Bucovery Kids Stories™

The Little Dhammapada

Five Buddhist teachings for kind and thoughtful kids



AGES 6–10

An old book of wisdom

The Dhammapada (say DUM-uh-puh-duh) is a collection of short Buddhist verses, a little like poems. Buddhists have read and shared these teachings for many generations.

The verses help us notice what is happening in our minds and choose what we say and do. They ask us to practice kindness, pay attention, and learn from our mistakes.



Read a story, then try the little practice on the page.



A pause before words

Verses 1–2

What’s happening in our minds can shape what we say and do.

Leo’s sister bumped the table, and his block tower fell. He wanted to yell. He felt his toes inside his shoes and took one slow breath. “I’m upset,” he said. “Will you help me build it again?” His sister picked up the first block.

TRY IT

Feel your feet on the floor. Take one breath. What would you like to say?



Let the quarrel cool

Verse 5

When someone is unkind, we can choose a response that doesn’t add to the hurt.

At recess, someone laughed when Ana missed the ball. Ana thought of a mean name to call him. Instead she said, “Please stop,” and went to play with a friend. When the teasing happened again, she asked her teacher for help.

TRY IT

Practice saying “Please stop” in a steady voice. Who could you ask for help?



Look at your own part

Verse 50

**It’s easy to spot someone else’s mistake.
Wisdom starts with noticing what you did.**

Mina and Jo spilled the markers. “You left the lid open!” Mina said. Then she remembered how she had tugged the box toward her. “I pulled it. I’m sorry,” she said. She crouched down to pick up the markers.

TRY IT

Think of a small mistake you made. What could you do to make it right?



Kindness, drop by drop

Verse 122

A jar fills one drop at a time. Kindness grows through small acts, too.

On Monday, Eli held the door for someone carrying books. On Tuesday, he made room at the lunch table. On Wednesday, he helped look for a lost mitten. Each thing took only a moment. By Friday, he was noticing more chances to help.

TRY IT

Choose one small thing you can do to help someone today.



Grow a careful mind

Verse 183

The Buddha taught us to avoid harm, do what helps, and train our minds.

At the park, Sam saw friends getting ready to step on an ant trail. Sam almost joined in. Then she stopped to watch the ants carry crumbs. “Let’s go around,” she said, pointing to a clear spot. Two friends followed her.

TRY IT

Before your next choice, pause and ask, “Could this hurt anyone? What could help?”

ONE SMALL CHOICE

What will you try?

Think about a time when you could pause, help, or make something right. Draw what you might do.

For grown-ups

The stories and practices are original. The teachings are simplified from verses 1–2, 5, 50, 122, and 183 of the Dhammapada, using Acharya Buddharakkhita’s translation as a reference.