

Family Council

Secret of The But's Family to Forget Worries – Text Version

Cover

Secret of The But's Family to Forget Worries

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Story

Chapter 1: The family is in trouble

As usual, Heidi sits in the sitting room, waiting for Daddy to come home and help her study Maths.

Heidi is expecting Daddy to arrive soon when she hears the sound of the key unlocking the door. Unexpectedly, Daddy goes straight into his room in silence, without saying hello to Heidi.

Heidi pokes her head around the door of the room and vaguely hears Daddy say: "The company has just fired my peer Archie. He has worked in the company for fifteen years. He is a veteran staff member. How can the company simply fire him? Would I be the next one?"

Heidi sees Mumi pat Daddy on his shoulder and comfort him. "Don't be afraid. **'Everything will be all right in the end!'** Heidi, Nicky and I, together with Grandpa, Grandma and Auntie, everyone supports you!"

"Your mother is sick these days. You have to take care of her at her place every day, and you can't hold it anymore!" Daddy speaks to Mumi.

Heidi thinks that Mumi and Daddy's problems are family matters. She should tell her elder brother Nicky. Although Mumi and Daddy often think that they are young and ignorant, Heidi always hopes to help share their worries. So she just goes straight to Nicky's room and knocks on the door. "Knock, knock, knock."

Dialogue in the illustration

Mumi : Don't be afraid. 'Everything will be all right in the end!'

Heidi pushes the door in, and Nicky takes off the earphones. Before Nicky asks what happened, Heidi just tells him about the conversation between Mumi and Daddy right away, whether Nicky wants to hear it or not.

“Daddy has his troubles, and so have I! I have just got the results of the Internal Assessments, and I missed them. I'm afraid I won't be able to go straight to my favourite secondary school!” At first, Nicky did not want to tell his sister the bad news, but he cannot hold it anymore. Nicky feels bad in his heart, just like bad things happened one after another. Will there be more? He does not want to think about it anymore, so he just goes to play electronic games.

As her brother is cold to her, Heidi can only go back to her room. Seeing Heidi's worried look, Birdie Peter, who claims to know everything in the world, could not help but interrupt.

“Heidi, don't worry!”

“How can I not be worried? Daddy is afraid of losing his job, and Mumi is worried about my grandmother's illness. My elder brother is afraid of not being admitted to his favourite secondary school. I don't know how to comfort them. Do you have a way?”

“Of course! You know I've always been well-informed. Some time ago, I heard that a book called “Secret to Forget Worries” is hidden in your school. It was designed to help people in need. But, the school is afraid that bad guys may use the book in a wrong way, so it designed a barrier activity which requires brain and muscle. Only those students who are intelligent, energetic and willing to help others can join this activity. Let's ask Nicky to try it together, okay?”

After knowing the solution, Heidi shouts excitedly, “Certainly!”. She and Birdie Peter enter Nicky's room and persuade him to join them. As they are so sincere, Nicky can only agree.

Chapter 2: Back to school together and face difficulties

Heidi, Nicky and Birdie Peter return to school at a swift pace. They ask someone in the school and know that Heidi's class teacher Miss Cheung is responsible for the activity.

After Miss Cheung listens to their request, she frowns and says, the "Secret to Forget Worries" isn't something that everyone can get. It'll only be given to people who have a good heart and are not afraid of defeat. They have to pass five levels of missions to get it."

Five levels? What are the five levels? Will it be difficult? When Nicky hears this, he is a little hesitant. Five levels are too many! Can they handle it? If we can only pass three levels, what punishment will you have?

"If you can't pass the levels, there will be no punishment. The biggest punishment is not getting the book... Um, do you want to go home and think about it before you decide to participate?"

Seeing Nicky a bit hesitant, Heidi cannot hold and says, "No problem, we have Birdie Peter. We can have discussions along the way and certainly can get over it."

Birdie Peter is overjoyed to hear Heidi's praise. It looks so proud that it keeps flapping its wings.

At this time, Miss Cheung points to the school's dance studio and says, "As you are so confident, you should hurry up and try it! The dance studio is the first level: 'Get out of the box!'"

As soon as Birdie Peter hears "Get out of the box", he is so excited. This is because he has always felt that being trapped in a cage or frame will close people's minds, and their thinking will become more and more negative.

Chapter 3: Let go of worries and get out of the box (Level One: Dance Studio)

As soon as Nicky pushes the door, he sees an upright mirror in the dance

studio. There is a red and green indicator light on the top of the mirror. A long strip of note is pasted next to the mirror, which reads:

Look at your true self, you can afford to lose indeed!

After reading this sentence, Nicky trembles in his heart, as if electricity is flowing through his body. There is a kind of unspeakable excitement.

Suddenly, a flash of light appears in the mirror, and an image shows up slowly. Nicky sees a handsome young man who looks very much like himself. He is holding a tablet computer in his hand.

“Who are you?” Nicky is puzzled.

“I’m you 15 years from now! I’m working as a manager in a famous computer company!” Looking at the ‘future him’ in front of him, Nicky feels unbelievable. Nicky questions the ‘future him’, “You said that I’ll have a good career in the future? But I didn’t do well in the Internal Assessments this time. How could it be possible!”

“You didn’t get knocked down by the low marks in the Assessments. Instead, you decided to study hard and encouraged yourself. Your grades improved so fast. Later, you were admitted to your favourite university. After you worked hard for a few years, you were recruited by a famous computer company in the city!”

The ‘future him’ tells Nicky about his changes. When Heidi sees this, she pushes her brother away and says, “I also want to look at my future self!”

Another flash of light appears in the mirror immediately. Heidi sees a beautiful girl in dance clothes dancing gracefully to the music.

“Who are you? Is it the future me?” Heidi jumps up with excitement as she looks at this lovely slim girl.

“Yeah, Heidi! I’m you 18 years later and I’m preparing to participate in an international dance competition!” Heidi cannot believe her ears. She never tells her family that her dream is to be a dancer. This is because she is afraid that

Daddy and Mumi may not like it. Even Birdie Peter does not know about her thought. She only told it to Miss Cheung.

Birdie Peter jumps onto Heidi's head and shouts out what Heidi is thinking.

Heidi is indeed overjoyed. When her hands are waving and her feet are dancing, she knows in her heart that she is so happy and even forgets about herself. She is completely unaware of the passage of time. Now that she sees her dream coming true in the future by turning what she thinks is 'impossible' into 'possible'. How can she not be excited!

"Come, come! Let today's Heidi and Nicky dance a 'Forget Worries Dance' with the future Heidi and Nicky." The future Nicky proposes. The future Heidi says, "Yes, pay attention to the lyrics, follow our dance steps, cheer for each other. If you can follow our movements without mistakes, you will pass Level One!"

The music starts to play. Heidi and Nicky in the mirror sing and dance to the lyrics.

*Raise your hands and clap your palms,
Drop your hands and pat your thighs.
Pat, pat, pat, pat, pat and you'll soon revive.
Pat on the left, pat on the right, and say goodbye to troubles.
Swing to the left, swing to the right, and shake off the frame of thought.
The left elbow touches the right knee, the mind becomes more flexible.
The right elbow touches the left knee, problems will certainly be settled.
Take a big step, please try to step into my frame.
Take a big step, I'll try to step into your frame.*

When they sing this verse, Heidi and Nicky notice that each of them is surrounded by a frame formed by light at their feet. They follow the future Nicky and Heidi, jump into each other's light frame and exchange their positions.

The music continues, but it gets more and more exciting.

The future Heidi and Nicky in the mirror perfectly demonstrate how to step into each other's frame, showing their open attitude. The harmony of their

dance steps shows that they sync with each other. Outside the mirror, Heidi and Nicky also sing along and follow what they do.

Something amazing happens. When Nicky steps into Heidi's frame, the mirror shows Heidi's expression of anxiety when she hears Daddy and Mumi's talk. Nicky sees Heidi's helplessness and immediately comforts her by patting her shoulder.

Heidi also jumps into Nicky's frame without hesitation. What appears in the mirror is that Nicky is depressed when he receives the school report and is lectured by the teacher. Heidi sees Nicky's discouraged look and immediately cheers him up with a 'come on' gesture.

When the brother and sister encourage each other, the two light frames surrounding them on the ground suddenly disappear.

Heidi has a good sense of pitch and tempo, and her movements are flexible. Nicky dances with Heidi with an admiring look. The brother and sister work very well together. The tempo and movements are very accurate and nothing goes wrong. Miss Cheung watches them dance so good and applauds loudly.

The music stops. At this moment, the indicator light above the mirror turns green. A sentence appears on the mirror: **"Let go of your worries, get out of the box! Come on!"**

When Birdie Peter sees this, he says loudly, "We've passed Level One. Hurry up and go to Level Two!"

Miss Cheung points towards the door, "The next level is the Science Room that Nicky loves to go to. Keep it up!"

Dialogue in the illustration

Birdie Peter : Great! My dream comes true!

Chapter 4: Do not fear the dark, go towards to the light

(Level Two: Science Room)

Nicky takes Heidi and runs straight to the door of the Science Room, leaving Birdie Peter behind.

“You two, wait for me, okay?” Fortunately, Birdie Peter flaps its wings and quickly follows them. At this moment, the door of the Science Room opens with a bang. Vincy and Perry from the neighbouring class come out. They run out in panic and say angrily, “It’s dark inside, so terrifying ... You guys shouldn’t go in anyway!”

When Nicky heard the word ‘dark’, he remembers that Daddy took him on an experience journey called ‘Exploration in the dark’ a year ago. He was put in the dark world of the blind. From then on, he is no longer afraid of the dark as before. But Heidi is young and she draws back a little when she hears the word ‘dark’.

“I’m afraid of the dark! Let’s not pass this level!” Heidi grabs Nicky’s hand, trying to persuade him to quit.

“No! I’m not afraid of the dark. You can just hold my hand!” Nicky shows no fear. He is holding Heidi’s hand while he is pushing open the door of the Science Room.

“Don’t be afraid! Heidi, I’m here!” Birdie Peter pats its chest on Nicky’s head.

The door is pushed open with a squeak. It is so dark inside that they can see nothing. Fortunately, Nicky is familiar with the furnishings of the Science Room, and finds the light switch quickly. When he presses it, a moon appears on the blackboard with the question of Level Two written on it:

Dialogue in the illustration

*Blackboard : Why do people walk so slowly on the moon?
(Please use the keyboard on the table to type the answer)*

Heidi : Because the moon has no gravity!

Nicky : No! It's because the moon's gravity is much less than the Earth's!

Blackboard : Can you explain it in more detail?

Nicky : The gravity on the moon is only one-sixth of that on the Earth. Therefore, the friction between an astronaut's feet and the surface of the moon is only one-sixth of the surface of the Earth. It is very difficult to walk, so he walks so slowly.

Blackboard : Totally correct! No matter how dark it is, you must go forward to the light.

Nicky looks at Heidi and says, "This is a hint for the next level."

As soon as Birdie Peter sees it, he flies away from the Science Room at once. Then Birdie Peter sees the lights in the Maths Room on the third floor are all on, which make the place very bright.

"Come with me, go upstairs to the Maths Room!" Nicky is holding Heidi's hand and walks hurriedly.

Chapter 5: Unexpected and difficult to calculate

(Level Three: Maths Room)

When they come to the Maths Room, their Maths teacher, Mr Chan, is already standing there waiting for them. Mr Chan is straightforward. "I've four envelopes in my hand, and each envelope contains a question. To pass this level, you've to draw three envelopes and answer the three questions correctly," he says after greeting each other.

Heidi draws the first question and reads, "**When will four minus one equal five?**"

"It mustn't be an addition or subtraction of numbers." Nicky is sensitive to numbers. He will not fall for the trick.

"Does it have anything to do with graphics?"

When Birdie Peter mentions it, Nicky gets it. "A square minus a corner becomes a pentagon, isn't it?"

“Completely correct! Go and draw the second question!” It is Nicky’s turn.

“**There are eight ‘8’s. How can you make it equal to 1000?**” Nicky is thinking as he is reading it. Seeing her brother working so hard, Heidi also picks up a pen to calculate on a piece of white paper.

“I know! Then the answer is 1000.” Heidi has a good memory and remembers playing brain-teasers with her classmates at school. This is one of the questions.

“Question Three, it’s my turn!” Birdie Peter takes out an envelope from Mr Chan’s hand with his beak.

“**The third question is: Mother and Father have four daughters, and each daughter has a younger brother. How many people are there in this family?**” Mr Chan says in a clear voice for Birdie Peter.

“I know, it’s seven: four daughters, one younger brother plus father and mother.” Nicky sees through the trick of the question, so he reacts quickly.

“Isn’t it a daughter with a younger brother?” Heidi still does not understand.

“The four daughters should have the same younger brother!” Nicky explains to Heidi.

“I see! Even though I don’t have a younger brother, I understand this answer!” As usual, Birdie Peter shows off his cleverness.

“Your calculations are very accurate and your responses are quick. But have you ever thought that many things in the world cannot be calculated?”

“Yes! I’ve heard a saying ‘**Man proposes, God disposes**’.” Birdie Peter remembers Mumi saying this when she knew that her planned trip was cancelled because some of her group members were infected.

It turns out that the last envelope in Mr Chan’s hand contains a clue card. It reads, “**The unexpected is difficult to calculate.**”

“Then what should we do when we face the unexpected?” Heidi asks such a question.

“Your question just leads you to the next level. As you answered so quickly, you can get the clue to the next level, that is to go to the Innovation and Technology Room!” Mr Chan points to the Innovation and Technology Room at the end of the corridor.

Chapter 6: Be positive and stay focus; Get rid of the bad things

(Level Four: Innovation and Technology Room)

The electric door of the Innovation and Technology Room senses their arrival and opens slowly. Computers are neatly arranged in the room. There are also all kinds of equipment and instruments used in innovative and technological activities, which make them dazzled. At the moment when they do not know where to start, a voice of ‘croak, croak, croak’ comes from behind. When they turn to look back, they see the robot ‘Gigi’, which is newly purchased by the Innovation and Technology Room.

“My name is ‘Gigi’ from the Innovation and Technology Room. I know everything! What are you looking for?”

Nicky and Heidi tell Gigi all that happened at home to see how it reacts.

“It seems that what your family needs most is some ‘words of forgetting worries’, which can encourage each other and give positive energy.” Gigi is a high-level intelligent robot. It knows how to observe words, analyse and solve problems, and immediately make suggestions.

“Okay! Let me give you a few words to encourage others: **Every cloud has a silver lining. Nothing in the world is difficult for one who sets his mind on it. By every experience, a person increases his knowledge.**”

When Nicky hears these, he suddenly realises something. Then he immediately responds, “Yes! These are great sentences when fighting against bad times. They can be used to overcome the voice that makes people give up!”

“The more these ‘positive’ words you remember, the better!” Birdie Peter can really understand it quickly and is flapping its wings and murmuring to memorise those words.

When Nicky and Heidi hear what Gigi says, they think that Level Four must be easy to clear without answering questions. But it seems that Gigi knows what they think and says:

“That’s just a start, and now I want you to answer another important question: it’s often difficult for people to face bad times because they’re trapped by their thinking patterns of the past. Do you find that you have these patterns? You have to answer honestly to get through!” Gigi continues to ask.

Dialogue in the illustration

Birdie Peter : When I face difficulties, I'll turn around and fly away, haha!
Heidi : I often say “It’s hard, very hard”!
Nicky : When I find “it’s not working”, I'll say “Forget it, give up!”
Gigi : You can say something else instead. Don't say “It’s hard, very hard!”, but say “Have a try, try to learn”. When you keep trying, you'll see success in sight.

Heidi quickly learns the lesson.

Dialogue in the illustration

Heidi : Don't say “Forget it, give up!”, but say “Keep going, persist”. During the process, you can usually learn to be persistent.
Birdie Peter : Moreover, don't “turn around and fly away”, because you can only escape for a while, but you can't escape for a lifetime. There'll always be difficulties. To learn to cope with it earlier and strengthen yourself, isn't it better?

“Let’s high-five!” At this moment, Nicky seems to be full of energy. After high-fiving with Heidi and Birdie Peter, he cannot wait to ask where the last level is. This clue appears on the electronic screen:

There is no hurry. There are many things you cannot rush!

When Nicky hears “There is no hurry”, he thinks, “At school, which place is related to ‘no hurry’?”

Birdie Peter knows Nicky is lost in thought. It takes this opportunity to jump on his head and brings out Nicky’s doubts so that everyone can think about it together.

“Oh! It must be the small hill called ‘Snail Hill’ in the back garden of the school!” Heidi gets it first this time.

Chapter 7: No hurry, there will be a reward

(Level Five: Snail Hill)

The ‘Snail Hill’ at the back garden of the school is a place where many students come to take a break at recess. Birdie Peter quickly learns the terrain and is eager to lead the way. The ‘Snail Hill’ is full of colourful wild flowers. Soon after the rainy day, snails on the hill will appear one by one. Their antennae turn round and round to smell where food and water is. The cute behaviour attracts students to come to observe.

On this day, when Nicky and Heidi go there, heavy rain has just fallen. They can only see a giant snail leading the other snails, crawling little by little in a certain direction.

“Is the “Secret to Forget Worries” hidden in the place where the snails go? But the snails walk so slowly, we don’t have time to wait any longer. Let me push it.” Nicky urges and sweet-talks the snails, but the little snails are still indifferent to Nicky. It only crawls very slowly at its own gentle pace.

Dialogue in the illustration

Snail : Nicky, can you accept that I’m so slow? Why don’t you take a good look at the scenery around this hill while you’re here?

Unexpectedly, the snail speaks and points its antennae to both sides of the hill.

Nicky and Heidi look at the snail who can guide them. Although they are surprised, they quickly accept the vision in front of them. After all, today's experience is an unexpected journey.

They all follow the snail's guidance and look to the left. Today, the scenery under the hill is beautiful. The park next to the school is full of flowers as spring is in the air.

Heidi looks to the right. In the school playground, many students are playing rope skipping, hopscotch and other games happily. She wants to join them as she watches them play. But she knows that she has the mission to find the "Secret to Forget Worries", so she can only hold this longing.

At this time, the giant snail stops in front of a small haystack. When Nicky sees it stopping, he feels that this is where the "Secret to Forget Worries" is hidden. He immediately pushes the weeds away from the haystack with both hands.

It is strange. It is only a small haystack, but it seems that there are too many weeds to clear. Nicky and Heidi try their best to push them away. Birdie Peter also uses its wings to push away the weeds. They work together. At last, the weeds are laid everywhere. Under the soil, what faintly appears in front of them is the "Secret to Forget Worries". The secret book opens, and the secret of forgetting worries appears:

HOPE

Heart

know who you are, keep your promise

Open-minded

open to accept, get rid of the bad and keep the good

Persistence

be persistent and work hard, dare to bear the responsibilities

Empathy

be empathetic and caring, respect each other

“Thank you! Thank you very much! This is a very practical secret. We’ll take it home and share it with our family right away.” After they thank the giant snail and its companions, Nicky leaves with Heidi and Birdie Peter.

Chapter 8: Share the achievements Go home and have a reunion

Earlier, everyone in the family saw a text message from Nicky: “Heidi, Birdie Peter and I are going back to school to get the “Secret to Forget Worries”.” Everyone feels upset because even though Nicky occasionally goes back to school on his own, he rarely takes Heidi with him. The family is worried if the brother and sister can get along well. Besides, Birdie Peter seldom goes out so the family is afraid that it would cause trouble.

“Ding, ding, ding...” The doorbell rings clearly. This makes everyone excited and expecting.

When Nicky enters the door, he is holding the “Secret to Forget Worries” in his hand with an expression of excitement and contentment. He cannot wait to report it to his family.

“We’re back. Let me tell everyone what happened with Heidi and Birdie Peter!”

Then they share the process of clearing the five levels with Daddy, Mumi, Grandpa, Grandma and Auntie. Auntie does not go into what happened to the But’s family. She only thinks that it is good to have them home safe. However, Auntie vaguely feels that they are a little different from before.

After dinner, Nicky offers to help Mumi wash the dishes. Mumi is wondering why her son suddenly changes. Nicky says, “Mumi, I want to learn to wash dishes. Teachers say boys should also cultivate this kind of self-care ability!” This is the first time that Nicky washes dishes. He is a little bit clumsy and unskilful. When Mumi sees this, she gently assists and encourages him, “Take your time, you’ll learn it!” Nicky understands that encouragement and support are so important to the family, so he takes his courage and says to Mumi, “From tomorrow, I’ll go to my grandmother’s place with you to help take care of her

until she recovers, okay?" Mumi is so surprised and touched to embrace Nicky on his shoulder, "Why do you seem to have grown taller today... you've grown up." Nicky smiles and says, "By every experience, a person increases his knowledge."

On the other side, Heidi voluntarily takes out her homework without Daddy's urging. It is because she understands that even the homework is 'difficult and very difficult', Daddy will instruct her to 'try and learn' and the problem can always be solved. Therefore, she is no longer afraid.

When Nicky and Heidi are undergoing subtle changes, Birdie Peter also becomes quiet and no longer noisy. It is squatting by the window, thinking about how to pass on the 'positive thoughts' that it 'stored' to everyone in the But's family. It has been thinking and thinking ...

Dialogue in the illustration

Gigi : Every cloud has a silver lining.

Nicky : The unexpected is difficult to calculate.

After Nicky helps Mumi, the two of them are walking out of the kitchen with smiling faces. Daddy sees that the family feels easy. He feels much better because he has come up with a plan. So he shares his plan with his family. "Nicky, Heidi, Daddy intends to apply for online computer courses during the epidemic to enrich my knowledge. Let's be good students and work hard together!"

Before Nicky and Heidi are about to say something after hearing what Daddy says, Birdie Peter suddenly says, "Nothing in the world is difficult for one who sets his mind on it." After hearing such words of 'positive thoughts', the But's family bursts into laughter because it is hardly heard from Birdie Peter's mouth. Then the family says together, "Yeah! Daddy, we support you!" Then there is another round of laughter.

The But's family has been covered with 'clouds' these days. Some of the problems they face have been solved and some are still pending. However, they strongly believe that **'as long as a family loves and supports each other, there are no problems that cannot be solved!'**

Dialogue in the illustration

Birdie Peter : Nothing in the world is difficult for one who sets his mind on it.