

Wonderland Muffin

Alice baked some chocolate muffins for today's afternoon tea with the White Queen and the Red Queen. But alas! She mistook coffee powder for chocolate powder...and forgot to add sugar. When the queens had the muffins, they tasted quite **BITTER** ...



"Very unique taste, indeed." said the Red Queen.

"I messed up the recipe...what a careless, silly girl I am!" cried Alice with an embarrassment.

"If your friend made a similar mistake, would you say the same thing to them?" the White Queen asked Alice quietly.

"No, of course not... I wouldn't blame my friend for such a thing." answered Alice.

"Then what would you say?" asked the White Queen again.

"I'd rather try to cheer them up...I'd probably say like, that's fine, don't worry, we all make mistakes..." said Alice.

"Then, you could say the same to yourself." smiled the White Queen.

"You can be a **GOOD FRIEND TO YOURSELF** instead being a critic. And I must say, with this whipped cream, these muffins taste lovely."

Alice and the Red Queen tried the muffins with the cream, and to their surprise, they completely agreed with the White Queen.





When your good friend is feeling down, what would you do to uplift his/her heart?



Use the space below to answer the question ...

A large yellow rectangular area with wavy edges, intended for writing an answer to the question above.

When you are feeling blue, try **BE YOUR BEST FRIEND** and treat yourself. This will help you to feel better.



Colour Alice's Muffin and use the rest of the space to draw your own muffin if you like

