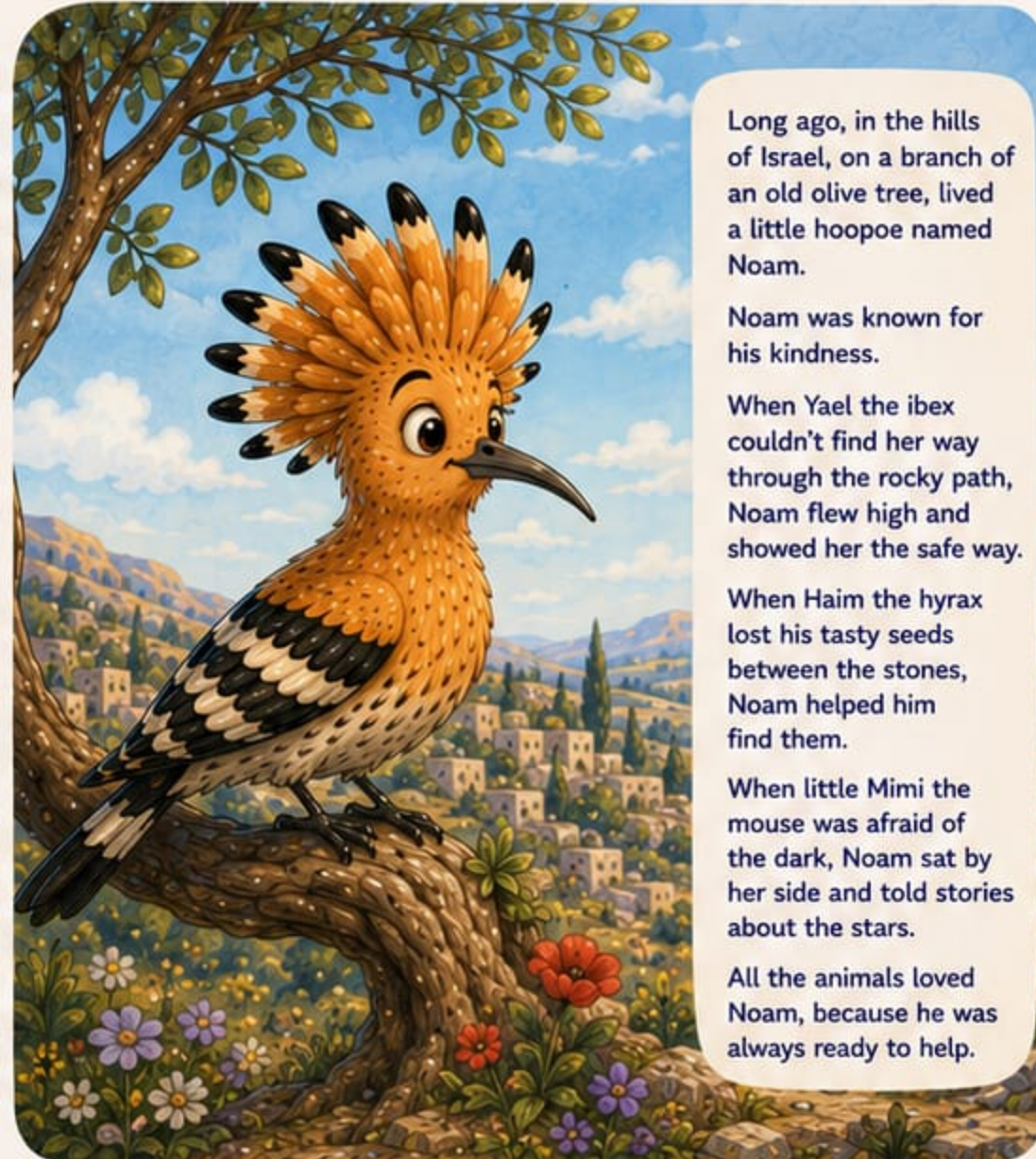


# Noam, the Helpful Hoopoe



Long ago, in the hills of Israel, on a branch of an old olive tree, lived a little hoopoe named Noam.

Noam was known for his kindness.

When Yael the ibex couldn't find her way through the rocky path, Noam flew high and showed her the safe way.

When Haim the hyrax lost his tasty seeds between the stones, Noam helped him find them.

When little Mimi the mouse was afraid of the dark, Noam sat by her side and told stories about the stars.

All the animals loved Noam, because he was always ready to help.



♥ Noam saw that Yael the ibex couldn't find her way.

He flew up high and showed her the safe path.



♥ Noam saw that Haim the hyrax lost his tasty seeds between the stones.

He helped him find them.



♥ Noam saw that little Mimi the mouse was afraid of the dark.

He sat by her side and told stories about the stars.



♥ All the animals loved Noam, because he was always ready to help.



But one evening, Noam noticed he was very tired. He had flown from morning till night, helping his friends. Then the old olive tree whispered in the wind, "Even the most helpful hearts need time to rest." Noam thought about those words.



## Balagan Thought ♥

Even the most helpful hearts need time to rest. Rest helps us have the energy to help again.

