

# WINDS OF TESTS

"When the winds of tests blow, the frail trees are uprooted while the blessed trees are made firm and immovable." —'Abdu'l-Bahá

**H**ave you ever seen a tree in a windstorm? The branches bend in forceful gusts. Even if some leaves and twigs break off, the tree's roots anchor it to Earth.

Similar to stormy weather, difficulties can shake up our lives. We might struggle with a big school project or feel troubled by sad events in the world. But like a tree, we can be strong and flexible when winds get rough. Tests give us chances to develop

virtues, such as compassion, courage, and patience. Just as trees grow deep roots and protective bark, we can strengthen our spirits with prayer and meditation. We can spend time in nature and express ourselves through the arts.

Challenges will pass in time. Storms always end, and sunny days return. When we plant seeds of positivity, we can *branch* out with joy and confidence!

Use the letter pairs on the leaves to complete tips about standing up to tests. Each pair can only be used once.



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| 1 You can build <u>SK</u> _____ to handle challenges. | 6 _____ at different angles to find a creative solution. |
| 2 Pray and read holy books to lift your _____.        | 7 Focus on ways _____ can be good.                       |
| 3 _____ to yourself as you would a friend.            | 8 Ask people who _____ about you for their advice.       |
| 4 Imagine how your _____ would handle things.         | 9 Do exercise you enjoy to clear your _____.             |
| 5 Think about how you _____ past problems.            | 10 Breathe deeply, do _____, or make art to stay calm.   |