



rěn

TO BE PATIENT, TO ENDURE

忍 (rěn) is a beautiful word in Chinese with deep meaning behind it. To be 忍 is to be patient, to be tolerant, to endure, or to forbear. Many great heroes in history had very good 忍. They were able to overcome pain, suffering, anger, or humiliation and do amazing things.

Whenever your feelings are hurt, but you can still endure the feeling, you are practicing 忍. If you can stay calm that is even better!

Once you can overcome something using your 忍, you may discover that you become stronger. And you become a better person.

SPEAK IT

You say **rěn** similar to how you say the middle of the word “errand.” And doing errands can sometimes also be a good opportunity to practice **rěn**!

“errand” = 忍

WRITE IT

Follow the order below and you will know how to write 忍 too!



FIND THE HEART

The word 忍 includes a heart in it 心 (pronounced xīn). Here are a few more words. Circle the ones that have a heart in them. At the bottom, we will tell you what they mean.

意	音	原	想	友
龍	愛	相	鳳	詩
聽	草	咸	耳	必
王	感	望	德	衣
飛	你	您	忠	孝
中	如	悶	恕	門

WORDS WITH 心

意 yì	Intention
想 xiǎng	To think
愛 ài	Love
聽 tīng	Listen
必 bì	Must
感 gǎn	Feel
德 dé	Virtue
忠 zhōng	Loyal
悶 mèn	Bored
恕 shù	Forgive
您 nín	You (said politely to someone you want to show respect to)

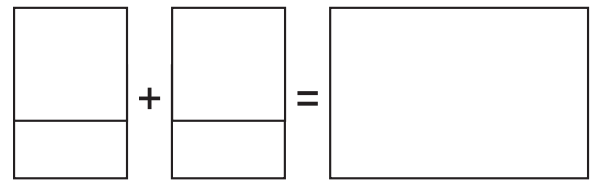
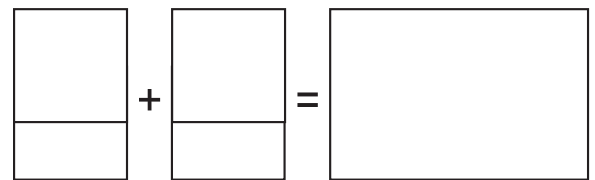
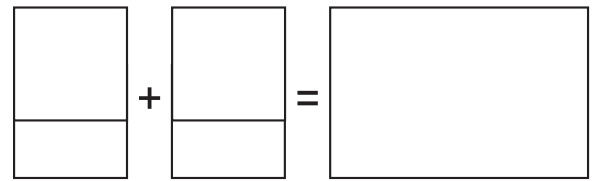
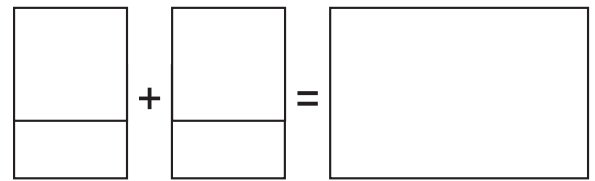
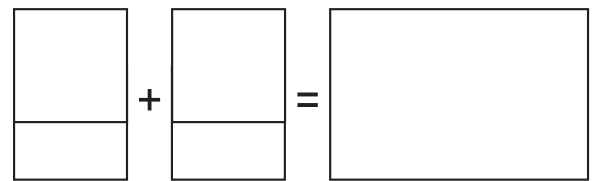
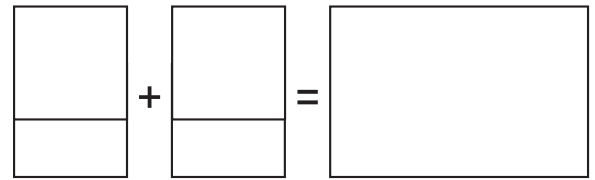
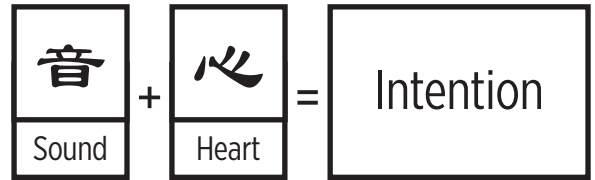
THE OTHER WORDS

音 yīn	Sound
原 yuán	Origin
友 yǒu	Friend
龍 lóng	Dragon
相 xiāng	Each other
鳳 fèng	Phoenix
詩 shī	Poem
草 cǎo	Straw
咸 xián	Salty
耳 ěr	Ear
王 wáng	King
望 wàng	Look at
衣 yī	Clothes
飛 fēi	To fly
你 nǐ	You
孝 xiào	Respect parents
中 zhōng	Middle
如 rú	Similar
門 mén	Door

BONUS

Some of these words have two parts: 心 + another part. See if you can find some matching pairs and write them below:

Example:



THE STORY OF HAN XIN

ONE GREAT STORY OF RĒN (仁) tells of a young man named Han Xin.

Han Xin grew up to be a mighty warrior and a brilliant general. But when he was just a boy, he was very poor. He liked practicing martial arts, so he often carried a sword with him for practice.

One day, he was walking down the street with his sword. Suddenly, a big bully stopped him. The bully stood right in front of Han Xin and blocked his way.

“Hey you!” said the bully. “What are you carrying a sword for? I bet you don’t dare to kill someone. You are just a coward,” the bully teased. “If you’re not afraid, then chop off my head,” the bully dared him. The bully then stretched his neck and stuck out his head in front of Han Xin.

Han Xin was not a coward, but he did not want to chop off this guy’s head. How could he kill someone just like that? And if he did, he would also be punished.

The bully saw that Han Xin wasn’t willing to chop of his head either, so he said: “If you are too afraid, then the only way you can get by me is if you crawl through my legs.” The bully dared Han Xin to embarrass himself by getting on the ground and crawling through his legs. And he dared him right in the middle of the street in front of everybody!

Han Xin was very strong and could easily kick this bully’s butt. But Han Xin knew it was better not to pick a fight with this guy and get in trouble. He had great rēn. He decided it was better to endure this little humiliation and stay out of trouble. After all, what was the big deal if he crawled through his legs?

So Han Xin used his rēn to crawl through the bully’s legs and went on his way. Everyone laughed at him, but Han Xin just endured it.

Many years later, Han Xin returned to this town. He was now very important and powerful. He had achieved great things and was very close to the emperor. Han Xin found the man who had once bullied him. He offered the bully to work for him, and gave him a second chance to be a good person. Han Xin was not only able to endure, he also knew how to be kind.

The man who was once a bully, became one of Han Xin’s loyal officers.

“Back then, if I didn’t use rēn,” Han Xin told the man, “I would not have achieved the things I have achieved today.”

The story of Han Xin was performed on stage by Shen Yun.

