



ADVENTURES OF SOPHIE

HOW HELPING OTHERS CAN
BRING HAPPINESS!

Sophie was a bright and curious 10-year-old girl who lived in the small town of Sunflower Grove.





She sometimes wondered why she felt something was missing even when she had so many toys.



One day, Sophie asked her mom, "Why do I feel a little lonely even when I have all my favorite things?"

Her mom smiled and said, "Try to help someone and then you will feel happy."



The next day,
Sophie saw a little
sparrow with a
hurt wing. "Oh no,
you're hurt!" she
said.





Sophie made a makeshift nest using some branches and carefully put the sparrow in the nest.

On her way to home, Sophie noticed her friend Anna struggling to carry heavy groceries.

"Let me help you!" Sophie said.



Sophie saw a little boy looking sad because his toy truck was stuck on the tree.





Sophie gave the toy truck to the little boy.

The little boy was overjoyed.

His smile made Sophie very happy.



Sophie no longer felt lonely.

To thank her for her kindness,
the townspeople
surprised her with a
basket full of flowers.

Sophie told her
friends,

“Kindness is like
sunshine... When you
help other, it shines
back on you.”



After that...
Sunflower Grove
became the
happiest town.

All because of one
little girl who
learned the magic
of helping others.





Sophie found her
happiness in
helping others.

She no longer
chased happiness.

She only chased
butterflies...