

*(A girl, a boy, and their mother walk out of a movie theater. The boy and the girl are both very joyful. The mom is holding both of their hands—the girl on the left and the boy on the right. The girl's name is Japna and the boy's is Arjun. The boy is taller than the little girl, as he is older than her. The boy and the girl are both holding a book titled "Super Sikhs")*

**Japna:** *(excitedly)* Mata Ji, that was the best movie ever!

**Arjun:** *(looking at Japna and then at Mata Ji)* It sure was!

**Japna:** I wish I had superpowers just like the Super Sikhs!

**Arjun:** *(smiling)* Me, too! That would be so awesome, if I could fly through the sky...

*(pictures changes to a daydream of Arjun flying, then back to Arjun walking with his family)*

**Japna:** Or if we could have super strength...

*(picture changes to daydream of Japna lifting an elephant and then giggling, then back to Japna walking with her family)*

**Arjun:** Or even better, if we could zap things with our fingers *(wiggles his fingers)*

*(picture changes to Japna and Arjun zapping a chair with their fingers, then back to them walking with their family)*

**Japna:** It is too bad superpowers are not real.

**Arjun:** Yeah. Imagine all the people we could help—just like the Super Sikhs!!

**Mata Ji:** But you *do* have superpowers!

**Japna:** No, we don't Mata Ji. Superpowers are just pretend things in books and movies!

**Mata Ji:** Maybe superpowers like flying in the sky and zapping things are made up, but you both have much better superpowers inside of you!

**Arjun:** Like what, Mata Ji? I didn't know that we had powers.

**Japna:** Me neither.

**Mata Ji:** Ah, yes! You have powers greater than any movie superhero!

*(Mata Ji and the kids get in the car. Japna sits in a car seat on the left, and Arjun sits on the right)*

**Arjun:** *(buckling his seat belt)* Even better than the Super Sikhs?

**Mata Ji:** Far better than the Super Sikhs. Far better than anything beyond your wildest imagination!

**Japna:** *(intrigued)* Wow, Mata Ji! What is it? What is our power?

**Arjun:** What is it? Tell us! Tell us!

**Mata Ji:** Why don't you try having a guess?

**Arjun:** Give us a hint first.

**Mata Ji:** Okay, your superpower is stronger than every other superpower in the world. It can defeat enemies quicker than all the Super Sikhs combined!

**Japna:** Really?!?! Oh! Oh! Is it fire power?

*(Mata Ji shakes her head)*

**Arjun:** Ice power is way stronger than fire power, Japna! It is definitely ice power...right Mata Ji?

**Mata Ji:** No, Arjun. It is not ice power. Do you give up?

**Japna and Arjun:** Yes! Please tell us! What is our superpower?

**Mata Ji:** Your superpower is kindness, of course!

*(Japna and Arjun look disappointed)*

**Japna:** Kindness? What does kindness do? How is *kindness* more powerful than ice power?

**Arjun:** Can't you see? Mata Ji is just toying with us. We don't have any real superpowers.

**Mata Ji:** I am not toying with you. Kindness can allow you to make friends with your greatest enemies. Kindness can make one's spirits be lifted! After you are kind to someone, you feel better than you do if you scored the winning shot at a soccer game. You feel better than you do after you have received 100 percent on a test! Just smiling at somebody can change their whole day and make them happy!

**Japna:** Can we try out our superpower? Oh, I have an idea! Arjun and I can wear kindness superhero costumes and go around town being kind to people!

**Arjun:** No, Japna. That is silly.

**Japna:** *(face turns sad and eyes turn wide)* Don't you want to make people feel good about themselves?

**Arjun:** You are right. I guess I do.

**Mata Ji:** Japna, I think that is a great idea! Let us stop at home so we can make some costumes!

*(They arrive at home. Mata Ji, Japna, and Arjun exit the car and enter the house. They come out wearing orange and blue costumes with a large "K" in the middle for "kindness")*

**Mata Ji:** Where shall we go first?

**Arjun:** How about the gurudwara? We can do Langar Sewa there. I am sure that is something kind to do!

**Mata Ji:** What a great idea.

**Japna:** Yay! To the gurudwara!

*(They arrive at the gurudwara. They all get out of the car.)*

**Arjun:** Let's go spread some kindness!

**Japna:** Yay!

**Mata Ji:** Remember to do Mata Tek before you enter the Langar Hall!

*(They enter the Darbar Hall and do Mata Tek. Then, they walk downstairs to the Langar Hall. Many people are eating food.)*

**Arjun:** I can wash some dishes in the kitchen!

**Japna:** Me too!

**Mata Ji:** Japna, I think you are a bit too little to wash dishes.

**Japna:** Aw! But Mata Ji, I want to spread kindness!

**Mata Ji:** Why don't you pass out the napkins?

**Japna:** Okay!

*(scene switches to Arjun washing dishes.)*

**Arjun:** It feels so good inside to be helping my gurudwara community! Kindness is a true superpower, and better than any other!

*(scene switches to Japna handing out napkins)*

**Japna:** Even the littlest deeds make a difference!

*(a little girl is sitting in the corner and crying)*

**Japna:** Mata Ji! That girl looks so sad! Can I use my superpower to cheer her up?

**Mata Ji:** That is a great idea! Let us get Arjun.

*(Mata Ji and Japna walk towards the kitchen and get Arjun)*

**Mata Ji:** You superheroes have another job to do! Using kindness, try to make that little girl feel better—that is your special mission!

*(Japna and Arjun walk over to the little girl and sit down next to her)*

**Japna:** *(hands the girl a tissue)* Hi. I am Japna. Why are you crying?

**Girl:** *(in between tears, breath extended)* B-because my f-friend Kushp-pree-eet said that I-I wasn't beautiful! And K-kushpreet is so beautiful! I w-wish I-I wasn't so ug-gly.

**Arjun:** You are not ugly. You are beautiful on the inside because you are kind. Outer beauty is not what matters.

**Japna:** It is inner beauty that matters. Kushpreet obviously isn't beautiful on the inside if she called you ugly.

**Arjun:** Maybe she is beautiful on the inside, but she made a mistake.

**Japna:** Let us go find her.

*(The girl leads Arjun and Japna to a taller girl)*

**Arjun:** Are you Kushpreet?

**Kushpreet:** Yes.

**Japna:** Your friend did not like what you said about her. You made a mistake—but you can still fix it.

**Arjun:** Your friend is beautiful on the inside, and that is all that counts. She has the superpower of kindness.

**Japna:** We all have the superpower of kindness! Anybody can be kind! It feels great to help people—and I cannot wait to see who we will help tomorrow!

**Arjun:** The superpower of kindness is better than all the superpowers from movies!

**Japna and Arjun:** It feels so good to help others! Waheguru Ji Ka Khalsa, Waheguru Ji Ke Fateh!