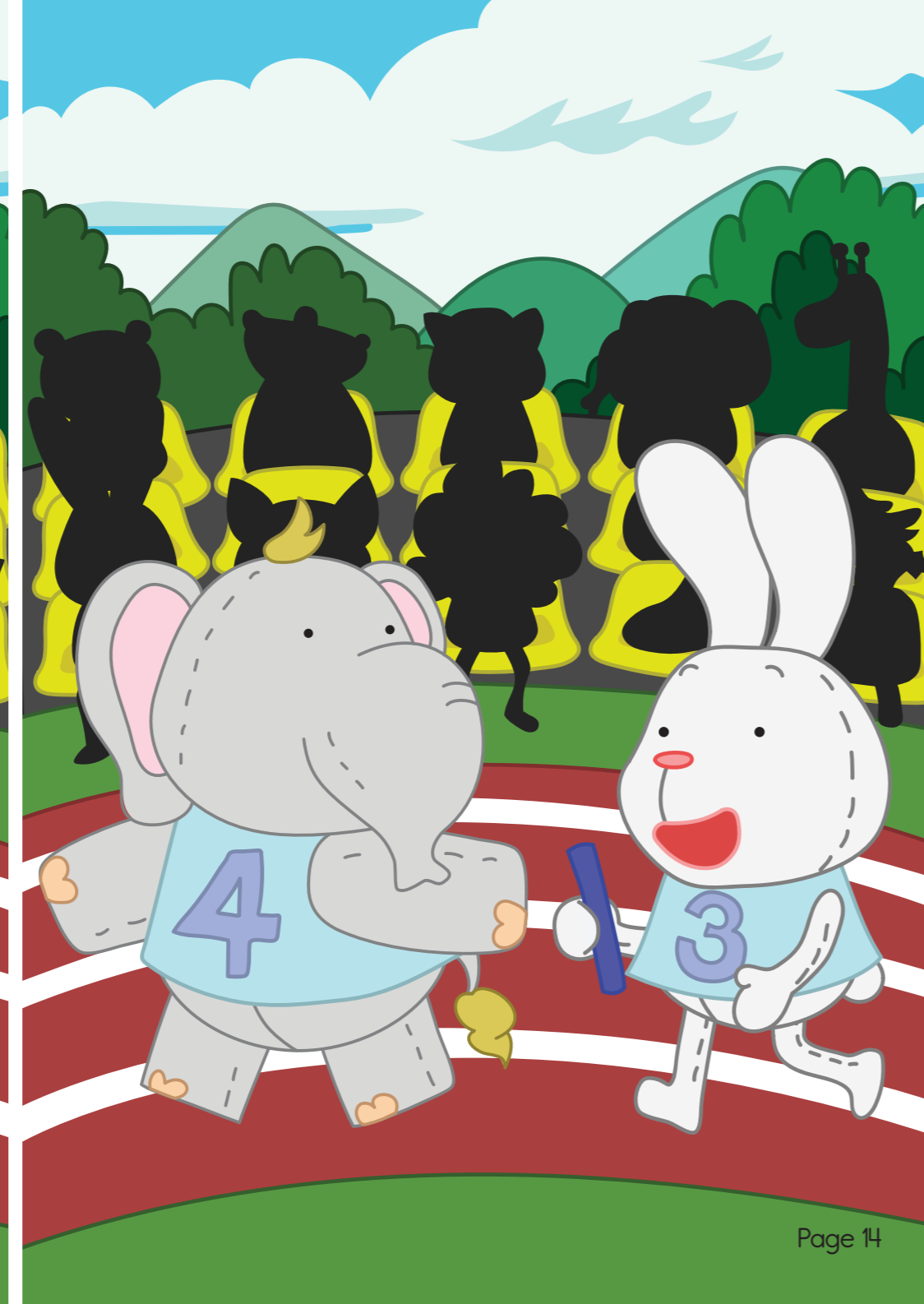
“Hurry up, Bob! You are too slow! You are making us lose!” Felix shouted at Bob.



“It’s okay, Bob. Try your best. Stop if it’s too painful!” Eli and Ray shouted to Bob.

“No stopping! Don’t make us lose, Bob! Run as fast as you can!” Felix shouted.

Miss Gina walked over to Felix when she heard what Felix had said to Bob. “Felix! That was unkind of you. Bob is in pain. You ought to show kindness to him.”



Bob limped and passed the baton to Ray. Ray ran as fast as he could and passed the baton to Eli.

Eli ran with all his might and they finished the race.

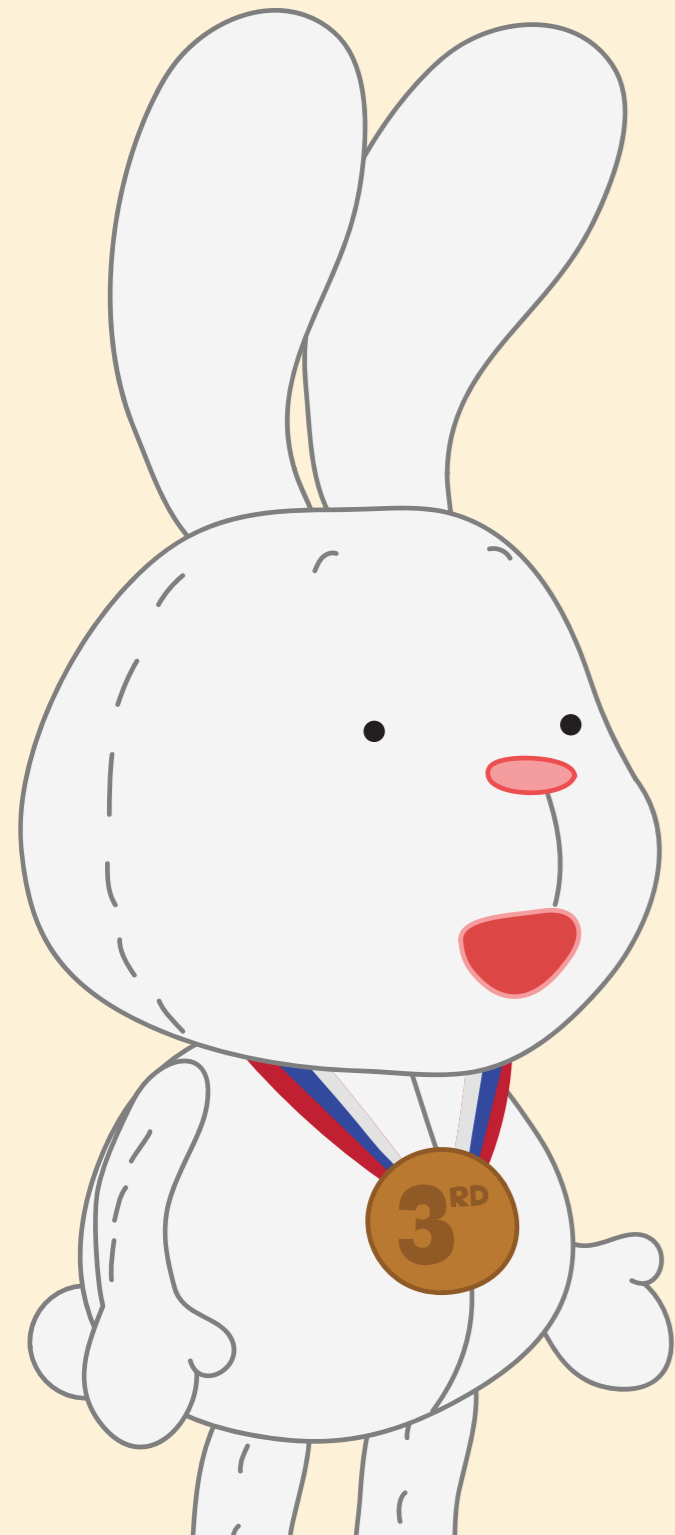
They came in third place.



“We could have won first place if you had not fallen down, Bob! Why are you so clumsy and slow?” Felix shouted.

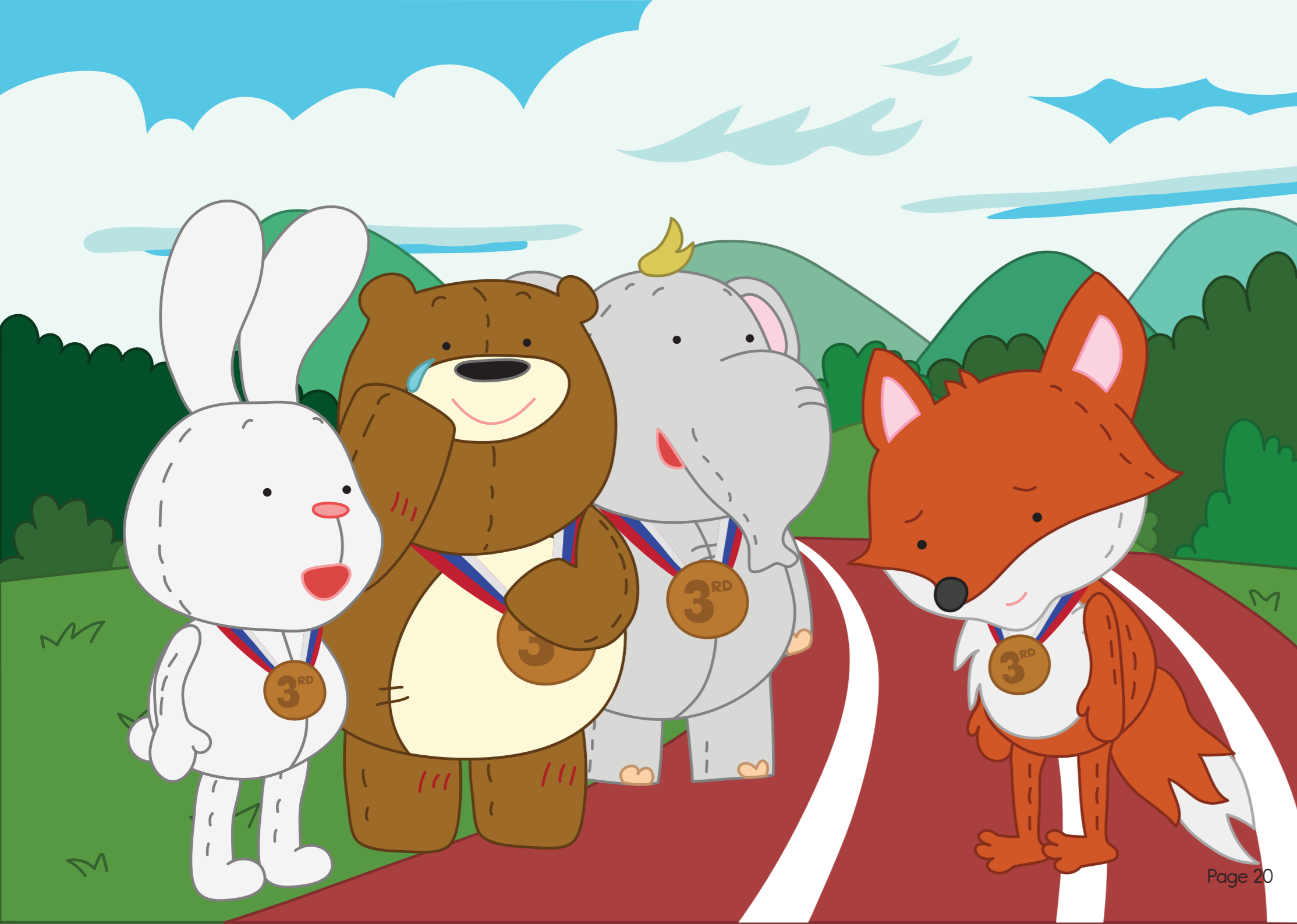
Bob burst into tears.

“It’s okay, Bob. You’ve tried your best even though you were in pain. We are so proud of you!” Eli and Ray gave Bob a hug.



“Felix, showing kindness is using caring and kind words on our friend. Calling Bob slow and clumsy is not showing kindness,” Eli said.

“That’s right. If Bob did not stand up to continue running, we would not be able to finish the race! Bob was brave to continue running despite his pain and that got us into third place!” Ray said.



Felix realised his mistake and hung his head low. “I’m sorry Bob, for not showing kindness to you. Thank you for getting up from the fall and giving your best to finish the race.”

“It’s okay, Felix! You wanted us to win because we trained so hard. Next time, we’ll compete again to show you I am not slow and clumsy at all,” Bob smiled.

Felix was glad that he had learnt about kindness that day.



Ask and Discuss

Here are some questions to further the discussion with your child. The suggested responses serve as a guide.

What value does this story teach?

This story teaches about kindness. Kindness is showing care to others with our words and actions.



What happened in the story?

Eli and his friends were taking part in a relay race. Bob tripped and fell while running. Felix called Bob slow and ordered him to continue running without caring about Bob's injuries. On the other hand, Eli and Felix encouraged Bob and told Felix that he was not being kind. Bob continued to run despite being injured and the team came in third place for the race.

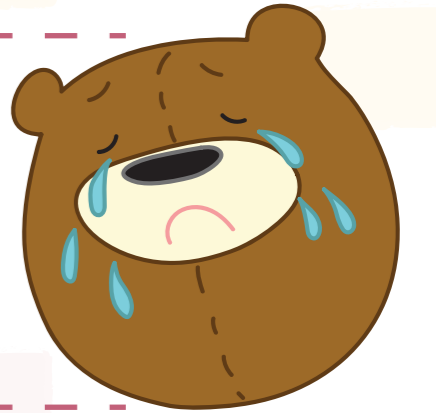


When did Felix not show kindness? Why do you think Felix did not show kindness?

When Felix called Bob clumsy and slow after Bob fell. He then blamed Bob for causing them to only come in third place for the race. Felix did not show kindness because he was too eager to win the race.

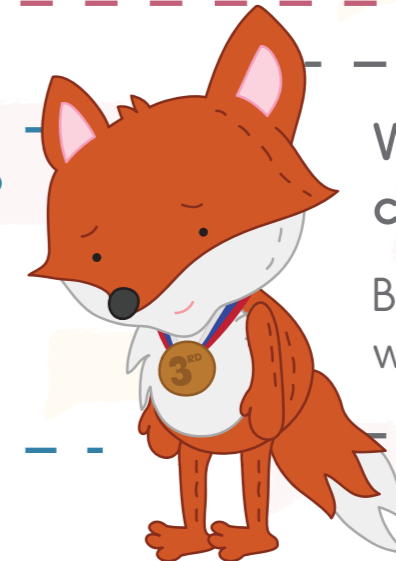
How would you feel if you are Bob and your friend called you slow and blamed you for losing?

I would feel sad and discouraged. *(Parents/educators can ask children why they would feel this way and what they would do when they feel this way to encourage children to think about their responses to such feelings.)*



Why should Felix show kindness?

Felix should show kindness so that Bob can feel encouraged because Bob fell down and was hurt.



What would happen if Felix continued to not show kindness?

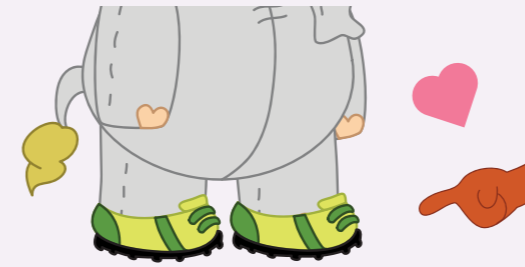
Bob would feel sad. Ray and Eli might not want to join the race with Felix anymore.

Activity: Spot the kind phrases

In this activity, children will find out more about the differences between the kind and unkind phrases used in different situations.

1. Read the phrases on the next page and ask your child if the phrase shows kindness and ask your child to explain his/her answer to you.
2. Ask the child how a person will feel when he/she hears each of these phrases.
3. For phrases that do not show kindness, ask how the child can rephrase it into something else that shows kindness.

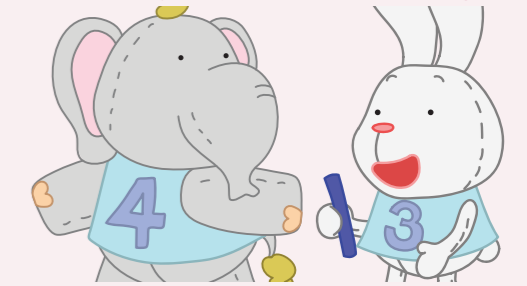
Your shoes look very nice.



I like playing with you.



Don't worry, let's do this together.



I like the colours on your drawing.



Go away, I don't want to play with you.



Rephrase to: "Come and play with me" or "Do you want to play with me?"

You mean you can't do such a simple task?



Rephrase to: "Do you need any help?" or "May I help you?"

Why do you run so slowly?



Rephrase to: "We can practise running together." or "You are giving your best, don't give up."



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ABOUT SINGAPORE CHILDREN'S SOCIETY

Singapore Children's Society has been helping disadvantaged children, youth and their families in Singapore since 1952. We are an independent and non-profit organisation that relies predominantly on public support for many of our programmes and public education initiatives such as Choo Choo Train.

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